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• September 29, 2006 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 41 Issue Number 37 •

## A message from the Wing Commander

On 12 Oct 2006, CFB Trenton will host its 5th annual Occupational Safety and Health Trade Show. Past indications promise that this will be a very well attended event. Although this show indeed represents a tremendous opportunity for those appointed as safety representative, or involved in health care, let me make it very clear that when it comes to Safety and Health, you don't need to be an appointed rep; military or civilian, it is very much a part of your job.

In the past at 8 Wing /CFB Trenton, participation in the local Safety and Health programs has been dynamic. One needs only attend a General Safety Committee meeting (Standing Room Only), or one of the multitude of safety/health training courses to confirm the high level of 8 Wing involvement. I am very impressed with the dedication to Safety and Health that I have observed.

With this Trade Show, you are being provided the opportunity to familiarize yourself with the latest in technological and scientific advances, presented by Safety and Health professionals. Become informed while being entertained and learn all that you can. There will be something applicable to everyone's work environment that will make this show valuable. The knowledge you gain could well be applied to prevent a tragedy not only at work, but perhaps even at home.

The main ingredient, and the key to success in any safety program, is informed and concerned participants. I'll say it once again: Safety and Health is everybody's business. Plan on attending this show.

*Colonel TJ Lawson  
 Commander  
 8 Wing/CFB Trenton*

My challenge to you is to do even better. *Francais, Pg.2*

## AUSTIN WOWS 8 WING



Photo: Amber Gooding, Contact Staff

Canadian country star Julian Austin was the headline act at the Corporal Randy Payne Benefit Concert, held at 8 Wing/CFB Trenton on September 22. See Page 9 for story and more photos.

## FREEDOM OF THE CITY



Photo: Cpl David Hardwick, 8 Wing Imaging

The Honourable Bob Campney, Mayor of Quinte West, with the assistance of Major-General (Ret'd) Lionel Bourgeois, RCAF Memorial Museum, presents Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, with the Freedom of the City on September 23, 2006.

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## Un message du commandant de l'escadre

Le 12 octobre 2006, la BFC Trenton tiendra son 5e Salon annuel de la santé et de la sécurité au travail. Si on se fie aux années passées, le salon de cette année sera bien couru. Ce salon est une activité très importante pour les représentants de la sécurité désignés et les employés des services de santé, mais je tiens à le souligner : la santé et la sécurité font définitivement partie de votre travail, que vous soyez militaire ou civil, représentant désigné ou non.

Par le passé, les programmes locaux de santé et sécurité de la 8e Escadre/BFC Trenton ont bénéficié d'une participation dynamique. On n'a qu'à assister à

une réunion du Comité de sécurité générale (salle comble) ou à s'inscrire à l'un des nombreux cours de santé et de sécurité au travail pour confirmer le ferme engagement de la 8e Escadre. Je suis très impressionné par le dévouement envers la santé et la sécurité dont j'ai été témoin.

Je vous lance donc le défi de faire encore mieux. Ce salon vous donne l'occasion d'en apprendre davantage sur les récents progrès en matière de science et technologie, qui vous seront présentés par des professionnels de la santé et sécurité. Venez vous renseigner tout en vous amusant et en apprenant tout ce que vous pouvez. Ce salon sera utile pour tout

le monde : vous y trouverez tous quelque chose qui servira dans votre milieu de travail. Les connaissances que vous y amasserez pourraient éventuellement aider à prévenir un accident non seulement au travail, mais même à la maison.

L'ingrédient principal et indispensable à la réussite de tout programme de sécurité est la participation de personnes bien renseignées et consciencieuses. Je le souligne donc de nouveau : la santé et la sécurité, c'est l'affaire de tous. Je vous encourage à participer à ce salon.

*Colonel Tom Lawson  
Commandant de la 8ième Escadre*

## CONGRATULATIONS!



**CWO E.R. (Ted) Simmons. Congratulations and Good Luck in your retirement "TED." Thanks for 41 years to Queen and Country (1965-2006)**  
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## Talent and skills auction tonight

It's a double-sided benefit and it could be all yours.

If you have ever had a hard time trying to find skillful people, or the resources needed to locate services such as an after-hours babysitter for your young ones, or even a French tutor, look no further than the Talent and Skills Auction, organized by the Community Recreation Association (CRA) and the Military Family Resource Centre (MFRC).

On September 29, from 6:30 p.m. to 8 p.m., staff and youth of the CRA and the MFRC are putting their talents up on the auction block to help raise money for programs and services offered through the CRA and MFRC. The auction will take place at the Youth Centre, located in the SISKIN Centre.

Various services will be offered in blocks of time. Those wishing to bid on French tutoring, babysitters, drum lessons or home-cooked meals, may do so during the auction. Each service provider is trained in their area of expertise and will be on hand to answer any questions or concerns of those wishing to participate in this fundraising event.

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## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



**8 Wing Food Services**—In preparations for AFSC and upcoming EX BLUE FIRE, our two kitchen trailers arrived at 8 Wing. After sending them to EME for their serviceability checks and maintenance, senior staff took on the task of cleaning and kit inspections. Once EME transported the trailer to the wash bays at Wing Transport, the work began. After opening both kitchen trailers and stripping them to the bare frames and decks, every piece of equipment was washed and inspected. The trailers were then kit checked; to our surprise they were 85 per cent serviceable. All deficiencies have been addresses and they will be ready to roll for EX BLUE FIRE from October 1-6, 2006.



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## SERVING UP SMILES



Photo: Cpl David Hardwick, 8 Wing Imaging

Chief Warrant Officer Tony Stuckless, ATCWO, serves garlic bread to Master Corporal Norm Harper at the Yukon Galley at the United Way Spaghetti and Pizza Lunch, September 22, 2006. Lieutenant-Colonel Debbie Miller, Wing Administration Officer, is smiling in the background. A total of \$277 was raised. The next luncheon is scheduled for October 6.

## Search & Rescue UPDATE

Photo: Sgt R. Ruthven, CFLAWC



424 Squadron flew six missions in the past week.

The first tasking was for a possible overturned kayak seen floating near Oakville. Rescue 429 conducted a search of the area until it was necessary to refuel (bingo fuel). Nothing was found and the Griffon returned to base. The next day Rescue 492 and Rescue 317 were tasked to search for an overdue boat with one person on board. The Coast Guard located the person and both aircraft then returned to Trenton.

Rescue 317 was then tasked to search for an ELT near St. Jean. The signal was tracked to a small airstrip and no one in distress was found. Later that morning Rescue 317 was then tasked to conduct a search for an overdue sailboat near Toronto. The missing boat was located in a harbour near Toronto Island and Rescue 317 then headed home. Finally that day, Rescue 491 was sent to search for an ELT near Toronto. The signal was tracked to a helicopter that was safely parked. The Griffon then safely returned to base.

Until next week, stay safe!

Missions for 2006: 188 Missions for Sept.: 18 Persons rescued: 40

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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.

### The Contact Staff

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**Reporter/Photographer:** Amber Gooding  
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### Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 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.

• **ARTICLES MUST BE RECEIVED BY TUESDAY AT NOON PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

### Letters to the Editor:

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

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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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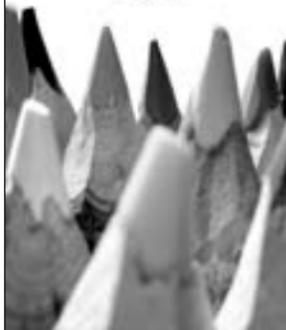
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# Canadiana Crossword

## Memorial Masters

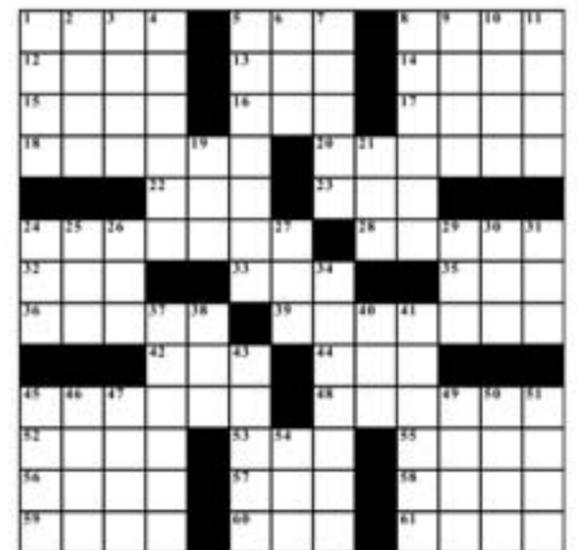
By Bernice Rosella and James Kilner

### ACROSS

- 1 Bothersome one
- 5 The Memorial, for one
- 8 Quebec parti
- 12 She who outwrestled Thor
- 13 Prince of Parry Sound
- 14 Explain
- 15 A lump on \_\_\_\_\_
- 16 Cuckoo
- 17 Addict
- 18 Red Deer \_\_\_\_\_ (Memorial Cup winners 2001)
- 20 \_\_\_\_\_ chez nous
- 22 Bunkum
- 23 Aquatic raptor
- 24 Festivals
- 28 Tomato jelly
- 32 Do something
- 33 P. Martin or J. Chretien
- 35 Classic car
- 36 Speckled bellies
- 39 Guelph \_\_\_\_\_ (Memorial Cup winners 1986)
- 42 16th alphabet letter
- 44 Golfer MacKenzie
- 45 Cornwall \_\_\_\_\_ (Memorial Cup winners 1981)
- 48 Acme
- 52 Hebrew measure
- 53 Big or little follower
- 55 Blood
- 56 Regina \_\_\_\_\_ (Memorial Cup winners 1974)
- 57 Poet's ever
- 58 Elevator guy?
- 59 Neighbour of Huron
- 60 Hosp. units
- 61 Diminishes

### DOWN

- 1 Bosc
- 2 Magazine for women
- 3 Sloven



- 4 Medicine Hat \_\_\_\_\_ (Memorial Cup winners 1988)
- 5 Offshore
- 6 Pot
- 7 \_\_\_\_\_ time
- 8 New Westminster \_\_\_\_\_ (Memorial cup winners 1978)
- 9 \_\_\_\_\_ we forget
- 10 European river
- 11 Burial cloth
- 19 Fate
- 21 Flashy parrots
- 24 Cig
- 25 Frost a cake
- 26 Printemps successor
- 27 Drink springly

- 29 Prefix with natal or nuptial
- 30 Suffix with risk or mist
- 31 Gourmet lettuce
- 34 Kamloops \_\_\_\_\_ (Memorial Cup winners 1995)
- 37 Scanty
- 38 Snakelike fish
- 40 Summer sip
- 41 Ballroom dances
- 43 \_\_\_\_\_ Lauder
- 45 Capture a dogie
- 46 Bradley or khayyam
- 47 Abominable snowman
- 49 Scintilla
- 50 Stumble
- 51 Nazi war criminal
- 54 Over, condensed



## This Week in Contact

**1976** – The military committee of the North Atlantic Treaty Organization (NATO) visited military installations in the United States and Canada. The Canadian part of the tour began in Victoria, B.C. The tour was one of the series to various regions of the NATO alliance. The committee last visited Canada and the US in 1971.

**1986** – A new Naval Reserve Division was commissioned during ceremonies presided by the Honourable Paul Dick, Associate Minister of National Defence. The new division, named Navire Canadien de Sa Majesté (NCSM) Champlain, was the first of three new naval reserve units being established in Quebec, which was expected to increase Canada's naval presence in the province.

**1996** – College courses started at 8 Wing Trenton to help members of the military community prepare for their future. The Canadian Forces Community College Network sponsored three college programs on base, which included a Management Development Program, Personal Financial Planning and Fundamentals of Small Business Management. All courses cost roughly \$100 at the time of course implementation.

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



# It's raining SAR-Techs!

by Captain Nicole Meszaros, National SAREX PAO

Orange canopies have been seen flying through the skies of North Bay, Ontario as the National Search and Rescue Exercise (SAREX) has gotten underway this week.

Winds have been cool and light while the sun has shined warmly, creating a perfect environment for the annual competition to flourish. The Parachuting Accuracy event occurred amid the beautiful fall colours on Day 2 of the National SAREX, to the delight of all spectators. Bleachers were on site as the public, members of the press and military members watched as the SAR-Techs rained in on the "para drop zone".

SAR-Techs on the bleachers cheered on their comrades with accolades as parachutists landed on target, off target, or as the winds blew the men around after landing, when a draft would catch their canopies. The infectious spirit captivated the on-lookers as these ever-professional members of the Canadian Forces honed their parachuting skills.

SAR-Techs are required to jump into all types of terrain for rescue missions and as such require great skill to guide their parachute to the best possible landing

spot. The Parachuting Accuracy Event provides competitors with up to five parachute jumps where they have the chance each time to guide themselves as accurately as possible into the centre of the drop zone.

The SAR-Techs are scored cumulatively on how close they come to the centre of the drop zone by counting penalty metres for all their jumps; the higher the score, the farther from the centre and the worse the result. Each SAREX team had a team score tabulated for the team parachute reward and this year, the Combat Support Team made up of 417, 439, 444 Combat Support Squadrons are the winners of the reward--with Sergeant Kevin Bergquist of 4 Wing/CFB Cold Lake being the top jumper.

Meanwhile, on Day 3 of the competition the theatre of 22 Wing/CFB North Bay received faux-casualties from the local high school, St. Joseph Schollard Hall School. The casualties, all students, sported simulated wounds that resembled what victims of a plane crash could suffer. Each team for this event consists of three SAR-Techs and assesses the ability of the team to triage, evaluate and treat "survivors," and to prep the victims for evacuation.

"There is tremendous training value because of

the pressure placed on each SAR-Tech Team Leader as they compete against the best SAR-Techs from other squadrons," said Chief Warrant Officer "Gator" McCluskey, 1 Canadian Air Division Headquarters.

Two flight surgeons, LCdr Bob Angus, the SAR-Tech Medical Standards Officer, and Maj Brian Church, a specialist in airway management, applied pressure to the competitors as they oversaw each team perform in their capacities as judges. Four instructors from the Canadian Forces School of Search and Rescue also judged the medical event, adding to the pressure on the competitors.

The National SAREX 2006, which is hosted this year by 424 Transport and Rescue Squadron, 8 Wing/CFB Trenton, is providing an opportunity for the airmen and airwomen, who provide SAR services to Canadians in need, to hone their life-saving SAR skills in a professional, competitive environment. Many more events are underway here in North Bay for the exercise and information on these events will be updated.

For information on Canadian Forces Search and Rescue and so much more, please visit [www.airforce.gc.ca](http://www.airforce.gc.ca).



During the Medical Event of the National Search and Rescue Exercise, Sergeant Kevin Bergquist, 417 Combat Support Squadron (CSS), 4 Wing/CFB Cold Lake, Alberta partners with MCpl Duane Brison, 444 CSS, 5 Wing/CFB Goose Bay, Newfoundland and Labrador to triage, evaluate and treat patient Samantha Clark. The pair had one hour to prepare the patient for evacuation during the competition. As the event was wrapping up, a judge from the Canadian Forces School of Search and Rescue, Sgt Dale Robillard, moved in for a closer examination of the team's work. The National SAREX provides SAR squadrons across the Air Force an opportunity to work together in a common environment to allow SAR personnel to test standards and evaluate proficiency.



Photos: Cpl Tom Parker 8 Wing Imaging

During the Parachute Accuracy Event of the National Search and Rescue Exercise, three Search and Rescue Technicians touch down while aiming for a ten metre radius target area



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**Mega 50/50 Draw**

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**Wing CE Christmas Ornaments**

CE will be raffling beautiful hand-carved Christmas ornaments soon. Details will be published as soon as possible.

- Upcoming Events**
- \* Youth Dance: Oct. 20 - Details TBA
  - \* EME Car Clinic: Oct. 30 - Nov. 3
  - \* WTpt Car Crush: Nov. 3
  - \* WTpt Jail and Bail: Nov. 10
  - \* 24 Hour "4-On-4" Hockey Tournament: Nov. 23/24
  - \* Wrap-up Dance: Dec. 1 - Details TBA

Stay tuned for more details on these and other events...

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# Fitness, Sports & Recreation



## Beginner and intermediate power skating for kids

Beginner power is offered to co-ed skaters who want to learn the basics of power skating.

Skaters must be at least 5-years-old, be able to skate forwards and backwards and be able to stop.

Intermediate power provides instruction to co-ed skaters in power development, power strides, starting, stopping, lateral mobility and power drills.

Skaters must be at least 8-years-old,

be able to skate forwards and backwards, and be able to stop.

Full hockey equipment is required, including sticks and mouth guards.

Classes will run weekly from October 2 to December 11, on Mondays from 5 to 5:50 p.m. at the RCAF Flyers Arena. Please note, there will not be a class on October 9.

Cost is as follows: CRA members, \$55; military community, non-members, \$60; general public, \$70.

## Upcoming paper tole classes

This course teaches participants the art of cutting, edging, shaping and sculpturing paper to achieve a 3D effect.

Students may complete two pictures during the course, depending on their proficiency. Participants must be 18 years of age or older.

Classes will be held on Wednesday afternoons from 1 to 4 p.m. or on Thursday mornings from 9 a.m. until 12 p.m., from October 4 to December 6 or from October 5 to December 7, depending on the course day of choice.

Cost is as follows: CRA members \$75 plus materials; military community non-member \$85 plus materials; general public \$95 plus materials. Materials for the course must be paid for separately.

For more information please feel free to contact Leona Burns at 613-475-2729.

### Learn to skate, from 8 to 88

This program will run from October 1 to December 10, from 3:00 to 3:40 p.m., with the exception of October 8, when there will not be a class due to the Thanksgiving holiday.

Cost is as follows: CRA members, \$55; military community non-members, \$60; general public, \$70.

## Drop-in ball hockey at the RecPlex

The drop-in ball hockey program is designed to help develop hockey skills in a fun atmosphere.

Non-competitive game play and instruction will be included while the fundamentals of fair play and team work are stressed.

This program run from October 12 until December 14 at the RecPlex Gym.

The peewee division will play from 6 to 7:00 p.m.; Bantam and midget will play from 7 to 8:00 p.m.

Cost is as follows: CRA members, \$1; military community non-members, \$2; general public, \$3.

## CISM Tae kwon do training camp

The 2007 CISM Tae kwon do training camp will be held at CFB Kingston from October 27 to 29. This Selection Camp is open to all CF and reserve class A, B, and C personnel.

This is ideal for those interested martial arts, of any style, who would like to practice tae kwon do and develop into a CISM tae kwon do high performance competitor at the national and international level.

For information, standards requirements, or to register, contact Dan Cormier at local 3373, fax at 613-965-2704 or email Cormier DG (Contractor)@CFB Trenton PSP@Trenton with the following information by October 13: Serial number, rank, first and last name, initials, sex, local, home number, fax number and email address.

### After School Skipping

This club is designed for boys and girls, 8 years of age and older, who would like to learn skip rope tricks, develop musical routines, get fit and have some fun. The club will meet on Wednesdays from October 4 until December 6, from 3:45 to 4:45 p.m. at the RecPlex Gym. Cost: CRA members, \$20; military community non-members, \$30; general public, \$40; max. 15 participants.

## Storage lots

The Community Recreation Association (CRA) manages the RV and miscellaneous storage compound.

These lots are located on the north side of the base, on Winnipeg Street.

Spaces are available to military and DND/PSP personnel, and retired members (space permitting).

Cost for lots is as follows: 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.

There are no gated lots available for ordinary members.

## 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!

## Hoops program returns to the RecPlex

The Hoops program helps kids understand the game of basketball and develop skills. It is good for the beginner or advanced. The program is designed for co-ed youth, to learn fundamentals and develop skills.

Hoops takes place on Tuesdays at the RecPlex Gym. Put your name on our list

## Players wanted for base basketball team

The 8 Wing/CFB Trenton basketball team is in the process of getting a team ready to compete at the Ontario Region Basketball Championship.

The championships are scheduled for January 14 to 19, 2007, at CFB North Bay.

The team is open to CF regular,

to be informed of the start date. 10-week programs for juniors, 8 to 10, from 5 to 6 p.m.; intermediate, 11 to 13, from 6 to 7 pm.

Cost: CRA members, \$20; military community non-members, \$25; general public, \$30. Includes t-shirt. Pre-registration is required.

reserve class B and C personnel on contract.

The team will practice every Tuesday and Thursday from 1130 to 1300 hrs. All interested players are asked to contact Cpl Clint Killam by e-mail at Killam Cpl CE@CFB Trenton WCE@Trenton or by phone at local 3511.

## Take your pick fitness classes

Purchase a punch card and choose any or all fitness classes. Cards and schedules are available at the RecPlex. Punch cards are good for 25 classes, per card.

Cost is as follows: Military and CRA members: \$75, military community non-members: \$85; general public: \$95. There is also a drop-in fee option, space permitting. Fees are as follows: military community with proper ID: \$4; general public: \$5.

We have a wide variety of classes to choose from including: Abs and back, abs and stretch, aerobics, body sculpting, circuit workout, kicking cardio, legs, bums and tums, spin and super spin, step aerobics and stretch and flex.

## Youth b-ball

The new co-ed youth recreational basketball league takes to the court this winter for 10 weeks. This program stresses fun and safety, along with learning the fundamentals, strategies and rules of the game.

This program will take place on Tuesdays from 7 to 8 p.m. in the RecPlex Gym. Sign up at the RecPlex today, 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.

## 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.

## Calling all squash players

Plans are underway to get our squash club out of moth-balls. We're looking for members interested in playing for fun, fitness or competition.

This is open to military personnel and family members.

If you're interested in joining, please contact Carl Charbonneau at: charbonneau capt jrc@forces.gc.ca or via telephone at extension 3438.



### The importance of a post-workout stretch

There has been much debate in the industry regarding stretching, and although there has been a change and deletion of a pre-cardio stretch, the post-workout stretch has never been more important.

It's your opportunity to increase flexibility, range of motion and to shut the system down, by returning muscle fibre length to where it was prior to your workout phase. Prevent injury, promote recovery and progress, make sure to stretch.

## CRA Ice Times

Effective Tuesday, October 3, 2006

### Family Skating:

- Wednesdays from 4 to 4:50 p.m.;
- Fridays from 6 to 6:50 p.m.;
- Saturdays from 1 to 2:50 p.m.;
- Sundays from 1 to 2:50 p.m.

### Parent and Tot Skating:

- Tuesdays from 10 to 11:20 a.m.;
- Wednesdays 10 to 11:20 a.m.

### Shinny Hockey:

- Bantam/Midget: Tuesdays from 6 to 6:50 p.m.;
- PeeWee: Wednesdays from 5 to 5:50 p.m.;
- Atom: Tuesdays from 5 to 5:50 p.m.;
- Tyke/Novice: Thursdays from 4:30 to 5:20 p.m.

Full CSA hockey gear is required. Rules are in effect. No parents on the ice except for the volunteers in charge. Entrance fees are free for military personnel and CRA members with a PSP facility membership; \$1 for military community non-members; \$2 for the general public.



# Repatriation Ceremonies held for four returning soldiers

Photo: Cpl Tom Parker, 8 Wing Imaging



Photo: Cpl Angela Abbey, CFSTG Imaging, CFB Borden

Photo: Cpl Tom Parker, 8 Wing Imaging



Photo: Cpl Tom Parker, 8 Wing Imaging

Photo: Cpl Angela Abbey, CFSTG Imaging, CFB Borden



Photo: Cpl Angela Abbey, CFSTG Imaging, CFB Borden



During a solemn Repatriation Ceremony at 8 Wing/CFB Trenton on September 23, 2006, the remains of Cpl Shane Keating of 2nd Battalion Princess Patricia's Canadian Light Infantry ( 2PPCLI ), Cpl Keith Morley of 2 PPCLI, Pte David Byers of 2 PPCLI, and Cpl Glen Arnold of 2 Field Ambulance arrived from Kandahar, Afghanistan via CC-150 Polarisk. Present to pay respects were the Honourable Gordon O' Connor, Minister of National Defence, General Rick Hillier, Chief of the Defence Staff, and Lieutenant-General Andrew Leslie, Chief of the Land Staff. Approximately 100 family members of all four deceased soldiers were also present for the ceremony. Pictured here, clockwise from top left, are: The Bearer Party carries the remains of Cpl Keith Morley to an awaiting hearse. The Bearer Party carries the remains of fallen soldier Cpl Glen Arnold. A bagpiper plays as the Bearer Party carries the remains of Cpl Shane Keating to the awaiting hearse. The CC-150 Polarisk arrives at 8 Wing/CFB Trenton carrying the remains of the four Canadian soldiers that were killed during operations in Afghanistan. Four hearses await as a CC 150 Polarisk arrives. The remains of Pte David Byers leaves the CC-150 Polarisk, to then to be placed in an awaiting hearse .



# Benefit concert raises \$10,000 for Payne children

by Amber Gooding,  
Contact Staff

Sir Winston Churchill once said 'We shall draw from the heart of suffering itself, the means of inspiration and survival'.

Five months after the loss of Corporal Randy Payne, a benefit concert was held to raise money for his children's education, and to celebrate the life of a man so often referred to as an angel, well before his time on earth came to an end.

In excess of 500 tickets were sold for this event, which raised nearly \$10,000.

Cpl Payne was stationed with the Military Police Platoon in CFB Wainwright, Alberta, prior to his deployment. Cpl Payne was killed while serving as a member of the Close Protection Team in Kandahar, Afghanistan on April 22, 2006.

He is survived by his wife Jody, children Jasmine and Tristan, (who could not make it to the concert due to a last minute family circumstance), parents Dave and Nancee Payne, and brother Chris.

Since the loss of their son, Nancee and Dave Payne have received an abundance of support.

"The support is overwhelming," said Nancee. "I hope it's happening to all the families that have suffered a loss."

Cpl Payne's parents have received 150 cards alone, from people far and wide.

"We've heard from one side of the country to the next, from people that didn't even know Randy," she said. "Everyone has been so caring, it's helped us tremendously."

Before the night's musical acts took to the stage, the Canadian Forces (CF) parachute demonstration team, the SkyHawks, paid their respects in the grandest of forms, with a tribute as they jumped one by one to the tune of O Canada, with our nation's flag, and that of the Payne children's favourite

NHL team, the Ottawa Senators.

Six-year-old Cameron Payne, Randy's nephew, stood alongside Master Corporal Dustin Dorken, who organized the benefit concert, waving a Canadian flag around and watching above.

They landed in a field adjacent to the stage, as spectators watched in awe. Once everyone was safely on the ground, Cameron was presented with the signed Ottawa Senators flag.

As 'Wish You Were Here', originally by Pink Floyd, started to play, the family so many wish they could comfort stood tall and proud.

Nancee stood content, watching as bands paid tribute to her son. She stopped for a moment and looked to the sky.

She admits that it is hard each and every day. She's not convinced it will ever be easy. But there is one thing she is certain about and that is that she is not alone.

She knows Randy is still with her, that he is watching over their family. She also wears a part of him around her neck, in the form of a gold cross, which was from his urn.

Randy is one of many soldiers who have lost their life, fighting for what they believe in.

There's no question about it in the minds of those who knew Randy, that he believed in his mission.

Canadian country artist Julian Austin headlined the benefit concert. He has witnessed first hand, and knows of the missions, the purpose and the utmost belief CF personnel hold in regards to serving their country. But it goes beyond that.

In the wake of the current news regarding our fallen soldiers, Austin says he would like his fellow Canadians to celebrate their lives and acknowledge their sacrifices – both those individually and those of the family they have left behind.

"I think that sometimes

the media is always reporting the negative, tragic side of our involvement over there, but we're doing a lot more good than what is being showcased," he said.

He has traveled overseas with our troops, and has even helped first hand with re-supplying and reconstructing missions.

"I've seen the efforts put forth by our men and women, including the building of schools for a better education, providing (water) wells, rebuilding the infrastructure and trying to get a government in place," he said. "There's always more to it than 'war' itself."

Austin has made it a part of his daily routine, to thank members of our armed forces.

"Every time I see a soldier in uniform, whether it be in Tim Hortons, a convenience store or an airport, I walk up to him or her and I always shake their hand," he said. "I think now, more than ever, Canada has to stand behind our soldiers and support them in every way we possibly can."

Other bands included locals Colonel Angus, based in Kingston, and Kent Hodgkin from Bancroft. Also making their way from just outside of Boston, Massachusetts was The McDonough Band, whose emotions almost got the best of them as they watched the SkyHawks float down displaying the Canadian and American flags.

"Not being from a military family and seeing how they pull together is truly remarkable. Randy made the ultimate sacrifice in the line of duty," said Paul McDonough "This concert has been a great testament to his life."

There were also some raffles that helped raise money. A barbecue and Tim Hortons coffee for one year were donated by Carl and Christina Eggiman, who own two local Tim Hortons establishments. A plaque of miniature Stanley Cups was also awarded. The winners are as follows: Ron Nicholas of Belleville won the Stanley Cups, Sherry Goodman of Trenton won the barbecue and Lieutenant-Colonel Francis Allen, Commanding Officer of Aerospace and Telecommunications Engineering Support Squadron (ATESS) won free coffee for a year.

MCpl Dorken is very pleased with the outcome of this benefit concert.

"I was really happy with the turnout and assistance from volunteers and various base units who made it possible, in particular the Canadian Forces Land Advanced Warfare Centre and Wing CE," he said. "All the entertainers were thrilled to have taken part in the event and deeply honoured to have had the opportunity to meet Randy's parents, brother and nephew.

Though money cannot replace or replenish the void of losing a father, there is a sense of hope and security that these children will be able to move ahead in life, with their father in their hearts and in their memory.

The smiles that still appear on the Payne's faces lend hope to the future for those who have suffered a similar loss.

It teaches us that there is, eventually, joy in remembering those who once gave so much to us that there is, indeed, love after death.



**Top right: Nancee Payne wears a gold cross around her neck as a personal memorial to her son, Cpl Randy Payne, who lost his life while serving in Afghanistan.**

**Above: Julian Austin pays tribute to our nation's heroes, both past and present, during his new song The Red and White.**

**Far left: A demonstrator with the SkyHawks displays Canadian flags as he makes his landing during a tribute to Cpl Payne.**

**Left: Six-year-old Cameron Payne, Cpl Payne's nephew, proudly holds a small flag while standing in front of his father, Chris Payne, and grandmother Nancee, as the bands take to the stage.**



...See related story, Page 15

Photos: Amber Gooding, Contact Staff



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## Fire Prevention Week

With the approach of fall, the 8 Wing Fire Department is gearing up for yet another Fire Prevention Week. This year's theme is "PREVENT COOKING FIRES- WATCH WHAT YOU HEAT" and will kick off officially on October 10.

As in years past, the department will be holding various activities throughout the base/wing and at the various schools in the 8 Wing community. This year's unofficial opening and celebration for the community will be on October 1 in conjunction with the Military Family Resource Centre Family Day. The event will take place at the Siskin Centre parking lot at 50 Rivers

Drive, commencing at 1000 hrs and ending at 1500 hrs. All Wing personnel and their families are invited to attend.

Numerous activities are planned including a miniature Fire Fighter Combat Challenge, a smoke house for children to practice evacuation of their homes, a colouring contest, Fire Truck rides and a draw for a chance to win various prizes.

All members of the 8 Wing community are encouraged to attend this year's event. If history is any indication, the event will be enjoyed by all.

If you require further information, contact the 8 Wing Fire Prevention Office at local 7880 or 3910.

See you there!

## Smoke alarms are your best defense



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

Fire is one of the leading causes of accidental deaths. It's important for everyone to take every preventative measure and precaution possible to be ready to deal with a fire emergency.

More than half of all fatal household fires occur between 10 p.m. and 6 a.m., when everyone in the home is usually asleep. A smoke alarm is necessary to alert you to fires when you are asleep. Smoke alarms detect the earliest stages of combustion to allow enough time to evacuate the home safely.

For minimum protection, detectors must be placed between the living areas and the sleeping areas to intercept smoke before it reaches the bedrooms. In multi-storied homes, detectors should be located on the ceilings of stairwells to separate the floor levels. However, the location of the smoke alarm in the

vicinity of sleeping areas does not provide protection for the occupants from a fire starting in their bedroom with the door closed. It may be wise to have additional alarms within each bedroom itself, especially if you smoke.

A closed door can delay the movement of smoke preventing it from reaching a smoke detector, so place smoke alarms in hallways. Fire confined to a large room often develops great intensity before it breaks out. The basement is one area that can be large, removed from the alarm, and isolated by some type of door closure at the top of the stairs. Because basements do account for a significant number of fires, it is recommended a smoke alarm be placed at the head of the stairs from the basement.

Smoke detectors should be located on or near the ceiling, away from doors and other obstructions. Avoid air currents from doors, windows, fans and vents because turbulent air may prevent combustion particles from reaching the alarm. Before installing, read the manufacturer's instructions carefully.

Smoke detectors are a small price to pay for a good and safe night's sleep for you and your family!

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## Get help when baby blues take hold

*Hastings and Prince Edward Counties/Sept. 25, 2006* - Everyone feels depressed or low from time to time. But many would be surprised to hear a new baby can trigger these feelings.

Depression is the number one complication of childbirth. Both female and male caregivers may experience feelings of hopelessness and despair after the arrival of a new baby. This message comes from the Hastings & Prince Edward Counties Health Unit.

"About one in five women experience postpartum depression," says Janet Moorhead-Cassidy, a program manager with the Health Unit. "All new parents are at risk of developing this disorder."

The causes of postpartum depression are not fully understood. Physical, hormonal and psychological changes after becoming a parent affect mood and behav-

our. Isolation, lack of support and previous experiences of abuse may also contribute to the imbalance.

"Generally postpartum depression requires treatment," adds Moorhead-Cassidy. "If you have been sad for longer than two weeks, it's time to get help."

Postpartum depression is a range of feelings including continuous sadness and anxiety, and can occur within the first two years of parenthood.

"Most people imagine parenthood to be a happy time," says Moorhead-Cassidy. "For this reason alone, it is important for new parents to follow their feelings, and keep asking for help if they need it. The sooner you get the help you need, the sooner you will get better and begin to experience the joys of parenthood"

If you have recently given birth and are feeling unhappy, depressed or not quite right, you are not

alone, there is help, and you will get better. For more information, call the Health Unit at 613-966-5513 ext. 223.

- If you are depressed:
- Ask for help
  - Take care of yourself
  - Take time for yourself
  - Get counselling
  - Join a support group
  - Consider medication

If someone you care about is depressed:

- Listen and support their feelings
- Support their decision to get help
- Develop a relationship with the baby
- Ask them how you can help and follow through
- Take some time for yourself
- Make sure you have someone to talk to.



**INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575**

**Trenton MFRC Family Day / Journée familiale du CRFM de Trenton**  
**in partnership with the Firefighters / en association avec les pompiers**

Sunday, October 1, 10 am - 3 pm / Dimanche le 1er Octobre de 11h à 15h  
 Siskin Centre

**BBQ**      **Obstacle Course**            **and a lot more ...**      **Kiddy Commando**  
**Course à obstacles**      **et beaucoup plus ...**

**Personal Development**

**Wednesday Night Out**  
 Pre-register please by calling 613-965-3595 or 613-965-3575  
 October 4 - **Talking to kids about deployment** - We will have handouts and a video to take home. Come and share your ideas and tips for others.  
 October 11 - **Cycles of Deployment**  
 A variety of activities coming up, please visit the MFRC website calendar [www.trentonmfrf.cfbtrenton.com](http://www.trentonmfrf.cfbtrenton.com)

**Employment Chit Chat**

Looking for a new job?  
 Interested in a career change?  
 Just arriving to the area, or been here for a while?  
**Missing your previous employment?**

**Let's chat**  
**Date:** Tuesday, October 3, 2006 1-3 p.m.      **Time:** 2 hours  
**Objective:** A comfortable setting where we can get to know one another, an excellent chance to share experiences, find out employment opportunities and network.  
**Registration deadline:** by September 29      **No fee.**

**Starting Your Own Business Or Just Thinking About It**

Special thanks to Dale Lehtila from Enterprise Quinte who facilitated two small business information sessions for us on June 6. The sessions were well attended and participant evaluations demonstrated an interest in developing ongoing sessions on a variety of topics including:

- Marketing/Advertising Ideas · Website Development · Business Plans
- Legal · Business Cards and Flyers

Using this valuable feedback, let's get planning.  
 Calling all previous session participants as well as all new comers - everyone welcome.

**Planning Session**  
**Date:** Tuesday, October 17, 2006 1-3 p.m. or 6-8 p.m.  
**Objective:** A short, informative brain storming activity to bring about a plan of action to get our group started.  
**Registration deadline:** by October 11      **No fee.**

**Perfectionnement personnel**

**Les sorties du mercredi soir.**  
 Veuillez vous inscrire à l'avance en appelant au 613-965-3595 ou 613-965-3575  
 Le 4 octobre **Parler aux enfants au sujet du déploiement.** Nous aurons des informations et un vidéo que vous pouvez apporter à la maison. Venez échanger vos trucs et vos idées.  
 Le 11 octobre **Les cycles du déploiement**  
 Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, [www.trentonmfrf.cfbtrenton.com](http://www.trentonmfrf.cfbtrenton.com)

**" Chit Chat " Bavardage concernant l'emploi**

Vous êtes à la recherche d'un nouvel emploi?  
 Vous voulez changer de carrière?  
 Vous venez d'arriver dans la région? Vous êtes déjà ici depuis quelques temps?  
**Vous vous ennuyez de votre emploi précédent?**

**Bavardons ensemble**  
**Date :** le mardi 3 octobre 2006 - De 13h à 15h  
**Objectif :** Un environnement confortable où vous pouvez rencontrer des gens et apprendre à mieux vous connaître, une excellente occasion de parler de vos expériences, découvrir les possibilités d'emplois et créer des réseaux.  
**Date limite pour les inscriptions : le 29 septembre**      **Gratuit**

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Un merci tout spécial à Dale Lehtila d' Enterprise Quinte pour les deux sessions d'informations qu'elle a animées au sujet des Petites et moyennes entreprises " Small Business Information " le 6 juin dernier. Plusieurs personnes ont assisté aux ateliers et les commentaires d'évaluation des participants ont démontré un intérêt pour le développement d'autres sessions sur une variété de sujets incluant:

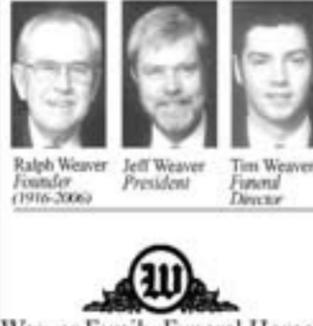
- Marketing et idées d'annonces publicitaires · Développement de sites web
- Plans d'affaires · Législation · Cartes d'affaires et dépliants

En nous servant de ces suggestions, mettons-nous à l'œuvre pour la planification! Tous les participants des sessions précédentes ainsi que les nouveaux arrivants sont les bienvenus !

**Session de planification**  
**Date :** le mardi 17 octobre 2006 - De 18h à 20h  
**Objectif :** Une brève session de remue-méninges afin d'établir un plan d'action en vue d'organiser le groupe.  
**Date limite pour les inscriptions : le 11 octobre**      **Gratuit**

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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
October 1 - October 7

**ARIES** (March 21-April 19): Let things settle down on the 1 and 2. The more valuable you make yourself, the harder it will be for others to say no to you. Don't lose sight of your goals on the 3 and 4. Follow matters through to the end even though that's not your strong point. Completion will enhance your reputation and bring new and better people, projects and proposals to your life. You may find your jealousy and anger getting the better of you on the 5 and 6. Try to contain how you feel or get out and do things that are challenging or physically tiring. Avoid saying too much. Talk to an older friend on the 7 who can offer an experienced point of view to the situation you're facing.

**TAURUS** (April 20-May 20): Keep your nose to the ground and your mind on what needs to be done on the 1 and 2. You can't win emotionally, so don't bother trying. Be honest about the way you feel and what you would like to see happen on the 3 and 4. If you overreact, you'll create problems for yourself. You may feel limited by youngsters or the elders in your life on the 5 and 6. Incorporate what they can offer you into your plans and you can turn a negative into a positive. Dealing with health issues or institutions on the 7 will be emotionally difficult but, if handled correctly, will lessen the stress you're feeling.

**GEMINI** (May 21-June 20): A different means of entertainment on the 1 and 2 will give you a new outlook on the future. Love and romance are in a high cycle. You may have new acquaintances eating out of your hand on the 3 and 4 but the people who know you well will be questioning what you're doing. A chance meeting with someone who interests you will turn out to be a blessing on the 5 and 6. An older friend will lead you in an unlikely but beneficial direction. You may have a lot riding on what you have said you can do on the 7. Surprise the people who don't believe you on the 7 by doing your best and the sweetest revenge and coolest rewards will be yours.

**CANCER** (June 21-July 22): Take a look at what's going on in your back yard on the 1 and 2. It may be time to restructure the way things are being done. Consider making a move. Not everything will be fair or even to your liking on the 3 and 4 but you have to work with what you're given. Don't let people you're close to cloud your vision. Don't give in to someone's selfishness or jealousy on the 5 and 6. You have options and decisions to make and you must do so at your own will. You'll make mistakes in your personal life on the 7 if you're tempted to get involved with someone who isn't available. Do what's right.

**LEO** (July 23-Aug. 22): A unique twist to a relationship on the 1 and 2 will help you decide your next move. It may be time to make some serious changes to your personal life. Get involved, be a participant and you'll soon realize what you want to do with the rest of your life on the 3 and 4. Check out educational needs. It won't be as difficult as you think once you start the ball rolling. A deal can be made, a settlement agreed upon or even a move put into play on the 5 and 6. Rid yourself of what's not working. Don't exaggerate about what you can and can't do on the 7. Help will be offered and a chance to move into a position of strength is apparent.

**VIRGO** (Aug. 23-Sept. 22): A new way of presenting something old will result in a chance of a lifetime on the 1 and 2. Get the proper documentation to protect your idea and your future. Don't look for help on the 3 and 4 when you should do the work yourself. Emotions will stand in the way of accomplishment. Talks will lead to a commitment and a positive change in your life on the 5 and 6. Don't be afraid to ask for the things that are important to you. Everything will hinge on what you have, what you can have and what you have to do to get what you want on the 7. By following your instincts you'll make the right choices and see through bogus offers. Be smart.

**LIBRA** (Sept. 23-Oct. 22): An unusual activity or event that you attend on the 1 and 2 will lead to all sorts of new opportunities. Someone you live with will feel threatened by your choices. Steer clear of emotional conflict. Love and romance will flourish on the 3 and 4 if you take a moment to profess how you feel. Your intuition and emotional outlook will lead you in the right direction. Don't be so afraid of letting go of things that aren't working for you on the 5 and 6. Be a little adventurous. Everything will be riding on how you treat others on the 7. If you're kind and thoughtful, you'll get what you want. A romantic proposal will take you by surprise.

**SCORPIO** (Oct. 23-Nov. 21): Everything is beginning to unfold. Favours will be granted and the chance to do something different on the 1 and 2 will allow you to show your adaptability and raw talent. Prepare to make changes as quickly as possible on the 3 and 4. The longer you ponder over what should be done, the worse the situation will become. The option to take on a new challenge must be taken on the 5 and 6. You'll have to make changes to your current living arrangements if you want to follow through with your own projects and plans. Love is in the stars. Money can be made, businesses developed and deals put into place on the 7 if you write out all the ground rules.

**SAGITTARIUS** (Nov. 22-Dec. 21): Go after your goals on the 1 and 2 and don't be surprised by who helps you and who doesn't. Rely on yourself and you won't be disappointed by the results you get. Business advancement is looking positive. A chance to change your professional direction will be a viable option on the 3 and 4. Go easy on others, listen, watch and wait. Be honest and speak from the heart on the 5 and 6. With a minor adjustment on your part, everything will realign itself in your favour. Everything is pointing toward having a good time and expanding your interests, knowledge and friendships on the 7.

**CAPRICORN** (Dec. 22-Jan. 19): Traveling will turn out to be costly and a waste of valuable time on the 1 and 2. Your emotional outlook will cloud the way you view things, leading to mistakes and leaving you in a vulnerable position. Prepare for the worst but strive for the best on the 3 and 4. Do what you must to get what you want. Your thoughts should be on progress, direction and making money. Don't let your own insecurities hold you back or lead you to believe you don't have enough experience and knowledge on the 5 and 6. Just go for it. Focus on work, money and professional gains on the 7. You can put together an important presentation.

**AQUARIUS** (Jan. 20-Feb. 18): As long as you don't go overboard, you'll do well on the 1 and 2. Money is heading your way. Your expertise will allow you to be the hero. If you think too big or incorporate too much into your plans on the 3 and 4, you'll start to lose ground. Keep things simple and you'll advance and prosper. Collect old debts on the 5 and 6, you may not make many friends by doing so but at least you'll know whom you can trust in the future. Money, winnings, gifts and benefits that you don't expect will fall in your lap on the 7. An older relative will make an important point. Listen to him or her.

**PISCES** (Feb. 19-March 20): You may need to question your current partnerships on the 1 and 2. There is no room for jealousy if you want to be successful. Everything will start to fall into place on the 3 and 4 if you have been doing things by the book. Money is heading your way but someone will want to take it as fast as you receive it. Have a game plan in place. Clear up any pending legal or contractual matters on the 5 and 6, a partnership will face a turning point so don't allow anyone to take advantage of you. Lay down your own set of rules and be prepared to compromise. Don't push your luck on the 7. Anger, upset and jealousy appear to be staring you in the face. Play it safe.

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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](mailto: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.

*Le Centre de ressources pour les familles des militaires de Trenton présente une*

## Journée Conférence en français

**Samedi le 28 octobre 2006**  
 de 10h à 15h  
 au Centre Siskin  
 \$15/personne

*Avec conférencière de l'Association canadienne pour la santé mentale*

*Comment gérer son stress*

*Faire face aux changements*

*Demeurer positif*

*Le lunch est inclus.*

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dans une atmosphère détendue.*

*Faites votre réservation à la réception du CRFM, 50 Rivers Drive Est, Trenton. Votre paiement assurera votre place. La date limite pour les inscriptions est le 25 octobre 2006. Pour plus de détails, contactez la réception du CRFM au 613-965-3575.*

**Movie at the Centre Theatre, Trenton**  
**Les Bagnoles, French version of "Cars"**  
**October 15 & 16 at 3:15 p.m.**  
 Cost is \$ 6 for adults and \$ 5 for children  
 For information, visit [www.franco-phare.ca](http://www.franco-phare.ca),  
 or call Alain at 392-5948.

**Beach's 14th Annual Toy Run**  
 This year's event will take place on October 1, at the Dug-Out Sports Bar, located on the corner of Haig Road and Dundas Street East, in Belleville.  
 Meet at 10:30 a.m. for coffee and doughnuts. Riders leave at 11 a.m. (All riders are welcome). Please bring a toy or small cash donation. All proceeds will go to the Belleville Firefighters Toy Drive.  
 For more information, please contact Beach at 613-847-6750 or 613-392-6988.

## 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  
 Tél: 519-941-2230  
 Fax: 519-941-9361 email: [vinniekerr\\_02@hotmail.com](mailto:vinniekerr_02@hotmail.com)

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 Padre Mel Talan (deployed)  
 Padre Catherine Morrison

OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)	ST CLEMENT ASTRA (PROTESTANT)
Chapel Life Co-ordinator Padre John Tracey MASS Sunday Mass (English) 0900 hrs Messe Dominicaine: 1015 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	Chapel Life Co-ordinator Padre Mike Adamczyk WORSHIP SERVICE Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month PARISH ORGANIZATIONS Chapel Guild Last Tues 1930 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

**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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## Community Events

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Sat. Oct 7th



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Also Nov. 11 & 12 in Brighton. For information call Debra 613-392-3137.

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E	L	L	I	O	R	R	R	E	D	E		
A	L	O	G	A	N	I	U	S	E	R		
R	E	B	E	L	S	M	A	I	T	R	E	
		R	O	T	E	R	N					
F	I	E	S	T	A	S	A	S	P	I	C	
A	C	T		L	I	B		R	E	O		
G	E	E	S	E		P	L	A	T	E	R	S
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R	O	Y	A	L	S		Z	E	N	I	T	H
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E	R	I	E		E	R	S		S	A	P	S



# Flying high with Julian Austin

by Amber Gooding,  
Contact Staff

Prior to the Corporal Randy Payne benefit concert, country music artist Julian Austin experienced a leap of faith - in the hands of trained professionals of course.

Austin, who was in town to support the Corporal Randy Payne benefit concert, made his way over to the north side of the base for a once in a lifetime opportunity, to jump with the SkyHawks.

There was no denying it, hiding it or playing it down, Austin was nervous.

Hey, anyone who wouldn't be nervous jumping out of a perfectly good airplane from 10,000 feet above solid ground wouldn't be

human.

After touring the facilities, he was suited and briefed on what to expect.

That's when he reached for his cell phone. "I have to call my wife!" he said wide-eyed.

Although she was back home in Manitoba, he needed that familiar comfort zone.

After a short, but sweet conversation, he got of the phone with a smile on his face and chuckled. "She wanted to know if I had done the will."

He hadn't, but now wasn't the time to be skeptical.

"Hold my gold, and give me a hug," he exclaimed.

That's when the beads of sweat surfaced.

The man who has

traveled to war-torn countries alongside our men and women in combat, and played to crowds of thousands, was vulnerable as he made his way to the tarmac.

He paused at the end of the hangar and looked towards the plane.

As the engines started and the plane approached, we made our way into the small, yet sturdy aircraft.

This was it! As we took off and watched the runways of 8 Wing/CFB Trenton fade into the distant ground below, he smiled.

"I must be crazy," he said joking.

Well, perhaps he is, but that wasn't about to change anything.

Each passing minute in that plane brought us closer and closer to jump time.

"Two minutes" was echoed from the cockpit. As Austin looked around he realized there was no turning back. It was now or never, and now was here first.

I put my helmet on as he stood up. The camera men were in place, the

plane had reached the day's required altitude, and the doors were wide open.

In the blink of an eye, less than seconds, there he was, Julian Austin at the edge of the clouds. Three, two, one...

Harnessed and holding on to a t-bar, I had one second to capture the jump that may have not happened, had he been given the opportunity to turn back.

Captured, in a split second, an upside-down and backwards Austin, freefalling to the ground below.

Austin has managed to accomplish a lot throughout his career. With everything he has done and witnessed first hand, one would think there wasn't much he hasn't done, or would not do.

It was all over in less than a few minutes, and for Austin, who successfully completed his first jump safely, he's the first to admit that he's not quite sure he'll do it again. Ever.

Now that's an honest man.



Photos: Amber Gooding, Contact Staff

Julian Austin with Warrant Officer Guy Lapierre .



Left to right: Tandem master, WO Guy Lapierre, freefall jump master WO Ross Prophet, Julian Austin, freefall jump master Sgt Rodney Keyes and cameraman Sgt Christian Binet. Missing from photo, cameraman WO Mike Hamilton.

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## Contact

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

— Wilbur Wright

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SHelter AND SERVICES FOR ABUSED WOMEN AND THEIR CHILDREN

## Call for Board Membership

The Board of **Three Oaks Foundation** is seeking individuals interested in becoming Board Members. Meeting monthly, the Board of Directors provides leadership in establishing the priorities and direction of the shelter and counselling services provided to abused women and their children.

We are seeking applicants with a broad and **diverse range of community experience** and expertise. We encourage applications from past service users. Applicants from North and Centre Hastings, Belleville, Quinte West and Prince Edward County are welcome.

If you are interested in service on the Board of Three Oaks Foundation, please submit a resume and a letter of interest to:

**The Nomination Committee**  
**Three Oaks Foundation**  
**PO Box 22162**  
**Belleville, ON**  
**K8N 5V7**

Or e-mail [threeoaks@bellnet.ca](mailto:threeoaks@bellnet.ca)  
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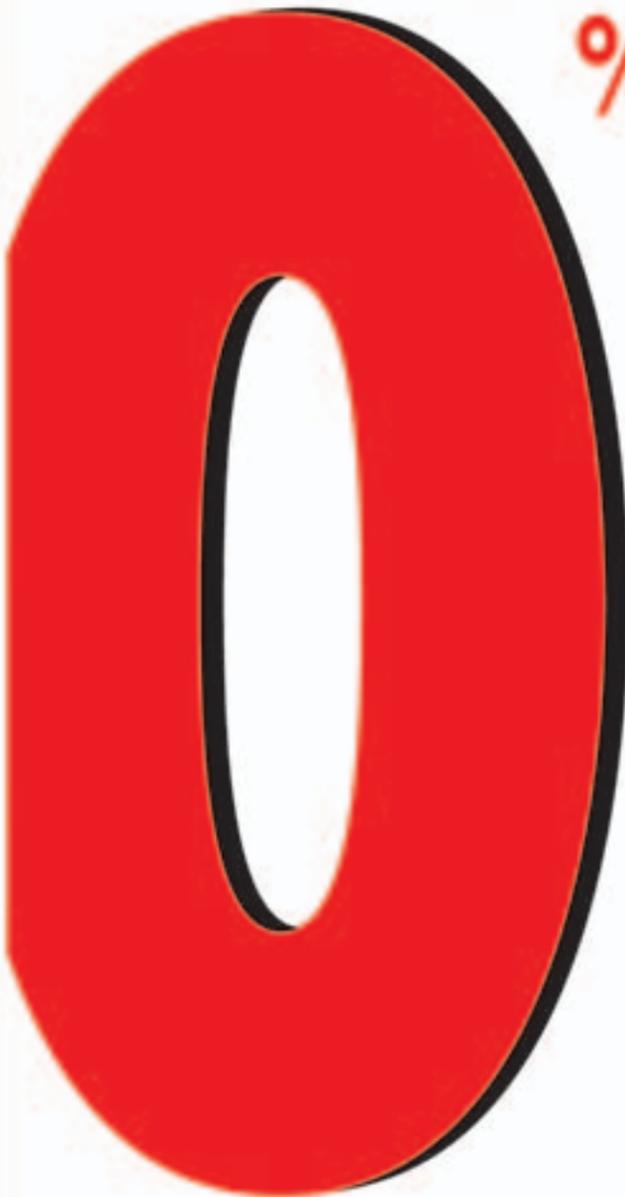
**ENERGUIDE**

Fuel Consumption:  
Highway: 8.7 L/100 km (32 mpg)<sup>1</sup>  
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**ENERGUIDE** Fuel consumption:  
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