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It's fundraising time! 2006 campaign gets underway



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, tees off to mark the opening of the Wing Commander's United Way Charity Golf Tournament on September 13.

by Amber Gooding
Contact Staff

The Government of Canada Workplace Charitable Campaign (GCWCC) is back in full force with the official launch of 8 Wing/CFB Trenton's 2006 United Way Campaign.

Each year, personnel on base have pulled their efforts together to raise money to help support the United Way of Quinte, which currently provides funding to 51 agencies throughout the community.

Major Dave Burley, Officer Commanding of Wing Supply and Foods, is the 8 Wing chairman for the 2006 campaign and is very excited to get the ball rolling on this year's events.

"This year will be a great campaign," said Maj Burley. "So gear up and get ready with some great fundraising ideas."

As always, any sections with fundraising or promotion ideas are asked to take their ideas to their unit rep, who will forward

them to members of the executive committee.

Some events scheduled to take place throughout the two-month campaign include the very popular spaghetti and pizza pig-out, Much Music video dances and Oktoberfest celebration. Military personnel are also welcome to participate in dress down Fridays, at a cost of \$2 per week, from September 22 until December 1.

Participation in this initiative is at the discretion of unit Commanding Officers and is subject to operational and safety requirements. Those wishing to participate must consider that all civilian clothing shall be of high standard and must adhere to the A-AD-265-000/AG-001 Chapter 2, paragraphs 46 and 47 guidelines and is identical to what is required of personnel in uniform.

As the weeks progress, tentative dates will be finalized and new events will be listed through base-wide emails and will also be

published weekly in The Contact.

Those wishing to receive more information about the campaign in general or about events taking place on base, may contact their unit rep's or members of the executive committee, as follows: Chairperson, Maj F.D. Burley - 2251; Deputy Chairperson and Unit Rep Co-ordinator, Capt J.G. Madore - 3653; Secretary, Sgt T.C. Healey - 2674; Co-secretary, Jacqueline Marcipont - 2546; Fin coordinator: Lt L.C. Mawhinney - 4338; Fin coordinator 2 I/C: 2Lt A.R. Roussel - 4275; Public Relations co-ordinator: MCpl A.W. Whynott - 7874; Canvassing co-ordinator, Celin Alexiuk - 3391; Sports/Events 2 I/C - Cpl D.A. Malchow - 4691; Events Co-ordinator, Janice Rogers - 7135; Safety Co-ordinator, WO D. Gargano - 7269; Civilian Rep's, Ed Jarick - 3440, Nancy Hall - 2514 or Allyson Tufts - 613-962-9531; Volunteers, Lt (N) R.L. Izzo - 2497 or Sgt J.M.G. Brunelle - 7398.

Five years after 9/11 – A Canadian NORAD Region perspective

Canadian NORAD Region

WINNIPEG, MAN. – (September 9, 2006)

Gone are the days of battling world super powers and mutually assured destruction. Canadian Chief of Defence Staff, General Rick Hillier, has stated several times that we no longer face "the bear", but rather "a ball of snakes". With the Cold War era written into history, the focus not only lies on intercontinental ballistic missiles, but on every object in the sky. The changes in perceived threats and the apparent rise in terrorism have led to a great deal of transformation among our militaries to maintain relevant, combat-capable forces. The North American Aerospace Defence (NORAD) is no exception to this paradigm shift.

For nearly 50 years, NORAD has defended the skies above North America against outside threats. As time passed and

enemies became allies, the eyes in the skies remained vigilant. North America has seen its share of threats over the decades with wars, missile crises, and more. However, no single event has changed the mindset of a country, continent, or global community so much as the terrorist attacks of September 11, 2001.

Operation Noble Eagle

Operation Noble Eagle is the name given to the military response following the attacks of 9/11. More importantly, it added another important dimension to NORAD. Rather than focusing primarily on threats originating from another country or continent, NORAD increased its watch on all objects affecting North American airspace – even those originating from within.

Since the creation of Operation Noble

Eagle, NORAD has flown more than 42,000 mishap-free sorties over the U.S. and Canada in support of this operation. Since 11 September 2001, NORAD has scrambled or diverted aircraft more than 2,200 times in response to potential threats. NORAD maintains a robust air defence posture for North America, and employs a variety of assets to accomplish its mission. Fighters on alert, irregular air patrols, airborne early warning assets, improved radar coverage and connectivity, and a multi-layered air defence umbrella for specific areas are key components of this air defence posture.

"The Canadian NORAD Region is a key element to the security of our country", said Major General Charles Bouchard, Commander of 1 Canadian Air Division/Canadian NORAD Region. "Canadians can rest assured that our person-

nel work diligently to deter, detect and defend against threats to our nation's safety or sovereignty".

The Canadian NORAD Region (CANR) maintains CF-18 Hornet aircraft on standby, ready to respond to the call of duty at a moment's notice. CANR can strategically place these aircraft at various points in the country to ensure our ability to react quickly. This deployment action is designed to counter any potential North American air sovereignty violations.

An increased focus on North American aerospace required enhanced capabilities and better communication between all governments and organizations involved. As a result, there is a high level of cooperation and coordination between NORAD and its regions with the FAA and Nav Canada. Since 9/11 NORAD monitors the FAA's
See A CANR perspective, Page 2

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A CANR perspective, Cont'd from P. 1

Domestic Event Network (DEN). The DEN is a 24/7 FAA sponsored telephonic call network that connects all of the FAA's major air traffic facilities in the U.S., concurrent with providing information to the Transport Canada Operations and NAV CANADA Command Centres. The purpose of the DEN is to share "real-time" information with the appropriate authorities that deal with emerging and potential air-related incident within the continental United States and Canada. As such, it is monitored by several government security agencies on both sides of the border. This is a significant improvement in inter-agency coordination since 9/11. It allows these agencies and organizations to continuously share information, and respond immediately and appropriately to any airborne threat by providing a "monitored" response vice a "requested" response to emerging air events.

NORAD Renewal

Another key development in NORAD is the recently renewed agreement between the two nations. Most significantly, this new agreement provided two major changes: an indefi-

nite renewal and the addition of maritime warning to the agreement.

Recognizing the importance of NORAD to the defence of North America, Canada and the United States agreed to renew the NORAD Agreement. Both countries have seized this opportunity to enhance NORAD by renewing it indefinitely, although it is still subject to periodic reviews.

The maritime warning function was perhaps the most important change to this agreement. By establishing a maritime warning function, NORAD can assist in developing a more complete picture of the approaches to, and internal waterways of, North America; and will provide NORAD with an enhanced capacity to warn both governments about real or possible threats to the continent.

In the maritime warning function, NORAD will process all available data and advise Canada Command and US Northern Command on issues of concern. However, responding to maritime threats will remain the responsibility of these national commands. Nonetheless, this renewal is yet another example of the commitment of both Canada and the

US to ensure that this binational command continues to evolve to address new and emerging threats.

Canada First

The Government of Canada has placed greater emphasis on the security and sovereignty of our nation. Renewing and enhancing NORAD supports the Government's "Canada First" commitment to protect Canadians and defend its interests. Through its participation in NORAD, Canada is better able to protect its sovereignty and participate in decisions pertaining to the defence of North America, particularly where Canadian interests are involved.

The world has changed significantly since the attacks of September 11, 2001. Since then, both Canada and the United States have had to take great strides to ensure the safety and security of their citizens.

NORAD, after being on watch for nearly fifty years, continues to adapt to the changing environment and will maintain its watch over North American aerospace. This binational cooperation will only add to the security and sovereignty of our neighbouring nations.



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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Cpl B.D. Hunt is seen here preparing one of the many vehicles used to drive dignitaries during the Repatriation Ceremony that was held Sep 6, 2006 for five fallen soldiers. With the increased number and intensity of missions the CF is faced with, it is a very sad occasion for all when soldiers pay the ultimate price while assisting others in their quest for the quality of life that we enjoy in Canada. Wing Transport personnel are heavily involved every time there is a repatriation. The drivers find it increasingly difficult to witness the sadness portrayed by the families of the fallen ones, and do their best to keep their morale high. These events are in addition to the already extensive op tempo being experienced at the squadron, but excellent teamwork and cooperation make the achievement of this onerous task continually a success. Working their normal day shifts, as well as on weekends and nights, squadron personnel work countless hours and perform these unforecasted tasks with outstanding results.

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CAMPAIGN SUPPORT



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Mr. Bob Carr from Simcoe Office Products & Design (right) presents Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, with a cheque for \$ 750.00 for the 2006 8 Wing United Way campaign just prior to the Wing Commander's United Way Charity Golf Tournament on Sept. 13.

Search & Rescue UPDATE



Photo: Sgt R. Ruthven, CFLAWC

It was another quiet week here at 424 Squadron with only two missions flown.

The first mission was for a person stranded in Northern Quebec. Our CC-130, Rescue 317, located the person and dropped supplies to him. The stranded person, after receiving the necessary supplies, waited until the weather improved for a rescue boat for retrieval.

The second mission was with our Griffon, when the crew was tasked for a person in the water near Port Credit. Rescue 491 was stood down shortly after takeoff and returned safely to base.

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

Missions for 2006: 176 Missions for Sept.: 6 Persons rescued: 35



NOTICE OF APPRECIATION TO OUR TROOPS

Hastings County Council at its regular meeting held on August 31, 2006, unanimously passed the following special resolution of support for the men and women of the Canadian Armed Forces along with their families:

WHEREAS members of the Canadian Armed Forces are currently engaged in the protection and promotion of peace in many places around the world;

AND WHEREAS the men and women of our armed forces, in the course of their duties, are putting themselves in harm's way;

AND WHEREAS the families of our troops, many of whom live and work in our community, are experiencing significant challenges as their fathers, mothers, daughters and sons carry out their missions;

AND WHEREAS Hastings County has continued to have a special relationship with the men and women of the Canadian Forces;

NOW THEREFORE be it resolved that the Council of the Corporation of the County of Hastings hereby publicly expresses its pride and sincere support for all our troops on the world stage and especially those in Afghanistan;

AND THAT all members of County Council wish a safe return to all who are serving our Country with professionalism and dedication;

AND FINALLY THAT this resolution be sent to the Base Commander- CFB Trenton, Chief of Defence Staff General Hillier and Mr. Daryl Kramp, M.P. Prince Edward-Hastings.

Clarence Ziemer
Warder

Jim Pina
CAO



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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 T.J. Lawson, CD, Wing Commander, 8 Wing / CFB Trenton.

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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.
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- 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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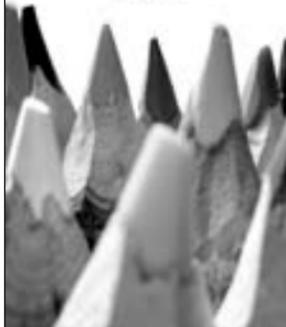
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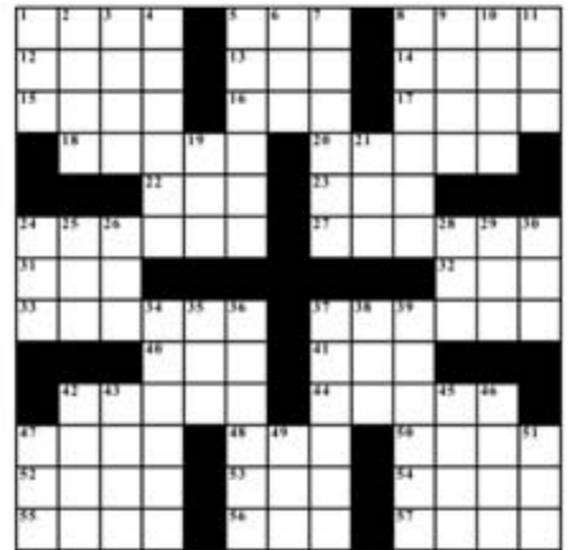
By Bernice Rosella and James Kilner

ACROSS

- 1 Samoan Capital
- 5 Stripling
- 8 Goose _____
- 12 Fall down
- 13 Isaac, informally
- 14 Hog _____
- 15 NHL-er Darcy
- 16 Crow call
- 17 Opposed
- 18 Dog _____
- 20 Potato pancake
- 22 Till
- 23 Bat making material
- 24 Colourer
- 27 Counterfeit
- 31 Cat _____
- 32 Metric meas.
- 33 Do over
- 37 Beguiled
- 40 Suffer
- 41 Self
- 42 Chicken _____
- 44 Horse _____
- 47 Duck _____
- 48 Damone or Lynn e.g.
- 50 Fox _____
- 52 Pinnacle
- 53 Get it wrong
- 54 Arctic animal
- 55 Use a tabloid
- 56 Phyte or plasm precoder
- 57 Word heard New Years eve

DOWN

- 1 Spring Mo.
- 2 Farm implement
- 3 Scintilla
- 4 Lassitude
- 5 Fungus



6 Letters denoting alias

- 7 Hanging fold
- 8 Swaddle
- 9 Type of top
- 10 This, to Fernando
- 11 Greek letter
- 19 Dove call
- 21 Donkey
- 24 Rlwy.
- 25 Former Ontario Premier
- 26 Quick
- 28 Ref
- 29 Cube
- 30 Stale

- 34 Jerked
- 35 Graphic, in computerese
- 36 Soccer team
- 37 Foolproof fastener
- 38 Turkish title
- 39 River parts
- 42 Food fish
- 43 _____ Mater
- 45 Parliamentary Herb, for one
- 46 Bull _____
- 47 Armed conflict
- 49 Anger
- 51 Ball supporter



This Week in Contact

1976 – For the thirty-first time since the Second World War, former members of wartime RCAF squadrons in Burma – 435 (Chinthe) and 436 (Elephant) gathered for a joint reunion in Trenton. Approximately 400 veterans of flying operations in the Far East theatre started to make their way from various parts of Canada, the US and Europe, prepared to meet up with present day members of 435 Squadron in Edmonton and 436 Squadron in Trenton.

1986 – Associate Defence Minister Paul W. Dick and Supply and Service Minister Monique Vézina announced the purchase of two C-130 "H" model Hercules aircraft for the Canadian Armed Forces. The contract, worth \$21 million, is to return the C-130 fleet to its authorized size. The Herc is the only aircraft that can meet the Canadian Armed Forces requirements for military transport of cargo.

1996 – 8 Wing commemorated the fifty-sixth Anniversary of the Battle of Britain with two memorial ceremonies in Trenton and Belleville. The day marked the pivotal climax of a three-month long fight for air superiority between the Royal Air Force and the Nazi Luftwaffe over the skies of Great Britain.

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



Controller's Corner--The basics of ATC

by WO Don Gargano
8 Wing Air Traffic Control
Standards & Training WO

When A3 ATC bestowed upon yours truly the title of squadron scribe, I was at a bit of a loss as to where to begin. Telling tales out of school about your own squadron's cast of characters, while certain to strike a chord close to home, may not appeal to a much broader audience. I may still consider that option if one of my own makes an embarrassing faux pas I feel has entertainment value. But apart from the odd promotion, postings etc, what can one possibly submit on a bi-weekly (better make that monthly) basis that appeals to the masses?

As this is about my forty-seventh attempt at starting this article, I can tell you that I haven't yet found an answer to that question. That being said, A3 ATC (aka the WATCO), is counting on me to come up with something.

File this under the heading "Knowledge is Power, Baby." I thought I'd devote this, my debut ATC article, to the five basic tenets of journalism, "Who, What, Where, Why and When."

The Aerospace Control Squadron is made up of approximately 40 members, comprised equally of officers and NCM's under the careful guidance of the Wing Air Traffic Control Officer, Major Rick Champagne, who oversees our daily operations with patience, wisdom and a rather unique sense of humour. He is something of a photo bug as well, and Lord help the unsuspecting victim who asks to see a particular print, for this often leads to a viewing session of epic proportions.

Throughout the course of almost two decades in the ATC

profession I have often met people, both military and civilian, who in addition to adhering to the somewhat misguided belief that ATC is stressful, also identify ATC as the Control Tower. "Oh, you're ATC, you must work in the Control Tower," is a rather common assumption. In fact, here in Trenton, as with all other ATC facilities, there are two work areas, and while they perform similar functions, they are quite unique in many ways.

The Control Tower looks after a relatively small chunk of airspace, roughly a ten-mile radius around the airfield and capped at six thousand feet. Approximately half the squadron's personnel work out of the tower; six officers and about 10 NCMs make up the 24-hour shift. Not to diminish in any way what they do, but for the Tower folks (among whom I can include myself), allowing aircraft to land or take-off notwithstanding, can sometimes seem more like an advisory service to aircrew, letting them know who is where, and allowing pilots to more or less sort themselves out.

That being said, the airspace around the tower can become quite busy with Basic Tactical Airlift Hercs, flying around low and fast, (pretending to be F18s), often wanting to do assault zone landings on the main taxiway, and SAR- Techs jumping out of the SAR aircraft over the field while other aircraft are in the circuit. What was that I said earlier about stress being a misconception?

The Terminal Unit, the relatively obscure brown-roofed building below the Control Tower, houses the radar scopes and controllers who control a much larger and somewhat more complex block of airspace. 8 Wing aircrew, seeking either to fly under Instrument Flight Rules

(IFR) or to leave the confines of the positive control zone for more exotic locales such as Peterborough or Campbellford, must do so with a clearance from our civilian ATC counterparts in Toronto or Montreal Centre.

Since our airspace is just a few miles south of one of Toronto ATC's busiest IFR corridors, our Terminal Controllers have to do quite a bit of manipulation and coordination to accommodate the unorthodox flying that is so much a part of military training. I would be remiss, speaking of coordination, were I not to mention the Terminal Data Assistants, and the critical role they play in all this; their duties often being the most intellectually challenging within the squadron. (See DR, I really was paying attention).

The Terminal Unit employs a little over half of the squadron's personnel. Of those, roughly seven are Precision Approach Radar controllers or are in the process of earning that label. PAR technology, which has been around since just after the Korean War, (as have one or two of our controllers), and our existing radar system, is still a NATO mandated requirement at CF airfields. PAR was rumoured to be on its way out almost 20 years ago, but continues to guide aircraft to safe landings when visibility is near zero.

I think that pretty much covers the "who," although on a very broad scale, and the "what." In future articles my intent is to profile one member every other week, with or without their blessing, as well as talk about some safety issues and procedures that we use that I am sure leave our clients wondering.

Til next time...fly safe and keep your ball in the short stuff.

Edmonton Air Reservist teaches in Transylvania

OTTAWA – NATO's Interallied Confederation of Reserve Officers (CIOR) selected several Reserve Force officers from NATO member countries and sent them last month to the Romanian Mountain Training Division, high in the Transylvanian peaks, with a mission to provide English and French language instruction to military officers from countries that have recently joined NATO. One of these instructors was Edmonton's Captain Lorne Parker, an Air Force Reservist with 408 Tactical Helicopter Squadron.

Captain Parker's job in this mission was to be the Assistant Academic Director of the Language Academy. In his civilian job back home, he is also a supervisor with the Edmonton Public School Board and an experienced educator. Captain Parker was selected along with officers from the United Kingdom, the United States and France.

"This is my third assignment with the CIOR Language Academy; the other two were in Estonia and Poland," said Captain Parker. "The education-related skills and knowledge that I employ daily in my civilian career are greatly enhanced through military assignments in NATO countries. Both organizations benefit from my participation in activities like these," he added.

The Interallied Confederation of Reserve Officers has been providing language instruction in NATO's official languages, English and French, since the year 2000. The students are reserve and active duty officers of NATO's new Member and Partnership for Peace nations of Eastern and Central Europe. Through the Language Academy, they are provided an essential and indispensable tool to carry out international NATO business – the ability to communicate in one of NATO's two official languages. More than 350 officers, coming from every nation of Eastern and Central Europe, have graduated from this program.

This year, the language academy was convened from 5 - 19 August in the picturesque mountain town of Predeal, nestled in the Carpathian Mountains, in the Romanian province of Transylvania.



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Sports, Fitness & Recreation

New trails, call for volunteers as 2006 snowmobile season approaches

Here it is September 2006, the days are shorter, the nights are cooler, and the winter season is just around the corner. I can hardly wait to start my sled and ride the best snowmobile trails in the world, the trails maintained by the Mazinaw Powerline Snowmobile Club.

We here at 8 Wing, and in conjunction with the Mazinaw Club, have agreed to link the old Northern Lodge trail system to the main Mazinaw Trail system, to the south of Head Road.

As your snowmobile club chairperson I would like to start this season by thanking the Northern Lodge executive board members who have shown their confidence in me and asked me to stand as your club chairperson.

I am proud to be able to accept this challenging position, and am only able to do so because of the support and dedication of all of the board members.

These premises are open to all military and non-military members with a paid membership.

The price of a membership varies from \$30 to \$70 a year, plus \$30 a night for rental of the cottages. Please contact Dave

Elverson at local 2627 for bookings.

I would like to provide all Northern Lodge members an overview and update about how I see snowmobiling in the province of Ontario and its effects on the Northern Lodge Snow Mobile Club.

Member OFSC clubs are facing many challenges in providing a sustainable trail system. The realities of operating a snowmobile club mean that clubs have to operate in a more accountable, business-like manner. Consequently, every snowmobile club, and the OFSC too, now operate more professionally and efficiently, albeit with much greater complexity.

1 - Financial sustainability is perhaps the biggest obstacle; permit income does not cover the cost of operating the province's or local clubs' trail systems. In the past, support from corporate sponsors, provincial government programs, and local club fundraising have helped to fill the void. At the moment most of this support has dried up, leaving only permit revenue as the major source of income.

Over the past couple of years

the Mazinaw Powerline Snowmobile Club has operated at a loss. Expenses were greater than income. We've been able to continue our active trail grooming only because of the financial heritage left to us by previous executives. Many thanks for their foresight.

"Buy Where You Ride" has never been more true. This reinforces the need for continued support by purchasing trail permits from the Mazinaw Powerline Snowmobile Club. The price of a 2006/2007 regular full season permit hasn't changed from last year and remains at \$230 for permits purchased after December 1, 2006 and \$180 if purchased prior to December 1, 2006. Buy early and save! Put the savings in your gas tank. You can help your club by acting as a volunteer and obtaining Mazinaw permits. (Please contact Frank Iezzi at local 2750 or Mike Atkin at local 3789).

There is a perception that the OFSC and its member clubs spend too much. This is definitely not true. The OFSC and member clubs operate with an extremely low overhead and administration costs—well below most other non-profit associa-

tions. Furthermore, volunteers provide the most work.

2 - Landowner sustainability. Without the generous land use permission of property owners, OFSC member clubs would not be able to provide a trail system. Unauthorized land use, such as ATVs, continues to be a major concern. To use someone else's property you need written permission. Snowmobile's need "Trail Permits". Please say thank you to our landowners.

3 - Volunteers. Let's start by acknowledging all of the volunteers. Many snowmobilers say "buying a permit is enough." This statement might be true if the price of each trail permit accurately reflected the actual cost of annual trail operations in Ontario. That share would be over \$400 per permit. If there was no increase in fuel prices or other operating costs, and the OFSC sold 90,000 permits at that price, the system would pay for itself and volunteers could concentrate on social and event activities. But, since the permit price does not support the cost of operating an expensive trail system your club relies on volunteers. Can you help?

Club volunteers are busy people with their own lives, but who have made the decision that snowmobiling needs their help to survive. Even a few hours a season can make a difference.

Volunteering can involve an individual or the entire family. Please contact the Northern Lodge committee to volunteer, they need your support.

So as one avid snowmobiler to another, let me close by asking you to offer your club a couple of hours this season to help out.

That's all it takes to make your snowmobiling experience in Ontario even better. You have so much to gain by volunteering! Thanks for your support. I look forward to being your club chairman and working with our volunteer team.

Wishing everyone a safe, responsible season. Here's to smooth riding and lots of snow. See you on the trails. Please visit our web site at <http://northernlodgesnowmob.tripod.com/>, which is still partially under construction.

Submitted by MCpl F.G. Iezzi, Snowmobile Club Chairman.

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Fitness, Sports & Recreation

Wing fund golf tournament

The Wing Fitness and Sports Flight will be hosting the Wing Fund's Four-ball, Best-ball I/S Golf Tournament on Wednesday, October 4 at the CFB Trenton Golf Course.

The tournament will be 18 holes with a shotgun start. Schedule is as follows: Sign-in 0930 hrs, team briefing 0945 hrs, tee off at 1000 hrs.

The tournament is limited to a maximum of 21 teams, one team per unit.

Any additional team will be on a first-come, first-serve basis.

Green fees for military and golf course members will be free of charge; all others will be \$27 paid at

the golf course.

There will be a registration cost of \$20 per person, to cover the prizes, which must be paid at the Gymnasium, no later than 1600 hrs on Wednesday, September 27.

A \$6 fee for food is optional for all golfers, paid at the golf course.

As this is a fundraising event for the CFB Trenton Golf Club, prizes will be awarded to first, second and third place teams, as well as five teams draw prizes.

Register your team with the Fitness and Sports Flight's administration assistant, Shirley Martin, at local 3467.

Ladies four-ball, best-ball tournament

The Wing Fitness and Sports Flight will be hosting the Ladies Four-ball, Best-ball I/S Golf Tournament on Tuesday, October 3, at the CFB Trenton Golf Course.

The tournament will be nine holes with a shotgun start.

Schedule will be as follows: Sign-in 1300 hrs, team briefing 1315 hrs, tee off at 1330 hrs.

The tournament is limited to a maximum of 12 teams, and is open to military, DND/NPF employees and

female family members.

Green fees for military and golf course members will be free of charge; all others will be \$10, paid at the golf course.

Registration fee of \$6 per person to cover coffee and cake, paid at the golf course. Bring a prize of a \$10 value.

Register your team, or as an individual, with the Fitness and Sports Flight's administration assistant, Shirley Martin, at local 3467.

PSP membership renewal process

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.

Pool closure due to annual maintenance

Please be advised that the RecPlex pools will be closed for annual maintenance from Tuesday, September 5, until approximately Saturday, September 23, 2006.

Youth Aquatic Club schedule information and rates

The Youth Aquatic Club is open to youth aged 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. Shirts can be purchased at the RecPlex.

The Junior Lifeguard Club

For kids 8 to 15 years old, every Thursday from 4:30 to 6 p.m. starting on October 5 and running until June 21, 2007.

Designed by the Lifesaving Society, the club focuses on lifesaving skills, lifesaving knowledge, swimming, leadership and teamwork. Effort and success are recognized with recognition seals when participants meet personal goals or set personal best's.

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 information please call 613-392-2811 ext. 3361 or 2349.

Co-ed indoor soccer league

Come and join us for this year's 2006/2007 Indoor Soccer League.

The league is open to all CF military, DND and NPF full-time employees.

The teams will be mixed men and women, so all are encouraged to join.

There will be a meeting held at 1400 hrs on Tuesday, September 26. All interested team reps or players are asked to join.

Games will be held (tentatively) on Thursday evenings from 1800 hrs to 2200 hrs. Joining the league is easy, bring in a whole team or join individually.

All of those who are interested in playing and having some fun please contact Dan Cormier by phone or email at Cormier.DG@forces.gc.ca or local 3373.

Floor hockey meeting

The I/S Floor Hockey organizational meeting is scheduled for 1000 hrs on Tuesday, September 26 in The Gymnasium conference room.

The League is open to CF military, DND and NPF full-time employees. Interested Unit Sports Reps and executives are to attend subject meeting in preparation for the 2006/2007 floor hockey season. The league will play at the Gymnasium every Monday evening from 1800 - 2145 hrs.

Players with no reps wishing to play, or for more information, please contact Dan Cormier by e-mail Cormier.DG@forces.gc.ca or at local 3373.

Upcoming curling league meeting

The I/S Curling League organizational meeting is scheduled at The Gymnasium conference room for 1000 hrs on Wednesday, September 27.

The League is open to CF military, DND/NPF and contract, full-time employees. Interested Team Reps or players are to attend subject meeting in preparation for the 2006/2007 curling season.

For more information, please contact Dan Cormier by e-mail at Cormier.DG@forces.gc.ca or at local 3373.

Kettlebell strength workshop

The Fitness and Sports Flight is pleased to present a workshop on the very popular strength equipment kettlebells, on September 22 from 1130 - 1300 hrs.

Recently, 8 Wing Trenton purchased a whole set of the new equipment. We are ready to include them in our Strength room at the Gym. It is recommended that you attend this workshop if you intend on adding them to your workout regime.

To register please contact Todd Peart at local 7160.

Noon Hour Fitness Schedule

September 2006

(New class formats and additions)

Monday	Tuesday	Wednesday	Thursday	Friday
18 Cardio and Core	19 STEP PLUS	20 Spinning	21 Specialty Class	22 Spinning
25 Cardio and 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).



Form Comes First

No matter what type of exercise you are doing, technique is the key to safety and efficiency. Pay special attention to your technique as you age, as rehabilitating an injury takes a bit longer the older we are.

The potential for injury increases if our body is out of alignment. Minimize the risk and coach yourself on neutral alignment. Keep the head, neck and spine in line, and make sure the shoulders, hips and knees are also aligned.

Most gyms install mirrors so you can see your body alignment. Check yourself out in the mirror. Your form is key.

Cinq ans après les attaques du 11 septembre - l'optique de la Région canadienne du NORAD

Région canadienne du NORAD

WINNIPEG (MAN) – (le 9 septembre 2006)

Nous avons passé l'époque de l'affrontement des superpuissances et de la destruction mutuelle assurée. Le Chef d'état-major de la Défense du Canada, le Général Rick Hillier, a plusieurs fois déclaré que nous ne sommes plus devant « l'ours », mais plutôt devant un « panier de serpents ». L'époque de la guerre froide étant maintenant partie des livres d'histoire, nous portons notre attention non seulement sur les missiles balistiques, mais également sur tout ce qui vole. L'évolution de la menace perçue et la montée du terrorisme nous ont amenés à apporter d'importantes transformations dans nos armées pour qu'elles demeurent des forces valables et capables de combattre. La Défense aérospatiale de l'Amérique du Nord ne fait pas exception dans ce changement de contexte.

Pendant près de 50 ans, le NORAD a défendu le ciel de l'Amérique du Nord contre les menaces extérieures. Avec le temps, nos ennemis sont devenus nos alliés, mais nous avons maintenu notre vigilance. L'Amérique du Nord a vu sa part de menaces au fil des décennies, qu'il s'agisse de guerres, de la crise des missiles, et ainsi de suite. Toutefois, aucun événement en soi n'a changé aussi radicalement l'attitude d'un pays, d'un continent ou

même de la communauté mondiale que les attaques terroristes du 11 septembre 2001.

Opération Noble Eagle

L'opération Noble Eagle a été la réponse militaire qui a suivi les attaques du 11 septembre. Qui plus est, elle a ajouté une autre dimension importante au NORAD. Plutôt que de porter principalement son attention sur les menaces provenant d'un autre pays ou d'un autre continent, le NORAD a accru sa surveillance de tout objet affectant l'espace aérien de l'Amérique du Nord – même ceux qui proviennent de l'intérieur du continent nord-américain.

Depuis le lancement de Noble Eagle, le NORAD a effectué plus de 42 000 sorties sans incident au-dessus des États-Unis et du Canada pour appuyer cette opération. Depuis le 11 septembre 2001, le NORAD a dérotté des patrouilles aériennes ou ordonné le décollage immédiat de chasseurs plus de 2 100 fois en réaction à des menaces potentielles. Le NORAD maintient un solide dispositif de défense de l'Amérique du Nord, et emploie diverses ressources pour s'acquitter de sa mission. Nos chasseurs en alerte, les patrouilles aériennes irrégulières, les systèmes aéroportés de détection lointaine, une meilleure couverture et connectivité radar, et un écran de défense aérienne multi-stratifiée constituent les

éléments clés de ce dispositif de défense.

« La Région canadienne du NORAD représente un élément essentiel de la sécurité de notre pays », a déclaré le Major-général Charles Bouchard, commandant de la 1^{re} Division aérienne du Canada/Région canadienne du NORAD. Les Canadiens et Canadiennes peuvent être sûrs que notre personnel travaille diligemment à dissuader, détecter et contrer les menaces qui peuvent affecter la sécurité ou la souveraineté de notre nation ».

La Région canadienne du NORAD (RC NORAD) tient des chasseurs CF-18 Hornet en attente, prêts à répondre sur le champ à l'appel. La RC NORAD peut disposer stratégiquement ces appareils à divers endroits du pays pour garantir notre rapidité d'intervention. Ce déploiement vise à contrer toute menace de violation de la souveraineté aérienne de l'Amérique du Nord.

En raison de cette attention accrue portée à l'espace aérien de l'Amérique du Nord, il fallait améliorer les capacités et instaurer de meilleures communications entre tous les gouvernements et les organismes intéressés. Ainsi, le NORAD et ses Régions ont établi un haut degré de coopération et de coordination avec la Federal Aviation Administration (FAA) et Nav Canada.

Depuis les attaques du 11 septembre, le

NORAD surveille le Domestic Event Network (DEN) de la FAA. Le DEN est un réseau d'appels permanent organisé par la FAA qui relie tous les grands centres de circulation aérienne des États-Unis, et renseigne le service des Opérations de Transports Canada et les centres de commandement de NAV CANADA. Le DEN a pour rôle de communiquer l'information en temps réel aux autorités compétentes qui sont chargées de s'occuper des incidents aériens potentiels ou en développement au-dessus du territoire continental des États-Unis et du Canada. Comme tel, plusieurs organismes de sécurité du gouvernement sont à l'écoute du DEN des deux côtés de la frontière. Il s'agit là d'une importante amélioration de la coordination interorganismes depuis les attentats du 11 septembre. Le réseau permet à ces agences et organismes de continuellement échanger de l'information et d'intervenir rapidement et de façon opportune à toute menace aérienne en offrant une intervention « suivie » plutôt qu'une « intervention à la demande » face aux événements aériens en cours de développement.

Renouvellement de l'Accord du NORAD

Autre événement clé, l'Accord du NORAD a récemment été renouvelé par les deux

nations. Et qui plus est, la nouvelle entente comporte deux changements majeurs : un renouvellement pour une période illimitée et l'ajout d'une composante d'alerte maritime.

Conscients de l'importance du NORAD pour la défense de l'Amérique du Nord, le Canada et les États-Unis ont convenu de renouveler l'Accord du NORAD. Les deux pays ont également saisi cette occasion pour renforcer le NORAD par son renouvellement pour une période illimitée, sous réserve d'examen périodiques.

L'ajout d'une mission d'alerte maritime est peut-être le changement le plus important apporté à l'accord. En instaurant une fonction d'alerte maritime, le NORAD contribuera à brosser un tableau plus complet des approches maritimes et des eaux intérieures de l'Amérique du Nord. Ainsi, le NORAD sera mieux en mesure d'alerter les deux gouvernements en cas de menace réelle ou potentielle contre le continent.

Dans le cadre de cette mission d'alerte maritime, le NORAD assurera le traitement de toutes les données disponibles et cons e i l l e r a C o m m a n d e m e n t Canada et le US Northern Command sur les sources de préoccupation. Toutefois, les mesures d'intervention face aux menaces maritimes continueront à relever des commande-

ments nationaux. Le renouvellement de l'accord est un autre exemple témoignant de la volonté du Canada et des États-Unis de faire évoluer le commandement binational pour l'adapter aux nouvelles menaces qui émergent.

Le Canada d'abord

Le gouvernement du Canada met davantage l'accent sur la sécurité et la souveraineté de notre nation.

Le renouvellement et l'amélioration de l'Accord du NORAD viennent appuyer l'engagement du gouvernement à faire primer la protection des Canadiens et la défense des intérêts canadiens. Grâce au NORAD, le Canada est mieux en mesure de protéger sa souveraineté et d'être partie aux décisions portant sur la défense de l'Amérique du Nord, surtout quand elles concernent des intérêts canadiens.

Le monde a subi de profondes transformations depuis les attaques du 11 septembre 2001. Depuis ce moment, le Canada et les États-Unis ont eu à redoubler d'efforts pour assurer la sûreté et la sécurité de leurs citoyens.

Le NORAD, après avoir monté la garde pendant près de cinquante ans, continue à s'adapter à l'évolution du monde et à surveiller l'espace aérien de l'Amérique du Nord. Cette coopération binationale ne fait que renforcer la sécurité et la souveraineté de nos deux nations.



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2006 Recreation and Leisure show bigger than ever before



The 2006 Recreation and Leisure Show was held in the south side Gymnasium on September 10, 2006.

This year's show featured 60 not-for-profit clubs and organizations.

Each display booth was equipped with information regarding programs, cost, schedules and even registration forms.

There were a number of demonstrations throughout the day, which showcased various activities, including on-base fitness, sports and recreation programs, mixed martial arts, model crafts, dance groups and many other Quinte area groups.

The show was open to military personnel, family members and the general public.

(Far left) A member from the Society for Creative Anachronism's, which recreates the art and skills prior to the 17th century Europe, is shown suited in clothing of the Middle Ages.

(Top) Students demonstrate the karate skills they acquired from the Children's Martial Arts class, conducted by professional instructors, through the Community Recreation Association (CRA).

(Bottom) Ethan, nine-years-old, stares into the faces of warcraft models on display by J & B Books, which is located in Trenton.

Photos: Amber Gooding, Contact Staff

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Chainsaw safety tips--keep yourself out of harm's way



Submitted by
Don Heans,
Wing General Safety
Officer

Chainsaws pack a lot of power. They can cause serious, even fatal, cutting injuries. Many of

us use chainsaws on a regular basis at work, or off the job for weekend wood-cutting projects. Don't take chainsaws for granted; always stay alert. Here are a few reminders for chainsaw safety in the woods, at work and at home:

Get familiar with the manual.

Keep the cutting chain in good condition, sharpened and under the proper tension. If the saw chain

keeps moving when the engine idles, adjust the idle or clutch so it will stop. If it won't stop, don't use the chain saw until it has been repaired.

Don't fill a gasoline chainsaw while the engine is hot. Keep the saw and fuel away from flame and any other ignition sources. Keep the saw clean and free of dirt, sawdust and spilled fuel.

Don't work with a

chainsaw when you are tired, and never use a chainsaw or any power tool when you are under the influence of alcohol.

Work with a buddy who can help you in case of an accident.

Carry the chainsaw with the engine off. The chain bar should be pointed behind you, with the muffler away from your body. Use a chain bar guard.

Avoid kickbacks.

Keep the working area clear of branches and other obstructions. Never cut above shoulder height. Keep your body out of the path of the saw, including the path it will follow after the cut is completed.

Never place a saw on your leg. Don't try to start a saw from this position. Keep two hands on a running saw.

Wear the recommended Personal

Protective Equipment (PPE) when using a chainsaw. This will include heavy gloves, a hard hat, safety eye-wear, ear protection and pants made of heavy material to prevent cuts.

Make sure you are fully informed before attempting to use a chainsaw. Consult the manual, and take any offered safety training to prevent wood-cutting accidents.

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PRINCE EDWARD COUNTIES
HEALTH UNIT

Fall leaves lots of reasons to walk

Hastings & Prince Edward Counties --Fall brings many reasons to walk – cooler weather, fewer mosquitoes and soft carpets of colour from the leaves. With winter nearing, fall is a good time to begin a walking routine that will continue and be taken to an inside site, if necessary.

"While walking is the most popular way for Canadians to stay active, it takes a little while to find out what works for each of us," says Marie Clarke, a public health nurse with the Health Unit's Chronic Disease and Injury Prevention Department. "It's important to find something that fits our lifestyle and personality."

The choices of where and when to walk are numerous. Do you prefer to walk alone or with a group? Do you walk with a purpose in mind, for example, to raise money for a charity or reach a destination, or just to have fun? Is walking mainly a social activity or a way to fit activity into your day? Is a

hiking trail your style or the more even surface of a city trail? What time of day works better for a walk? "Think about what works for you," urges Clarke. "Enjoying your walk will certainly help you stick with it in the long run."

Hastings & Prince Edward Counties Health Unit has compiled a list of walk and hike possibilities in Hastings & Prince Edward counties for the fall of 2006. Many different walking activities are listed. Pick up a copy at a Health Unit office or download from the Health Unit website. Go to www.hpechu.on.ca and check under What's New?

For help to get started, call the Health Unit's Healthy Life Line to order a free "Walk This Way" kit. It gives advice on starting a walking program, staying motivated and overcoming some of the barriers that get in the way of becoming or remaining active.

Breastfeeding worth supporting

Hastings & Prince Edward Counties - The medical officer of health strongly supports breastfeeding and this is the time of year to get that message out.

World Breastfeeding Week is celebrated each year in Canada from Oct. 1 to 7. "The Hastings & Prince Edward Counties Health Unit is planning activities to mark the event," says Dr. Richard Schabas. "Watch for the banner 'Mommy's Milk Makes Healthy Babies' which will be flown in Belleville during the week."

"We invite nursing moms and babies to par-

ticipate in the North American-wide Quintessence Breastfeeding Challenge," says Schabas. The challenge will be held on Saturday, Sept. 30 at 10 a.m. at six sites across Hastings & Prince Edward counties. Moms and babies wishing to participate can drop by the site of their choice.

Last year Hastings & Prince Edward counties placed 20th of 143 sites. "Let's do better this year," urges Schabas.

Breast milk is the best food for your baby.

For more information on breastfeeding call the Health Unit at 613-966-5513 ext. 223.

Sites for the

Breastfeeding Challenge:

1. Ontario Early Years Centre, 301 Macdonald Avenue, Belleville.

2. The Health Unit Branch Office, 499 Dundas St. W., West End Plaza, Trenton.

3. Prince Edward Child Care Services, 10 McFarland Court, Picton.

4. Gateway Community Health Centre, 41 McClellan St., Tweed.

5. North Hastings Children's Services, 20 Hastings Heritage Way, Bancroft.

6. Tyendinaga Health Centre, 1658 York Road, Deseronto.

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Personal Development

Wednesday Night Out
 Pre-register please by calling 613-965-3595 or 613-965-3575
 A variety of activities coming up, please visit the MFRC website calendar at www.trentonmfr.cfbtrenton.com

Perfectionnement personnel

Les sorties du mercredi soir.
 Veuillez vous inscrire à l'avance en appelant au 613-965-3595 ou 613-965-3575
 Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfr.cfbtrenton.com

Starting in September;
 Cardmaking, Scrapbooking, Tai Chi, Pilates

Activités commençant en septembre;
 Confection de cartes, Scrapbooking, Tai Chi, Pilates

Welcome Coffee at the MFRC

Wednesday, September 20,
 10:00 a.m. to 11:30 a.m.

Everyone is invited!

Children welcome.

Café Accueil au CRFM

Les mercredis 20 septembre,
 10 10h à 11h30

Tous sont invités!

Les enfants sont les bienvenus.

Youth Programs

Leadership Course (Brand New)
 For youth ages 13 - 18 years. This will be a 10-week course where the youth will gain an understanding of what leadership is and ways to become a good leader. They will have the opportunity to discover their own internal abilities for leadership.
 Starting Monday September 25, 7 - 9 p.m.
 The cost is \$30.00 for the course. We will have space for 12 youth.
You must register by September 18.

HipHop Dance
 Tuesdays, September 26 - October 31
 6:30 - 7:15 p.m. Ages 8 - 14
 Cost is \$30 and must be paid by September 21.
 Limited to 15 participants.

Programmes pour les jeunes

Cours de Leadership (nouveau, cette année)
 Pour les jeunes de 13 à 18 ans. Durant ce cours de 10 semaines, les jeunes pourront apprendre les différents aspects du leadership ainsi que les manières de devenir un bon leader. Ils auront l'occasion de découvrir leurs propres habiletés en ce qui concerne le leadership.
 Le cours débutera le 25 septembre, de 19h à 21h
 Le coût est : 30,00\$ pour la session. Nombre de places disponibles : 12
Les inscriptions doivent être faites avant le 18 septembre.

Danse HipHop
 Les mardis : du 6 septembre au 31 octobre - De 18h30 à 19h15
 Âge : de 8 à 14 ans - Coût : 30,00\$ payable avant le 21 septembre
 Nombre de places disponibles : 15

Trenton MFRC Family Day / Journée familiale du CRFM de Trenton
 in partnership with the Firehall / en association avec les pompiers
Sunday, October 1, 11 a.m. - 3 p.m. / Dimanche le 1er Octobre de 11h à 15h
Siskin Centre

Volunteer Opportunities

Daycare Kitchen help - The Daycare provides lunch, usually a hot lunch, for the children every day. We are looking for a volunteer who would like to assist the cook with preparing the lunch. The shift would be from approx 9 - 11:30 weekday mornings. There is no expectation that the volunteer would work everyday, but rather, that she/he would choose the shift and frequency that suited their own agenda.

Opportunités de bénévolat

À la Garderie, aide dans la cuisine - La Garderie fournit tous les jours, le dîner aux enfants; il s'agit habituellement d'un repas chaud. Nous recherchons une personne pour aider à la préparation et la cuisson du dîner. L'horaire est environ de 9h à 11h30, tous les avant-midi de la semaine. Nous ne nous attendons pas à ce que la personne travaille tous les jours mais qu'elle choisisse plutôt les périodes qui lui conviennent.

Please read our newsletter "Touching Base" or visit www.trentonmfr.cfbtrenton.com to have more information
 S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez www.trentonmfr.cfbtrenton.com
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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
September 17 - September 23

ARIES (March 21-April 19): Travel and networking with people with different ideas will inspire you on the 17. Put your dreams into play. You'll be in a rush on the 18 - 20 and anyone who gets in your way will have to keep up or move over. You'll be able to speak your mind and rid yourself of some annoyances. Don't let a deal that sounds too good to be true put you in an awkward position. Get serious, do your homework and don't be afraid to make a change on the 21 and 22. A good opportunity is in the stars but you may have to change your location, lifestyle or vocation. Someone interesting will bring about changes in your life on the 23. An unusual offer will tempt you.

TAURUS (April 20-May 20): Just because someone is putting demands on you on the 17, doesn't mean you have to jump to the command. Added responsibilities may get you down on the 18 - 20. You should be out doing things with children or loved ones. A product that will make your life easier should be on your shopping list. Don't get all wiggled out because someone isn't being straight with you on the 21 and 22. Sidestep anyone who may be trying to lead you astray. Check out health concerns you might have on the 23. Visiting a health food shop or looking into alternative medicine will bring you good results.

GEMINI (May 21-June 20): You'll be privy to some very important information on the 17. The more you do with groups, the better your chance to make a connection and push one of your many ideas. Be careful how you handle people around you on the 18 - 20. A slip of the tongue, a wrong impression or spreading a rumour will come back to haunt you. Start something new on the 21 and 22. You'll have a greater interest in more obscure and unusual activities and will see a different approach to the way you do things. Changing your image and updating your look on the 23 will revitalize you.

CANCER (June 21-July 22): Take a look around you on the 17. If you don't like what you see, make changes to help you feel more comfortable. Compromise on the 18 - 20 and you won't have problems, but force your will on others and you'll face opposition. Don't be tempted by a deal that someone pushes your way. You have to go the distance on the 21 and 22. If that means a short trip or interacting with people from different backgrounds, prepare to do so. Communication is what it's all about. Approach whatever situation you face with reverse psychology on the 23 and you'll have much better luck.

LEO (July 23-Aug. 22): Although it may be difficult, keep a low profile on the 17. Don't discuss your plans or what you're trying to accomplish. Don't slack on the 18 - 20 when it is apparent you have an opportunity to advance. A change in your financial situation is evident so take advantage of a deal. Check out what's being offered professionally in other locations. Much can be accomplished on the 21 and 22 if you start things rolling. Give a little extra. You can't go wrong if you're helpful, understanding and affectionate. You may feel a little uncertain about what's going on in your own backyard on the 23. Avoid anyone who tries to curtail your freedom.

VIRGO (Aug. 23-Sept. 22): A change in the dynamics of a relationship you're in should be expected on the 17. Be accommodating and willing to meet halfway. Changes to your home on the 18 - 20 will make you feel good about your life and where you're headed. Follow your heart and you'll do what's best for everyone. Put your heart into what you do on the 21 and 22 and you'll get the recognition you deserve. A better opportunity is available. Research a position or new vocation that interests you on the 23. An interesting turn of events will occur if you talk to people who have known you your whole life. It's never too late to follow a dream.

LIBRA (Sept. 23-Oct. 22): Someone you least expect may try to hide something from you on the 17. Insightfully derail this person's deceit. Changes in your career or within an organization you're involved with will take you by surprise on the 18 - 20. Keep your mind on what you're doing so minor mishaps don't occur. Unexpected changes are heading your way on the 21 and 22 so be prepared to move with the times. You'll instinctively know when and how you should proceed but your inability to follow through could hold you back. Talks, negotiations and stepping outside your usual stomping grounds will prove interesting, enlightening and prosperous on the 23.

SCORPIO (Oct. 23-Nov. 21): Don't expect to get any outside help on the 17. An older relative is likely to cause you emotional worry. Don't let someone else's bad habits influence you. Don't let your imagination or jealous nature run wild on the 18 - 20. Stay balanced if you don't want to face problems with colleagues. A change is in order at home but don't expect it to run smoothly. You can call in favours and approach people who can offer something you've been trying to establish on the 21 and 22. You'll be able to strive for greater freedom. Don't make a decision on the 23 until you have all the facts. A mistake will be difficult to reverse.

SAGITTARIUS (Nov. 22-Dec. 21): Your entertaining and flirtatious mood may attract some interesting people on the 17 but those who know you well will question your motives. You may think you understand the dynamics of the relationships around you but you're probably way off in your assumptions. Take a step back and you'll soon realize you aren't in control on the 18 - 20. Look to someone with more experience for guidance. Listen to what others tell you on the 21 and 22 before you decide to take a leap of faith. Taking care of your own future should be at the top of your to-do list on the 23. A personal partnership may not be what you hoped. Prepare to move on.

CAPRICORN (Dec. 22-Jan. 19): Someone may catch you off guard on the 17. Don't let this person get to you. Don't be consumed by what others say or do. A smooth talker will try to win your favour on the 18 - 20. Be smart. Play his or her game but don't buy in. You have to make things worth your while or take a pass. You'll be torn in different directions on the 21 and 22 that will have financial implications. Fend for yourself and don't expect anyone to take responsibility for something that concerns you. Make changes to your circle of friends on the 23 and you'll rid yourself of problems that you can do without.

AQUARIUS (Jan. 20-Feb. 18): Ask questions and discuss emotional matters on the 17. By being straightforward, loving and understanding you'll get good results. How well you do on the 18 - 20 will depend on how you treat others. You can turn anything around by taking a positive approach and being willing to compromise and share. A book will inspire you to follow through with something you really want to do. There are deals to be finalized and money to be made on the 21 and 22 but don't contribute to someone else's future; invest in your own. Start living in a way that will lead to better health and a better existence financially, physically and emotionally on the 23.

PISCES (Feb. 19-March 20): You have plenty to rethink and redo on the 17 if you want to turn a project that interests you into something great. You have to express yourself with actions on the 18 - 20 if you want to get your point across. It's what you do, not what you say, that'll count. A deal or contract can be completed. Don't meddle in other people's affairs. Money is headed your way on the 21 and 22 and an opportunity to invest in your future looks promising. You may not like the changes going on around you on the 23 but, after the dust settles, everything will be much better. A money deal or collecting an old debt will lift your spirits.

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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

EDITOR'S NOTE:
DUE TO FINANCIAL CONSIDERATIONS WE'VE BEEN FORCED TO TAKE ON SOME ADVERTISING...



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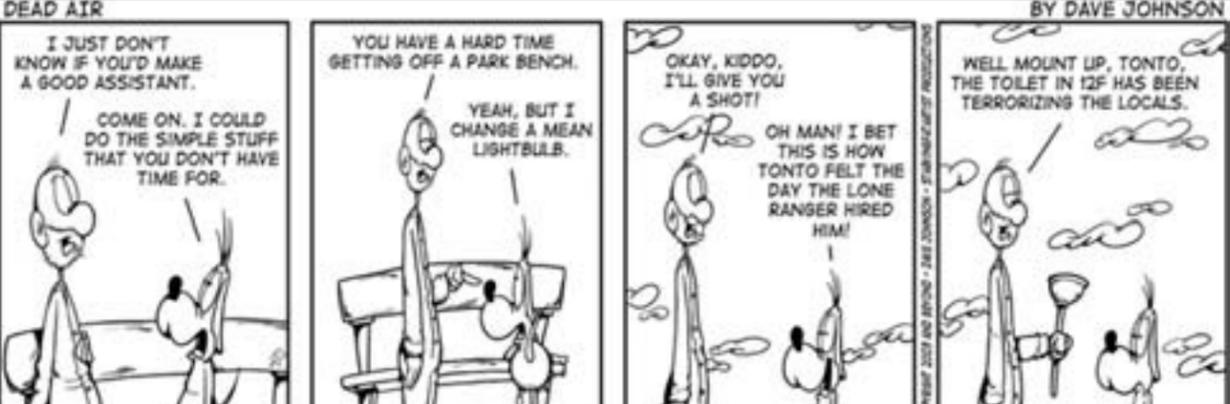
Sorry lady. Rules are rules.

Rules for Duffers



Duffer directions!

DEAD AIR BY DAVE JOHNSON



Panel 1: "I JUST DON'T KNOW IF YOU'D MAKE A GOOD ASSISTANT." "COME ON. I COULD DO THE SIMPLE STUFF THAT YOU DON'T HAVE TIME FOR."

Panel 2: "YOU HAVE A HARD TIME GETTING OFF A PARK BENCH." "YEAH, BUT I CHANGE A MEAN LIGHTBULB."

Panel 3: "OKAY, KIDDO, I'LL GIVE YOU A SHOT!" "OH MAN! I BET THIS IS HOW TONTO FELT THE DAY THE LONE RANGER HIRED HIM!"

Panel 4: "WELL MOUNT UP, TONTO, THE TOILET IN 12F HAS BEEN TERRORIZING THE LOCALS."



Community Events

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YOUR INDEPENDENT GROCER

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.

Do you hail from Dufferin County?

Calling all former Orangeville, Shelburne, Grand Valley and Dufferin rural citizens. The Orangeville Citizen would like to hear from you, so we can include you in our Salute to the Troops, scheduled for an edition close to Christmas time.

This is your chance to let everyone 'back home', know where you are and what you are doing! It will also give our readers insight into how many soldiers, sailors, airmen and women we have serving in the Canadian Forces!

Please send your name, rank and a picture (head and shoulders shot if possible) along with some information about what part of the county you are from, what school you attended and how long you have been in the military. Also, include a short message for the folks back home!

Send your information to:
 Attention: Lavinia Kerr
 c/o Orangeville Citizen
 10 First St
 Orangeville, On L9W 2C4
 Tel: 519-941-2230
 Fax: 519-941-9361
 email: vinniekerr_02@hotmail.com

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.

Tuesday Quilters' Meeting

The Trent Valley Quilters' Guild will hold its first meeting of the season on Tuesday, September 19 at 1 p.m. at the King Street United Church (side door). New members are always welcome. For more information call Joyce at 613-966-7179.

Prince Edward County Studio Tour September 22 - 24, 2006

This three-day weekend event will feature more than 80 of the country's most talented artists and artisans. Experience a broad range of work including painters, photographers, woodcarvers, glass and fibre artists, jewelers, potters, furniture makers, sculptors, doll makers and much more.

Admission is FREE! For more information, please visit www.pecstudiotour.com or call 613-476-7572. You may also email any questions to pecstudiotour@kos.net.

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Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
 Padre Mike Adamczyk
 Padre Mel Talan (deployed)
 Padre Catherine Morrison

WORSHIP SERVICES

OUR LADY OF PEACE (RC)
NOTRE-DAME-DE-LA-PAIX (CR)

Chapel Life Co-ordinator
 Padre Frank Pellerin

MASS

Sunday Mass (English) 1130 hrs
 Messe Dominicale: 0900 hrs

CONFESSION
 At all times

PARISH ORGANIZATIONS
 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.

ST CLEMENT ASTRA (PROTESTANT)

Chapel Life Co-ordinator
 Padre James Craig

WORSHIP SERVICE

Divine Worship (Sun) 1015 hrs
 Holy Communion 1st Sunday of the month

PARISH ORGANIZATIONS

Chapel Guild Last Tues 1930 hrs

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:
 Tristan aged 7 and Jasmine aged 5.*

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Information

CLASSIFIED

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Word ad: 20 words \$3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

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All advertising must be dropped off at CONTACT 142 Yukon Street, South Side Room 26 before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

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Advertisers should check their ad the first day it appears. CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad wherein the error occurred.

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Community Events

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Educational Classes

Would you like to learn Modern Sequence Ballroom Dance?
Classes for new dancers begin at the Bay of Quinte Yacht Club on September 28th. Registration is from 6 to 6:30pm.

There will be 9 classes and the cost is \$60 per couple for the fall session.

For more information contact
Kerry King at kking@lks.net

Equipment Rentals
Fitness and Sports Flight is pleased to offer equipment rentals to Military Members and DND/NPF employees. \$5/day rentals include PFD, paddles, safety lines and pumps/bailing buckets and selection from:

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- 2 Tandems Kayaks
- 6 Sit on/Recreational Kayaks
- 7 White Water Kayaks

Please call the Fitness & Sports Flight at local 2289 to arrange rental reservations.

Contact

It is possible to fly without motors, but not without knowledge and skill.

— Wilbur Wright



Crossword Answers

A	P	I	A		L	A	D		S	T	E	P			
P	L	O	P		I	K	E		W	A	S	H			
R	O	T	A		C	A	W		A	N	T	I			
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Fall home maintenance checklist

(NC)—Colder weather, shorter days and falling leaves mean it's time to get your home ready for the winter months.

Fall home maintenance involves more than raking leaves and storing garden furniture. It requires attention to your roof and gutters, your foundation, faucets and windows, and even your ceiling fans.

"Winter can be hard on a house, so we recommend a number of steps to prepare your home for the increased cold and moisture," said Colin Smyth, AmeriSpec of Canada. "There are things that most homeowners don't even think of that can make a huge difference."

The following are some tips from AmeriSpec to make sure you're ready for the winter months:

- Protect the outside

faucets. For those who do not have freeze-proof faucets, it is important to shut off the indoor water valve and make sure the outside faucet is completely drained.

- Clean and reverse the ceiling fans. Turn the fan off, clean and oil the motor, clean and dry the blades and reverse the air flow direction to push warm air down.

- Replace batteries in the smoke detectors and test the smoke alarms. Batteries should be replaced twice a year and all smoke alarms should be tested weekly. Apply weather-stripping to windows and doors. Even insulated windows and doors require additional reinforcement for winter. Weather-stripping reduces drafts and saves on heating bills.

- Caulk around window and door casings to keep out air and water. If



your house has wood siding with window frames that stand out from the siding, caulk the top and sides of the frame.

- Don't caulk under the sill, that space should be left open to allow moisture inside the wall to escape.

- If your house is brick or stone, with window frames that are set into the finish material, caulk all four edges of each frame, where the brick mold meets the masonry.

- Fix up your gutters. Ensure there are no leaves or other debris in your gutters in order to prevent overflow and leakage during heavy snow or rain.

AmeriSpec home inspectors offer great tips on home maintenance and improvements.

More information on common home maintenance subjects and professional home inspections can be found by visiting www.amerispec.ca.

Over-wintering tips for Canadian gardeners

(NC)—To prepare and plant your garden for fall and winter means more than raking dead leaves and generally tidying up the yard.

"A few extra steps now can make a big difference in your garden for next year," says Jeff Howe, president of Fernlea, the flower experts, and also the home of the famed Icicle Pansies.

"For example, during the last weeks of summer while you're cleaning up spent flowers and vines, try to leave seed pods and dried blooms. Birds will thank you, and your garden will have an opportunity to re-seed itself. Plus, you will create some winter interest."



Look for any leaves or branches that are diseased or contain pests and ensure that they are not put into the compost bin to spread disease.

Also, if you've removed any such problem with pruners, be careful to clean them with a household disin-

fectant before using on a healthy plant or bush.

"Once your garden is ready to plant this fall's Icicle Pansies, be sure to choose an area with lots of sun, and minimal wind exposure for the best results," Howe explained. "This type of pansy is hardy and guar-

anteed to bloom in fall and again in the spring, whether you're in a snow belt or cool zone."

Pansies should be planted in moist soil, enriched with organic matter. Improve drainage by mounding up raised beds and adding mulch around the base of the plants.

This will also insulate the roots. Avoiding road salt is critical to successful overwintering.

Check the website www.fernlea.com for plant hardiness zones, and also to assist you in choosing the right plants for your temperature zone.

Fernlea has further suggestions and recipes for fall gardens and containers.

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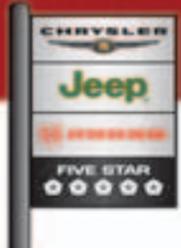
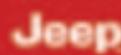
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