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• September 8, 2006 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 41 Issue Number 34 •

Another first for 8 Wing as new liquid oxygen facility opens

by Amber Gooding
Contact Staff

It was another first for 8 Wing/CFB Trenton with the official opening of the new liquid oxygen (LOX) building.

Almost a decade after the requirement for a new LOX building was identified, a ribbon cutting ceremony marked the completion of the new facility, which will continue to supply and support all oxygen needs, both in gaseous and liquid forms, for all Canadian Forces (CF) aircraft and those of our NATO partners.

The building itself was completed earlier this year, and everything was in place and fully functioning by mid-July.

“Our old building was approxi-

mately 1,000 square feet,” said Cpl A.E. Houston of 8 Air Maintenance Squadron (8 AMS). “The new building, at 4,200 square feet, offers more space which allows us to get our job done more efficiently.”

The new state-of-the-art facility, which is located behind the fire hall on the north side of the base, has been the envy of many within the CF since construction began.

“We’ve already had a number of calls regarding the design and implementation of the new structure,” said Cpl Houston. “There are other bases within the CF that have expressed their desire to construct the same exact building, for this purpose.”

With much more space, personnel are now able to allocate specific

areas of need and purpose for every liquid oxygen requirement and procedure identified.

Because liquid oxygen requires not only special equipment, but also has very specific guidelines in handling, cleaning and preparing canisters and tanks for use, LOX services can now offer greater assistance with everything from testing and maintenance, to supplying oxygen in the various forms it is distributed.

Aside from providing gaseous oxygen, nitrogen and breathing air cylinders for 8 Wing there are a number of other functions carried out at the LOX building.

Personnel are now equipped with the space required to conduct oxygen familiarization courses, designed to educate new techni-

cians on the principles of safely handling the components, to test oxygen aircraft regulators and the proper cleaning stages of all aircraft oxygen parts, such as tubes and fitting lines.

They also maintain 17 oxygen carts, both here and abroad, as well as tanks that provide up to 5,200 gallons of liquid oxygen at any given time. They supply the Aircraft Life Support Equipment (ALSE) shop with required parts for aircraft operations, including dangerous cargo kits, walk-around bottles and emergency passenger system hoods. LCol W.J. Lewis, Commanding Officer, 8 AMS, attended the official opening ceremony and said he was truly pleased to see what the new facility offers.

“One of the reasons for the new

building was that the old establishment did not meet the separation standards of the flight line,” said LCol Lewis. “It’s a wonderful, fully equipped building, and will help ensure the continued support of oxygen services for all operations.”

Everyone involved with this project was dedicated to one purpose – to getting the job done with a greater amount of accuracy.

They knew what they needed in order to achieve their goal. The plans came into play almost three years ago, and a year after the ground was broken on the new design, it is not only the newest building on the flight line, but is a new, fully operational service provider for a very key purpose in aiding the needs of 8 AMS and 8 Wing in its entirety.



Photo: Amber Gooding, Contact Staff

A ribbon-cutting ceremony marking the official opening of the newest building on the north side of the base, the liquid oxygen (LOX) facility, took place on September 6, 2006. Lieutenant-Colonel W.J. Lewis, Commanding Officer of 8 Air Maintenance Squadron, cut the ribbon with personnel from LOX and 8 AMS before taking a tour of the new facility. (Back Row) Rob Parks, Barry Box, Maj T.R. Chalovich, Maj J.T. Fernandes, Lt P.F. Horan, LCol W.J. Lewis, Maj T.A. Home, CWO M.L. Rodrigues, MWO J. Oscien, Sgt A.R. Berube (Front Row and LOX Facility Personnel) Cpl J. Lush, Cpl A.E. Houston, MCpl S.M. McLeod. Absent from the photo is WO J.P. Foster.

DELEGATION FROM CHINA



Photo: Cpl Jean-Francois Neron, 8 Wing Imaging

Mrs Libby Buckle, a medical imagery technician at 8 Wing/CFB Trenton since 1999, shows the new digital x-ray machine to Deputy Director General of the Health Department of Chinese People Liberation Army, Major-General Yuan Yonglin, during an August 31 visit to the 24 Health Services Centre by the Chinese military delegation.

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Des chasseurs canadiens plus robustes au terme de la phase I de la modernisation des CF-18

par Holly Bridges

Cinq ans, 80 aéronefs et des centaines de vols d'essai plus tard, la première phase de la modernisation de la flotte canadienne de chasseurs CF 18 est enfin terminée, au coût de 880 millions de dollars,

Une cérémonie a eu lieu jeudi dernier aux installations de la société L3 Communications MAS, à Mirabel (Québec), pour marquer l'achèvement de la phase I du projet de modernisation des CF 18.

À cette occasion, Boeing International a livré au ministère de la Défense nationale le quatre-vingtième et dernier CF 18 Hornet modernisé dans le cadre de la phase I.

« C'est un des moments importants dans la vie d'un président d'entreprise, » a déclaré M. Sylvain Bédard, président de L 3 Communications MAS, la compagnie à laquelle Boeing International a confié la tâche de moderniser les chasseurs. « Nous avons terminé le projet à temps, dans les limites du budget et selon les plus hautes normes de qualité possibles. »

La phase I est considérée comme la pierre angulaire du projet de modernisation des CF 18, car elle assure à la flotte une interopérabilité en matière de communications protégées. Les mises à niveau terminées comprennent un nouveau radar, des

radios antibrouillage, un combiné interrogateur/répondeur, des systèmes de gestion des charges, des calculateurs de mission ainsi que des systèmes mondiaux de localisation et de navigation par inertie intégrés.

Conjointement avec la phase II (début de la modification des prototypes en janvier 2006), la phase I fournira aux Forces canadiennes un chasseur fiable, efficace et à la fine pointe de la technologie.

« Les Canadiens ont fait clairement comprendre qu'ils veulent des forces armées efficaces et efficaces qui sont bien équipées et qui serviront leurs intérêts au pays et à l'étranger, » a affirmé le Lieutenant-général Steve Lucas, Chef d'état-major de la Force aérienne, lors de la réception de l'aéronef. « Le gouvernement a indiqué clairement qu'il a l'intention de donner à nos hommes et femmes en uniforme les ressources et l'équipement dont ils ont besoin pour faire leur travail. En investissant dans la technologie et l'équipement modernes, nous veillons à ce que les hommes et les femmes des Forces canadiennes restent parmi les meilleurs au monde dans leur domaine. »

Le Major André Lessard, pilote de CF 18 affecté au projet au cours de la dernière année, a été aux commandes de 54 des 80 chasseurs modernisés et accumulé 150 heures de vol, vérifiant

les mises à niveau à mesure qu'elles étaient terminées.

« Je dois dire que je ne me suis jamais senti en danger à bord des appareils durant ces vols d'essai, » a précisé le Maj Lessard. « Et c'est grâce au professionnalisme exceptionnel des techniciens (dont certains sont des techniciens d'aéronefs retraités des Forces canadiennes) qui ont travaillé sur les avions. Par la façon dont ils ont pris soin de nous et des aéronefs et par leur travail, on se serait cru dans un escadron. »

Un autre pilote d'essai, le Capitaine Jacques Gaudet, abondait dans le même sens. « C'était fantastique parce que j'ai pu à la fois piloter les avions et contribuer au projet en aidant à la mise au point des divers logiciels, » a dit le Capt Gaudet. « Le pilotage des avions n'est pas différent en soi, mais c'est ce qu'il y a à bord qui est différent – le radar, la fonction d'interrogateur, l'Internet protégé – tous ces éléments nous seront extrêmement utiles sur le champ de bataille. »

Rappelant à point nommé pourquoi le Canada et d'autres pays ont besoin du meilleur équipement possible en ces temps incertains, le vice-président de Boeing Integrated Defense Systems, M. Jim O'Neil, a profité de l'occasion pour « remercier les militaires, hommes et femmes, qui protègent notre liberté tous les jours. Que Dieu les garde. »

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



CE office infrastructure realignment--Renovations to the second floor at Wing Construction Engineering Squadron are well underway at approximately 50 per cent complete. Staff from Defence Construction Canada, Engineering and Contracts Sections are looking forward to moving into their new work area in December. Kathleen Burke, an Electricians Trades Helper, works under the supervision of a journeyman installing electrical equipment.

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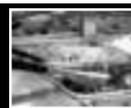


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Photo: Amber Gooding, Contact Staff

Shown above, from left to right, are Military Police officers, Master Corporal Dustin Dorken and Petty Officer, 2nd Class, Alain Joanisse with Christina and Carl Eggiman. A donation of a barbecue and free Tim Hortons coffee, every day for one year, was made on behalf of the Eggiman's, owners of three Tim Hortons establishments in Belleville and Trenton, for the Corporal Randy Payne benefit concert, scheduled for September 22 at Baker Island Community Centre. The Eggiman's also made a donation to cover the cost of the food on the day of the concert. The barbecue and coffee for a year will be raffled off, along with other prizes, during a silent auction.

Search & Rescue UPDATE

Photo: Sgt R. Ruthven, CFLAWC



A relatively quiet week here at 424 Squadron with only four missions flown. First mission was for an overdue kayak near Wawa, Ontario. The kayak was located by the OPP while the Herc was enroute. Our crew then returned to Trenton.

Next callout was again for our Herc crew tasked to investigate an ELT near Holland Landing Airpark. The ELT signal was the result of a hard landing on a private airstrip. The ELT was turned off and our crew returned home. Next mission was again for our CC-130. The crew was tasked to provide assistance to three persons stranded near Salluit in Northern Quebec. Once on scene, the crew located the people and confirmed that they only required some food. Two bundles were dropped to them and our crew flew back to Trenton.

The last mission flown was for our Griffon crew while at the CNE air show in Toronto. They were tasked by JRCC to investigate a possible aircraft crash near Hamilton. After landing to talk directly to the eyewitness and Hamilton Tower they flew one search pattern before being released by JRCC when it was determined that it was a false alarm.

Until next week, the Tigers of 424 Squadron hope you all, stay safe!

Missions for 2006: 174 Missions for Sept.: 4 Persons rescued: 35

Take a Boating Course this winter

The RCAF Trenton Power & Sail Squadron, which operates out of the CFB Trenton Yacht Club, will be offering boating courses this fall and winter.

The courses offered will include:

The Boating Course which is taught every Monday evening from September 25th until the end of February 2007.

The Piloting Course - an advanced course for those who have already completed the Boating Course - will also be taught starting on Wednesday October 11th. The Course is 12 Wednesday evenings in duration.

Other courses to be offered are the

Marine Maintenance Course and the **Marine Radio Seminar**.

The Marine Maintenance Course will run from October until Christmas at a night to be decided. The VHF Marine Radio Seminar is a three-day seminar to be run at the end of February 2007.

Persons interested in any of these courses are asked to contact the Squadron Training Officer, at 613-392-0927 or

e-mail keith.bottoms@sympatico.ca for further information.

Or visit the Squadron Web site at <http://rcafcps-ecp.org/> for details of these Courses.

In the cold of winter, think summer, by registering for a boating course this fall.

Registration Night, Monday 18th September at the CFB Trenton Yacht Club.



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- 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 disc 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.

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



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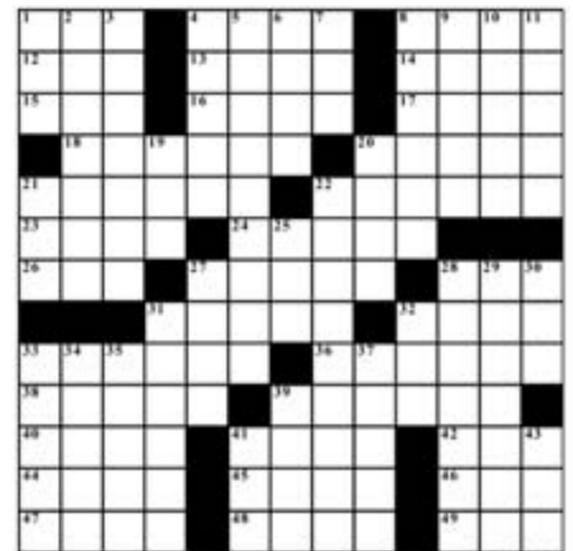
By Bernice Rosella and James Kilner

ACROSS

- 1 Unit of resistance
- 4 Related
- 8 Apothecaries' unit
- 12 Meadow
- 13 Nag
- 14 Republic of Ireland
- 15 Play part
- 16 Slaughtered
- 17 Lure
- 18 Prohibitions
- 20 Greasy spoon
- 21 Getting lost, in a way
- 22 Pot
- 23 Tar's tot
- 24 Deluges
- 26 HRH word
- 27 Comeback
- 28 Top
- 31 Pace
- 32 Art _____
- 33 Quarts successor
- 36 Roughed up
- 38 Elude
- 39 Hate
- 40 Shade
- 41 Car
- 42 Atom
- 44 Beano
- 45 Seed
- 46 One, in Matane
- 47 Early garden
- 48 Brews
- 49 One of a starter's instructions

DOWN

- 1 Talipot palm
- 2 Acre successor



- 3 Bullfighter
- 4 Firebug's offence
- 5 Pounds successor
- 6 Roman holiday?
- 7 Avant garde
- 8 Takeaways
- 9 Mirthful
- 10 Shakespearian sprite
- 11 Yard successor
- 19 Large
- 20 Refuse
- 21 Alphabet run
- 22 Mile's successor
- 25 Matterhorn, for one
- 27 Marsh plant
- 28 Fahrenheit successor
- 29 Solvent
- 30 Pea plant part
- 31 Newt
- 32 Owed
- 33 Potato pancake
- 34 Creeper covered
- 35 Ton successor
- 37 Materials
- 39 Affaire d' honneur
- 41 Turkish title
- 43 After expenses



This Week in Contact

1976 – Two Canadian Armed Forces generals, Major-General J.I. Davies of Winnipeg and Brigadier-General D.W.J. Carr of Hamilton, believed to be the last serving air force officers to have been prisoners in Germany during the Second World War, have retired. Both were wartime air navigators on operations against Germany and both spent time in "Hitler's Hostel," as the POWs often called their accommodations.

1986 – Canadian Forces display trailers were on the move again with two new 45-foot highway trailers that were modified as walk-through displays depicting the many aspects of the Canadian Forces. The trailers were often seen at regional fairs and exhibitions across Canada until October 1986.

1996 – One of two remaining Boeing 707s rises through the evening haze as it leaves 8 Wing for Zagreb. The crew of five reservists and six regulars, under the command of Major Wayne Gray, a reservist with 437 Transport Squadron, delivered cargo to the peacekeeping troops and brought home a soldier on medical evacuation.

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



THE REMAINS OF FIVE SOLDIERS RETURN TO CANADIAN SOIL



Photo:MCpl Chris Connolly, 8 Wing Imaging



Photo:MCpl Chris Connolly, 8 Wing Imaging



Photo:MCpl Chris Connolly, 8 Wing Imaging



Photo:MCpl Chris Connolly, 8 Wing Imaging



Photo:Cpl Simon Duchesne, 8 Wing Imaging

The remains of five fallen soldiers returned to Canadian soil September 6. Present to pay their respects were The Right Honourable Michaëlle Jean, Governor General of Canada and Commander-in-Chief of the Canadian Forces, General Rick Hillier, Chief of the Defence Staff, and Lieutenant-General Andrew Leslie, Chief of the Land Staff. Also present was Colonel David Brackett, United States Air Force. Pictured clockwise from top left are the repatriation ceremonies of: Private William Jonathan James Cushley, a member of 1st Battalion, The Royal Canadian Regiment; Sergeant Shane Stachnik, a member of 2 Combat Engineer Regiment; Private Mark Anthony Graham, a member of 1st Battalion, The Royal Canadian Regiment; Warrant Officer Frank Robert Mellish, a member of 1st Battalion, The Royal Canadian Regiment; Warrant Officer Richard Francis Nolan, a member of 1st Battalion, The Royal Canadian Regiment. All five soldiers were based in Petawawa, Ontario.



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CISM triathlon camp

The 2006/2007 CISM triathlon training and selection camp will be held from October 8 to 13 at CFB St-Jean. This camp is in preparation for CISM World Championship in India, scheduled for October 2007. The camp is open to all CF and reserve class A, B, and C tri-athletes. Interested tri-athletes must send in the following information to Dan Cormier, no later than September 12: S/N, rank, first and last name, initials, gender, DOB, provincial triathlon registration number (if available), unit and UIC, phone number (work and home), fax number, e-mail address, contact info of CO/supervisor, 2005/2006 triathlon race results (if available), triathlon club or team, latest time trial results in a 1500 metre swim, 40 km bike, and 10 km run (if available), A benchmark (min.) standard of 2:30:00 or better at Olympic distance, non-drafting for men's, and 2:50:00 or better for women's is required. For more information, or to register, please contact Dan Cormier at local 3373.

8 Wing volleyball teams

For those interested in playing with the men's or women's base volleyball team, please contact one of the names listed below. Practices will begin Monday, September 18 at 1630 hrs at the south side Gym. New players are welcome. An email will be sent to interested players with further practice times and details. Ontario regionals are tentatively scheduled for February 18-23, 2007, at CFB Borden. Contact: Women's team: Lt Andrea Clement at local 7530 or via email at clement.am2@forces.gc.ca; Men's team: Sgt Darral Rafuse at local 3618 or via email at rafuse.rd@forces.gc.ca

RV compound storage on base

The Community Recreation Association manages the RV and miscellaneous storage compound, located on the north side (Winnipeg Street). Spaces are open to military and DND/PSP personnel, and retired members (space permitting). Cost: Regular members \$5/month + GST for an open lot, \$7/month + GST for a gated lot. Ordinary members pay \$7/month + GST for an open lot. (No gated lots available for ordinary members).

8 Wing men's hockey team

The 8 Wing/CFB Trenton men's hockey team is looking for a coach to prepare the team for the 2006-2007 season and defend the Ontario region championship at this year's championships, scheduled from January 28 to February 1, 2007, at CFB Kingston. The team is open to CF Regular, Reserve class B and C personnel on contract. Interested coaches are to e-mail their resumes to the Dan Cormier, or for more information please call local 3373.

Youth recreational basketball

The new youth recreational basketball league takes to the court this winter for 10 weeks. This program stresses fun and safety along with the fundamentals, strategies and rules of the game, and is designed for both boys and girls. This program will take place on Tuesday's from 7 to 8 p.m. in the RecPlex Gym. Sign up at the RecPlex to be notified of the start date. Cost is as follows: CRA members, \$20; Military community non-members, \$25; General public, \$30. Prices include a t-shirt. Pre-registration is required.

The Junior Lifeguard Club

For kids 8 to 15 years old, every Thursday from 4:30 to 6 p.m. starting October 5 until June 21, 2007. Designed by the Lifesaving Society, the club focuses on lifesaving skills, knowledge, swimming, leadership and teamwork. Effort and success are recognized with recognition seals when participants meet personal goals or set personal bests. Cost: CRA members, \$100; military community non-members, \$120; general public, \$200. Club t-shirts also available for \$15 each. Register today at the RecPlex. For more info call 613-392-2811 ext. 3361 or 2349.

Hoops program back at the RecPlex

The Hoops program helps kids understand the game of basketball and develop skills. It is good for the beginner right up to advanced. The program is designed for co-ed youth to learn fundamentals and develop various skills. Tuesday in the RecPlex Gym *Start date TBA, put your name on our list at the RecPlex to be informed. 10 week programs for juniors, 8 to 10 years old, from 5 to 6 p.m.; intermediate, 11 to 13 years old, from 6 to 7 pm. Cost is as follows: CRA members, \$20; military community non-members, \$25; general public, \$30. Includes t-shirt. Pre-registration is required.

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Sports

Fitness, Sports & Recreation

Upcoming Wing Commander's Challenge



Photo: Cpl Jean-Francois Neron, 8 Wing Imaging

Recruit your team for 8 Wing/CFB Trenton's United Way campaign, at the Wing Commander's Challenge, scheduled for September 15.

The purpose of the challenge is to allow staff from all 8 Wing units to have fun and compete against each other in a relaxed climate, while promoting the annual United Way campaign.

For more information, please contact Fitness and Sports Instructor Mat Cassidy at local 7517, or Fitness Coordinator Lisa Refausse at local 3328. Hope to see you there!

PSP Facility Memberships 1 September 2006 - 31 August 2007 (Rates were reduced by approx. 5 per cent)			
Gymnasium (includes Arena)			
Regular Members		Ordinary Members	
Infant (6 mo - 5 yrs)	Free	Infant	Free
Youth (6-17 yrs)	\$33	Youth	\$ 43
Single (18 yrs+)	\$43	Single	\$ 62
Family	\$90	Family	\$ 142
RecPlex (includes Arena & Outdoor Pool)			
Regular Members		Ordinary Members	
Infant (6 mo - 5 yrs)	\$11	Infant	\$ 19
Youth (6-17 yrs)	\$38	Youth	\$ 57
Single (18 yrs+)	\$47	Single	\$ 71
Family	\$104	Family	\$ 180
Combination (includes Gym, RecPlex, Arena, Outdoor Pool)			
Regular Members		Ordinary Members	
Infant (6 mo - 5 yrs)	\$11	Infant	\$19
Youth (6-17 yrs)	\$47	Youth	\$81
Single (18 yrs+)	\$62	Single	\$104
Family	\$133	Family	\$247
Membership Upgrade: \$5.00 +GST (\$5.30)			
Replacement for lost membership card: \$10.00 +GST (\$10.60)			

New PSP membership renewal process in effect

New memberships are now on sale at the RecPlex. Hours of operation will be Monday through Friday, from 9 a.m. to 5 p.m.

Please be advised that TrentCards will no longer be used as a facility membership card.

New photo ID Cards will be

issued to all members. In order to purchase a new membership card, members are required to show proof of entitlement, such as a military ID card, a civilian employee ID, or a certificate of service photo ID for retired military personnel. Please note that a TrentCard cannot be used as proof of

entitlement. Issuing of new cards to all members will be somewhat of a lengthy process.

Due to time constraints, members may be required to return to the RecPlex at a later time to pick up their new 2006/2007 membership card. Please be patient through this process.

Base hockey season upon us

The 8 Wing/CFB Trenton hockey leagues are open to CF military, DND and NPF full-time employees. Please contact Dan Cormier at local 3373 for information.

WHL: The Wing Hockey League (WHL) will commence on October 1, and will play every Sunday, Tuesday, Wednesday and Thursday evening. The league organizational meeting will be held at 1000 hrs on September 12 in The Gymnasium conference room. All interested team reps are to attend.

NHL: The Noon Hour Hockey League (NHL) will commence on October 2 and will play noon hours at a cost of \$80 per player. Player registration will be held weekdays from September 4 to 15, from 0800 to 1200 hrs and from 1300 to 1530 hrs, and again on September 10 from 1200 to 1600 hrs at the Leisure Show in The Gymnasium.

Youth Aquatic Club schedule information

The Youth Aquatic Club is open to youth ages 8 to 16-years-old. This program will run in the fall, winter and spring, each Monday, Wednesday and Friday evenings from 5 to 6:15 pm. Cost is as follows:

CRA members:	Military community, non-members:	General public
1 night/week: \$25	1 night/week: \$40	1 night/week: \$55
2 nights/week: \$30	2 nights/week: \$45	2 nights/week: \$60
3 nights/week: \$35	3 nights/week: \$50	3 nights/week: \$65

** There are also club t-shirts for sale, at a cost of \$15 per t-shirt.

Pool Closure

Please be advised that the RecPlex pools will be closing for annual maintenance on September 4, and will remain closed until approximately September 23.

Squash club

Plans are currently underway to get our Squash Club out of moth-balls.

We are looking for members interested in playing for fun, fitness or competition.

This is open to military personnel and family members.

If you are interested in joining, or wish to obtain more information, please feel free to contact Carl Charbonneau at: charbonneau capt jrc@forces.gc.ca or via telephone at extension 3438.

Recreation and Leisure Show

The annual Recreation and Leisure Show will take place on Sunday, September 10, from 12 p.m. to 3 p.m. at The Gym.

There will be over 50 not-for-profit clubs and organizations in attendance. For information, call 613-392-2811 ext. 2349.



Proper fitting shoes

Shoes need to be replaced once they have logged 400 to 500 hours, and sometimes sooner. It all depends on what weather conditions you run in, how much you weigh, and how hard you wear your shoes. Also, go by how the shoe fits and feels.

Once the back of the sole has worn out, or the shoe feels uncomfortable, or less supportive, hit the pavement...and start shopping.

Noon Hour Fitness Schedule September 2006

(New class formats and additions)

Monday	Tuesday	Wednesday	Thursday	Friday
4 STAT HOLIDAY	5 STEP PLUS	6 Spinning	7 Specialty Class Kick and Jump On the gym floor!!!	8 Spinning
11 Cardio & Core	12 STEP PLUS	13 Spinning (Master class)	14 Specialty Class	15 Cancelled due to Wing Commander's Challenge
18 Cardio & Core	19 STEP PLUS	20 Spinning	21 Specialty Class	22 Spinning
25 Cardio & Core	26 STEP PLUS	27 Spinning	28 Specialty Class	29 Spinning

- Classes are held in the MPR from 12:00 to 12:50 p.m.
- Remember to bring your own water bottle and sweat towel!
- Noon hour fitness is open to all military and DND full time employees!

(Please note: Additionally, we will be at the Albatross pool on Thursday's for our Aquafitness series until September 22)

Evening aquafit classes at the RecPlex

This series of aquafit classes will take place on Tuesdays and Thursdays, from 7:30 to 8:30 p.m., starting October 3 and running through until December 21.

Cost: \$40 for military and CRA members; \$45 for military non-members; and \$55 for the general public. Drop-in fee, space permitting: \$4 for the military community with ID and \$5 for the general public. Register today!

Canadian fighter jets more robust, Phase I CF-18 modernization complete

by Holly Bridges
CAS Public Affairs

Five years, 80 aircraft and hundreds of test flights later, the first phase of an \$880-million upgrade to Canada's fleet of CF-18 fighter jets is finally complete.

The Department of National Defence accepted the delivery of the 80th and final Phase I modernized CF-18 Hornet from Boeing International in a ceremony last Thursday at the L3 Communications MAS facility in Mirabel, Quebec. The event marked the completion of Phase I of the CF-18 modernization project.

"This is one of those moments Presidents live for," said Sylvain Bédard, President of L-3 Communications MAS, the company contracted by Boeing International to upgrade the fighters. "We have delivered the project on time, on budget, on schedule and to the highest possible quality."

Phase I is considered the cornerstone CF-18 modernization project, providing the fleet with secure communications interoperability. The upgrades completed include: a new radar; jam-resistant radios; a combined interrogator-transponder; stores management systems; mission computers; and embedded global positioning and inertial navigation systems.

Phase I, in collaboration with Phase II (which began its prototype mod-

ernization in January 2006) will provide the Canadian Forces with a technologically advanced, reliable and effective fighter aircraft.

"Canadians have made it clear that they want an effective and efficient military, one that is properly equipped and that will serve their interests both at home and abroad," said Lieutenant-General Steve Lucas, Chief of the Air Staff upon receiving the aircraft. "The government has made it clear they intend to give our men and women in uniform the resources and equipment they need to do the job. By investing in modern technology and equipment, we are ensuring that the men and women of the Canadian Forces will continue to be among the best in the world at what they do."

Major André Lessard, a CF-18 pilot posted to the project for the past year, has personally flown 54 of the 80 modernized jets and racked up 150 flying hours, testing out the upgrades as they were completed.

"I must say never did I feel unsafe or insecure in the aircraft during those test flights," said Maj Lessard. "And that was because of the outstanding professionalism of the technicians (some of whom are retired Air Force aircraft technicians) who worked on the aircraft. It was just like being on a squadron the way they cared for us, cared for the aircraft and



Photos: WO Serge Peters

The L-3 MAS technicians who made it all possible, flanked by Major Lessard (right) and Capt Gaudet (left).

the work they were doing."

Fellow test pilot, Captain Jacques Gaudet agreed. "It was awesome because I got to fly and contribute to the project at the same time by assisting with the development of the various software that went into the project," said Capt Gaudet. "Flying the aircraft is no different per se, it's what's inside that's different – the radar, the interrogator function, the secure Internet – all of it is going to be a tremendous help for us in the battlefield."

And in a timely reminder of why Canada and other nations need the best equipment possible in these uncertain times, the Vice President

of Boeing Integrated Defense Systems, Jim O'Neil, took the opportunity to "thank the military men and women standing guard protecting our freedom, day in and day out. God speed to them."

Boeing was awarded the \$880-million contract for Phase I of the CF-18 Incremental Modernization Project in 2001. The contract included the procurement and installation of this sophisticated technical upgrade package to make the modernized CF-18 a much more relevant fighter aircraft well until its projected end of life, in about the 2017 timeframe.

Phase II will outfit Canada's CF-18s with

the latest in technologically advanced equipment.

The fighter jets will be equipped with a secure data and communications link that allow CF-18 crews to stay in constant contact with other jets, ground stations and airborne warning and control systems (AWACS) to maintain awareness in their constantly evolving environment.

New state-of-the-art colour display panels will provide pilots with improved access to flight data and communications. The colour displays will significantly improve the pilots' ability to refine the reams of data they receive. Pilots' helmets will be outfitted with new

visors that display readings from the instrument panel, so that they can maintain visual contact with a target without having to look down into the cockpit to monitor flight instruments. A new ejection seat, in support of this new helmet display system, will also be procured under Phase II. The aircraft will also be outfitted with a new missile countermeasures chaff/flare dispenser.

Two prototypes are currently being modified at the Naval Air Warfare Center, in China Lake, California. Production is planned to begin in October 2006 at the L3 Communications MAS facilities in Mirabel, Quebec and will last for three years.



Lieutenant-General Steve Lucas, Chief of the Air Staff, chats with a Montreal TV news reporter at the L-3 MAS hangar in Mirabel during the acceptance ceremony.



Major André Lessard and Captain Jacques Gaudet, CF-18 fighter pilots and test pilots for the Phase I project, sit in the cockpit of the jet inside the L-3 MAS hangar in Mirabel.

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Think safety when recycling



Submitted by
Don Heans,
Wing General Safety
Officer

Recycling certain items in your home may be the responsible thing to do for the environment, but if the items are not properly stored, it may not be the safest thing to do for you.

Accumulations of materials which you are saving to be recycled can create a number of hazards in the home or workplace.

Piles of paper

Excessive amounts of

paper and cardboard can create a fire hazard. They are easily ignited, and the fuel they provide can quickly turn a small fire into a big one.

Do not store paper and cardboard near sources of ignition such as a pilot light.

Do not store paper and other combustibles near fire escape routes such as doorways or staircases.

Clutter Caution

Clutter can cause injuries from falls, so store recyclables where people will not trip over them.

Keep down the accumulations of junk by making frequent trips to the recycling centre.

Hazardous Materials

Unused hazardous

materials such as solvents, pesticides and motor oil should not go into the ground, the garbage collection or the sewer system. For your safety, they shouldn't sit around too long awaiting disposal.

For wastes accumulated around home, keep them correctly labelled and out of the reach of children. Take them to the community hazardous waste collection area, or other appropriate facilities, as soon as possible. When you are dealing with wastes on the job, learn and follow your company's policies and procedures.

Deciding to recycle is a step in the right direction in helping the environment. Just be sure to keep safety in mind and you will be doing yourself a great favour as well.

For children with asthma, September can sometimes be a cold, cruel month

(NC)-As parents busily prepare for their children's return to school, they may not be ready for potentially more serious and unexpected challenges that don't have anything to do with new school clothes or supplies.

For 12 per cent of Canadian children between the ages of four and 11, who are affected by asthma, the end of summer not only means a new school year but also the start of 'September Peak'.

Peak hospitalization periods for children with asthma coincide with the beginning of the school year in September - hence the term 'September Peak'. In fact, about one quarter of all hospital admissions for asthmatic children happen in September.

At the start of each new school year, there is a significant spike in children's hospital admissions due to serious asthma attacks aggravated by colds. Children have a tendency to share everything, such as pencils or crayons, especially during the first few weeks of school, further exposing them to viruses like the common cold. For children with asthma, a cold is often much more than a stuffy nose and sore throat. In fact, colds are the most frequent asthma trigger in young children, causing 80 to 85 per cent of asthma outbreaks.

It is perfectly normal for kids to get a cold from time to time, but if your child experiences asthma symptoms or attacks when sniffles set in, you may want to investigate the cause.

Asthma occurs when the bronchi airways are inflamed or swollen and produce mucus. The muscles around the airways start to spasm and constrict, narrowing the airways and making it difficult to breathe. Leukotrienes are one of the chemicals



released in the body that contribute to this process, as do external asthma triggers such as allergens, exercise, colds and other viral respiratory infections.

If your child shows signs of asthma when he/she gets a cold, their current medications may not be controlling the inflammation effectively. Some asthma medications are specifically designed to block leukotrienes and help control inflammation.

Both parents and children should enjoy the last weeks of summer without agonizing over September Peak. Ensure that you and your child are well prepared by discussing with your family physician what can be done to minimize the risks associated with the September Peak period. Additional information is available online from the Asthma Society of Canada at www.asthma.ca or by calling toll-free 1-866-787-4050.

Teach kids to walk safely



School has started, and for many children getting to school involves walking. The Hastings & Prince Edward Counties Health Unit wants children to stay safe while walking this year.

"For Canadian children age five to nine years, pedestrian injuries are tied as the leading cause of death with motor vehicle collisions," says Joanna Mestre, a health promoter with the Health Unit. "Some parents may feel their child can walk to school safely on their own as young as age six, but most are not ready until about age nine."

"Your child may know all the rules of the road when you ask them directly," says Mestre, "but this does not mean they will remember them when walking without an adult." Young children cannot safely cross the

street on their own because their ability to judge the distance and speed of a car is still underdeveloped. They are also still very impulsive and easily influenced by friends. They may chase a ball onto the street or run to join friends.

"Many children look at traffic lights without assessing whether a car can actually stop," says Mestre. "They may assume that if they can see the car, the driver can see them and will stop. It does not always work that way."

Other factors also contribute to child injuries and deaths. These include aggressive driving, the increase in driving distractions such as cell phones, and cities without enough pedestrian routes and green spaces for walking and play.

Ensure children have the chance to develop their pedestri-

an safety skills:

--Practice by walking with children rather than driving. Walk to the park or the convenience store.

--Walk with children to and from school if possible or have a trusted adult do so.

--Report unsafe walking conditions in your community to your municipal councilors, police, and school principals.

--Enlist support from other parents to work with councilors, police and schools to improve the safety of your walking routes.

For more information in child pedestrian safety visit Safe Kids Canada, Canada Safety Council, and Active and Safe Routes to Schools www.safer-outestodoschool.ca. You may also call the Health Unit's Baby-Tot Line at 613-96-5513 ext. 223.

Avoid unwanted visitors at lunch

Hastings and Prince Edward Counties/Sept. 5, 2006 - It's back to school time again, and with this comes the return of homework, after school activities and everybody's favourite, packing lunches. The Hastings & Prince Edward Counties Health Unit wants to remind all parents that food safety is a crucial part of packing lunches and should not be ignored.

"Parents need to realize that foodborne illnesses can occur when food safety rules are ignored, and we do not want any children to get sick from their packed lunches," says Rebecca Mathers, a health promoter with the Environmental Health Department. "We realize that parents are very busy, but there are three simple rules that should be followed every time those lunch boxes are being filled — get off to a clean start, keep cold foods cold and keep hot foods hot."

1. Get off to a clean start! Handwashing is one of the best ways to prevent the spread of foodborne illness. Hands should be washed for at least 15 seconds with soap and warm water. All dishes, utensils and countertops should also be cleaned and sanitized with a bleach solution that can be made by combining 5 ml (1 teaspoon) of bleach

with 750 ml (3 cups) of water.

2. Keep cold foods cold. Perishable foods like meat, chicken, eggs, mayonnaise, dairy products and leftovers must stay at 4°C or below. Use frozen juice boxes or gel packs to help keep food at low enough temperatures to prevent high bacterial growth.

3. Keep hot foods hot. To be safe, hot foods like soup, chili and stew must stay at 60°C or above. Using insulated containers will help keep food hot until lunchtime and if a microwave is available, reheating foods right before eating is a great idea.

Packing safe and healthy lunches for your children will keep them full of energy through the day and will help teach good food safety habits for the future. For more information on food safety or the Health Unit's food handler certification program, please call 613-966-5513 ext. 315 or visit www.hpechu.on.ca



Air Force loses Distinguished Flying Cross veteran Fumerton

The Air Force lost one of its most highly decorated World War II pilots and long serving members this summer, Wing Commander (Ret'd) Robert Carl "Moose" Fumerton, who passed away on July 10.

Captain Mark Naismith visited this distinguished Canadian a few years before his death and offers these reminiscences of the experience which remains with him to this day.

I knew Moose Fumerton as a warrior.

In August of 2004 I had the privilege of visiting this RCAF World War Two ace at his daughter's home in Huntsville, Ontario. WComd (Ret'd) Robert Carl "Moose" Fumerton had once been the first Canadian Commanding Officer of my squadron at the time, 406 Squadron. He was also the leading World War II RCAF night-fighter ace, having earned the Distinguished Flying Cross with Bar, and the Air Force Cross. Should his warrior spirit ever be in doubt, one has but to read this single line from his DFC with Bar citation, 7 July 1942; "His determination to destroy the enemy is outstanding."

Visiting with Moose and his family was an experience I remember vividly. On the one hand, there was Moose himself, recounting his aerial encounters with the enemy which often took place in the black of night. These were exciting to be sure, but as an Air Navigator and a keen student of history I was aware of some of the cold figures behind the stories.

Men like Moose were exceptional pilots; they



"Moose" Fumerton during World War II. Wing Commander (Ret'd) Fumerton was the leading World War II RCAF night-fighter ace, having earned the Distinguished Flying Cross with Bar, and the Air Force Cross.

scored the kills and won the battles. Those they fought against did not often return to base. It is a memorable experience indeed to hear such tales from someone who has lived it. The brutal lows and glorious highs of history had come alive for me through this fellow aviator, and I was grateful.

Moose's daughter, Maureen Shipton, and other family members had gathered to greet us. Their hospitality was impressive, and their gratitude for our visit humbling. Their father, clearly very special to them, had been given a chance through us to reconnect with his past. The family gathered around the CH-124 Sea King while we gave Moose a tour and were happy to see the smile on his face as he once more stepped into the Air Force.

Then there was the crew of the Sea King, myself included, that carried out the visit. It

began as a polite drop-in to a former CO at the behest of the current CO. As we flew away afterward we were aware that we had just experienced much more. We had shown our respect for one who had, day after day, over years, risked his life to defend our country.

As aviators and officers, we felt he represented to us an example to be emulated. We had brought a few moments of nostalgia to a veteran and allowed his family to share in a military past that he often kept quiet about. We flew away knowing that we had done something good for a man who had earned it.

WComd (Ret'd) Robert Carl "Moose" Fumerton passed away on July 10, 2006. Together with a strong volunteer contingent from CFB Borden, the Deputy Commanding Officer of 406 Squadron and I attended the funeral in Huntsville on July 16. Once again the

welcome of the family was tremendously warm. They thanked us for taking the time to attend, but I hope they understood the honour was all ours.

The backdrop that our blue uniforms provided was an appropriate presence as his family bid farewell to their beloved father, grandfather, and great-grandfather.

Moose had given me much to think about since our first meeting, not the least among them duty, sacrifice, and professionalism. To my surprise he had one more insight to pass on. While listening to the service, the stories and goodbyes of Moose's children, I was struck by how entirely devoted they were to him.

It was obvious that Moose took the responsibilities of marriage and fatherhood very seriously and that his family had prospered because of it. He had applied the same will and determination in raising his family and caring for his wife that he had demonstrated 60 years ago over Europe and the Mediterranean.

Moose taught me that it is not only a warrior's battlefield victories that they bequeath to history, but more so the children that they leave behind; that will be their legacy. As a new father, it is not something I will soon forget. I can now say proudly that I knew, if only for a brief moment, Moose Fumerton as a man and my respect has grown.

As the 12 Wing Commander said, "Moose is free once again to soar with the eagles."

Capt Naismith is with the Electronic Warfare Support Section - Halifax.



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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
September 10 - September 16

ARIES (March 21-April 19): Plan out your strategy for the week ahead on the 10 and prepare to make the moves that will enable you to move forward. Be an adventurer on the 11 and 12 and you'll discover something interesting about yourself and the people you are involved with. A private matter will be difficult to keep under wraps. Don't get angry; protect your interests. If you want to stick close to home on the 13 - 15, have a plan. Idle time will be the problem. Someone you're close to will be emotionally difficult to deal with. Keep an open mind. If you get caught up in the moment on the 16 rely on past experience in order to avoid making the same mistakes.

TAURUS (April 20-May 20): You've got nothing to lose and everything to gain on the 10. Time spent on self-improvement will make you feel good about yourself. Get your act together on the 11 and 12. Don't believe everything you hear. Wait before making a decision that will affect your personal life. There's a whole lot you can do from the 13 - 15 to correct whatever's going wrong. Someone you feel responsible for will be counting on you. A change in your social plans will turn out well. Love is on the horizon. Making improvements to your looks or purchasing some great new attire on the 16 will give you a fresh new attitude, and will bring you compliments.

GEMINI (May 21-June 20): Don't push your luck on the 10. If you get into a debate with someone, you'll end up ruining a friendship. Look past your own needs. The more you try to manipulate a situation on the 11 and 12, the harder it will be to keep things straight. An older, more experienced individual will offer help. Activities will be your saving grace from the 13 - 15. Get involved in whatever you can that will link you to creative people. Someone very unique will walk into your life and change the way you view things on the 16. Don't become mesmerized by this person, listen, learn and move on.

CANCER (June 21-July 22): A love connection can be made on the 10 if you're single and, if you aren't, a chance to make your relationship better will lead to pleasure. You have to consider different means to make more money on the 11 and 12. Be creative and unique and you'll find a new niche that will become profitable. Don't allow someone to emotionally manipulate you on the 13 - 15. Secrets are being kept; success is the sweetest revenge. Take a look at the job opportunities, groups, teams or organizations that interest you on the 16. This isn't the time to let things get to you. Sometimes moving on is the best choice.

LEO (July 23-Aug. 22): Your ability to see things a little differently on the 10 will give you the edge. Consider what you can do to make your position better. Slow down and rethink your strategy on the 11 and 12. If you rely on the people who have always been there for you in the past, you can pull off whatever needs to be done. Prepare to say no to added responsibilities. Keep things in perspective on the 13 - 15. You've got everything going for you as long as you don't overreact, overspend or overdo. Being stubborn will not get you anywhere. You'll be lucky on the 16 and gifts, winnings or finding extra cash is likely. Making changes will lead to interesting and profitable ideas.

VIRGO (Aug. 23-Sept. 22): You'll have to deal with personal problems that appear impossible on the 10. Do what you must regardless of opposition. Stop waiting to see what everyone else is going to do on the 11 and 12. Set the standard and you'll impress everyone. Someone you thought you could trust may lead you down the wrong path on the 13 - 15. A new acquaintance will have something unusual to offer you. A partnership opportunity looks positive on the 16 but get things in writing. A change at home may not be to your liking but in the end you'll be better off. A love relationship will reach new levels.

LIBRA (Sept. 23-Oct. 22): Visiting an institution, hospital or place unfamiliar to you on the 10 will give you a different perspective. A surprise may leave you feeling a little uncomfortable. Wrap your head around saving money and investing on the 11 and 12. You need to think about your future and how you can secure your position. An increase is apparent if you make a career move. A lesson learned on the 13 - 15 would enable you to get a handle on what you need to do next. Don't feel you have to share your ideas with everyone. The more reserved you are, the easier it will be to execute your plans. Don't meddle on the 10 and you'll avoid trouble.

SCORPIO (Oct. 23-Nov. 21): You'll be surprised how much you can accomplish on the 10 if you aggressively seek the information you need. Move in a direction that will allow you to do the most and, as a result, gain the most on the 11 and 12. A partnership is looking good. Readdress whatever situation you're facing on the 13 - 15. A move will give you greater freedom in many aspects of your life. You can turn any space into a unique and creative environment that will contribute to your production. A new lifestyle will get you thinking about the way you have been doing things in the past on the 16. A minor adjustment made now will lead to greater success in the future.

SAGITTARIUS (Nov. 22-Dec. 21): Think twice before agreeing to something that is not in your best interest on the 10. A love interest may be convincing but probably not the best influence. Move very slowly on the 11 and 12. Everything will be up in the air and you're likely to make matters worse if you're too vocal. Someone's likely to take you on a wild goose chase on the 13 - 15 if you believe what he or she tells you. Expect the unexpected and you won't be caught off guard. You can expect sudden changes to occur on the 16 if you get involved in something out of the ordinary. Temptation will be your downfall — the choice is yours.

CAPRICORN (Dec. 22-Jan. 19): Money is headed your way on the 10. A chance to make some very good changes at home must be taken advantage of. There isn't anything you can't do on the 11 and 12. Focus on love, contracts, property, investments or your health and you'll get the results you're looking for. Too much talk and not enough action will be what will get you into trouble on the 13 - 15. Be proactive. A new spin on something old will give you added mileage. An investment that interests you will pay off. Rethink your strategy on the 16. A new direction may be all you need to reach the success level you're striving for. Money can be made.

AQUARIUS (Jan. 20-Feb. 18): Hold on to what you have and observe what everyone else is doing on the 10. Consider what you can do instead of dwelling on what you can't on the 11 and 12. If you don't strive to make your life better, you'll slowly give in to a stalemate. Stop talking about what you want to do and start doing. Look beyond setbacks, challenges and aggravations on the 13 - 15 and consider all the possibilities that exist. It's time to give back to everyone who has been so willing to help you. A short trip on the 16 to visit someone you look up to or who has information that interests you will be worthwhile. You'll have an epiphany regarding your beliefs.

PISCES (Feb. 19-March 20): It's the way you go about things that'll count on the 10, so bring on that Pisces charm and reap the rewards. If someone doesn't like your choices on the 11 and 12, reconsider your connection. Don't fear the outcome, it's better to make a move when you have options. Your temper will be tested on the 13 - 15 if your motives are questioned. If you haven't been totally honest with yourself, you probably haven't been with others. Circumstances will be a direct result of past actions. The more readily available you are, the better you will do on the 16. Money matters can be cleared up.

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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our newest feature, The Contact Comics.

MISFITS BY BRIAN CODAGNONE

THIS WEEK WE PRESENT:
YOOSPEEK
A TERRIBLY TRENDY FEATURE THAT LET'S OUR READERS THINK THAT WE CARE ABOUT THEIR OPINIONS. AND NO ONE'S OPINION MEANS LESS THAN A POLITICIAN'S. SO STATE REPRESENTATIVE ASTRID CAHOOTS HAS THIS TO SAY...



I DON'T UNDERSTAND WHY SO MUCH TIME AND EFFORT IS WASTED ON THE PRESIDENTIAL ELECTION EVERY FOUR YEARS! WHY SHOULD THERE BE SUCH A STRUGGLE? THERE ARE TWO MAJOR PARTIES, RIGHT? WELL, I THINK THEY SHOULD JUST TAKE TURN'S BEING PRESIDENT! JUST THINK OF THE MONEY WE'D SAVE! NO MORE BORING POLITICAL ADS! NO MORE DEBATES! AND THE SAME COULD BE SAID ABOUT THE OTHER ELECTIONS! GOVERNORS! SENATORS! AND WITH ALL THE MONEY WE'D SAVE WE COULD BALANCE THE BUDGET IN NO TIME, TOO! IT'S WIN-WIN!

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Anybody seen Dr. Smith?

Rules for Duffers



"You sold me this ball, and it doesn't work!"

Not In My Backyard! by Dale Taylor



BRRR

DRA! A COOL BREEZE. FALL IS COMING AND I'VE YET TO STORE UP FOOD.

ACORNS ARE SO BORING. WHAT ELSE CAN I BURY TO HELP THIS BLAND DIET?

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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at [613-965-7490](tel:613-965-7490) or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 7005 for more information.

Square Dancing

Pairs and Squares 2006-2007 season starts on Monday, September 11, at 8 p.m., at the Knights of Columbus Hall, 57 Stella Crescent in Trenton.

The club meets weekly on Monday evenings thereafter, from September 2006 to May 2007. Pairs and Squares is a 'plus' level square dance club; all dancers who enjoy plus dancing are welcome.

For more information, please call 613-968-8488 or 613-392-7440.

The Frankford Figure Skating Club 36th Winter Skating Session.

Registrations will be held at the Frankford Arena on September 9, from 9 a.m. to 12 p.m. and again on September 19, from 5 to 9 p.m.

Skaters of all ages and ability are welcome.

Ongoing registration is also available. For more information, or to register, please contact Heather Landry at 613-397-1818 or Brenda Collins at 613-397-1012 or visit our website at www.FrankfordFSC.ca.

Do you have a passion for the Air Force?
If so, the **RCAF Memorial Museum** wants you!

The Museum is looking for volunteers to work at the Gift Shop, assist with the Library/Archives and to be Tour Guides to share Air Force history with visitors. For more information, please contact the RCAF Memorial Museum at 613-965-2140 or visit the Museum at 220 RCAF Road in Trenton.

"The 407 Demon Sqn" 65th Anniversary

All former members and spouses of 407 Sqn are invited to join us at 19 Wing Comox from September 22 - 24, 2006. For up-to-date information, or to download a registration form, please visit: www.407reunion.com. For registration purposes only, please contact Capt Tyler Bowell; e-mail: bowell.trf@forces.gc.ca; phone: (250) 339-8211 ext. 8805.

"TO HOLD ON HIGH"

36th Annual ACS Symposium/Reunion

13-15 Sep 06 at 8 Wing Trenton

For more information, contact Sgt Farrell at 613-392-2811 ext 7109.

You are cordially invited to the FREE-TO-BE Fall Extravaganza

Join us on September 16 at St. Thomas Anglican Church (Belleville) from 9 a.m. to 9 p.m. For more information, or if you would like to donate items or volunteer please contact Rose: blackrowz@sympatico.ca

CORPORAL RANDY PAYNE BENEFIT CONCERT

Randy Payne of Gananoque, ON. was killed Apr 22, 2006 while serving in Afghanistan.

*The Proceeds from this Benefit will be donated to the education fund for his children:
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Padre Frank Pellerin

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Messe Dominicale: 0900 hrs

CONFESSION

At all times

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Parish Council fourth Sun 1330 hrs
Knights of Columbus first Thurs 1900 hrs
CWL second Tues 1900 hrs
Chorale Merc 1900 hrs
Choir Tues 1900 hrs

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 613-392-2811 et demandez l'aumônier en devoir.

NOTICE/AVIS

It is now possible to have the Club Xtra points that are earned on all your purchases at CANEX go to the Chaplain Emergency Fund. Simply ask to have the points placed on the Chaplains' card. The Chaplain Emergency Fund is used to assist our military families during times of family crises. / Vous pouvez dès maintenant, lors de vos achats au Canex, donner vos points Club Xtra au Fonds d'urgence des aumôniers. Vous n'avez qu'à mentionner que vous désirez donner vos points sur la carte des Aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales.

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Chapel Life Co-ordinator
Padre James Craig

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PARISH ORGANIZATIONS

Chapel Guild Last Tues 1930 hrs

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Get your PMQ garden ready this fall for next spring

Some military families take their gardening seriously! A visit to any base or wing will reveal many PMQs with superb gardens and shrubbery. But, deciding what to plant this fall to achieve a beautiful spring bloom can be mind boggling. Garden experts weigh in with their top choices and some tips to yield a fabulous bloom next spring.

Plant now, bloom later

James Baggett, editor of "Better Homes & Gardens Perennials" magazine, suggests planning ahead for next spring.

"A great time to start working on your spring garden, believe it or not, is in the fall. Fall is an especially good time to divide perennials, specifically day lilies, hostas, black-eyed Susans, Japanese and Siberian iris, and ornamental grasses," he says.

"The fall season is also an excellent time to

plant new perennials—particularly bare-root plants. By planting in the fall, you are more likely to have larger plants with better blossoms the following spring. Perennials that lend themselves to fall planting include cone-flowers, Oriental and Asiatic lilies, bleeding hearts, and lily-of-the-valley."

Some great perennials to plant in fall include those that bloom at the end of the season. 'Anemone Richard Ahrens' is a long-lasting, beautiful perennial that provides much needed colour to the late summer and fall garden. Single and semi-double blooms open bright pink then soften to blush as the season progresses.

It is a perfect understory plant in areas with moist soil. This flower tops off between 24" and 36," is hardy in zones five through nine and requires partial shade.

Another perennial

favourite is 'Verbascum Rosetta,' an extra-tough, drought-tolerant charmer in both perennial borders and more naturalized settings. Covered with bright cherry-pink blooms all along its 18" to 36" flower spikes, this flower grows in zones 6 through 8 and in full sun.

Everything's coming up roses

"Fall is an excellent time for planting, and roses are no exception," says Steve Hutton, plantsman and president of Conard-Pyle Co.

Establishing roses in the fall is easy and an excellent way to ensure they'll be successful in the spring. Adds Hutton, "The weather and soil conditions are better in the fall, as opposed to spring when it tends to be cold, muddy and wet."

For fall colour, Hutton recommends planting The Knock

Out shrub roses during the closing months of summer. The flowers will bloom well through the end of September in most hardiness zones. Just remember to give them plenty of water and lots of sun.

Deer-proof your garden

Winter months are some of the deadliest times for deer destruction in the garden. "With no place to go and not much left to eat in the dead of winter, deer can wreak havoc on shrubs, trees and gardens and destroy new buds and leaves before they have a chance to grow," says James Messina of Messina Wildlife. Check with your local garden store for organic repellents available for use in your area.

So hopefully by next spring, Canadian bases and wings will be flush with spectacular gardens!

Article courtesy of ARA Content.

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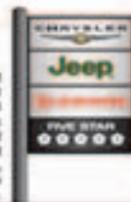


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