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FRENCH FIGHTER JETS LAND BRIEFLY IN TRENTON

Photo: Cpl Tom Parker, 8 Wing Imaging



There was a rare sight in the skies above Trenton as four Mirage 2000-5, from France's famous Groupe de chasse des Cigognes, came in for landing on Sunday afternoon. The aircrafts and their crews stopped over at 8 Wing on their way back to France, following their participation in Exercise RED FLAG at Nellis Air Force Base, Nevada. This was the first time that the Mirage 2000-5 was used in this exercise. According to the crewmembers, it was an interesting experience. "It was an exercise in international cooperation, which enabled us to share our tactical experience," said Major Frédéric Bigot, one of the pilots who flew in. "We made a very good impression," he added. Although they wished they'd had more time in Canada, the French crews had to leave the next morning, first flying to the Azores, off the coast of Portugal, and then home to Dijon, France.

Artists put their souls on CD for troops deployed overseas

by Lt (N) Pierrette LeDrew
 Assistant 8 Wing Public Affairs Officer

What can people do to show support for deployed Canadian Forces troops? Some write letters, others send postcards. For a music-loving transport trucker who calls himself Oldtoad Gil, the choice was to make a music CD dedicated to the troops.

The idea came to him one day as he was driving his truck. Thinking that it might be time to replace his old cassette deck with a CD player, it struck him that "those guys must like music too, and CDs are easier to make and ship."

From that moment on, Oldtoad Gil has been a man on a mission. This is the third compilation he has put together and he is planning to do more.

When he first approached them, many of the artists on the original CD were sceptical. But Oldtoad Gil's honest and heartfelt approach won many over and continues to do so. The artists were told that they would not be paid for their contributions; the CDs would be free; anyone requesting a free copy of the CD would receive one; and anyone wanting to know more about a specific artist on the CD could request more information directly from Oldtoad Gil. Wanting to be part of something positive for the troops, the artists joined the project enthusiastically, and many are still involved.

That first CD was made into 50 copies, and was delivered in time for the 2004 holiday season. Another followed it in the spring of 2005, and it took about a week to

put it together. This latest compilation, which includes 21 original tracks, includes a variety of musical genres, including country, rock and blues. All the work for it was done in three weeks, and so far, about 350 copies have been shipped.

"This is my small way of trying to help," said Mr. Gil in a note addressed to the troops, which he sent along with the CDs. "All artists donated their songs in hopes of cheering you folks up," he added.

The latest batch of CDs were given to Major Douglas Agnew, a reserve intelligence officer from Ottawa who left on 14 August 2006 to deploy overseas. The CDs will be delivered to the public affairs officers in theatre. From there, they will be distributed among the troops.

ANNIVERSARY GIFT



Photo: CI Vanessa Samuel

Colonel Tom Lawson (right), Commander, 8 Wing/CFB Trenton, receives a gift to commemorate the Wing's 75th Anniversary from Trenton Air Cadet Summer Training Centre (TACSTC) Warrant Officer 1st Class Serena Palmer (centre) and TACSTC CO Lieutenant-Colonel Jacquie Pepper (left).

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Summer training season wraps up

by Lt Steven Dieter
PAO, TACSTC

The Trenton Air Cadet Summer Training Centre (TACSTC) reached the end of its 2006 training season, hosting its Final Graduation Parade on Friday, August 18. Major-General (MGen) Joe Hincke, Chief of Programs at National Defence Headquarters, served as Reviewing Officer. MGen Hincke was very impressed with the cadets on parade, and in his remarks to the audience complemented the cadets on their appearance and deportment.

The Final Graduation

Parade is the largest of all the parades held at TACSTC. There were close to 700 cadets on parade, graduating from Air Cadet Basic, Introduction to Instruction, Introduction to Leadership, and Introduction to Physical Education and Recreational Training courses, as well as the Trenton General Service Band.

This was the final opportunity of the summer to recognize the accomplishments of course cadets. Cadet Miguel Sigouin, from 704 "Air Force City" Squadron located here on base, was recognized as the Top Cadet in the Introduction to

Physical Education and Recreational Training Course. His name will be added to the Lieutenant-Colonel V.A. Bridgette Trophy, awarded to the top cadet at the end of each three-week course.

By the end of August, the last remnants of the training centre will be packed away, waiting for next summer's training season to commence. However, the training centre does not go completely dormant over the winter. Local cadet units, as well as the Regional Cadet Instructor School, use the facilities for training and educational purposes.

Photo: CI Vanessa Samuel



Colonel Tom Lawson (right), Commander, 8 Wing/CFB Trenton, receives a donation for the United Way Campaign from Lieutenant-Colonel Jacquie Pepper, TACSTC Commanding Officer.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Upgrading of communication cables for the airfield is underway. The ILS is presently being connected to the Wing's communication manhole system. This will allow fibre and new communication cable to be installed.

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Best kept secret in the military

by WO Rick Gaudet
FG Coord, 1 Cdn Air Div

When you say AESOp (Airborne Electronic Sensor Operator) many people think of the Greek author of fables. Very little is known about AESOp, a small distinguished trade in our military. This trade, which evolved from the days of the HMCS Bonaventure, has developed into a strong, vibrant and exciting trade with a manning of 205 personnel.

Today AESOps are Wing standard airmen that fly as aircrew on the CP 140 (Aurora), CH 124 (Sea King) and the CT 142 (Gonzo) aircraft. AESOp's operate numerous sensors on

these aircraft including Radar, EO/IR, ESM, Sonar and MAD. They also perform numerous duties including hoist operators, machine gunner and handle a variety of armament and weapons.

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Search & Rescue UPDATE

Photo: Sgt R. Ruthven, CFLAWC



It was another busy week at 424 Squadron flying with the Griffin and the Hercules and searching for over 50 hours.

On August 19, both Rescue 491 followed by Rescue 440 were tasked to search for a person in water in the Niagara River. The search went on following both sides of the shoreline and after 12 hours of flying the search was stood down. Nothing was found and Rescue 440 returned to base.

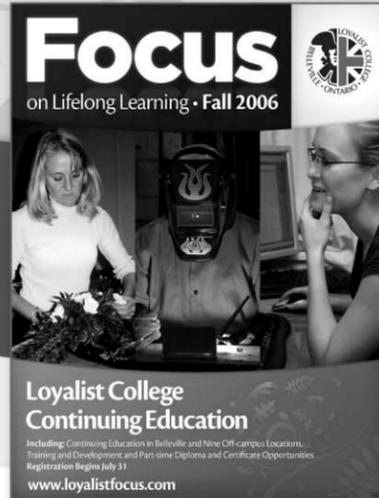
On August 20, Rescue 328 responded to a mayday call from a vessel in distress south of Port Glasgow. Rescue 491 joined the search shortly thereafter and both aircrafts searched long into the night. The following day, August 21, the search continued with a combined 25 hours of flying with no positive result. The search was then stood down after the coast guard found the sunken vessel.

On August 22, Rescue 328 was tasked while airborne to investigate a reported vessel on fire seven NM north of Goderich. Rescue 328 arrived on scene at the same time as Coast Guard Cutter "Cape Discovery.". They picked up the two persons on board and towed the vessel back to Goderich Harbour. Rescue 328 returned to Trenton without further incident.

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

Missions for 2006: 159 Missions for Aug.: 32 Persons rescued: 29

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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 Tom Lawson, CD, Wing Commander, 8 Wing / CFB Trenton.

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Subscriptions: First Class postage charge

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Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 3.5" disk and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.

• Articles must be received by Tuesday at noon prior to print date at The CONTACT office.

Letters to the Editor:

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Intranet: LeBlanc.AL@CFBTrenton W Admin@Trenton

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



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LETTER

Re: Britain to Pardon
Canadian Soldiers

Our media seems somewhat divided on the question of whether it would be correct for Great Britain to pass an omnibus parliamentary bill creating a belated pardon for the 23 Canadian soldiers shot for desertion or cowardice in World War I.

War historians are more certain that it would be what Desmond Morton of McGill University called "self-indulgent rubbish" and what Jack Granatstein has called "turning fact into fiction."

The media were after me for a comment — like a terrier after a bone! Fresh in my mind were the stories from my father, a decorated World War I veteran, who survived the trench warfare. He never forgave the very small percentage of soldiers who took the easy route. Incidentally, most of them had bad service records, having committed other crimes before they deserted.

A quote I gave to the Globe & Mail stated: "Deserters were bad role models for other troops. How can you expect other troops to go on sacrificing their lives if they knew they could get out of it and then get a pardon?"

In a perfect world, the Great War of 1914-1918 would never have happened at all. It did. It took the lives of 60,000 young Canadians.

I had studied the matter for many years. When contacted by the media, I had no alternative but to speak for the soldiers killed in action and for the British High Command who saw execution of deserters as the only way to maintain discipline.

The War Amps, and most of the executive officers from the 55 organizations belonging to our National Council of Veteran Associations, were polled. They came down hard in their judgment against the contemplated action of the British Government to meddle with Canadian politics.

Sincerely,
Cliff Chadderton, CC,
O.Ont., O.St.J., CLJ, CAE,
DCL, LLD
Chairman, National
Council of Veteran
Associations

Canadiana Crossword

Land O' Lakes

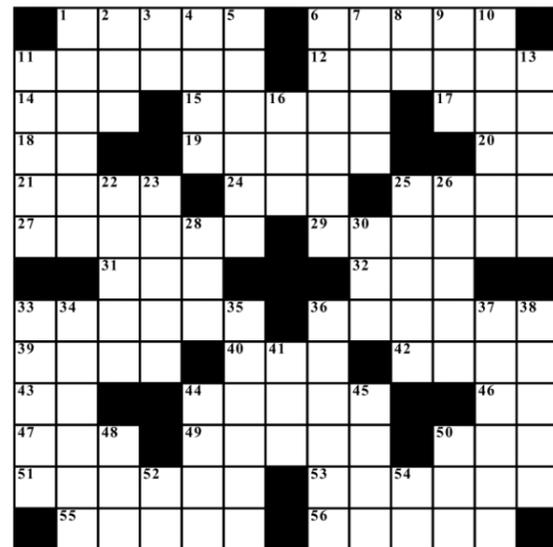
By Bernice Rosella and James Kilner

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- 6 Roster
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- 12 Manitoba lake
- 14 Exploit
- 15 British Columbia lake
- 17 Mine output
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This Week in Contact

1976 – A clinical program was undertaken at CFB Trenton to determine if lesser doses of an influenza vaccine are acceptable in warding off what has been called the "Swine Flu." The program's aim was conducted at the request of Trenton's base surgeon, to measure the efficacy and levels of protection afforded by the vaccine.

1986 – Proposed changes to the pension plans of members of the Canadian Forces (CF), part of a major reform by the Treasury Board of all public service pension arrangements, were revealed in a report tabled 'June 25' in the House of Commons. The legislative changes were scheduled to be considered in a Bill, to be introduced before Parliament in the fall.

1996 – It lies at the edge of the Arctic Ocean, "The land beyond people." Canadian Forces Station Alert is the northernmost permanent habitation in the world. There are no roads, no pipelines, no railways across the tundra. There's only a small gravel airstrip which receives hundreds of flights by Hercules each year, carrying fuel, food, and tons of other supplies. Boxtop is one of Air Transport Group's major airlifts and will continue on as long as Alert remains open.

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



Remembering ... Trenton in the 1980s

by Captain Randy J. Henning

The 1980s began on a tragic note. On 15 October 1980, eight of the 10 crewmembers of Hercules 130312 from Trenton were killed when their aircraft crashed on a search and rescue (SAR) mission in Northern Quebec. Lost in the crash were the aircraft commander, Captain (Capt) M.D. Salmons, Navigator Capt R.K. Kavanagh, Loadmaster Master Corporal (MCpl) A.A. Woodham, SAR Technicians Sergeant (Sgt) J.R. O'Neill, MCpl R.W. Fisher, and Corporal (Cpl) R.J. Cocks and spotters MCpl R. Taylor and Private W.D. Minnis.

But there were also happy times. In 1981, CFB Trenton's 50th Anniversary was celebrated in grand style! The largest celebration was the "RCAF Homecoming and Reunion," held August 14-16. One of the favourite events during the reunion was the nostalgic "1944 drill hall dance," that took place at the south side recreation centre complete with 1940s "big band" music and vintage uniforms. There were also events at all the messes and at Baker Island, and a flypast of vintage aircraft. The City of Trenton marked the important milestone in a ceremony on 1 July by granting CFB Trenton "Freedom of the City on the occasion of their 50th Anniversary." The anniversary was also the theme of the air show

on September 12th that attracted more than 110,000 visitors!

1984 was the 60th Anniversary of the founding of the Royal Canadian Air Force, and one of the important events that marked this occasion in Trenton was the unfurling, on 1 April, of the new Air Command Flag. The ceremony was held in conjunction with the official dedication of the RCAF Memorial Museum.

Following on the heels of a new flag, it seemed, was a new uniform. The green CF uniform, introduced after unification in the late 1960s, was never popular, especially among "old time" soldiers, sailors, and airmen and veterans' groups. Many applauded therefore, when in February 1985 the Minister of National Defence announced that the CF would introduce three distinctive environmental uniforms, land, sea and air. He was careful to point out "that no organizational change would take place." Unification would stay. But many local people looked on with satisfaction as the new uniforms were issued in Trenton in the late 1980s and "their base" began to regain some of its traditional "light blue" appearance.

The pace of social change within the military accelerated in the 1980s as one by one formerly all-male occupations were opened to women. These "first women" were big news! The February 4, 1981 the Contact headline

read, "Trenton gets two Ladybirds." The paper went on to explain that Capt Norma Bottomley and Capt Leah Mosher, two of the first three Canadian Forces women to graduate as pilots, would join 424 Squadron and 436 Squadron, respectively. In June 1981 Capt Bottomley and Cpl Cheryl Tardif became the first female pilot and the first female flight engineer to graduate from the 426 Squadron Buffalo Course.

The 80s saw changing operational requirements as well. Prime Minister Brian Mulroney visited Trenton on January 22, 1988, primarily for a briefing on Exercise Lightning Strike '88 given by the Joint Task Force Commander, Brigadier-General Ian Douglas. Lightning Strike was a joint, countrywide exercise involving 3,000 soldiers and airmen in units of the Special Service Force from Petawawa, Air Transport Group, Tactical Air Group, and Fighter Group. It was designed to test the "immediacy response in various regions of Canada" to a perceived Soviet threat.

As the cold war began to wane in the late 1980s, however, and regional conflicts increased, a new requirement began to emerge. Units from Trenton, Edmonton, and Winnipeg were involved in a major joint operation, Operation Vagabond, beginning in August 1988. In what Major Don James, Deputy Base Maintenance Officer at



First Canadian Forces women pilots – Captains Norma Bottomley, Deanna Brasseur, and Leah Mosher, give a "thumbs up" just hours before receiving their wings in Moose Jaw.

CFB Trenton and Maintenance Officer for the operation described as, "the largest detached air transport operation I've ever seen," ten CC-130

aircraft and 14 crews, along with an airlift control element (ALCE), were deployed to Incerlik, Turkey, to provide airlift for the United Nations

Iran-Iraq Military Observer Group deploying in those two countries. There would be many similar operations over the next decade.



"The largest detached air transport operation I've ever seen." A Hercules CC-130 from 436 Squadron and 50 personnel prior to departure for Operation Vagabond.

Blasting ongoing at Mountain View

8 WING TRENTON – Construction on an austere runway has been underway at CFD Mountain View since the beginning of July.

In order to allow the work to proceed, it will be necessary to conduct blasting operations at the site. Blasting may

occur between 7:30 a.m. and 09:00 a.m., 11:30 a.m. and 1:00 p.m., and 6:00 p.m. and 7:30 p.m. daily from 21 August to 8 September 06.

All precautions will be taken to ensure that this operation is conducted with no disturbance to the areas sur-

rounding Mountain View.

This type of blasting operation is similar to that required for private well installation and does not require registration or notification of any authorities. However, as a safety precaution, the area will be

cleared and secured before blasting occurs.

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Pour plus de détails, faites le 613-394-2318 ou faites moi parvenir une note par courriel à l'adresse suivante: nicole.voyer@sympatico.ca

ENERGY MATTERS--Part III of III

by WO. D. Carlson

In this final part on water conservation, I'd like to share with you some additional water facts and provide you some ways to manage your personal water use. Enjoy the rest of your summer!

FACTS:

- Water consumption usually drops 18-25 per cent after a water meter is installed.
- One litre of oil can contaminate up to 2 million litres of water.
- On the Prairies, irrigation is the largest consumer of water.
- Toilets (while consuming nearly one quarter of our municipal water supply) use over 40 per cent more water than needed.
- Residential indoor water use in Canada: toilet-30 per cent; bathing and showering-35 per cent; laundry-20 per

cent; kitchen and drinking-10 per cent; cleaning-5 per cent.

- A five-minute shower with a standard showerhead uses 100 litres of water.
- A five-minute shower with a low-flow showerhead uses only 35 litres of water.
- Water uses and consumption: toilet flush-15-20L; shower (10 min.)-100L; Tub bath-60L; automatic dishwashing-40L; dishwashing by hand-35L; hand washing-8L (with tap running); brushing teeth-10L (with tap running); outdoor watering-35L/min; washing machine-225L.
- A single lawn sprinkler spraying 19 litres per minute uses 50 per cent more water in just one hour than a combination of 10 toilet flushes, two five-minute showers, two dishwasher loads, and a full load of clothes.
- The Great Lakes, straddling the

Canada-U.S. boundary, contain 25 per cent of the world's fresh water in lakes.

- One out of every three Canadians and one out of every seven U.S. residents depend on the Great Lakes for their water.
- Much of the water "consumed" in our daily activities is simply wasted. Taps are left running while we brush our teeth. Dishwashers and laundry machines are operated without full loads. Really, everywhere we use water there is room for improvement. Here are just a few examples for both indoor and outdoor water use.
- Don't use the toilet as a wastebasket or flush it unnecessarily.
- A quick shower uses less hot water than a full tub (and saves energy too).
- Keep a bottle of drinking water in the fridge rather than letting your tap run to get cold water when

you want a drink. (Rinse the bottle every few days.)

- More than 50 per cent of the water applied to lawns and gardens is lost due to evaporation, or runoff because of over watering. Find out how much water your lawn really needs. As a general rule, most lawns and gardens require little more than 2 to 3 centimeters (1 inch) of water per week.
 - To reduce losses due to evaporation, water early in the morning (after the dew has dried).
 - Watering off-peak helps the utility manage its load on the system and helps ensure adequate reservoir levels and water pressure for possible fire emergencies.
 - When washing a car, fill a bucket with water and use a sponge. This can save about 300 litres of water.
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Photo: Cpl David Hardwick, 8 Wing Imaging



The 8 Wing Air Traffic Control team, consisting of Lieutenant-Colonel Mike Maynard (left), Master Warrant Officer Tony Stuckless (centre), Warrant Officer Don Gargano (right) and Major Richard Champagne (not shown), achieved the best score at the Wing Chief Warrant Officer's Intersection Golf Tournament held on August 15 at the 8 Wing/CFB Trenton Golf Course.

Youth Bowling Council

Children and youth ages 5 to 19-years-old

Registration will take place on Tuesday, September 12, from 1600 - 1800 hrs and Wednesday September 13, from 1600 - 1800 hrs at the CFB Trenton Astra Lanes on the north side (beside the old chapel).

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Wing Commander's Challenge

Recruit your team for 8 Wing Trenton's United Way campaign, at this year's Wing Commander's Challenge, scheduled for Friday, September 15 at the 8 Wing/CFB Trenton sports fields. For more information please contact Fitness and Sports Instructor Mat Cassidy at local 7517, or Fitness Coordinator Lisa Refausse at local 3328.

Base hockey

The 8 Wing Trenton hockey league's are open to CF military, DND and NPF full-time employees.

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

NHL: The Noon Hour Hockey League will commence on October 2. Cost is \$80 per player. Player registration will be held weekdays from September 4 to 15, from 0800 to 1200 hrs and from 1300 to 1530 hrs, and again on September 6 from 1200 to 1600 hrs at the Leisure Show.

Contact Dan Cormier at local 3373 for info.

Championship races start to heat up

As the 2006 Brighton Speedway Park season winds down the battle for the division championships is heating up. With seven races left, fans can expect to see all pedals to the metal racing action on the 1/3 mile clay oval. The Herrington Brother's Farms race program on August 19 set the pace for the remaining events.

With a tie for first in the Mister Signz Pure Stock division both Greg Peake (#9) of Brighton and Andrew Hennessy (#02) of Picton knew they had to take control if they wanted to get ahead. Neither was expecting Doug Snarr (#5) of Brighton to take command of the race from the beginning.

With less than five laps left, Peake caught up with Snarr and #8, Gary Vandertoorn from Brighton was beside him. The three battled it out but Peake took the checkered flag, by less than half a car length. Hennessy finished in fifth position. Peake leads the division by 45 points.

The Bill's Johns Comp 4 division is the class to watch if you're a fan of driver development. With a number of rookies and second year drivers, no one

knows what to expect when the 4 cylinders line up. Most fans expect that Terry Loxley (#8) of Trenton will be in the final five. Without a feature win, Loxley took his qualifier win and finished second behind Len Squires (#5) of Brighton. The accumulated points placed him first, 50 points ahead of a tie for second. Squires, started late in the season and claimed the July Campbellford Chrysler Driver of the Month, sits in eight.

The Bainer's Radiator Canadian Modified class has the top four drivers separated by 145 points following the Ron Herrington Salute to the Legends of Brighton Speedway. The race ended as a rain delay occurred, but Doug O'Blenis (#32), of Shannonville, met the legend he was representing, former #22 ladies class driver Shelley Gregory, for his first feature win of the season. Doug now holds the fourth position, and Shelley's grandson Shawn Gregory (#1), of Trenton, finished second and is holding title to first in the division by 10 points.

The one class that the leader has a strong hold on is the Brighton

Automotive Pro Stock division. The 2005 champion, Ronnie Wadforth (#40) of Trenton, is sitting in first place, ahead by 385 points after taking his tenth trip to victory lane, in the third race of the Milbro Automotive Triple Crown Series. Once again he drove from the back of the line up to set the pace for the pack that's beginning to recognize the rear of his vehicle. Race fans are certain he took a lesson from Caley Weese (#77) of Trenton, who took her first qualifying win of the season. She too started at the back and made her way to the front and reminded everyone that she is a past champion and knows how to maneuver the oval.

The next race is the Betty Bread Complete Race, including the Mid State Vintage Stock Cars. Fans are invited to walk five laps with their favourite drivers in exchange for a donation to the Chase For the Cure, a fundraiser for the Cancer Society that the Brighton Speedway Park drivers are hoping to raise \$6,500 for. For information, contact Brighton Speedway at (613)475-1102 or visit the website at www.brightonspeedway.com.

Women's hockey league

We would like to inform the 8 Wing community that the 8 Wing/CFB Trenton Women's hockey team will be holding an information session August 29, at 1530 hrs, at the RCAF arena to discuss the upcoming season.

Our season will begin on September 5 and we look forward to sharing our results again this year, throughout the season.



Fitness on a budget

You don't have to spend a lot of money to stay fit.

Walking or jogging in a safe area are free. A simple skipping rope and a bit of room can also do the trick; or an exercise tube that can travel with you. You may also pop in a video at home, and have some fun!

There are a number of ways to achieve your fitness goals in the comfort of your own home, or without having to go very far. Try something new and you'll be pleased with the results.

Upcoming Astra Lanes bowling leagues

CFB Trenton, Astra Lanes, will be holding registrations for their Youth Bowling Program (YBC) on Tuesday, September 12 and 13, between 1600 and 1800 hrs.

The YBC is open to all young bowlers between the ages of five and 19-years-old, who want to have some fun by competing against other teams and their peers.

Registration fee is \$10 per person and for a minimal weekly lineage fee, the YBC offers its members, certified coaching, tournaments, trophies, awards, shirts, and a year-end banquet. Astra Lanes has space available in all age divisions and encourages you to register early. This winter, stay active and have a blast.

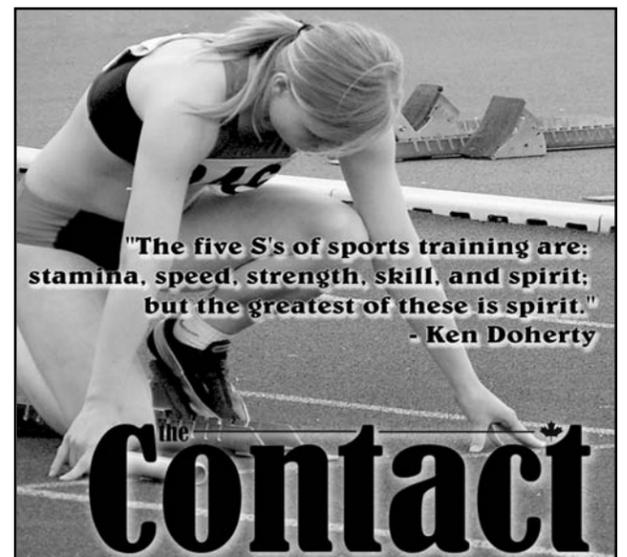
There are also numerous openings in all leagues set to commence the week of September 4, 2006. Leagues requir-

ing bowlers for the following: Monday Mixed begins September 4; Tuesday Mixed begins September 5; Wednesday Men's begins September 6; Thursday Majors begins September 7; YBC: Begins September 16.

All evening play begins at 7 p.m. and most leagues bowl between three to four games. Intersection bowling is always looking to boost its membership and they play during the noon hour each Wednesday and Thursday.

Open bowling times remain the same. There will also be time available on Friday evenings between 6 and 10 p.m., and again on Sunday afternoons, between 1 and 5 p.m.

For information, regarding cost, registration, leagues or to book intersection bowling and birthday parties, please contact Astra Lanes at 613-392-2811 ext. 3305.



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Are you headed for burnout?



Submitted by
Don Heans,
 Wing General Safety
 Officer

Enthusiasm and hard work are highly valued in the workplace. But a single-minded concern with the job is actually counter-productive.

Workers who are wrapped up in the job around the clock eventually burn out, suffering from the physical and emotional consequences of excessive stress. Workaholics reach a point when they are no longer effective or efficient. They are not able to do quality work. A severely stressed employee cannot work safely or make good decisions.

Are you a workaholic? See if you recognize these traits in yourself:

Are you always rushing? Do you walk and talk fast and get impatient with people who take their time?

Do family and friends complain that you are not available to them because you are always working?

Do you frequently take work home?

Are you unable to relax?

Do you lie awake at night thinking about work?

Do you have an emotional need to work constantly? Does the idea of time off make you uncomfortable?

Are you a perfectionist?

Do you expect others to be perfect too?

Do you feel no one can do the work as well as you?

Do you try to do several things at once?

Do you skip meals to work, or eat meals at your work station?

Do you skip exer-

cise so you can work?

Do you suffer from physical symptoms of stress? These may include digestive problems, fatigue, pounding heart, trembling, headaches, nervous tics and other problems.

What can you do to overcome workaholism?

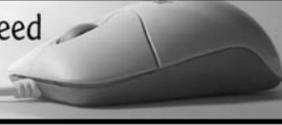
Burnout is a serious condition from which it takes a long time to recover. Learn the symptoms so you can recognize them early. Try to do everything a little more slowly. Besides working at a more reasonable pace, try to walk, talk, drive and eat more slowly. Take a good look at your organizational and time management habits. You may find you are wasting time on unnecessary tasks, repairing sloppy work or looking for lost information or tools. Spend some time each day planning your work. Learn to zero in on the most productive

activities. Do the most important things first.

Work regular hours. Many workaholics find they can get their work done during the regular shift if they make a goal of leaving at quitting time. Take the time for stress-reducing and health enhancing activities. Get regular exercise. Schedule your exercise into your daily planner and plan around it. Sit down to leisurely meals. Get to bed on time. Book regular time off. Use evenings, weekends and vacations for enjoying other aspects of your life. Define boundaries between your personal life and your work life. Spend social time with people who don't have anything to do with your job.

Your employer appreciates dedication to work. But when this dedication turns into a work addiction, nobody benefits. Keep a balance between your work and personal life.

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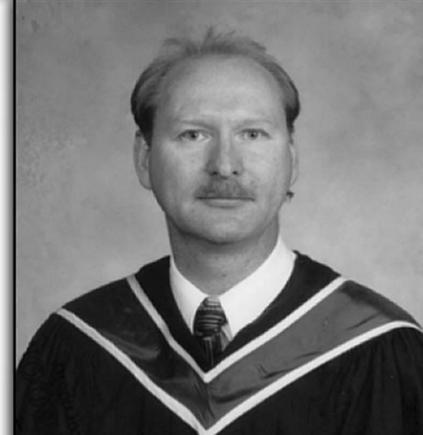
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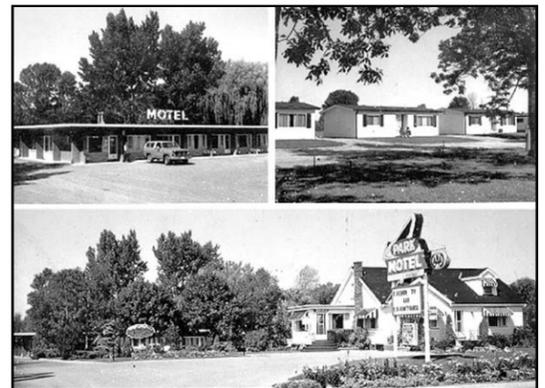
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It is with great pleasure that we announce that
Mark A. Bumstead, LL.B, CD
 (formerly of 8 AMS) has graduated from Queen's University with a Bachelor of Laws.
 Mark intends to remain in the Quinte area.



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New organization for NATO vets

by Virginia Beaton
Trident Military Publications

A new organization has been formed for veterans of service with NATO. The association is titled NATO Veterans Organization and according to association president Thom Joordens, the first goal is to make Canadians more aware of all those who have served with NATO, either as CF members or as civilians.

The second goal is to recognize the 570 members of the Army, Navy and Air Force, as well as 927 dependents, who died and were buried in Europe since the end of the Second World War, noted Joordens.

"I spent five years overseas," stated Joordens, adding that he served with NATO from 1955-57 and 1962-65 in Germany, and in Cyprus from 1966-67 and in 1970. "We were the forces who prevented World War Three from happening. We have never been recognized."

More than 125,000 Canadians have served as peacekeepers, according to Joordens. He stated that the current mission in Afghanistan has increased the members' determination to see more public acknowledgement of the contributions that NATO veterans have made, and continue to make. The new NATO organization was formed in late March 2006 in Fredericton, stated Joordens, adding that it is the first group of its kind in Canada. The

organization has expanded to comprise 121 members across Canada and abroad, including at NATO headquarters in Brussels. The NATO Veterans Organization has several objectives, stated Joordens. "First, we would like for Canadians to know we exist." To that end, the organization would like to approach Canada Post about the possibility of issuing a stamp honouring NATO and the Canadian Mint about issuing a special coin in recognition of personnel who served with NATO. Members also hope the Royal Canadian Legion will include the NATO flag in their Colour Guard.

In New Brunswick where Joordens lives, the organization hopes Premier Bernard Lord will declare October 15 as NATO Day. Fredericton has already declared it as NATO Day in that city, commented Joordens. Navy, Army and Air Force members, either serving or retired, and civilians who have served with NATO qualify for membership.

"We want more people to join us," said Joordens.

For further information about the NATO Veterans Organization, go to the website at <http://natoveterans.org> or contact Thom Joordens directly at 506-472-1931, by email at joordens@nbnet.nb.ca or by mail at 332-25 McKnight St, Fredericton, New Brunswick, E3A 9V4.

NDT CAIRN DEDICATED



Past and present members of the Non Destructive Testing Branch gathered at 8 Wing/Canadian Forces Base Trenton at the RCAF Memorial Museum air park on August 19, 2006 to witness the unveiling of the cairn, dedicated to those who have served in the branch.

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Central Region Gliding School cadets enjoy memorable final month

by Kiel Edge
Public Information Officer,
CRGS

MOUNTAIN VIEW – Cadets at the Central Region Gliding School (CRGS) enjoyed an unforgettable final month of training, capped by a memorable graduation ceremony held Aug. 18.

The ceremony, held at Canadian Forces Detachment Mountain View, wrapped up the school's six-week Basic Glider Scholarship Training Course, as well as the three-week Introduction to Aviation Course and the seven-week Power Pilot Course, which operates out of five flying centres across the province.

For the graduating cadets, the Wings Parade symbolized the end of a difficult program, and a proud moment for both the cadets and the CRGS staff.

"The course was amazing, I had the time of my life," said Dan Pacey of Guelph, Ont., moments after the end of the parade. "(All the hard work) seems worthwhile now that we have (cadet pilot) wings on our chest."

The more than 200

Photo: Kiel Edge



Major-General Hincke reviews glider course cadets during the Central Region Gliding School Wings Parade held at Canadian Forces Detachment Mountain View August 18.

cadets on parade were each congratulated for completing their respective courses during remarks made by the parade's Reviewing Officer, Major-General (MGen) J.D. Hincke, Chief of Programs with National Defence Headquarters. MGen Hincke told the graduates to enjoy their moment in the spotlight,

and to feel proud of their impressive accomplishment.

"I encourage you all to feel very proud of yourselves and to relish this moment, you are the centre of attention," MGen Hincke told the large crowd of cadets, staff, parents and family friends. "This is the completion of a long set of activities."

In the week leading up to the ceremony, a pair of CRGS glider cadets were given the opportunity to see what their future aviation careers could involve during an incredible day with the 424 Transport and Rescue Squadron.

Each summer, the squadron provides sponsorship to one of the two flights

of glider cadets at CRGS. This year, as part of this arrangement, each cadet was given a tour of the hangar and the aircraft used during search and rescue operations. In addition to this, an opportunity is provided for two deserving cadets to accompany the squadron on training flights.

On Aug. 9, cadets Michael Whatling and Adam Rietma were treated to a flight in a CC-130 Hercules during a routine training exercise for search and rescue parachute teams. The pilot for the flight was a former cadet and the father of 2006 glider cadet Jonathon Roy. Following this, the two cadets were graciously given a lengthy trip in a Griffon helicopter, which allowed them to see the shorelines of Prince Edward County like they never have before and gave them a ride they won't soon forget.

After the trip, both cadets agreed it was a highlight of their summer at CRGS.

"It's a once in a lifetime experience, I loved the (Griffon) flight; we were flying low to the ground and going fast, it was pretty sweet," said cadet Whatling.

Rietma agreed the trip was one he would be talking about for days.

"All the cadets would enjoy this a lot--I sure did," he said.

The members of 424 Squadron have been sponsoring the CRGS program for a number of years. Captain (Capt) Al Baldry, who facilitated the tours and works with the CRGS course, said the sponsorship is a way to show cadets where flying can take them.

"We do the sponsorships because we can--it's an excellent way to pique the interest of cadets and help them to further develop their interest in aviation," Capt Baldry said. "It's also a great way to promote the air cadet program."

The tours offered by the squadron were enjoyed by each of the cadets, and they remain an important part of the summer. CRGS is thankful for the efforts of 424 Squadron, in helping to give the cadets a memorable six weeks.

Following the graduation, each of the cadets returned home and will bring their new skills and knowledge to their home centres to pass on to the next generation of CRGS cadets.

INSTRUCTORS ARRIVE

Photo: Cpl Tom Parker, 8 Wing Imaging



Jennie Sullivan of Empire Aviation, an organization which teaches Ontario cadets aviation skills, arrived at 8 Wing/Canadian Forces Base Trenton with 10 other instructors for the Central Region Gliding School graduation parade on August 18.

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<p>2004 HYUNDAI SANTA FE GL</p>  <p>SHARP! SILVER. Automatic, loaded up with full power options, mint shape. Off lease. 79,000 kms. Balance of factory warranty.</p> <p>0 down \$144.45 Monthly 64 months</p> <p>\$18,995 cert.</p>	<p>2001 GMC SIERRA SL 4X4</p>  <p>RED. Reg cab short 4X4, A/c, tilt, chrome wheels, boxlinec, V8, auto. 108,000 kms. Local trade!</p> <p>0 down \$154.89 Monthly 64 months</p> <p>\$13,995 cert.</p>	<p>2004 CHEV EXT. CAB</p>  <p>SHORT BOX Z71! PEWTER. WOW! Only 29,000 kms. 5.3L V8 loaded with full power options inc. power seat, autotrac 4WD, factory trailer tow, mint shape. Off GMAC lease. Balance of factory warranty.</p> <p>0 down \$219.39 Monthly 64 months</p> <p>\$25,995 cert.</p>	<p>2002 CHEV VENTURE</p>  <p>BURGUNDY. Fresh in from GMAC lease. Loaded with full power options, inc. alloys, quad captain's chairs and more! Very clean van. 79,000 kms.</p> <p>0 down \$111.72 Monthly 64 months</p> <p>\$9,995 cert.</p>	<p>2002 SATURN L100</p>  <p>WHITE. SHARP! 4 cyl., automatic loaded with full power options, fresh in from Saturn lease. Very clean. 91,000 kms.</p> <p>0 down \$100.82 Monthly 64 months</p> <p>\$8,995 cert.</p>	<p>2006 CHEV 1500 EXT. CAB</p>  <p>SHORT BOX LT 4X4 — WOW! Only 12,000 kms! 4.8L V8, full power options. MUST SEE! Mint shape. Off rental balance of factory warranty.</p> <p>0 down \$227.70 Monthly 64 months</p> <p>\$24,995 cert.</p>
<p>2003 CHEVROLET VENTURE LS EXTENDED</p>  <p>SHARP! Only 60,000 kms., loaded with full power options incl. quad captain's chairs, dual heat and A/C & more! Mint shape. Off GMAC lease.</p> <p>0 down \$117.90 Monthly 64 months</p> <p>\$15,795 cert.</p>	<p>2003 GMC 1500 H.D CREW CAB</p>  <p>Short box 4WD, 5.1E 6.0 V8, auto. Loaded w/full pwr options w/only 55,000 km! inc. p/seats, auto trac 4WD, keyless, full pwr options, mint shape, off GMAC lease.</p> <p>0 down \$227.66 Monthly 64 months</p> <p>\$23,995 cert.</p>	<p>2003 CHEVROLET TRAILBLAZER</p>  <p>5.3L V8, auto, loaded, leather, P-moon-roof, alloys. Fresh GMAC Lease Return. Mint shape! 73,000 km 7 passenger.</p> <p>0 down \$199.61 Monthly 64 months</p> <p>\$20,995</p>	<p>2002 SATURN L100</p>  <p>4 cyl., automatic, loaded with full power options, alloys, keyless, CD & more. Fresh in off Saturn lease. 84,000 kms.</p> <p>0 down \$100.92 Monthly 64 months</p> <p>\$8,995 cert.</p>	<p>2005 PONTIAC MONTANA SV6</p>  <p>Automatic, 4 dr., 6 cyl., Gas, Front Wheel Drive, silver ext/grey int, Fog Lights, Roof Rack, Tinted Windows, 4 Captain's Chairs, Air cond., AM-FM Stereo, Compact... more. 36,333 km.</p> <p>0 down \$144.45 Monthly 64 months</p> <p>\$16,995</p>	<p>2003 NISSAN SENTRA</p>  <p>4 door, automatic with Air conditioning, CD player, tilt and more. 83,000 kms. Local trade.</p> <p>0 down \$106.12 Monthly 64 months</p> <p>\$10,995 cert.</p>
<p>2003 FORD EXPLORER XLT</p>  <p>4X4, SHARP! High polish alloys, loaded with options. MUST SEE! Fresh off Ford lease. 79,000 kms.</p> <p>0 down \$162.22 Monthly 64 months</p> <p>\$16,995 cert.</p>	<p>2002 CHEV CAVALIER</p>  <p>4 door, automatic, air conditioning, tilt, CD and more. Fresh in off GMAC lease. 79,000 kms.</p> <p>0 down \$84.76 Monthly 64 months</p> <p>\$7,495 cert.</p>	<p>2003 FORD F150 XL 4X4</p>  <p>BLUE. Reg. cab, V8, auto with air conditioning. Fresh in off Ford lease. Chrome wheels, boxliner. 64,000 kms.</p> <p>0 down \$148.19 Monthly 64 months</p> <p>\$16,495 cert.</p>	<p>2003 GMC SONOMA EXT CAB</p>  <p>ZR2 Highrider 4x4 wow! Black beauty, only 72,000 km. Mint shape, fresh off GMAC lease, V6, auto., loaded with every option available. Rare!</p> <p>0 down \$171.57 Monthly 64 months</p> <p>\$17,995</p>	<p>2002 SATURN SL1</p>  <p>4 door, automatic with air conditioning, tilt, CD and more. Local trade. 72,000 kms.</p> <p>0 down \$90.16 Monthly 64 months</p> <p>\$7,995 cert.</p>	<p>2003 VENTURE EXT.</p>  <p>Loaded up with full power options inc. alloys, dal heat & A/C, only 60,000 kms. Fresh in off GMAC lease.</p> <p>0 down \$113.23 Monthly 64 months</p> <p>\$11,795 cert.</p>
<p>2003 BUICK RENDEZVOUS</p>  <p>Automatic, 4 dr., 3.4, 6 cyl., Gas, AWD, Off White ext./Neutral int., Fog Lights, Alloy Wheels, Bucket Seats, leather, Power Seats, 3rd row, Air Cond., AM-FM Stereo & more. 66,000 km</p> <p>0 down \$152.87 Monthly 64 months</p> <p>\$16,995</p>	<p>2002 DODGE 1500 REG CAB</p>  <p>SHORT BOX SPORT 4X4 — WOW! 20" high polish rims. 4.7L V8 automatic, loaded w/ full power options. MUST SEE! Balance of 5 yr. / 100,000 km. warranty. 66,000 kms.</p> <p>0 down \$208.85 Monthly 64 months</p> <p>\$18,995 cert.</p>	<p>2003 PONTIAC GRAND AM GT</p>  <p>2 dr., ram, air hood! V6, H.O. auto., loaded w/ full power options inc. power sunroof, power seat, high polish rims, upgraded factory stereo & much more! Mint shape. Off GM lease. 100,000 kms.</p> <p>0 down \$106.12 Monthly 64 months</p> <p>\$10,995 cert.</p>	<p>2003 PONTIAC AZTEK</p>  <p>Black Beauty! Loaded up w/full pwr options incl. Versatrak AWD, alloy rims & much more! Mint shape off GMAC lease 70,000 km.</p> <p>0 down \$134.17 Monthly 64 months</p> <p>\$13,995 cert.</p>	<p>2002 SATURN MIDSIZE L100</p>  <p>WOW! Only 49,000 kms! 4 cyl., automatic, loaded w/ full power options inc. alloy wheels, & more. Mint shape. Off Saturn lease. \$10,995 cert. 5 to choose from \$8,995 - \$10,495</p> <p>0 down \$114.52 Monthly 64 months</p> <p>\$11,995 cert.</p>	<p>2002 SATURN SL2</p>  <p>4 door, only 54,000 kms! 5 sp. loaded with full power options inc. pwr. windows, locks, air, cruise, CD, keyless entry. Fresh in off Saturn lease.</p> <p>0 down \$87.54 Monthly 64 months</p> <p>\$7,795 cert.</p>
<p>2003 CHEVROLET IMPALA LS</p>  <p>Automatic, 4 dr., 3.8, 6 cyl., Gas, Front Wheel Drive, Brown ext./Grey in., Fog Lights, Alloy Wheels, Tinted Windows, Sun Roof, Spoiler, Bucket Seats, Air Cond., power roof! 77,755 km</p> <p>0 down \$124.82 Monthly 64 months</p> <p>\$12,995</p>	<p>2002 CHEV CAVALIER</p>  <p>4 door, auto. with air conditioning, tilt, cruise, power locks, keyless entry. CD and more. 73,000 kms.</p> <p>0 down \$84.73 Monthly 64 months</p> <p>\$7,495 cert.</p>	<p>2005 PONTIAC GRAND AM</p>  <p>Automatic, 4 dr., 3.4, 6 cyl., Gas, Front Wheel Drive, maroon exterior, charcoal interior, Fog Lights, Tinted Windows, Bucket Seats, Air Conditioning, AM-FM Stereo, Compact Disc & more. 37,544 km.</p> <p>0 down \$111.15 Monthly 64 months</p> <p>\$12,995</p>	<p>2002 MONTANA EXT.</p>  <p>Burgundy, loaded with options inc. pwr. seat, pwr. door, steering, radio controls, quad seating, dual heat & A/C, alloys & much more. 81,000 kms. Fresh in off GMAC lease.</p> <p>0 down \$122.51 Monthly 64 months</p> <p>\$10,995 cert.</p>	<p>2003 PONTIAC GRAND AM GT</p>  <p>V6, Ram air, high polish chrome wheels, power sunroof! Power seat, loaded! Leather. Fresh GMAC lease return. Mint! 80,000 km.</p> <p>0 down \$120.15 Monthly 64 months</p> <p>\$12,495</p>	<p>2005 CHEV 1500 EXT CAB</p>  <p>SHORT BOX 4X4 LS 5.3L V8, loaded with full power options, only 37,000 kms. Balance of factory warranty.</p> <p>0 down \$211.05 Monthly 64 months</p> <p>\$24,995 cert.</p>

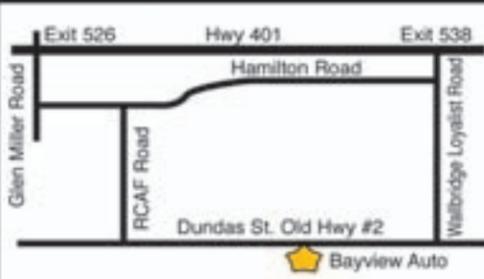


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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
August 27 - September 2

ARIES (March 21-April 19): You have lots to think about regarding your partnerships, friendships and family relationships on the 27 and 28. A big decision has to be made about future plans. Ease your stress by lowering your overhead and getting back to basics. Don't overspend on products that promise to make you better looking on the 29 - 31. Be smart and focus on bringing cash in, not letting it dwindle away. An opportunity that interests you'll not be what it appears. Finish up whatever needs to be done so that you can travel, communicate and enjoy the company of others without feeling guilty on the 1 and 2. A love relationship is looking very good.

TAURUS (April 20-May 20): Things are beginning to fall into place on the 27 and 28. By being precise and knowing what you want, you'll gain respect and support and can move forward. Throw a little playfulness into the mix. You may be torn between two people who mean a lot to you on the 29 - 31. Emotional issues can be resolved by implementing change that is long overdue. Nothing should deter you from following through with your plans. Keep moving forward. Your performance is what will count on the 1 and 2. Do your best to outshine anyone who challenges you. Let go of some of the powerful holds you have had in your life in the past.

GEMINI (May 21-June 20): Work on yourself on the 27 and 28, not on trying to change everyone around you. You'll be inclined to get angry and this will lead to doing a poor job. Let things go rather than letting them consume you. It's a changing playing field and, regardless of what you do, you'll have to adapt on the 29 - 31. Somewhat unstable circumstances should be treated like a new beginning and welcomed. Someone you've grown to rely on will probably let you down. Be very careful how you deal with others on the 1 and 2. Emotional matters will be more of an issue than you realize. Don't be fooled by someone who has ulterior motives.

CANCER (June 21-July 22): Stand up for what you believe is right or you'll be left in a powerless position on the 27 and 28. Be energetic and enthusiastic. There's nothing you can't do when it comes to taking care of things at home. Use your past experience, good memory and contacts you've made to find a perfect outlet for something you want to pursue on the 29 - 31. You can talk anyone into anything and should be able to win favours and support easily. An unusual set of circumstances will arise on the 1 and 2 but will be to your benefit. A change at work or within your group will allow you to take advantage of an opportunity you've been waiting for.

LEO (July 23-Aug. 22): Someone's likely to mislead you about how they feel on the 27 and 28. It's best to focus on home and how to cut your overhead. It may be time to size down. You have to be careful on the 29 - 31. Just when you think you have everything taken care of, you'll end up facing someone or something that will stop you in your tracks. Be smart and work quietly by yourself. Everyone will want to hang out with you on the 1 and 2, putting you in an excellent position to get your way and maintain the spotlight. Your only concern will be impulsive spending habits. Put your credit cards in a safe place.

VIRGO (Aug. 23-Sept. 22): Do the legwork necessary to help you move into a better paying job or to change your direction on the 27 and 28. Travel the information highway for a better sense of what you might like to do next. Don't quit one thing until you have something else to go to. You can talk your way in or out of anything on the 29 - 31. Everyone is looking to you for advice and leadership, with this responsibility will come problems, so don't be led astray. Listen but don't meddle. Don't expect everyone to be on your side on the 1 and 2. Even the people you're closest to will question what you are doing. Keeping things a secret will not help matters.

LIBRA (Sept. 23-Oct. 22): The more you network with others on the 27 and 28, the better a chance to partner with someone who can complement what you're trying to do. Look for the angle that works for you and use your charm to get your way on the 29 - 31. You may have to manipulate whatever situation you face but, once you do, things will sway in your favour. Love is in the picture. Get out, have fun and don't worry too much on the 1 and 2. You can expect opposition if you discuss your troubles, so leave things as they are. Venture down avenues that are creative, fun and will promote love and romance.

SCORPIO (Oct. 23-Nov. 21): You'll have a problem making the right choice with the information you have on the 27 and 28. Someone isn't telling you the whole truth. The person you least expect to cause problems, will be the one who does. Stick to what you know and do best on the 29 - 31. You'll be able to make good financial moves as well as work moves. A new venture will pay off but first you have to jump in and do the legwork. Don't be deterred by someone who is negative. Don't believe everything you hear on the 1 and 2. Someone may be able to spare your feelings. Find out who thinks what and how you can protect yourself from loss.

SAGITTARIUS (Nov. 22-Dec. 21): You're likely to overlook something important on the 27 and 28. Get a second opinion or ask others how they view things before making a decision or promise. Nothing will be as simple as you hoped on the 29 - 31, so prepare to do whatever is necessary to bring about the results you want. Problems with communications, transportation and electronic equipment can be expected. Don't let your temper get the better of you. You'll be torn between the right thing to do and what you want to do on the 1 and 2. Think twice before you put yourself in an awkward situation. Be honest and admit if you made a mistake.

CAPRICORN (Dec. 22-Jan. 19): Don't let your emotions cloud your financial vision on the 27 and 28. You have to separate money from your personal feelings and strive to make more of a profit, even if it causes a feud between you and a partner. Money matters will clear up and a surprise gift is heading your way on the 29 - 31. If you come up against an authority figure, back down, listen and wait your turn. Don't let a spendthrift cause you discomfort on the 1 and 2. Say no to anyone wanting to spend your money or take advantage of your success. A change of friends may be necessary.

AQUARIUS (Jan. 20-Feb. 18): You'll be admired more for the problems you conquer than you'll be for the things you pass off as not being important to you on the 27 and 28. Don't be confused by emotional issues. Good things can come from turbulence on the 29 - 31. Sometimes, you have to get through the storm in order to see the calm and goodness. Trust in the people who have always been there for you. Take a look at the choices you've made in the past on the 1 and 2 and be sure to learn from your mistakes. An important decision will affect your current relationships. Ask for advice from someone you trust if you aren't sure what to do.

PISCES (Feb. 19-March 20): The more of a surprise you present people with on the 27 and 28, the more likely you're to get your way. You have to hit everyone around you with your best shot if you want respect. Your intuition won't let you down. You can make some headway financially on the 29 - 31 if you speak your mind and move forward with your plan. A contract you have will be extended. Focus on what matters to you instead of running from what's important. If you try to take advantage of someone on the 1 and 2, you'll be called for your actions. Stick to what's right and you'll have everyone on your side.

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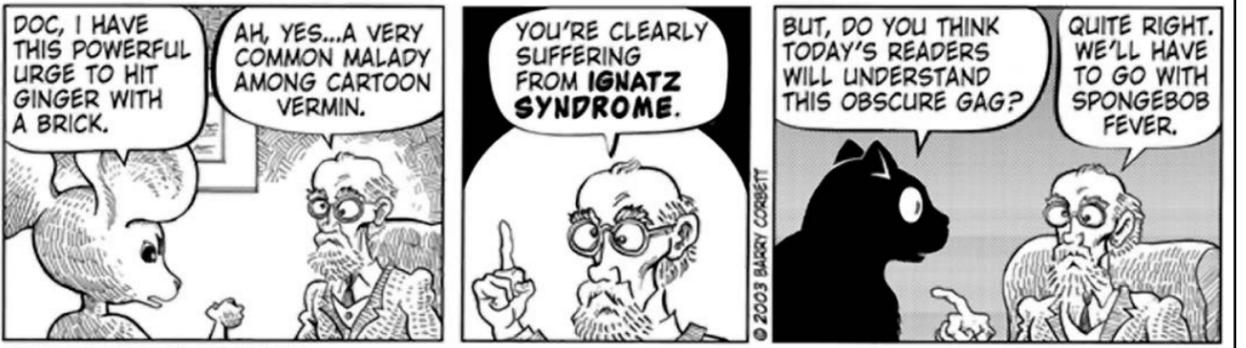
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.

GINGER & SHADOW BY BARRY CORBETT



SUDDENLY SETH UNDERSTOOD THE CRYPTIC MESSAGE BEHIND SUNDAY'S SERMON ENTITLED "IF YOU SKIP BIBLE STUDY I'M NOT SLOWING THE BOAT"

DuJour



Wow! Nobel Laureate, Einstein Award. oops - no Master's Degree

MISFITS BY BRIAN CODAGNONE



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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 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

Trenton Learning and Career Centre

September 2006 Courses

- 12: MS Word Level 1
- 13: MS Power Point Level 1
- 19: Exploring the Leader In You
- 26: MS Access 200 Level 1
- 28: You and Change

For registration forms please contact us at 613-392-2811 local 2557.

"The 407 Demon Sq"
65th Anniversary

All former members and spouses of 407 Sq are invited to join us at 19 Wing Comox from September 22 - 24, 2006.

For up-to-date information, or to download a registration form, please visit: www.407reunion.com. For registration purposes only, please contact Capt Tyler Bowell; e-mail: bowell.trf@forces.gc.ca; phone: (250) 339-8211 ext. 8805.

"TO HOLD ON HIGH"

MFRC Fundraising BBQ
August 30, 2006

All proceeds will go to the 8 Wing/CFB Trenton's Military Family Resource Centre (MFRC). You may choose between a hamburger or hot dog, chips and a drink for \$2. There will be door prizes, giveaways and raffles.

The BBQ will be taking place at the Baker Island Community Centre from 11 a.m. to 2 p.m. Hope to see you there!

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36th Annual ACS Symposium/Reunion
13-15 Sep 06 at 8 Wing Trenton

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



Registration Day

For girls ages 5 to 17+ and women volunteers over 18. Registration will take place, in Trenton, on Sunday, September 10 from 1 to 4 p.m. at Centennial Park.

For more information, please call 1-800-565-8111.

(All calls will be answered and returned locally).



CHAPLAIN SERVICES
SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton
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

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator Padre Frank Pellerin</p> <p>MASS Sunday Mass (English) 1130 hrs Messe Dominicale: 0900 hrs</p> <p>CONFESSION At all times</p> <p>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</p> <p>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.</p> <p>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.</p>	<p>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Padre James Craig</p> <p>WORSHIP SERVICE Divine Worship (Sun) 1015 hrs Holy Communion 1st Sunday of the month</p> <p>PARISH ORGANIZATIONS Chapel Guild Last Tues 1930 hrs</p>
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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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Health

Living with food allergies

(NC)—The back-to-school season is an exciting time for most families, but for some it can cause anxiety.

Approximately six percent of Canadian children have a severe food allergy, which means they must be careful to avoid eating something which could cause a life-threatening allergic reaction called anaphylaxis.

“Although serious reactions are rare, they can happen quickly,” says Dr. Susan Wasserman, president of the Canadian Society of Allergy and Clinical Immunology. “Young children need help at school to keep them safe.”

Many elementary schools have policies in place to reduce the risk that a child will eat an allergenic food by accident. This is a particular concern in primary grades, where children are too young to understand the risks of eating someone else’s food.

Some schools choose to restrict allergenic foods, particularly in situations where children eat in their class-

rooms or without adult supervision. Others establish allergen-free eating zones.

By high school, students are expected to take the major share of the responsibility for managing their allergies, since it is no longer reasonable or realistic to try to control the environment.

Although peanuts have received the most public attention, there are eight other main causes of severe food allergies. Milk allergy is the most common, although many children will outgrow it by school age.

The other causes of food allergies are tree nuts (such as almonds, hazelnuts, cashews, and others), egg, fish, shellfish, sesame, soy, and wheat.

“Milk allergy is particularly challenging since milk is considered a critical food for children, and is therefore widely used in the diet,” says Dr. Wasserman. Unfortunately, she adds, there is less public understanding of food allergies

other than peanut. The public may therefore not always be sympathetic to the need for milk allergic children to avoid milk.

“We’ve come a long way in building awareness of peanut allergies in the last 10 years, and I hope that we continue to see this trend for all food allergies,” she says.

Information is available online at www.allergysafecommunities.ca.

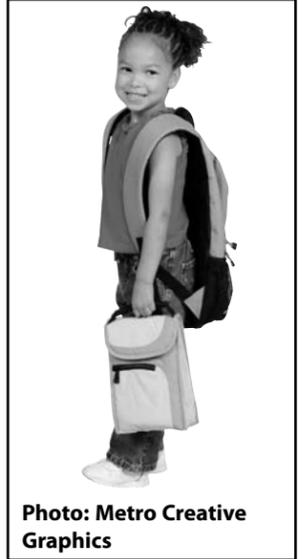


Photo: Metro Creative Graphics

Life-threatening food allergies can be outgrown

(NC)—Twenty years ago, few people had heard about life-threatening food allergies. Yet this condition, called anaphylaxis, affects approximately 600,000 Canadians, including six percent of all children.

The condition has been on the rise, although the reasons are unclear. “One leading theory says that since our immune systems no longer need to fight the dirt and germs faced by our ancestors, they look for something else to attack instead,” says Dr. Susan Wasserman, president of the Canadian Society of Allergy and Clinical Immunology.

Severe food allergies are mainly caused by nine substances: milk, peanuts, tree nuts (such as almonds, hazelnuts, cashews, and others), egg, fish, shellfish, sesame, soy, and wheat. An anaphylactic reaction may start with only a few mild outward symptoms such as wheezing, hives, and swelling; but

inside the body, blood pressure may be dropping to a dangerous level or the airways may be swelling shut. Reactions are treated with epinephrine, an injectable medication that people with severe allergies are advised to carry at all times.

In recent years, research has offered the heartening news that some allergies may be outgrown. Milk allergy, the most common, is often outgrown by school age; approximately 20 percent of children outgrow peanut allergy; and roughly nine percent may outgrow allergies to tree nuts (such as almonds, walnuts, and others).

Recent promising research into drug therapy shows that it may someday be possible to reduce the risk of an anaphylactic reaction by giving regular shots, like a vaccine. More information about food allergies is available at www.allergysafecommunities.ca.

West Nile Virus mosquito pool in Belleville

August 21, 2006 – Shannon Del Grosso, a Health Promoter in the Environmental Health Department, advises that a mosquito pool has been reported as positive for West Nile Virus. The mosquitoes were trapped in the City of Belleville, in the vicinity of Bleecker Avenue. The positive mosquito pool is the first this year in Hastings and Prince Edward Counties.

Mosquito surveillance is part of the 2006 Hastings and Prince Edward Counties WNV response plan. Traps are set up at various locations throughout the counties, and mosquitoes are then sent for testing. The mosquitoes were submitted on August 15 and the positive results were received on August 21.

This finding does not mean that WNV is just in the City of Belleville, it is further evidence that WNV is active in the environments of our jurisdiction. Six WNV positive birds have been reported to the Hastings and Prince Edward Counties Health Unit. “It’s important that residents take the proper precautions and protective measures,” added Del Grosso.

West Nile Virus is transmitted by infected mosquitoes. Most people infected will have no symptoms or very mild illness. Symptoms range from mild fever and headache to loss of consciousness, seizure, and weakness on one side of the body and swelling of the brain resulting in brain damage. There are simple and common sense precautions that should be taken:

- Wear protective clothing such as long sleeved shirts, pants, socks, and light coloured items
- Consider using an insect repellent containing DEET, as directed
- Minimize outdoor activities when mosquitoes are active such as dusk, night and dawn
- Make sure screens on your home are tight fitting and in good condition
- Mosquitoes breed in standing water. Eliminate standing water around your property which may gather in pool covers, flower pots, children’s pools, old tires and birdbaths

For more information, visit www.hpechu.on.ca. The public can also call 613-966-5513 ext. 320. Those in North Hastings, collect calls to 613-966-5500 are accepted weekdays from 8:30 a.m. to 4:30 p.m.



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					TGIF 1700 hrs BBQ Steak	
27	28	29	30	31		
				TGIF 1700 hrs BBQ Steak		

AUGUST 2006

For More info on what's going on at the Messes and Base, go to cftrenton.com and follow the links.

Local news, in-depth features,
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the Contact



Souvenirs ... des années 1980 à Trenton

par le capt Randy J. Henning

Les années 1980 ont commencé sur une note tragique. Le 15 octobre 1980, huit des dix membres d'équipage de l'appareil Hercules no 130312 de la base de Trenton ont perdu la vie lorsque leur aéronef s'est écrasé au cours d'une opération de recherche et sauvetage (SAR) dans le Nord du Québec. Le capitaine M. D. Salmons (commandant d'aéronef), le capitaine (Capt) R. K. Kavanagh (navigateur), le caporal-chef (Cp/c) A. A. Woodham (arrimeur), le sergent J. R. O'Neill, le Cp/c R. W. Fisher et le caporal (Cpl) R. J. Cocks (techniciens en recherche et sauvetage), ainsi que le Cp/c R. Taylor et le soldat W. D. Minnis (chefs largueurs) ont péri dans l'écrasement.

Mais il y a également eu des moments

heureux. En 1981, le 50e anniversaire de la création de la BFC Trenton a été célébré en grande pompe. L'événement le plus important a été la célébration du retour au pays et de la réunion de l'ARC, du 14 au 16 août. À cette occasion, l'une des activités les plus courues, la soirée de danse au manège de style rétro 1944, a été organisée au centre de loisirs de South Side. Tout y était, y compris la musique Big Band et les uniformes d'époque. Des activités ont été organisées dans tous les mess et à Baker Island, sans oublier un défilé aérien d'aéronefs d'époque. Le 1er juillet, la ville de Trenton a souligné cet anniversaire important en remettant les clés de la ville à la BFC Trenton. Cet anniversaire a également été le thème du spectacle aérien qui s'est déroulé le 12 septembre

et a attiré plus de 110 000 visiteurs.

L'année 1984 a marqué le 60e anniversaire de la fondation de l'Aviation royale du Canada. Le déferlement du drapeau du commandement aérien, à Trenton, le 1er avril, a été l'un des faits saillants de cette célébration. La cérémonie a coïncidé avec l'inauguration officielle du musée commémoratif de l'Aviation royale du Canada.

Si l'on peut dire, le nouvel uniforme a emboîté le pas à ce nouveau drapeau. L'uniforme vert des FC, introduit après l'unification des Forces, à la fin des années 1960, n'a jamais été très populaire, en particulier chez les soldats, marins et aviateurs vétérans ou les groupes d'anciens combattants. Beaucoup d'entre eux se sont donc réjouis lorsque le ministre de la Défense nationale a annoncé, en février 1985, que les FC adopteraient de nouveaux uniformes distinctifs pour chacun des trois éléments : Terre, Mer et Air. Il a naturellement pris soin de préciser par la même occasion « que cela n'entraînerait aucun changement d'ordre organisationnel ». L'unification a été faite une fois pour toutes. Pourtant, lorsque les nouveaux uniformes ont été introduits, à la fin des années 1980, bon nombre d'habitants de

Trenton n'ont pas caché leur satisfaction en constatant que « leur » base retrouvait peu à peu sa couleur d'antan, le « bleu pâle ».

Dans les forces armées, l'évolution sur le plan social s'est accélérée au cours des années 1980, à partir du moment où les femmes ont commencé à accéder à des emplois traditionnellement réservés aux hommes. L'arrivée de ces « premières femmes » a été un événement marquant. En effet, l'édition du 4 février 1981 de Contact titrait « Deux femmes-pilotes débarquent à Trenton ». Le journal expliquait ensuite que les capitaines Norma Bottomley et Leah Mosher, deux des trois premières femmes des Forces canadiennes à obtenir leur diplôme de pilotage, se joindraient aux 424e et 436e Escadrons, respectivement. En juin 1981, le Capt Bottomley et le Cpl Cheryl Tardif ont été la première femme pilote et la première mécanicienne de bord à compléter la formation du 426e Escadron sur les appareils Buffalo.

Au cours des années 1980, les besoins opérationnels ont également évolué. Le premier ministre de l'époque, Brian Mulroney, s'est rendu à Trenton le 22 janvier 1988, notamment pour entendre un exposé sur l'exercice Lightning Strike 1988, donné par



Les premières femmes-pilotes des Forces canadiennes, les capitaines Norma Bottomley, Deanna Brasseur et Leah Mosher, le « pouce en l'air », quelques heures avant de recevoir leurs brevets de pilote à Moose Jaw.

le brigadier-général Ian Douglas, commandant de la Force opérationnelle interarmées. Lightning Strike était un exercice interarmées d'envergure nationale, auquel ont participé 3 000 soldats et aviateurs d'unités de la Force d'opérations spéciales de Petawawa, du Groupe transport aérien, du Groupe aérien tactique et du Groupe de chasse. Cet exercice avait pour but de mettre à l'épreuve la capacité « d'intervention rapide dans diverses régions du Canada » en cas de menace soviétique perçue.

Cependant, à la fin des années 1980, avec le recul de la guerre froide et la multiplication des conflits régionaux, un nouveau besoin a commencé à se faire jour. Des unités de Trenton, d'Edmonton et de Winnipeg ont participé

à une importante opération interarmées, l'opération Vagabond, qui a débuté en août 1988, et que le major Don James, officier adjoint de maintenance de la BFC Trenton et officier de maintenance de l'opération, a décrite comme « la plus imposante opération détachée d'aérotransport qu'il m'ait été donné de voir ». Dans le cadre de l'opération, 10 aéronefs C-130 et 14 équipages, ainsi que l'élément de contrôle du transport aérien (ALCE), ont été déployés à Incerlik, en Turquie, pour fournir un pont aérien au Groupe d'observateurs militaires des Nations Unies pour l'Iran et l'Iraq (GOMNUII) déployé dans ces deux pays. Il devrait y avoir de nombreuses opérations du même type au cours des dix prochaines années.



« La plus imposante opération d'aérotransport qu'il m'ait été donné de voir. » À côté, d'un appareil Hercules C-130 du 436e Escadron, 50 militaires s'appêtent à prendre le départ dans le cadre de l'opération Vagabond.

U.S. Army awards Bronze Star to Canadian 'Devil's Brigade' vets

American Forces Press Service

WASHINGTON, Aug. 18, 2006 – The Army has authorized award of the Bronze Star Medal for Service to the living Canadian veterans of the 1st Special Services Force for their service to the U.S. Army during World War II.

The unit was known as "the Devil's Brigade" during the war and was one of the first U.S. special operations forces units in the war. The unit included U.S. Army soldiers and soldiers of the 2nd Canadian Parachute Battalion and 2nd Canadian Special Service Battalion of the Special Operations Group.

From 1942 to 1944, about 2,500 soldiers served in the unit under U.S. Army com-

mand. Members from both nations were assigned interchangeably to the squad level and below. The Canadians wore U.S. Army uniforms and carried American weapons. The unit deployed to the Aleutian Islands in 1943 and then moved to Italy. The force participated in actions at the Anzio beachhead, the liberation of Rome and into southern France. The unit took so many casualties that officials disbanded it in January 1945.

The unit earned the name the Devil's Brigade during the Italian Campaign from words found written in the diary of a dead German officer: "The black devils are all around us every time we come into line and we never hear them."

The award of the Bronze

Star Medal for Service is a conversion award of the Combat Infantryman Badge authorized for almost 1,200 Canadian veterans in 2005. Under Army policies, only Combat Infantryman Badges and Combat Medic Badges awarded during World War II may be converted to the Bronze Star Medal for Service. "This is an added award to these Canadian veterans," said Shari Lawrence, a spokeswoman for the Army's Human Resources Command.

Although approved for the unit as a whole, the almost 120 eligible veterans must submit verification documents showing their complete name, rank, service number and dates of service when they apply for the medal.

Force veterans are meeting in Helena, Mont., this week for their last reunion. "It's only fitting we make this announcement this week," Lawrence said. The unit trained in at Helena's Fort William Henry Harrison before leaving for war.

Eligible veterans may send their request and copies of their verification documents to: U.S. Army Human Resources Command; 200 Stovall Street, ATTN: A H R C - P D O - P A ; Alexandria, VA 22332-4000.

The Devil's Brigade included U.S. Army soldiers and soldiers of the 2nd Canadian Parachute Battalion and 2nd Canadian Special Service Battalion of the Special Operations Group.
credit/source: n/c



Showcase



Sgt D. MacLean
received his General Campaign Star and South West Asia Service Medal, presented by Maj P. Jaeggi, 436 Sqn A/CO.



WO C. MacDonald
received his CD2, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Maj D. Bouchard
received his CD2, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Capt T. Hatheway
received his General Campaign Star, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Sgt B. Bourdeau
received her General Campaign Star, presented by Maj P. Jaeggi, 436 Sqn A/CO.



MCpl L. Page
received his General Campaign Star, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Capt E. Rosema-Seaton
received his South West Asia Service Medal, presented by Maj P. Jaeggi, 436 Sqn A/CO.



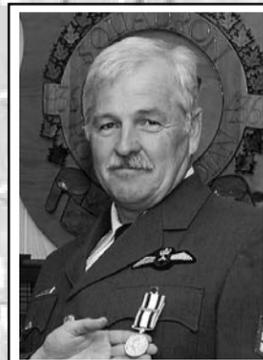
Capt K. Schweitser
received his South West Asia Service Medal, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Capt J. Longley
received her South West Asia Service Medal, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Sgt A. Orcutt
received his South West Asia Service Medal, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Sgt R. Gauthier
received his South West Asia Service Medal, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Capt J. Longley
received his South West Asia Service Medal, presented by Maj P. Jaeggi, 436 Sqn A/CO.



MCpl K. Johnson
received his promotion to that rank, presented by Capt M. Wray, 8AMS ASO.



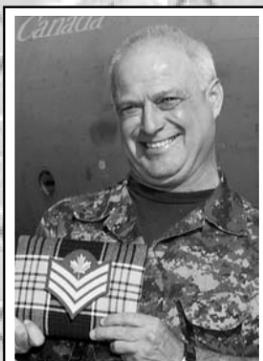
Cpl M. Livingstone
received his promotion to that rank, presented by Capt M. Wray, 8AMS ASO.



MCpl Y. Otis
received his promotion to that rank, presented by Maj J. Fernandes, 8 AMS A/CO.



MCpl A. McIntosh
received his promotion to that rank, presented by Maj T. Home, 8AMS AMSO.



Sgt B. Porter
received his promotion to that rank, presented by Maj T. Home, 8AMS AMSO.



MWO S. Budykin
received his promotion to that rank, presented by BGen E.B. Thuen, DComd Msn Sp, 1 Cdn Air Div HQ.

Congratulations! Félicitations!

Showcase



WO J. Shipley

received his promotion to that rank, presented by LCol W. Lewis, CO 8 AMS.



MCpl D. Greer

received his promotion to that rank, presented by LCol W. Lewis, CO 8 AMS.



Capt T. Snetsinger

received his CC-130 Hercules 2000 Flying Hours Certificate, presented by Maj P. Jaeggi, 436 Sqn ACO.



Capt N. Mathews

received his 2000 Flying Hours Certificate, presented by Maj P. Jaeggi, 436 Sqn ACO.



Sgt L. Moore

received her CC-130 Hercules 1000 Flying Hours Certificate, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Capt B. Crosier

received his CC-130 Hercules 1000 Flying Hours Certificate, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Maj Y. Harvey

received his promotion to that rank, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Capt R. Hough

received his South West Asia Service Medal and 1000 Flying Hours Certificate, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Capt P. Daunais

received his South West Asia Service Medal, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Sgt M. Bernleithner

received his South West Asia Service Medal and 1000 Flying Hours Certificate, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Capt T. Brodie

received his CD2, presented by Maj P. Jaeggi, 436 Sqn A/CO.



MWO G. Santerre

received his CD1, presented by Maj P. Jaeggi, 436 Sqn A/CO.



Cpl H. Laurin

received his General Campaign Star with ISAF Bar, presented by Maj P. Vadon, CO 8 ACCS.



WO M. Pierce

received his promotion to that rank, presented by Maj P. Vadon, CO 8 ACCS.



WO J. Sullivan

received his promotion to that rank, presented by Maj P. Vadon, CO 8 ACCS.



Sgt G. White

received his promotion to that rank, presented by Maj P. Vadon, CO 8 ACCS.



MCpl S. London

received her promotion to that rank, presented by Maj Denis Roy, A/CO 437 Sqn.



MCpl D. Nicholson

received her promotion to that rank, presented by Maj Denis Roy, A/CO 437 Sqn.



Sgt A. Gray

received his Certificate of Service, presented by Maj H. Rietmuller, ATESS MDO.

Congratulations! Félicitations!

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 Tuesday, Sept. 5, 2006**

Anyone wishing more information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage and get some valuable advice concerning your problems.

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NOTICE TO CREDITORS AND OTHERS
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All persons having claims as creditors against the estate of the above mentioned, late of the Carrying Place, City of Quinte West, in the County of Hastings, who dies at the said Carrying Place, City of Quinte West, on February 15, 2006, are required to file proof of the same with the undersigned on or before September 15, 2006.

After that date the Public Guardian and Trustee will proceed to distribute the estate, having regard only to the claims of which she then shall have had notice.

Anyone having knowledge of a Will or next-of-kin of the above mentioned is also requested to contact the undersigned.

Dated at Toronto on July 14, 2006.
 Public Guardian and Trustee,
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