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June 17, 2005 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 40 Issue Number 24•

## GOLFING "FORE" CHARITY



Photo: Cpl Jean-Francois Neron, 8 Wing Imaging

Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, jokingly prepares for the opening face off (er, tee off) during the morning of Friday, June 10 at the annual 8 Air Maintenance Squadron Camp Trillium Golf Tournament. An impressive total of \$3,200 was raised for the camp--located on Garrett's Island (Prince Edward County)--for children living with cancer.

## Canada's newest stamps honour Search and Rescue



OTTAWA, June 9 /CNW Telbec/ - Search and rescue in Canada is an activity undertaken by a large group of people, many of them volunteers, working together in difficult circumstances and conditions to bring people home safely. Their efforts cover a territory encompassing Canada's 10 million square kilometers and an additional 15 million square kilometers of ocean.

On June 13, Canada Post issued a set of four domestic rate (50 cents) stamps to highlight Canada's role in search and rescue and honour the many individuals who have served their community in this specialized capacity.

The third stamp from the left features a helicopter and personnel from 8 Wing's 424 Transport and Rescue Squadron. On the hoist of the CH-149 Cormorant are SAR-Techs Sgt Dana Kelly and MCpl Augustus Ryan. Flight Engineer Sgt Benito Srdoc and pilots Captains Byron Johnson and Tim Seibert comprised the rest of the crew that proudly represented CF SAR in action.

The stamps were unveiled on June 13 at CFB Esquimalt in Victoria, BC.

Guests at the unveiling got a first-hand look at the SAR technology and service with a demonstration that included two SAR-Techs (our "aid recipients") jumping from a CC-115 fixed-wing Canadian Forces Buffalo aircraft, their water rescue by an MLB47 Canadian Coast Guard lifeboat which will move them to a Canadian Coast Guard Hovercraft, followed by a demo lift of the two "aid recipients" from the Hovercraft, which will bring the "aid recipients" ashore.

Ground SAR missions might involve looking for lost, missing, or overdue individuals or groups, generally in a wilderness environment. Injured persons could be involved, making for a search/rescue/evacuation mission. In these ground and inland

water missions, the RCMP, provincial or municipal police (or Parks Canada personnel) are often assisted by CF SAR crews and the more than 13,000 volunteers.

The Canadian Forces has dedicated 13 helicopters and 10 fixed-wing aircraft to SAR purposes at four bases: Gander, NL; Greenwood, NS; Trenton, ON and Comox, BC. CF SAR Squadrons' federal mandate is primarily in response to aeronautical or maritime incidents, though they often assist in ground search and rescue missions for missing aircraft or persons. Rugged and often inaccessible terrain, severe weather, and large expanses of sparsely populated areas often mean CF SAR crews are the only rescuers capable of the mission.

The CF aircraft are easily recognized; if it's yellow and says "RESCUE" - it's a CF SAR aircraft. The SAR-Techs train to jump, hoist or dive into all types of terrain or sea-states, often under physically challenging and risky conditions. They require great skills to get to remote areas or on-board ships and are frequently called on to perform life-saving medical procedures and to get a patient safely out of a precarious location, either by land or by hoist. The dedication and professionalism of these SAR Techs is exemplified by their moto: "That others may live."

In air SAR missions, cases of lost, overdue or crashed aircraft, the Department of National Defence (DND) is assisted by volunteers in the Civil Air Search and Rescue Association. Similarly, volunteers from the Canadian Coast Guard Auxiliary assist the Canadian Coast Guard on missions in the oceans, Great Lakes and St. Lawrence Seaway. Coordination takes place between the Canadian Coast Guard and DND in response to air and maritime SAR incidents through Joint Rescue Coordination Centers

See New stamps, Page 2

## A BANNER DAY



Photo: Cpl J. Forget, JNBCD

MCpl Robert Comeau and Mike Preston(WCE electrician) access the Highway 2 catwalk via the "cherry picker" to install the official banners for the St-Jean Baptiste Day celebrations slated for June 25 at Baker Island. Numerous events are planned throughout the day-long event, including a bicycle parade from 1030-1500 and live music from 2000-0100 (doors open at 1800).



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# New stamps honour SAR, Cont'd from P.1

in Halifax, NS, Trenton, ON and Victoria, BC.

SARSAT (Search and Rescue Satellite-Aided Tracking) is operated by Canada, the USA, and France, while COSPAS is a satellite system operated by Russia. The two systems work as one, receiving signals from emergency radio beacons and relaying them to ground stations which process the signal and calculate where the beacon is located. Once this information is determined, the ground stations send it on to search and rescue authorities.

This July, the COSPAS-SARSAT Secretariat (created in 1979 when a memorandum of understanding was signed between Canada, the USA, France and the USSR) moves from London, England to Montréal, highlighting Canada's role as a leader in satellite-

aided search and rescue technologies. This Secretariat administers the multi-jurisdictional satellite tracking system used to locate distress-beacon signals and aids in search and rescue efforts around the world. This system has saved over 14,000 lives worldwide since it was introduced.

The stamp pane design is unique, with a double row of the four stamps arranged tête-bêche (a pair of postage stamps printed with one upside-down in relation to the other, either deliberately or accidentally). This allows for the pane and the SAR logo to be displayed in either language. The designer of the issue is Montréal's François Dallaire, whose previous stamp credits include Volunteer Firefighters (2003), Imperial Penny Postage (1998), Industrial Design (1997) and Stanley Cup (1993). The design of

the four stamps showcases the multiple aspects of SAR - an alpine rescue, a rescue from sea, a rescue by air and a ground rescue in which a dog is as important as the human rescuers. This evocative design and the powerful images ensure that these stamps admirably reflect this service that has saved so many people from natural disasters and accidents.

Available for sale at post offices across the country on June 13, 2005, each stamp measures 48 mm x 40 mm, and will be sold in a pane of 8 stamps (four of each design). Lowe-Martin printed a total of 7 million stamps, using 10-colour lithography, and P.V.A. gum, on Tullis Russell Coatings paper. The stamps are general tagged on all four sides with 13+ perforations. The Official First Day Cover will read Victoria, British Columbia.



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## IF I HAD A MILLION DOLLARS...

Private Sterling Strong, an aviation technician with 8 AMS, is one of Ontario's newest millionaires after winning The Encore jackpot in the June 9 lottery draw. Last Friday, Sterling Strong, had just completed his grocery shopping and decided to get a lottery ticket checked. "When I found out about the win, I was flabbergasted! The store clerk and managers were congratulating me. I was speechless!" Sterling Strong of Trenton told Ontario Lottery and Gaming Corporation staff when he and his wife, Stephanie, claimed their prize. "When I got home, I called my wife at work," added Sterling. "At first I didn't believe him, but he was able to convince me," said Stephanie.



## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



What's going on here? This is a normal scene in the EME Workshop, a Thibotrac Fire Truck (Red 1) is undergoing its three-month service check. Mr. Tarzwell, a civilian mechanic, and Cpl Hreich, a military vehicle technician, are completing a safety check on the vehicle. The Servicing Section is responsible for the maintenance and repair of over 700 vehicles, with about 400 of them being seen every three months. This policy is in accordance with the manufacturer's recommendations for the equipment, and also is in compliance with CFTO requirements. The light commercial fleet of vehicles are normally sent downtown to local contractors for maintenance and repair, however the specialized engineering and airfield equipment, or the heavy fleet, is all serviced directly within the various maintenance sections of EME Squadron. It's a busy place.

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# NEW HONORARY COLONEL



Photo: Pte Frieda Van Putten, 8 Wing Imaging

424 Squadron welcomed new Honorary Colonel J.R.Gregory on June 7, 2005 with an Investiture Ceremony at the Officers' Mess. Seated at the table are, from left to right: Honorary Colonel J.R. Gregory, Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, and LCol Michelle LaLumiere, CO, 424 Squadron.

# Search & Rescue UPDATE



Another busy week for 424 Squadron Tigers with five missions flown. On June 10 both our Herc and Cormorant were involved in investigating a report of a "Mayday" call from a boat on Lake Erie. Both aircraft departed Trenton but were unable to get to the search area due to thunderstorms. An American helicopter was tasked to search for the boat and our crews were sent home. On June 11 our Herc was tasked to Chutes Des Passes, Quebec to investigate an ELT. The signal was picked up and followed, but shortly after the aircraft arrived overhead, the signal was turned off. The crew decided to drop flares to assess the terrain and see what they could see. After the second flare an aircraft came on the radio to inform the crew that their ELT had activated accidentally and there was no one in distress. Our Herc returned to Trenton. Also on June 11 our Cormorant was sent to Quebec to search an area of the St Lawrence River for a possible person in the water. After covering the initial search area with nothing found, the crew attempted to proceed to Trois Rivieres. Unforecasted weather forced them to divert for fuel, but the crew had to land short in a field 10 nautical miles from Quebec City. After receiving fuel from CFB Valcartier, the crew proceeded to Ottawa for the night and returned to Trenton the next day. On Sunday night our CC-130 was tasked to look for two overdue people on personal water craft on Nottawasaga Bay. The crew searched the coastline from Woodland Beach to Christian Island, observed a light being flashed at them from the shore adjacent to Christian Island, and asked the Coast Guard vessel Cape Providence to investigate while the Herc continued with the search pattern. When the Coast Guard boat arrived at the "light," the two people were located safe and sound. The herc crew returned to Trenton. Until next week, stay safe.

Missions for 2005: 49 Missions for June.: 11 Persons rescued: 100



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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.

### The Contact Staff

**Editor-in-Chief:** Capt. Andy Coxhead  
**Managing Editor:** Andrea LeBlanc  
**Asst. Editor:** Laurie McVicar  
**Advertising Sales:** Judy Leavere  
**Advertising & Promotions Assistant:** Adriana G. Sheahan  
**Bookkeeper:** Marilyn Miron  
**Circulation:** Keith Cleaton  
**Assistant Translator/Proofreader:** vacant  
**PSP Manager:** Bob Payette  
**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

### 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](mailto:LEBLANC.AL@forces.gc.ca)

Intranet: [LeBlancAL@CFBTrenton@Trenton](mailto:LeBlancAL@CFBTrenton@Trenton)

All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



### A Military Community Newspaper



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



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**8 Wing / CFB Trenton**  
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## LETTER

Dear Editor,

The Trenton Military Family Resource Centre just held the "Firefighters in the Kitchen" Spaghetti Dinner and Silent Auction with proceeds to the Youth Centre, and I wanted to publicly thank the gentlemen from the 8 Wing Fire Department. Eleven firefighters donated their time at this event and did an outstanding job. It was wonderful to have such great support from an 8 Wing Unit. Eventhough it was a small turnout, MCpl Ridgewell and his team kept busy and positive. I am very proud to have had the opportunity to meet members of this unit and am truly appreciative of their time and energy leading up to and including the spaghetti dinner. They've set a good example to all for community involvement and commitment. Thank you, guys!

*Terry Turcotte*  
**Fundraising Chair**  
**Trenton Military Family Resource Centre**

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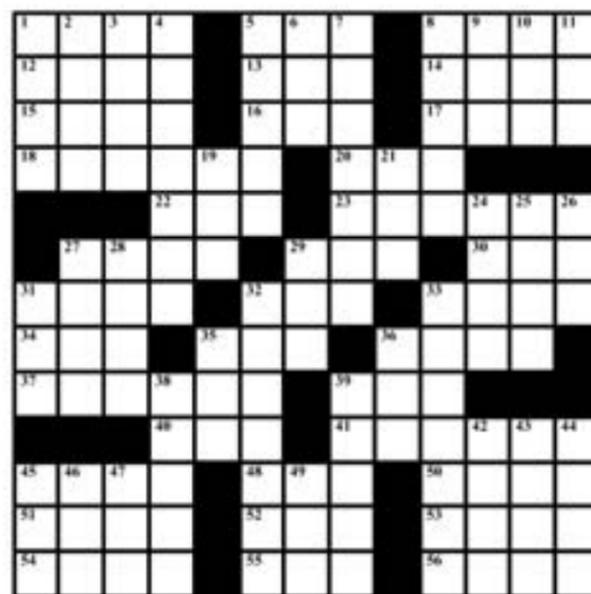
## Canadiana Crossword

### Lads of the Links

By Bernice Rosella and James Kilner

**ACROSS**  
 1 Contusion  
 5 \_\_\_ de mer  
 8 Squamous Papilloma  
 12 Lake between Huron and Ontario  
 13 Mature  
 14 Inter \_\_\_  
 15 Is not, condensed  
 16 Journal  
 17 Construction beam  
 18 A kind of store  
 20 Understand, in a way  
 22 Refusals  
 23 Evaluate  
 27 Subject of a verb  
 29 Rank below Cpl.  
 30 Foot part  
 31 Chest protectors?  
 32 Bon \_\_\_  
 33 Injure  
 34 Lennon's love  
 35 Building site  
 36 Huff  
 37 Codger  
 39 Tibetan gazelle  
 40 Petroleum  
 41 River separating Ontario and Quebec  
 45 Odiferous  
 48 Simile connector  
 50 Unit  
 51 Margarine  
 52 Luminance unit  
 53 Arm bone  
 54 Whimper  
 55 Healers, abbr.  
 56 Rock Group

**DOWN**  
 1 PGA's Mike \_\_\_  
 2 In the past



3 Fuzz  
 4 Lockjaw  
 5 Shopping centres  
 6 Past  
 7 PGA's Ian \_\_\_  
 8 PGA's Brian \_\_\_  
 9 Vestment  
 10 Cove  
 11 Gob  
 19 Charged particle  
 21 Compass pt  
 24 Handbag  
 25 Ilk  
 26 Part of a tennis match  
 27 Baseball team  
 28 Band instrument  
 29 Olla  
 31 Fen  
 32 PGA's David \_\_\_  
 33 PGA's Glen \_\_\_  
 35 Hawaiian garland  
 36 Souse  
 38 PGA's Richard \_\_\_  
 39 Bearded butters?  
 42 King of huns  
 43 Cysts  
 44 Nurses  
 45 CPU memory  
 46 Wife or house preceeder  
 47 Just arrived  
 49 Title



### This Week in Contact

1975 – The realization of a long-awaited dream is coming true at CFB Trenton. If you have been driving down AMDU Rd. in the past month or so, you will have seen the new Base Exchange complex taking shape next to our North Side Exchange Service Station. There is no question that the construction of new Exchange facilities at Trenton is long overdue, however, even though the costs of this project add up to \$650,000 in 1975, it was a case of now or never. For this money, we get the building, complete Expressmart and Exchange fixtures and cash registers, consultants' fees, partial inventories, parking lot, and signing.

1985 – Air Transport Group, CFB Trenton and Trenton Squadrons had a busy day on May 22. The Senate Special Committee on Defence arrived early in the morning for a series of briefings and question periods that took place at Baker Island Community Centre. Chairman of the Committee, Senator C. Lafond, introduced his entourage and BGen K.O. Simonson opened the proceedings with an overview of ATG's concept of operations. After each briefing, the committee asked pertinent questions on the subject presented.

1995 – The Minister of Transport, who is Honorary Chairman of National Transportation Week, said the Canadian military has played a significant role in transportation throughout the past century. "The military have been architects of transportation in this country going back more than 100 years," he said. "Today, especially in aviation, when Canada is called upon to provide help anywhere in the world, it's the Canadian Forces who can do the job."

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



# LAW ENFORCEMENT TORCH RUN FOR SPECIAL OLYMPICS



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Twenty-five Military Police officers from 8 Wing/CFB Trenton took part in the annual Law Enforcement Torch Run for Special Olympics on June 13 in Trenton. The MPs joined members of the Quinte West OPP and Special Olympians in the event, held this year in honour of former athlete Jim Harry who passed away in early 2005. Pledge money collected by the participants helps fund Special Olympic programs both locally and nationally. Sergeant Crystal Krammer signs a poster for the family of Jim Harry.



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19				23	TGIF 24 BBQ STEAK 17:00 HRS SPORTS Enchre 18:00 HRS	25
26				30		
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## PUBLIC SERVICE BBQ



Photo: Laurie McVicar, Contact

The cadet side of the Yukon Galley was filled on Wednesday as Public Service employees from across 8 Wing/CFB Trenton gathered for their annual BBQ. Lieutenant-Colonel Darwin Gould, Acting Wing Commander, and Barry Tuner, President of the Union of National Defence Employees (Local 637), cut a cake to commemorate the event.

## Air Cadet League of Canada elects new President from Trenton

Calgary, Alberta – The Air Cadet League of Canada at its Annual General Meeting in Calgary on 11 June 2005 elected Major General (Retired) Lionel Bourgeois, CMM, CD, from Trenton, Ont. to the position of President for the coming year.

Lionel Bourgeois joined the Air Cadet League in 1990 after serving 38 years in Canada's Air Force. He was born in Marcelin, Sask. and raised in Toronto, Ont. In the Air Force he was a Combat Navigator and Aerospace Engineer. He held many prominent positions including; Base Commander of Ottawa, Base Commander of Lahr and Baden, Germany, Commander of Canadian Forces Training System and Director of Combat Operations for NORAD

in Colorado.

In the Air Cadet league he was Executive Director of the Ontario Committee, Chairman of the Ontario Provincial Committee, Governor responsible for the Air Cadet Flying programme and has been a Vice President for the past three years.

The League held its meeting this year in Calgary, Alberta, drawing delegates from all 12 Provincial Committees across Canada as representatives of its 456 Squadrons and 25,000 Air Cadets. The main discussion items this year centred around; finalising a formal Memorandum of Understanding with the Department of National Defence including a matrix describing each partner's responsibilities, reinvigorating the member screen-

ing and registration process and improving internal and external communications. New this year was selection of outstanding Air Cadets for award of post secondary scholarships.

Lionel Bourgeois on accepting the appointment stated "In partnership with the military, the Air Cadet League is entrusted with Canada's youth to develop them into competent leaders and staunch citizens. We can not and will not fail in that mandate. Rather, we will improve the training program and ensure that Air Cadets keep aviation foremost in mind and have fun while learning."

For more information on Air Cadets contact the Air Cadet League at (877) 422-6359 or visit on line at [www.aircadetleague.com](http://www.aircadetleague.com).

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## This is the body you've been given - love what you got

by Lori Weisflock,  
Mental Health Services

I am surprised at the number of people unhappy with their shape, size, weight and looks.

Let's start with shape. People come in all wonderful shapes and heights. What a boring world it would be if we were all the same. Whether you are small or large, you are beautiful. Do you believe this? Your overall appearance can affect your attitude towards others or possibly your ability to achieve your goals! Parents may teach children at a very early age to judge people's outer shell. I believe what's on the inside is more important.

Having good looks surely doesn't make a person kind, reliable or honest - traits that many want in their life partner. If you choose your partner solely on

looks you just may be setting yourself up for failure in a relationship. When it comes to choosing a spouse, beauty really is in the eye of the beholder.

Physical appearance is only one of many traits we might find attractive. I am curious as to why increasing numbers of people locally are having plastic surgery, liposuction or other surgeries that are cosmetic in nature. Personally, I think wrinkles or laugh lines add character.

Here are a few tips on how to enjoy and appreciate your appearance:

1. STOP measuring your looks. It is self defeating.
2. If unhappy with your weight, try losing some. That is one of the aspects of your appearance that you can truly gain control of. Try

Rothenberg's Weight Wellness program (next one begins Fall 2005).

3. Learn to accentuate your positive physical attributes and dress nicely. People who take pride in their dress and personal appearance actually appear more attractive and usually feel better about themselves.

4. Obsessing about your appearance is time consuming and doesn't really accomplish much.

5. Failing to accept your whole self, including your appearance, may mean you are thinking or moving in an unhealthy direction.

Help is available at 8 Wing:  
Mental Health Services - Counseling - 3651  
Health Promotion - Information and Workshops - 3768  
Rex Plex - 3361  
Medical Officers - 3480

Remember everyday brings a new chance for change!

## Help children swim safely

Summer is coming and swimming is a great way to beat the heat, but water can be dangerous for little ones under the age of six years.

The Hastings & Prince Edward Counties Health Unit and Safe Kids Canada want to remind parents and grandparents of the importance of swimming safety.

"For young children, drowning is the second leading cause of death," says Joanna Mestre, a health promoter with the Health Unit. "For each drowning, three more children will be hospitalized for near-drownings. Often these near-drownings result in permanent brain damage.

"Supervision is the key to preventing small children from drowning and near drownings," says Mestre. "Be it in a bathtub,



a wading pool, backyard pool or beach, young children need to be constantly supervised. It only takes a few inches of water and a few seconds for young children to drown," adds Mestre.

In most cases of toddler drownings, toddlers gained direct access to the family pool from the house. "If you own a pool that is not fully enclosed with a four-sided fence, please consider making this change," encourages Mestre. A four-sided fence prevents direct access by having the fourth side between the pool and

house. For extra protection, fences should be equipped with self-closing and self-latching gates.

For the best protection, always closely supervise young children. Mestre suggests making baths and swims your special time with your children where you allow no interruptions and you are always within arms' reach.

For more information pick-up a pamphlet at your local pool retailer, family resource centre, or Health Unit. You can also call the Health Unit Baby-Tot Line at 966-5513 ext. 293.

### SummerActive

May 6 - June 20

GET UP, GET OUT, GET FIT!

For a list of events, log onto

[www.thecontactnewspaper.cfbtrenton.com](http://www.thecontactnewspaper.cfbtrenton.com)

## GRAND RE - OPENING OF THE FIRESIDE BAR LOCATED IN THE WO'S & SGT'S MESS



**Wednesday  
June 29th  
Starts at  
1400 hrs  
Dress: Dress of the Day**

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*[www.stream.com](http://www.stream.com)*



## 8 Wing/CFB Trenton honours athletes at awards breakfast

by Dan Cormier

Team - Ball Hockey

The 5th Annual 8 Wing/CFB Trenton Sports Awards breakfast was held on June 9 at the Astra Lounge. On behalf of all the athletes, volunteers and PSP personnel, the Fitness & Sports Flight would like to personally thank Col Deschamps, Commander, 8 Wing/CFB Trenton, the COs, Branch Heads, the WCWOs, Supervisors and especially the fellow workers who usually pick up some of the extra workload or change shifts, for their continued support to the Wing Sports Program.

In these busy times of operational commitments and shortage of personnel, it is gratifying that our athletes, coaches, managers and volunteers are afforded the necessary time off to practice and prepare themselves so that they can compete competitively while representing 8 Wing/CFB Trenton in various sports competitions.

### WINNERS OF THE INTER-SECTION LEAGUES

Noon Hour Hockey - Red Team  
WHL A Div - CPC  
WHL B Div - 429/436 Sqn  
Slow-Pitch - Work Shops  
Ball Hockey - CPC  
Floor Hockey - 911

### ONTARIO REGION CHAMPIONSHIPS

8 Wing/CFB Trenton has been tremendously successful this past year at the Regional level.

### REGIONAL "SILVER"

Finalists and silver medalists in the Ontario Regional competitions last year were the following four teams: *Bowling, Golf, Men's Slow Pitch, Old Timers Hockey*

### REGIONAL "GOLD"

This past 18 months, Trenton teams have been declared Ontario Region Champions four times - a truly outstanding accomplishment.

Ball Hockey, Basketball, Men's Hockey, Curling

### CF NATIONAL SPORTS CHAMPIONS

Teams work very hard all year long to win the Ontario Region Championships and represent the Wing/Base and the Ontario Region, at the CF National Championships. The honour and prestige of competing at this level of competition is something that competitors will never forget as they realise that all their hard work and commitment has finally paid off. This past year, four of our teams made it to the finals and as such, came home with silver medals.

### CF NATIONAL INDIVIDUALS

Badminton	WO Sylvain Roy Cpl Susan Teixeira
Squash	Sgt Scott Creamer LS Brian Sharp
Running	Capt Brent Hoddinott 2Lt Philip Meikle Cpl Gabrielle Denoble - Torfason

### CF NATIONAL "GOLD"

The thrill and excitement of becoming CF Champion in your particular sport brings out tremendous emotion and joy, even for the toughest competitor. Congratulations to the following for bring home the gold.

Squash - LS Brian Sharp

### AUGMENTEES

CF National Women's Volleyball - Capt Jodi Miller  
CF National Women's Slow Pitch  
CPL Celine Picotin  
CF National Women's Hockey  
Cpl Celine Picotin  
CF National Old Timers Hockey  
MWO Bruce Leedham  
CF National Old Timers Hockey  
WO Brian Frank

### CISM SPORTS

Trenton has nine elite Athletes /Coaches /Officials who have represented Canada and the CF in International Military Sports Competitions this past year. Representing your country is the highest honour bestowed upon any athlete in Canada.

Basketball Coach - Scott Burns  
Basketball - Capt Paul Hungler  
Basketball - Capt Dave Simpkin  
Women's Volleyball - Capt Jodi Miller  
Sailing - MCpl Ross Findlater  
Running - 2LT Philip Meikle  
Soccer Coach - Cpl Ken Roy  
Soccer Official - LS Tom Desgroseilliers  
Golf - Maj Bob Prestai

### SUPPLEMENTARY SPORTS AWARDS

Here at 8 Wing/CFB Trenton, we also recognize sportsmanship and community service in our Sports Awards Program. The awards for Volunteer of the Year, Most Sportsmanlike Team of the Year, and Most Sportsmanlike Player of the Year are not staffed to Command, however, these individuals have made a valuable contribution to the Wing Sports Program and deserve to be recognized. Once again, it was tough for the Selection Committee to choose the winners of the following three Wing Sports Awards categories:

### MOST SPORTSMANLIKE PLAYER

The nominees for this award are usually described as friendly, fair, possessing a positive attitude, supportive, provide advice and encouragement, and in general, an all-around nice person.

Winner - LS Dominic Dumont (WHL)

### MOST SPORTSMANLIKE TEAM

Sportsmanship applies to teams as well as individuals. The camaraderie, friendship and sportsmanship that a team develops is very important to the chemistry of the team. To share their enthusiasm and sportsmanship with their fellow competitors is admirable.

Winner - CPC (WHL)

### VOLUNTEER OF THE YEAR

We simply cannot stress enough how important volunteers are to our sports program and to 8 Wing/CFB Trenton. They fulfil executive positions on our inter-section leagues, they are the coaches and/or managers of our teams, they help us with the Surf 'n Turf, Wing Commander's Challenge, Winter Carnival noon-hour Aerobic Instruction, Fitweek, Terry Fox Run etc. The backbone of our sports program is our volunteers and we just couldn't do what we do without them. I wish to take this opportunity to recognize the tireless efforts of our sports league executives and the dedicated and talented coaches of our Wing/Base teams who have volunteered their time and talents, which has resulted in the tremendously successful year for everyone

Winner - Pte Mark Russell

### OFFICIALS

I would like to recognize the tireless efforts of our sport officials, which resulted in a tremendously successful year for our leagues and Wing sports teams.

### CF ANNUAL SPORTS ACHIEVEMENT AWARDS

#### MALE ATHLETE OF THE YEAR

Winner - Cpl Bruce Matthews

This versatile, creative and dependable individual has made a wide variety of accomplishments participating in various sports. He participated in four Regional Championships--ball hockey, hockey, slow pitch, and volleyball--winning two and advancing to the CF National Championships. He also earned three game MVP awards and was selected to two All Star Teams.

#### FEMALE ATHLETE OF THE YEAR

Winner - Capt Jodi Miller

Capt Miller is a dedicated and talented athlete. She was picked up to represent the Ontario Region Women's Volleyball Team at the CF National Volleyball Championship, receiving two game MVP awards and helped the team win the Silver Medal. She was selected to the tournament All Star Team, attended the CISM Training Camp, and was selected Team Leader at the CISM World Championship. She also prepared and helped coach the Women's Volleyball Team.

#### OFFICIAL OF THE YEAR

Winner - LS Tom Desgroseilliers

LS Desgroseilliers is an outstanding soccer official who is well known and respected throughout the military and civilian community for his sportsmanship, impartiality and professional competence. As a CF Soccer Official, LS Desgroseilliers has officiated in three major CF Soccer Championships - Ontario Region, CF National and the CISM World Women's Championships. Based on his professionalism and abilities, he was selected as Referee-In-Chief at the Regional Competition and selected to officiate the final matches in both the CF National and CISM Championships. LS Desgroseilliers' repertoire of officiating extends well beyond the military community as he has officiated at the Canadian university, college and high school levels of competition as well as in local soccer leagues. His selection to referee the final matches in various Canadian National and Provincial Championships attests to his competence and abilities and has reflected extremely well on the Canadian Forces.

(3M Canadian Forces Sports Coaching Award)

#### MALE COACH OF THE YEAR

Winner - Lt Mike Stoddart

Lt P.M. Stoddart is a devoted bowling coach who willingly dedicates his time and experience to promote bowling in both the military and civilian communities. He coached the CFB Trenton Flyers to a second place finish (silver medal) at the Ontario Region Championships, while at the same time being selected to the All Star Team and winning the High Average Award. As an instructor for the National Coaching Certification Program (NCCP), Lt Stoddart conducted several Youth and Adult Bowling Clinics at the Intermediate Level throughout the Ontario Region. Based on his tremendous knowledge and expertise, Lt Stoddart was selected by the Ontario Provincial Bowling Association as an Ontario Coach at the Canadian National Championships in Newfoundland. At this Championship, Lt Stoddart coached the

"rookie" Ontario Five-Man Masters Team to a gold medal - the first time in 15 years that this particular division won gold for Ontario. As a highlight of his coaching year, Lt Stoddart received one of the prestigious Ontario Five-Pin Bowling Coach of the Year Awards.

#### CIVILIAN COACH OF THE YEAR

Winner - Scott Burns

Mr. Burns is a devoted basketball coach who willingly dedicated his personal time and experience to coach/instruct basketball in both the military and civilian communities. In the Military Sports Program, Mr. Burns coached the CFB Trenton Flyers to a gold medal (undefeated) at the Ontario Region Basketball Championships, and at the CF National Basketball Championships he coached the Ontario Region Team to a silver medal finish. Coach Burns demands and expects maximum effort from his players at all times and is relentless in developing their individual and team leadership skills. Due to his outstanding coaching and motivational techniques, five different players on the Trenton Flyers were awarded Game MVP Awards at the Regional Championships and at the CF National Basketball Championships, three players from the Ontario Region Team were awarded Game MVP Awards, and one player was named to the CF Basketball All Star Team. In the local community, Coach Burns led the Trenton Flyers to a respectable 11-5 record in the Belleville League that boasted many ex-college and university level players. He also recruited many new players to the game of basketball by conducting several skill clinics for youths in the Quinte Region.

#### TEAM OF THE YEAR

Winner - Ball Hockey Team

The 8 Wing/CFB Trenton Ball Hockey Team played exhibition games with anyone/everyone from the local area in preparation for CF competition. During the Ontario Region Ball Hockey Championships, the Trenton Flyers worked very hard to come from behind and win the gold - by one goal. Due to operational requirements, the CFB Trenton Flyers represented the Ontario Region at the CF National Ball Hockey Championships with a 50 per cent change in their team roster and squeaked by to win at the Ontario Region Championships. It was only through extraordinary effort and the desire to win, that the Trenton Flyers peaked at the right time and won the gold at the CF National Ball Hockey Championships.

#### UNSUNG HEROES - THE HEART OF CF SPORTS

Awards are also given to an athlete, coach, official, or sport administrator who exemplifies the spirit of the CF Sports Program. He/she stands out above their peers in the program, not because they are the "best athlete," but because they contribute selflessly to the betterment of the program. He/she is a person who exudes heart, sportsmanship, dedication, and leadership in their own unique way.

*Hockey Referee in Chief* - Cpl Rob Hiller  
multi-sport athlete,  
*Coach, Official* - WO Mike Hamilton, hockey athlete,  
*Coach* - MWO Len Wood

#### AIR COMMAND AWARD WINNERS

Official of the Year - LS Tom Desgroseilliers  
Military Coach of the Year - Lt Mike Stoddart  
Civilian Coach of the Year - Scott Burns



# 8 Wing/CFB Trenton honours athletes at awards breakfast



Photos: Cpl Simon Duchesne, 8 Wing Imaging

**Clockwise: Colonel André Deschamps, Commander, 8 Wing/CFB Trenton, presents Corporal Kevin O'Donnell with the Team of the Year Award . Corporal O'Donnell represented the 8 Wing Ball Hockey Team (Team of the Year ), winners of the Nationals. Scott Burns accepts the Civilian Coach of the Year Award for helping lead the 8 Wing Basketball Team to Regional and National wins. Captain Jodi Miller, member of the CISM Volleyball Team, accepts the Female Athlete of the Year Award. Col Deschamps presents Lieutenant Mike Stoddart with the Military Coach of the Year Award . He coached bowling at levels ranging from Regional to National.**



## Your Insurance Plan Is Changing Are you affected?

As of July 1<sup>st</sup>, 2005, if you are a Canadian Forces (CF) member or a spouse and have term life insurance coverage with SISIP Financial Services (SISIP FS) under the Optional Group Term Insurance (OGTI) or the Reserve Term Insurance Plan (RTIP), you may receive a reduction in your premiums.

As well, all OGTI and RTIP participants will benefit from a new Accidental Dismemberment clause added to their policy at no additional cost, which will provide benefits for injuries for:

- Members whose injuries are non-attributable to military service to a maximum of their life coverage in force at the time of the accident;
- Insured spouses to a maximum of their life coverage in force at the time of the accident; and
- Dependant children to a maximum of \$10,000.

With these changes, SISIP FS continues to offer premiums that are among the lowest in the insurance marketplace for comparable coverage. In fact, on a weighted average basis, the serving members premium rates are 8% to 15% lower than the lowest comparable rates in the industry.

In addition to the new Accidental Dismemberment coverage and low premium rates, OGTI and RTIP participants are offered the following important benefits:

- No war or terrorism exclusion clause;
- No exclusions for dangerous occupations, hobbies, volunteer activities or sports;
- Less stringent medical underwriting requirements; and
- A life insurance for dependant children for an amount of \$10,000.

SISIP FS licensed insurance representatives are available to answer your questions in regards to these improvements to your SISIP FS life insurance plans and can help you review the coverage you need to protect your loved ones. You can contact your local SISIP FS insurance representative in one of our 18 offices throughout Canada, call 1-800-267-6681 (233-2177 in Ottawa), or get more detailed information by visiting our web site at [www.sisip.com](http://www.sisip.com).

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Une division de l'Agence de soutien du personnel des Forces canadiennes

## Votre régime d'assurance est modifié Êtes-vous concernés?

À compter du 1<sup>er</sup> juillet 2005, si vous êtes un membre des Forces canadiennes (FC) ou un conjoint possédant une assurance vie temporaire des Services financiers du RARM (SF RARM) aux termes de l'Assurance collective facultative temporaire (ACFT) ou du Régime d'assurance temporaire de la Réserve (RATR), vous pourriez bénéficier d'une réduction de primes.

En outre, tous les adhérents à l'ACFT et au RATR profiteront d'une nouvelle clause de mutilation accidentelle ajoutée à leur police sans frais additionnels. Celle-ci prévoit des prestations en cas de blessures pour les personnes suivantes :

- les membres dont les blessures ne sont pas attribuables au service militaire, jusqu'à concurrence de la couverture d'assurance vie en vigueur au moment de l'accident;
- les conjoints assurés, jusqu'à concurrence de la couverture d'assurance vie en vigueur au moment de l'accident;
- les enfants à charge, jusqu'à concurrence de 10 000 \$.

À la suite de ces changements, les SF RARM continuent d'offrir les primes parmi les moins élevées sur le marché de l'assurance pour une couverture comparable. En fait, selon une moyenne pondérée, les primes des membres actifs sont de 8 % à 15 % moins élevées que les primes les plus basses sur le marché pour une assurance comparable.

En plus de la nouvelle protection en cas de mutilation accidentelle et des faibles primes, on offre aux adhérents de l'ACFT et du RATR les importants avantages suivants :

- aucune clause d'exclusion du risque de guerre ou de terrorisme;
- aucune exclusion relativement aux métiers, passe-temps, activités de bénévolat et sports dangereux;
- des exigences de tarification médicale moins rigoureuses;
- une assurance vie de 10 000 \$ pour les enfants à charge.

Les représentants en assurance agréés des SF RARM sont disponibles pour répondre à vos questions à l'égard des modifications apportées à vos régimes d'assurance vie des SF RARM et ils vous aideront à examiner votre couverture afin de veiller à la protection de vos êtres chers. Veuillez communiquer avec le représentant en assurance des SF RARM de votre base ou escadre parmi les 18 bureaux partout au Canada, composer le 1 800 267-6681 (le 233-2177 à Ottawa) ou vous rendre à [www.sisip.com](http://www.sisip.com) pour obtenir de plus amples renseignements.

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	Current/ actuelles	New/ nouvelles	Same/pareilles Lower/moins élevées	Current/ actuelles	New/ nouvelles	Same/pareilles Lower/moins élevées
<25	0.70	0.70	S	1.05	1.05	S
25-29	0.60	0.60	S	0.95	0.95	S
30-34	0.65	0.65	S	1.10	1.10	S
35-39	0.85	0.80	L	1.40	1.25	L
40-44	1.15	1.05	L	1.95	1.80	L
45-49	1.75	1.35	L	3.15	3.00	L
50-54	2.80	2.00	L	4.90	4.90	S
55-59	3.60	3.40	L	5.40	5.40	S
60-64	4.30	4.30	S	6.45	6.45	S
65-69	4.30	4.30	S	6.45	6.45	S
70-74	4.30	4.30	S	6.45	6.45	S

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**July 13** City: \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_  
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 0  1-2  3-6  7-10  13+ Include bottles, cans & draught (optional)  
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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
June 19 - June 25

**ARIES** (March 21-April 19): Check out property investments. You will be lucky when it comes to winning, so attend an auction, buy a lottery ticket or invest in your own ideas on the 19th and 20th. Secrets will be revealed to you. A change regarding your personal life, domestic scene or an older member of your family may surprise you on the 21st and 22nd. Stay on your toes and to refrain from getting upset or angry. Don't expect to get anything for nothing on the 23rd and 24th. The odds are against you so don't gamble in any aspect of your life. Take a serious approach and be diplomatic. You must speak up on the 25th if there is something you want changed or fixed.

**TAURUS** (April 20-May 20): Watch your back and your wallet on the 19th and 20th. Short trips to visit old familiar places will bring back memories and remind you of some of your past ideas. Talks you engage in will give you a new perspective. You will be tempted to spend money on something you really can't afford on the 21st and 22nd. An investment may entice you, but this is not the time to get involved. Rely on close friends and family to help you to make the right financial decision. Run your ideas past a friend on the 23rd and 24th before you proceed. A small but very important detail will need to be adjusted. Avoid heated debates on the 25th. They will lead nowhere.

**GEMINI** (May 21-June 20): Put more emphasis on getting back into shape or improving your lifestyle on the 19th and 20th. A healthier approach is what you should be aiming for. Eliminate the stress in your life — work toward a better future. You will be in a high learning cycle on the 21st and 22nd. You can make some interesting career moves. Family finances will be an issue you have to deal with. Curiosity will lead to interesting answers and information on the 23rd and 24th. A chance to head down a more prosperous path is apparent. Reading, short trips and research will pay off. You will be a little stubborn on the 25th, but that's OK. Talks will lead to information that will benefit you.

**CANCER** (June 21-July 22): You've got everything you need to succeed on the 19th and 20th, so don't stop short of your goals. A creative cycle is in place, and you must take advantage of it. Travel, learning and social activity should be high on your list. You will be emotional and quick to change your mind on the 21st and 22nd if someone doesn't do what he or she is supposed to do. A mistake is likely to occur if you jump to conclusions. You will have to cut corners if you want to finish what you start on the 23rd and 24th. Don't let emotional problems interfere with what you must do. Take an easygoing approach to life and love on the 25th, and everything will fall into place.

**LEO** (July 23-Aug. 22): You will be riding high and probably have a comment about everything and everyone on the 19th and 20th. Be careful: Someone you are close to may not be thrilled with your sense of humor. Praise will get you so much further. There will be lots going on behind your back on the 21st and 22nd. Don't divulge too much information regarding your plans or your ideas. Money can be made and deals and contracts agreed upon on the 23rd and 24th. Make sure you do get everything in writing. Someone is likely to promise you something and not deliver. Don't rely on surface information on the 25th; dig deep and ask pertinent questions.

**VIRGO** (Aug. 23-Sept. 22): Networking will lead to good opportunities on the 19th and 20th, but keep up your guard when it comes to dealing with family or domestic issues. It will be hard to persuade someone close to you to go along with your plans. Doing for others will bring the highest rewards on the 21st and 22nd. A group you get involved in will lead to someone who will change your life in a positive way. You will accomplish great things on the 23rd and 24th as long as you aren't overly tedious about detail. You will meet someone who can make a difference to your future. Don't shy away from a good opportunity. Take time out on the 25th to enjoy life for a change.

**LIBRA** (Sept. 23-Oct. 22): You may want to change things in your life overnight, but that would only lead to a disaster on the 19th and 20th. Bide your time and make subtle alterations that will not upset all the people who count on you. Be patient. Take a back seat on the 21st and 22nd. There is nothing you can do to change what is going on around you, so retreat and focus on what you can do for yourself. You have to put a push on business, professional advancement or even looking for a new job on the 23rd and 24th. The chance to upgrade your lifestyle is possible. You must choose the right path on the 25th or find yourself in the middle of a very difficult predicament.

**SCORPIO** (Oct. 23-Nov. 21): It's time to Make a lifestyle change on the 19th and 20th. Follow your heart and your dreams. Get back to basics and do the things that mean the most to you. Keeping busy and getting things done is where you will make your greatest gains on the 21st and 22nd. Make cold calls, go to interviews and talk to people who can offer you assistance, support and even partnerships. The more demanding you are, the more commanding you will be. Don't waste any time on the 23rd and 24th — get on with what you want to do. Follow through with your own priorities. Avoid being secretive on the 25th — someone will take you the wrong way.

**SAGITTARIUS** (Nov. 22-Dec. 21): Your comments and wit will take everyone by surprise on the 19th and 20th. Be careful not to offend someone who is shy. Offer to help someone who is experiencing trouble. Focus on playing and pleasure on the 21st and 22nd. You have to be a participant if you want to get into the inner circle. Everything will hinge on money, health and legal matters. You will be able to drum up the support and help you need to make a prosperous move on the 23rd and 24th. Get involved in whatever is going on around you on the 25th, especially if it has to do with family. Take control of a situation that could lead to financial gain. Accept the added responsibilities.

**CAPRICORN** (Dec. 22-Jan. 19): You will be praised for your help, service and contributions to a group that had been struggling without your help on the 19th and 20th. Minor mishaps are likely so be cautious. Be careful what you say on the 21st and 22nd. Secrets will be kept from you if you are too demanding or opinionated. Weigh all the pros and cons. Get out and network or mingle with people or groups that interest you on the 23rd and 24th. The more talking you do, the more likely you will partner with someone for business or personal reasons. Don't avoid emotional issues on the 25th. It's time to clear up any misconceptions. Changes will be to your benefit.

**AQUARIUS** (Jan. 20-Feb. 18): You may be asked to talk about matters you aren't ready to discuss on the 19th and 20th. Be true to the way you feel. You must end what isn't working for you and prepare to move on with your life. You will have problems with authority figures on the 22nd and 23rd if you aren't on your best behavior. Don't allow yourself to become involved in something that may not be in your best interest. Think before you act. Focus on work or what you plan to do with your future on the 23rd and 24th. A moneymaking opportunity is apparent. Prepare to sign up if it looks prosperous. You will be flippant on the 25th. Slow down and concentrate.

**PISCES** (Feb. 19-March 20): Love and romance will be in a high cycle on the 19th and 20th. Put on your Pisces charm, and you will intrigue someone you really want to spend time with. A creative project will turn a profit. You may find it difficult to move forward on the 21st and 22nd. Open your eyes to the opportunities available to you. Let go of the past and prepare to move into the future. Not everything will be out in the open on the 23rd and 24th. Think about what you want and what everyone else wants you to do. You have to be true to yourself if you want to achieve success. A surprise is in the works on the 25th. Don't try to find out what it is, or you will ruin it for someone you care about.

# BBQ safety -- when a good grill goes bad



Submitted by  
**Don Heans,**  
Wing General Safety  
Officer

Barbecue season is upon us. This means many people will be enjoying cooking and eating food that was prepared in this manner. It also means people will be injured and thousands of dollars of property damage will result because of carelessness.

Even people who use combustible products safely at the worksite will make mistakes and ignore safety practices

once they are at home. The following are a few tips we should keep in mind to help us have a safe barbecue season:

After purchasing a barbecue, make sure you follow the manufacturer's directions for assembly and use.

Don't use your barbecue indoors. Fire and carbon monoxide poisoning are a real threat. Keep the barbecue a safe distance (over 3 meters, or 10 feet) from your house. If there is a fire, you don't want it to spread to your house.

Keep your barbecue's propane tank in an upright position. If it's not in an upright position, the tanks relief valve may not work properly. Also make sure the burner ports are clear of rust and dirt.

Check for leaks by putting a soapy solution

on the connection of the tank and hoses. Where you see bubbles, tighten the connection. If you can't stop the bubbles, don't use the barbecue - it's leaking propane. Never use a match to check for leaks.

When lighting a gas barbecue, keep the lid open to avoid gas buildup and light the barbecue as soon as you turn on the gas. Keep your face away from the grill. Make sure

the flame is visible from the burner ports.

A barbecue lighter with a long handle is safer to use than matches. It provides the extra reach that reduces the chance of singed hair or a burn to your body.

When finished barbecuing, turn off the burner and the tank valve.

Never use gas or naphtha to light a charcoal barbecue. Always use barbecue lighter fluid and let it soak for five minutes before lighting. Read and follow the directions on the can.

Make sure coals are cool before you dispose of them.

Avoid wearing baggy sleeves when cooking over a barbecue. They could catch fire.

Remember, the entire barbecue assembly is hot. Keep children away.



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# Community Events

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MOVIE LINE-UP			
• Mr. & Mrs. Smith (PG)	1:05	7:05	9:20
• Madagascar (G) (Ends Tues.)	1:10	7:10	9:10
• Batman Begins (PG)	1:00	7:00	9:35

Coming Soon: Herbie: Fully Loaded (June 22), War of the Worlds (June 29)  
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](mailto:leblanc.al@forces.gc.ca), at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

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## 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 WOs' & 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](mailto: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](http://www.429sqn.8wing.ca) for more information

TRENT VALLEY QUILTERS GUILD-- Regular Monthly meeting June 21, 2005 at 12:30p.m. King Street United Church, Trenton (Side Door) There will be a Pot Luck Lunch. New Members Welcome, For information contact Marcy 965-0491.

## Wing Fund GOLF TOURNAMENT

### 29 June 05

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Prizes to be awarded

**All children must be accompanied  
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**All children must have a helmet**

### MILITARY POLICE TIP LINE

As of 18 June 2005, the Military Police will be offering a new service. This service can be utilized to report any criminal or illegal activity anonymously by calling 613-392-2811 ext 4000. All calls will be accepted via answering machine only, and messages will be screened on a daily basis. Persons who wish to remain anonymous can utilize this service to report either a National Defence infraction or a Criminal Code offence. Callers are asked to leave a detailed message, and the caller's identity will not be required. The information provided will be screened by the Military Police and if warranted, an investigation will be launched.

### LIGNE INFORMATIQUE DE LA POLICE MILITAIRE

Débutant le 18 Juin 2005, la Police Militaire offrira un nouveau service. Ce service peut être utiliser pour rapporter tous actes criminels ou activités illégales en composant le 613-392-2811 ext 4000, tous dans l'anonyme. Tous appels seront diriger à un répondeur qui sera vérifier quotidiennement. Ce service sert à rapporter une offense contre l'Acte de la Défense Nationale ou du Code Criminel du Canada. Laissez un message détailler et votre identité ne sera pas requise. L'information fournie sera examiner par la Police Militaire et si une investigation est mériter, un enquêteur sera assigner.

## MONTHLY BOOK SALE

### THE FRIENDS OF TRENTON PUBLIC LIBRARY

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# Trigger-ready on the cost of money

## it's your Money



Garth Turner

If you have a variable rate mortgage, floating line of credit or a home equity loan tied to the prime rate, then brace yourself for an increase. Interest rates are going up. Let me explain why this is about to happen.

First, that old evil, inflation, has started to make a comeback. Escalating energy prices are certainly a factor driving up the cost of living, but a binge in government spending is even more worrisome. Driven by their deal with the free-spending NDP, the Paul Martin Liberals have added more than \$9 billion in new spending to the budget unveiled last February. TD economist Marc Levesque says this is a formula for higher rates.

Second, today's ultra-low interest rates have masked a slowdown in demand from the US for our goods, and created a mini employment explosion across the land. Last month 35,400 more jobs

were created and, for the year as a whole, we are up 90,000 positions. This has held the unemployment rate close to a 30-year low, but it is also clear the economy is not in balance. Half of all the new jobs were in retail, a reflection of how cheap rates are encouraging people to spend money. Another 15,000 were in nurseries and landscaping - an industry being fuelled by the real estate bubble I wrote about last week.

Meanwhile low rates and more jobs have helped push the dollar higher and, at the 80-cent level, the loonie is making our exports more expensive, and driving down demand. Over the past year, the country has lost 91,000 manufacturing jobs.

So, low rates have thrown gasoline on consumer spending, real estate and small business expansion, which has goosed the dollar, hurting exports and costing a lot of high-value-

added manufacturing jobs. At the same time, the American economy has been slowing down and the U.S. Federal Reserve has been relentlessly raising rates to deal with what is believed to be unhealthy "froth" in the housing market and the seeds of an inflationary resurgence.

And there you have it: A recipe for more costly money. The Bank of Canada will be raising rates for sure. Maybe as early as July. Certainly by Thanksgiving.

By how much is less certain, however many economists I hang with tell me they expect the prime rate to be at least 1.5 per cent more expensive by this time next summer. That would raise it to close to the 6 per cent mark, taking all those popular floating loans and mortgages along with it.

This begs the question of what you should do about it. Is this enough of a financial threat to run to the bank and convert your variable rate mortgage into one with a fixed term? Is it going to be necessary to lock up the cost of your borrowing for the next five years - just like in the bad old days in the 1990s?

Nah, probably not. For

average people with average mortgage debt, you are still further ahead keeping the mortgage tied to the prime rate, since there is such a huge rate premium to pay to lock it in. Rates would have to jump at least 3 per cent to really make it worth your while to convert. Having said that, however, the looming rate hike will make your monthly payments costlier and cut into your disposable cash flow,

And that's an important point for abnormal people with abnormal mortgages. Yes, you know who you are - those folks who have recently paid seven figures for a house that five years ago cost half that; those of you who "won" a bidding war for a home; and the folks who have bought houses with little or nothing down and financed the rest. For this crowd, a rate hike of even 1 per cent can smell like disaster.

But as I tried to argue in my controversial column last week, there is absolutely no reason to believe interest rates should remain at the lowest level in an entire generation, or that real estate prices will rise forever. If those have been two cornerstones of your own financial plan, then get a new one.

## Need help understanding account statements?

(NC)—Are your investments doing as well as you expected? Do you know what they are worth?

Your investment account statement gives you the information to answer these important questions.

You should review your statements to ensure everything is in order. It's up to you to check your statement and report any errors promptly, because mistakes can and do happen. The longer you wait, the more difficult it is for the financial firm to fix an error.

To learn more about your account statements and the important information they contain, visit the Understanding Your Account

Statement tool on the [www.investorED.ca](http://www.investorED.ca) website. This tool provides you with three types of sample statements and allows you to scroll through to learn about the language used (such as "book value").

When you receive your account statements, check the following:

1. Your name, address, account number and adviser information are correct.
2. The opening balance matches the closing balance on your last statement.
3. New deposits to the account during the statement period were properly credited.
4. The list of what you bought

and sold matches your confirmation slips.

5. Any automatic withdrawals were processed on the correct business day.

6. The beneficiary information is correct.

7. Ensure you understand the fees you are paying. Many costs are not included on your statements and affect your bottom line.

To learn more about your account statements, visit [www.investorED.ca](http://www.investorED.ca), the website of The Investor Education Fund, a non-profit dedicated to providing objective and free investor education resources.

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Clockwise from top left: LCol Bill Lewis, CO, 8 Air Maintenance Squadron (8AMS), during the morning tee off at the 8 AMS Camp Trillium Golf Tournament; Morning tee off with Maj Andy Fitzgerald (8 AMS DCO), Colonel Andre Deschamps (Commander, 8 Wing/CFB Trenton), LCol Bill Lewis (8 AMS CO); CWO Don Cheverie teeing off; MCpl Dave Clark and Cpl Nathalie Godin after completing the 1st hole; and Mr. Gord Bryant from Simcoe Office Products (Trenton & Barrie) preparing to putt. Photos: Cpl Jean-Francois Neron, 8 Wing Imaging.



# Lots of fun for one and all at 8 AMS Family Day



Photo: Cpl Gayle Wilson, 8 Wing Imaging



Photo: Cpl Simon Duchesne, 8 Wing Imaging



Photo: Cpl Gayle Wilson, 8 Wing Imaging

Clockwise from top left: Marc-André and Marie-Christine, children of Corporal Simon Duchesne, Image Technician with 8 Air Maintenance Squadron, get their first taste of flying aboard a CC150 Polaris (Airbus) during the 8 AMS Family Day held 4 June 2005. Family members were offered the opportunity of flying aboard an Airbus or a Hercules.

Youngsters had a blast jumping in the inflatable trampoline beside the air terminal.

Corporal Chris Ballantyne, 8 Wing Firefighter, aids Taylor Wilson in using a fire hose. The firefighters were on hand during the 8 Air Maintenance Squadron Family Day, as were members of the Military Police Squadron. Taylor is the son of Corporal Gayle Wilson, Image Technician with 8 AMS.

The families were also invited to take a tour of 10 Hangar.

# Showcase



Honours and awards at Astra lounge at 8 Wing Trenton:  
Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton presents  
Capt. A Baldry with the General Campaign Star with ISAF Bar.



**Capt B. Austin**  
received the Wing Commander's  
Commendation, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**Maj G. Leblanc**  
received the 1st Canadian Air  
Division Commander's  
Commendation, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**Capt L. Phillips**  
received the 1st Canadian Air  
Division Commander's  
Commendation, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**2Lt L. Hachey**  
received the LCol M.J. Wallace  
Memorial Award, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**Cpl E. Bradshaw**  
received the Certificate of  
Personal Development  
Achievement, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**Cpl B. Cloutier**  
received the Certificate of  
Personal Development  
Achievement, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**Cpl B. Tanner**  
received the Certificate of  
Personal Development  
Achievement, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**Sgt M. Hope**  
received the Certificate of  
Personal Development  
Achievement, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**WO K. Nicholls**  
received the Certificate of  
Personal Development  
Achievement, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**Cpl L. Martin**  
received the Certificate of  
Personal Development  
Achievement, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**MWO V. Trevors**  
received the Canadian  
Peacekeeping Medal,  
presented by Colonel Andre  
Deschamps, Commander, 8  
Wing/CFB Trenton.



**Cpl P. McVeigh**  
received the Canadian  
Peacekeeping Medal,  
presented by Colonel Andre  
Deschamps, Commander, 8  
Wing/CFB Trenton.



**Mr. James Pullen**  
received the 45 & 50-Year  
Public Service Awards,  
presented by Colonel Andre  
Deschamps, Commander, 8  
Wing/CFB Trenton.



**Mrs. Louis Fuller**  
received the 25-Year Public  
Service Award, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**Mr. Jim Wong**  
received the 35-Year Public  
Service Award, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**Mr. Fred Lord**  
received the 35-Year Public  
Service Award, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**Mr. Albert Arsenault**  
received the 45-Year Public  
Service Award, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**Mr. David Eisner**  
received the 35-Year Public  
Service Award, presented by  
Colonel Andre Deschamps,  
Commander, 8 Wing/CFB  
Trenton.



**Pte(T) A. Skinner**  
received his ATESS Promotion to that rank,  
presented by Maj Beuchesne AEPFC.

***Congratulations! Félicitations!***

# Showcase



**Arlene Preston**  
received her 25-Year Service Award,  
presented by LCol W.M. Roberts, 8 Wing Adm O.



**Capt P. Morck**  
received a promotion to that  
rank, presented by LCol W.M.  
Roberts, 8 Wing Adm O.



**MCpl W. Bourgeois**  
received her CD, presented by  
LCol W.M. Roberts,  
8 Wing Adm O.



**Cpl J. Leeworthy**  
received her General Service  
Medal, presented by  
LCol W.M. Roberts,  
8 Wing Adm O.



**Capt L. Maziarski**  
received her General Service  
Medal, presented by  
LCol W.M. Roberts,  
8 Wing Adm O.



**Pte(T) F. Milliard**  
received a promotion to that rank,  
presented by Capt J. Miller and WO B. Shackleton, 8AMS.



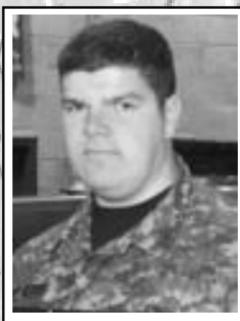
**Cpl L. Heck**  
received her Accident Investigation Course Certificate,  
presented by MWO J. Dierijck, DAESO.



**Pte Z. Salmaniw**  
received his first hook,  
presented by Capt K. Higuchi, AESO.



**Cpl J. Makkhuen**  
received a promotion to that rank,  
presented by Capt D. Scherr A/WCEO and  
MWO G. Aitken A/SCWO.



**Cpl D. May**  
received a promotion to that  
rank, presented by Capt D.  
Scherr A/WCEO and  
MWO G. Aitken A/SCWO.



**Sgt J. Maclean**  
received his CD1 presented by  
LCol D.J. Gould, CD WLEO.



**Gerry Peacock**  
received his Retirement Certificate serving 30-Years of Public  
Service presented by Capt D. Scherr, A/WCEO.



**MWO T. Fielding**  
received a promotion to that rank presented by Capt D. Scherr  
A/WCEO and CWO G. Morphet, SCWO.

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		N	O	S		A	S	S	E	S	S	
	N	O	U	N		P	T	E		T	O	E
B	I	B	S		M	O	T		H	U	R	T
O	N	O		L	O	T		S	N	I	T	
G	E	E	Z	E	R		G	O	A			
		O	I	L		O	T	T	A	W	A	
R	A	N	K		A	S	A		I	T	E	M
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