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CORPORAL HONOURED IN SOMBER REPATRIATION CEREMONY



Photo: MCpl Chris Connolly, 8 Wing Imaging

Members of the 3rd Royal Canadian Regiment begin to carry the remains of Corporal Anthony Boneca. Cpl Boneca, of the Lake Superior Scottish Regiment, was killed in Afghanistan on 09 July 2006. His remains arrived at Canadian Forces Base Trenton on July 12, 2006 at 7:00 pm via a CC-150 Polaris from 437 Transport Squadron. Cpl Boneca was killed during a firefight with insurgents approximately 25 kilometres west of Kandahar. Her Excellency the Right Honorable Mich elle Jean, Governor General of Canada and Commander-in-Chief of the Canadian Forces; the Minister of National Defence, the Honorable Gordon O'Connor; and Chief of the Defence Staff, General R. J. Hillier, were present at the ceremony to pay their respects.



Photo: Cpl Tom Parker, 8 Wing Imaging

UP TO THE CHALLENGE



Photo: MCpl Chris Connolly, 8 Wing Imaging

8 Wing Trenton Fire Department member Sergeant Bob Comeau pulls a "hi-combat" fire hose line over a distance of 75 feet during the team competition race at the Lake Ontario Regional Scott Firefighter Combat Challenge. See Pages 8, 9 for story and more photos.

NEW WING CHIEF WELCOMED



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Colonel Tom Lawson (left), Commander, 8 Wing/CFB Trenton, and the outgoing Wing Chief Warrant Officer (WCWO), CWO Don Cheverie (right), present the new WCWO, CWO Thomas Secretan (centre) with his new ranks at the official handover ceremony at the Warrant Officers' and Sergeants' Mess on Friday, July 7.

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Julian Austin to headline outdoor benefit concert at Baker Island this September

by Andrea LeBlanc
Managing Editor

The great outdoors, terrific live music, and very skilled people jumping out of airplanes...it's going to be a great night, for a really great cause!

Canadian country music star Julian Austin is set to headline The Corporal Randy Payne Benefit Concert, slated for Friday, September 22, 2006 at Baker Island. All profits from this event will be donated to a trust fund set up for Cpl Payne's two children, Tristan, 7, and Jasmine, 5.

Cpl Payne, a military police officer stationed at the Military Police Platoon in Wainwright, Alberta, was killed in action in Afghanistan on April 22 of this year when a roadside bomb destroyed the armoured vehicle he was driving. Three other soldiers were also killed, as

they were returning to Kandahar airfield from a remote forward operating base north of Kandahar City.

"This concert, presented by Classic Hits 95.5 and Cool 100.1, is completely open to the public, and is going to be terrific. Not only do we have Julian Austin, but we also have two other great bands—The McDonough Band out of Boston and Colonel Angus, a classic rock band from the Kingston area," said Master Corporal (MCpl) Dustin Dorken, a military police officer here at 8 Wing/CFB Trenton and one of a small group spearheading this charitable event.

The doors will open at 5 p.m. and the music will get underway with Colonel Angus taking to the stage first at 6 p.m. After one set, the local band will take a break while the crowd is treated to a visit from the

SkyHawks, Canada's premier parachute demonstration team, who will really get things "jumping." Following this, Colonel Angus will return to the stage for more cover tunes.

Next up will be the McDonough Band, making its Canadian debut. According to MCpl Dorken, this band has developed a real cult following in New England, and is known for its "blue collar rock 'n roll" music.

Julian Austin, currently touring Canada and promoting his new CD, will then close out what promises to be a memorable evening. Be sure to bring your lawn chairs!

Tickets are now on sale for this licensed benefit concert—\$20 in advance or \$25 at the door—and MCpl Dorken urges people to get their tickets as soon as possible. Tickets may be purchased at: TD Canada Trust (Trenton,

Belleville or Gananoque), CANEX, the 8 Wing/CFB Trenton MP section, Sam The Record Man (Belleville), Frankford Variety or Stubby's Bar and Grill (Frankford). And if people can't attend the concert but still want to show their support, they are welcome to make donations to the children's trust fund at any TD Canada Trust location, or online, to account #6256255 (Gananoque).

MCpl Dorken is still seeking sponsors to help fund the event and made sure to thank the very generous local sponsors who have already assisted with the benefit concert, including Bayview Auto and McDougall Insurance Brokers Ltd.

For more information about The Corporal Randy Payne Benefit Concert, visit www.corporalpayne.ca or call 613-847-0041.



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**WING LOGISTICS AND ENGINEERING
PICTURE OF THE WEEK**

81 Airfield Engineer Flight (AEF) with assistance from 14 Airfield Engineer Squadron (AES), Reserve Engineers from the East Coast, have been busy constructing the latest addition to the 8 Wing landscape. The C-span building that was erected just west of 424 Squadron replaces the old, green sprung shelter that existed in the same location last year. The new facility will be used as ready storage for 424 Squadron and 8 AMS. The final product, with the assistance of local contractors, will be insulated and heated. This style of building is produced using two mechanical trailers to form the arches from 3000-lb rolls of steel, a process similar to seamless eaves trough. The arches are then lifted into position by a crane and seamed together using power hand tools. The size of building that can be constructed is only limited by the space available, oh yes, and funding. CHIMO!

Attention Readers

The Contact office will be closed from July 24 - August 7 for summer vacation.

Please note, there will be no papers for these two weeks.

We will reopen on August 8.

Thank You.



Three Canadian Forces SAR personnel perish during night training

July 13, 2006

14 WING GREENWOOD, NS – Three CF Search and Rescue (SAR) crew members have perished and four were injured after a CH-149 Cormorant Helicopter from 413

Transport and Rescue Squadron ditched during a training exercise off Canso, NS at 12:30 A.M. (local time) today.

Search and rescue aircraft from 413 Squadron, a Sea King Helicopter from Shearwater, and Canadian Coast Guard

vessels are on-scene at this time. RCMP from Canso are also assisting in the recovery operation. Names have not been released until next of kin have been informed.

More information will be released as it becomes available.

Search & Rescue UPDATE

Photo: Sgt R. Ruthven, CFLAWC



It was another busy week here at 424 Squadron. We flew 10 missions with eight lives saved since our last article.

On July 5, 424 Squadron responded to two ELT calls and two reports of crashed aircraft. The ELTs were false alarms and the two crashes resulted in no injuries. On July 6, the squadron responded to a sinking boat and carried out a medevac from Algonquin Park. July 7-10 consisted of responses to persons in the water—fortunately all the people were safely found. Also on July 10 our Griffon rendered assistance to a boat on fire east of Montreal. Finally, on July 11, Rescue 317 responded to an ELT, but returned to base shortly after takeoff because there was no emergency situation.

Until next week, stay safe.

Missions for 2006: 103 Missions for July.: 28 Persons rescued: 21

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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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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

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

Letters to the Editor:

Internet: LEBLANC.AL@forces.gc.ca

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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Canadiana Crossword

Fishy Facts

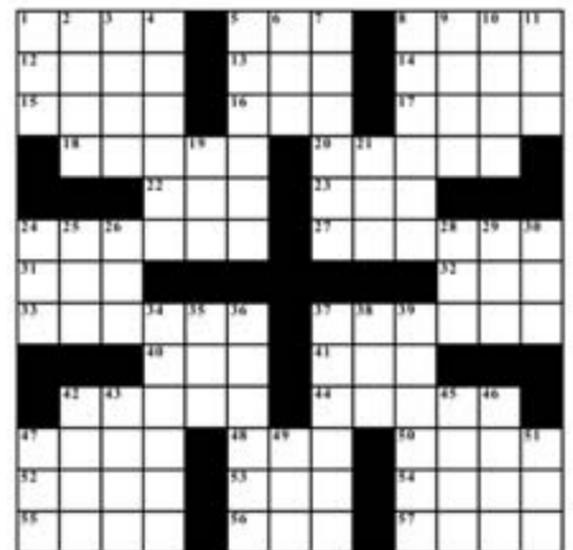
By Bernice Rosella and James Kilner

ACROSS

- From a distance
- Deli sandwich
- Dog salmon
- Great Lakes salmon
- Large marsupial, affectionately
- Adherents
- Prepared to drive?
- Gambler's Acronym
- Plays on words
- Parr's cousin
- Eros
- Prefix for classical or conservative
- Brew
- Typewriter part
- Suckled
- Garlic, in Gananoque
- The late Amin
- Considers, in a way
- Holiday beverage
- English islet
- Household god
- Rectory
- Parlance
- Female salmon
- Pestilence
- Support
- Serf (OE)
- Atlantic prov.
- Young salmon
- Cur
- Go wrong
- Prefix denoting within

DOWN

- Statute
- Enemies
- Oral interruption
- Gopher or gerbil



- United Kingdom citizen
- WC to Fields?
- Colourful tropical bird
- Herring dish
- Handbag
- Keep an eye on
- Donkey
- Sheltered side
- Inuit utility knife
- Grope
- Weir's concern
- Caliph
- Every Canadian's ID
- Japanese word for metropol-
- Archaeological site
- Showy sea bird
- Familiar greetings
- Russian prairie
- Potion
- Gallivant
- Influenza
- Japanese salmon
- Female relative
- Algerian port
- Three year old salmon
- Unit of radioactivity
- Over, poetically
- Con's opposite

FlyPast will return later this summer.

DO YOU KNOW MY NAME?

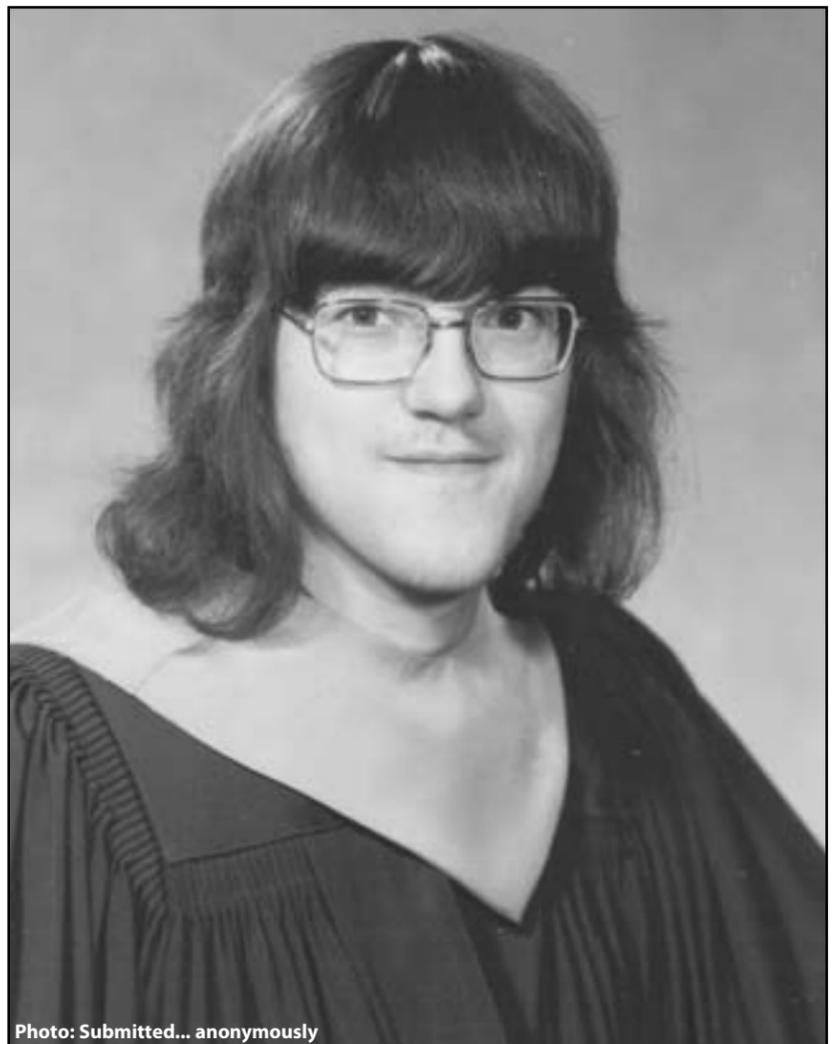


Photo: Submitted... anonymously

Can you guess who this is? A little hint...he's very well known on the wing and he just got commissioned...See the mystery solved in next week's issue of The Contact!



Remembering... Trenton in the 1970s

by Captain Randy J. Henning

The 1960s and 1970s were a period of great change and upheaval for Canada's military. Unification, which began in 1968, did away with most of the traditions of the former navy, army and air force and forever altered how most military personnel were employed. And many complained bitterly (if privately) of a loss of identity as they changed from their traditional service uniforms, beginning in 1969, to the new CF "greens." General issue of the new green uniform began in Trenton in April 1971.

No one complained, however, about the pay raises of the 1970s, as DND moved to establish overall pay comparability with the public service. The average increase for 1975, for example, was just under 14 percent.

But along with unification came downsizing and local municipalities around CFB Trenton began to worry that "their base" might be next to close. Some of the developments in the early 1970s, however, might have hinted otherwise. In April 1970, 437 Squadron received the first of the new Boeing 707 (CC-137) aircraft to replace the Yukon. Then in May 1971, 426 Squadron, disbanded in Trenton in 1962, was reformed, absorbing 4 Field Technical and 4 (Transport) Operational Training Units. The new role for this famous Second World War bomber squadron was to train air and ground crew on transport aircraft.

And the August 12, 1970 edition of The Contact reported that another wartime unit, 436 "Tusker" Squadron, "complete with elephant, arrived at CFB

Trenton yesterday to take up new residence in the aviation centre of Canada." During the 1970s, 436 Squadron flew regular resupply flights to Alert and provided tactical flying support to the Canadian Airborne Regiment. It also provided support to the UN and, in 1979, participated in the evacuation of Canadians and foreign nationals from Iran.

Air Command was formed on 1 September 1975, headquartered in Winnipeg. Air Transport Group Headquarters was established in Trenton on the same date. Training System Headquarters (TSHQ) also stood up in Trenton that September. Housed in what is now Wing Headquarters, TSHQ was responsible for planning, organizing, and conducting "purple training," (common to more than one CF environment) at 22 schools across Canada.

No. 116 Air Transport Unit (ATU) formed in Trenton and was deployed to Cairo (UNEF) in January 1974. The unit was initially composed of 64 personnel, mostly from 424 Squadron, and two Buffalo aircraft. Tragedy struck on 9 August 1974 when one of the aircraft, number 115461, on a routine flight from Ismalia, Egypt to Damascus, Syria, was struck by surface-to-air missiles and crashed just east of Damascus. The August 15 Contact reported that all nine onboard were lost. From 116 ATU were: the aircraft commander, Captain (Capt) K.B. Mirau; the first officer, Capt R.B. Wicks; the engineer, Master Corporal (MCpl) R.C. Spencer; the loadmaster, Corporal (Cpl) B.K. Stringer; and a passenger, Capt G.G. Foster. Also aboard as passengers were: Master Warrant



Photo: Contact archives

1978--Private GE (Gaye) Toupin, an administrative clerk at Base Maintenance, becomes the first female member of the Canadian Forces Parachute Team, the SkyHawks.

Officer G. Landry, 3 Royal 22e Régiment; Warrant Officer C.B. Korejwo, 1 Royal Canadian Regiment; and Cpls M.H. Kennington and M.W. Simpson, both from 73 Canadian Services Unit.

On a brighter note, 1975 was International Women's Year and the occasion was marked in Trenton on 2 May 1975 by a visit by The Honourable Pauline McGibbon, Lieutenant Governor of Ontario. She was greeted by Major-General K.E. Lewis, Commander ATC, and Colonel J.C. Henry, Base Commander, and reviewed a 50-woman guard of honour. Her speech that evening to an all-woman mess dinner held at the Officers' Mess was on "The Emerging Woman." The emerging role of women in the CF was evident in 1978 when Private G.E. (Gaye) Toupin, an Administrative Clerk in Base Maintenance, Trenton, became the first female member of the Canadian Forces Parachute Team, the SkyHawks.

And as the CF changed, some traditions endured. The Honourable Pauline McGibbon returned to Trenton on 10 September 1977 to present colours to 436 Squadron and again on 19 August 1978 to bestow the same honour on 426 Squadron. Other important occasions included the granting of Freedom of the City of Belleville to CFB Trenton on 28 June 1978. Finally, the Armed Forces Day open house and air show of 1979 set an attendance record with more than 50,000 visitors.



Photo: CAF PCN 73-699

A DeHavilland DHC-5 Buffalo from 424 Squadron in United Nations markings flies over Prince Edward County.

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The bell tolls once again at TACSTC

by Lt Steven Dieter
 PAO, TACSTC

With one swing of the clapper on the Trenton Air Cadet Summer Training Centre (TACSTC) bell, the 2006 cadet summer training season was underway at 8 Wing/CFB Trenton. For the past 46 years, youth from across Ontario have traveled here to participate in air cadet summer training.

This year, Staff Cadet Serena Palmer, the Cadet Training Centre Warrant Officer First Class (CTCWO1), and Lieutenant-Colonel (LCol) Jacquie Pepper, Commanding Officer of TACSTC (and a former CTCWO1 here in Trenton), rang the bell.

Palmer, a cadet at 999 "Loyalist Thunderbirds" Squadron in Amherstview, Ontario, was appointed to the training centre's highest position and appointed to her rank and position during the Pre-Employment Course (PEC) Graduation Parade on July 7.

The Reviewing Officer for the parade was LCol Marcel Parisien, Deputy Regional Cadet Officer for Regional Cadet Support Unit (Central) based at CFB Borden.

This year, the 92 staff cadets hired to work at TACSTC completed an intense eight-day training session, focusing on youth and leadership development.

This course is mandatory for all staff cadets employed at TACSTC, and has been in place for the past five years. Under the direction of Major Dave Forster from Hamilton, and his team of nine fellow cadet instructor officers, the staff cadets were instructed in various areas including drill instruction, general cadet knowledge, first aid, leadership, and physical fitness. As well, they went through an application process for the positions within TACSTC where they wanted to work. The most coveted and most senior of these positions is the Cadet Training Centre Warrant Officer First Class.

The PEC graduation and the ringing of the TACSTC bell signified the launch of the 2006 summer training season.

Approximately 700 cadets from across Ontario – and some from outside of the province – arrived on July 8 and 9, ready to begin their summer training in one of five courses offered at TACSTC: Basic Cadet,



Photo: Civilian Instructor Vanessa Samuel

Staff Cadet Serena Palmer (left) and LCol J.A. Pepper, Commanding Officer of Trenton Air Cadet Summer Training Centre, ring the TACSTC bell marking the beginning of the cadet summer training season.

Introduction to Instruction, Introduction to Leadership, Introduction to Physical Education and Recreational Training, and Trenton General Service Band.

By the end of the summer, close to 2,000 cadets will be trained at the TAC-

STC. The final graduation parade will be on Friday, August 18 when Major-General J.D. Hincke, Director Force Planning and Program Coordination at NHDQ will serve as reviewing officer.



Photo: 2Lt Adam Kidd

LCol Marcel Parisien, Deputy Regional Cadet Officer for Regional Cadet Support Unit (Central), inspects cadets during the TACSTC Pre-Employment Course Graduation Parade.

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Fitness, Sports & Recreation

Canadian Half Pints

The PSP Community Recreation Association (CRA) is pleased to be hosting a Canadian Half Pints Basketball Show.

Meet the smallest and most entertaining basketball team you may ever see!

Game day is scheduled for Thursday, July 27, from 1:00 - 3:00 p.m. at the south side Gym.

Tickets are \$4 in advance or \$5 at the door. Those interested in attending may purchase tickets at the RecPlex. For more information please call local 3361.

Upcoming golf tournament

The Wing Fitness and Sports Flight will be hosting the Club President four ball, best ball I/S Golf Tournament, scheduled to be held on July 18, at the 8 Wing/CFB Trenton Golf Course.

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

Leftover spots will

be made available on a first-come basis.

The registration fee is \$20 per person, which also includes a chance to win some great door prizes.

Green fees for military and golf course members are free, for all others there will be a charge of \$27 per person, and an optional \$6 for food is to be

paid at the Gymnasium.

Tournaments will be a shotgun start. Sign in will be at 0800 hrs. Team briefings will be at 0815 hrs, and tee off time is 0830 hrs.

To register your team please contact Shirley Martin at local 3467 or Dan Cormier at local 3373.

Calling all interested soccer players

The 8 Wing/CFB Trenton Women's Soccer Team is looking for players who would be interested in participating in the Ontario region Women's Invitational

Soccer Tournament. The tournament is scheduled to be held at CFB Petawawa from September 5 to 10, 2006.

Practices will be scheduled if sufficient

interest is attained.

All those interested in getting involved are asked to contact Military Sports Coordinator, Dan Cormier, at local 3373.

Paintball Adventures

The day's event will see the senior youth group players (16 to 18-years-old) playing against the intermediate group (13 to 15-years-old), on Wednesday, July 19, 2006.

We are scheduled to depart from the RecPlex parking lot at 8:15 a.m. and returning at approximately 4:00 p.m.

Cost is \$45 per person and includes all equipment, ammunition, transportation and a BBQ lunch.

Pre-registration is required before July 17.

Please keep in mind that limited spaces are available for this event and may fill up quickly.

Tickets can be purchased at the RecPlex or at the Trenton MFRC.

Please note: All participants must have a signed consent form in order to participate in this activity.

Albatross Outdoor Pool

Open 7 days a week from 1 to 6 p.m., holidays 1 to 4 p.m. Military swims are available on Tuesday's and Thursday's, from 1200 to 1300 hrs.

Drop in fees: Free for military personnel and CRA members, with a RecPlex or combination membership; \$ 1.00 for military community non-members, \$ 2.00 for the general public.

Swim to survive clinics

Each clinic will run from 9:00 to 10:15 a.m. Children must be 7 years of age, or older, to participate in Swim to Survive clinics. Clinics are offered absolutely free.

- Wednesday August 2
- Friday August 4
- Wednesday August 9
- Friday August 11
- Wednesday August 30
- Friday September 1

Ontario Provincial Park day passes

The Rec Association has several day passes available that can be used at North Beach, Presqu'ile, Sandbanks and The Outlet provincial parks.

Passes are available to military personnel and CRA members. For more information please call local 3361 or 2349.

Introduction to kayaking

A three-hour adventure designed for people who would like an introduction to sea kayaking. During the course, you'll paddle on the Bay of Quinte and learn the basics, including wet exit and re-entry, with an emphasis on learning new skills under the coaching of our expert.

- Wednesday, July 26, 2006 6 - 9 p.m.
- Friday, August 25, 2006 1 - 4 p.m.

\$45 Military or CRA Members;
\$50 Military Community Non-Members;
\$55 General Public.

Register at the RecPlex. Courses will be held at Bernie Gray Kayaking, 383 Dundas Street West in Belleville.



INDIAN RIVER REPTILE ZOO VISITS THE REC PLEX

Personnel Support Programs (PSP), Community Recreation Association (CRA), is pleased to presents a family fun adventure for all to enjoy at the Indian River Reptile Show on Friday, August 4, 2006.

Cost is to be paid at the door. Show will take place at the RecPlex Gym. Shows starts at 1:00 p.m. but those attending should be seated by 12:45 p.m.

Rec swim programs

Bronze Cross

Must be 14-years-old on the day of the exam. Course will run weekdays from July 31 to August 11, from 8 to 10:30 a.m.; Saturday, July 29, from 8 a.m. to 1p.m.

Cost is as follows: Military and CRA members: \$110; Military community non-members: \$120; General public: \$130. Please note an additional \$35 will be charged for the Lifesaving manual and \$15 for the First Aid manual (if required). Please note: there will be no classes on August 4 and August 7.

National Lifeguard Service (NLS)

Must be 16-years-old on the day of the exam. Courses are as follows: August 17 from 6 to 10:00 p.m., August 18 from 6 to 10:00 p.m.; Two-weekend crash course also offered: August 19 and 26 from 8:30 a.m. to 9:00 p.m.; August 20 and 27 from 9:00 a.m. to 8:00 p.m.

Cost is as follows: \$210, \$220 or \$250 depending on status, plus \$35 for the manual.

For more information contact the RecPlex at 613-392-2811 ext. 3361 or 3348.





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Employ ergonomics off the job



Submitted by
Don Heans,
Wing General Safety
Officer

Have you ever noticed that you can ignore serious discomfort when you are doing something you enjoy in your free time -- discomfort you wouldn't necessarily put up with on the job?

You don't mind spending all Saturday leaning over the engine of the classic car you are restoring in your backyard.

You sit for hours curled up like a pretzel as you battle aliens in a

video or computer game. Your shoulder and arm ache from hours of hammering as you create a playhouse for the kids.

Just because an activity is fun doesn't mean it won't hurt you. Cumulative trauma injuries can occur just as easily on your own time as they can at work.

Ergonomics are just as important in your off-hours activities as they are on your job.

Here are some reminders about practicing good ergonomics off the job:

-- Arrange all your workstations with ergonomics in mind.

--Whether in your workshop or kitchen, place frequently used tools and materials where you can reach them without stretching or twisting your body. Items you use less often should not be in premium space.

--Work surfaces should be at a comfortable height so you can work at the comfort zone around shoulder level.

--Keep work and hobby areas free of clutter, which can cause confusion and tripping accidents.

--Use well-designed tools to help prevent repetitive strain injuries.

--Take frequent breaks when doing repetitive work or when working in awkward positions.

--Vary your posture frequently. When standing in the kitchen, shop or at the ironing board, keep a stool nearby to sit occasionally.

--Shift your weight from one foot to another, and elevate one foot onto a stepstool from time to time. Also place a rubber mat on the floor to reduce the strain on your feet, legs and back.

--When sitting, keep your back relatively straight and your feet on the floor. Get up and move around once in awhile, even if you are enjoying a movie marathon. Sitting too long in the wrong position can contribute to back problems.

--Remember ergonomics in the car too. Before starting out, adjust the steering wheel, seat, mirrors, headrest and seatbelt so you can sit comfortably.

--You should be able to see well and move freely to control the vehicle. Take frequent breaks on trips; get out and stretch every couple of hours.

Take what you learn on the job about ergonomics home with you. You'll work and play more comfortably, and you will help yourself avoid injury.

Healthy sexuality begins at a young age

Hastings and Prince Edward Counties Health Unit

Many parents and caregivers feel uneasy when their young children ask questions about sex and sexuality. Yet, healthy sexuality is an important part of positive child development -- just like healthy physical, social and intellectual development.

"Teaching your child about sexuality is easier than it sounds," says Sue Cartier, a health promoter with the Hastings and Prince Edward Counties Health Unit. "Children do not have the same level of self-consciousness attached to sexuality as adults do. To them learning about why only boys have penises and where babies come from is the same as learning to count or identify the colours of the rainbow; it's all learning."

Cartier adds that teaching your child early about their body can help them form a positive sexual identity.

Early sexual education also helps prevent child sexual abuse.

"Children who are informed can more easily identify and describe inappropriate touching or behaviour," says Cartier.

The Health Unit encourages parents to teach their children the correct names for all of their body parts, including the private parts.

Parents should also talk to their children about sexuality and answer any questions accurately, bringing the information down to their child's level.

Fact sheets to aid in answering questions and in preventing child sexual abuse are available online www.hpechu.on.ca or by calling 613-966-5513 ext. 296. They are located at in the Infant and Child Health section under the Raising Sexually Healthy Children topic.

For more information about sexual health in the early years, please contact the Health Unit's Baby-Tot line at 613-966-5513 ext. 223.

Parents and caregivers should make sure their children know:

- Our bodies are good and special (and deserving of care and respect, including our private parts).
- Private parts are kept special.
- Children, as they grow, learn to do more things by themselves, but they still need some help.
- Small children may need help washing and wiping their private parts.
- Older children and grownups do not need help from children with their private parts.
- Sometimes we like touching and sometimes we do not.
- Touching is never a secret.
- A person can say no to touching.
- Don't touch a person who says "no touching."



Attention Readers

The Contact office will be closed from July 24 - August 7 for summer vacation. Please note, there will be no papers for these two weeks. We will reopen on August 8. Thank You.



Cadets soon to be flying high

by CI Kiel Edge
PAO,
CRGS

PICTON – After completing a three-week instructor's course and welcoming a group of young air cadets, Central Region Gliding School (CRGS) has begun its summer gliding training program.

The six-week program, which teaches 98 deserving cadets the skills necessary to earn their glider pilot license, began with the arrival of the cadets on July 9.

The number of cadets participating this summer has increased over previous years, meaning the staff will face a demanding and challenging summer.

"With the number of people we have (enrolled in the course), we've got a big challenge ahead of us," said LCol L.E. Lee, the Commanding Officer of CRGS.

CRGS has been operating its glider-training course since the late 1960's. The six-week course is an intensive combination of ground school and practical flight training.

Each of the cadets on the course were the winners of a coveted



Cadets O'Hagan (left), Black and Whatling complete intake procedures with Ocdt W. Calvert after arriving at Loyalist College on July 9. The cadets have begun a six-week course in which they hope to earn the coveted wings of a glider pilot.

scholarship.

The applicants wrote essays, tests, and completed an interview phase in order to gain admittance into the prestigious program, which is often an early training ground for Canada's next generation of pilots.

With such a strenuous application process in place, CRGS ensures that only the most promising and dedicated cadets are given the opportunity to earn the coveted wings of a glider pilot.

"The cadets have been in competition at various levels across the province (to earn the scholarship)," LCol L.E. Lee said. "We expect top notch people."

Prior to the beginning of the glider course, CRGS operated a three-week course to train new instructors.

The course taught glider pilots, many of which were former CRGS cadets, the principles needed to teach young cadets how to fly. After the hard work needed to complete the course, the school's newest instructors are anxious to use their knowledge.

"I'm very excited for the opportunity to bring the amazing experience of flight to other people," said CI Natalie Davis, a first time instructor.

For some of the new staff members, the opportunity to contin-

ue the tradition of cadet flight is one of the main drawing points to becoming an instructor.

"It's an honour to be able to instruct future pilots, and to contribute to their growing interest in aviation," said 2Lt Matt McParland, a North Bay resident and eight year cadet, who began flying gliders four years ago.

The cadets fly out of Canadian Forces Detachment Mountain View as well as the Picton Airport, switching locations frequently in order to learn flying techniques in a variety of conditions. CRGS staff say having access to two airfields simultaneously is a major factor in a successful summer.

"Pilots are lucky to fly anywhere, but we're [extremely] fortunate to have the use of two complete airfields almost exclusively," explained Lee.

Apart from the glider course, CRGS also offers two introduction to aviation courses, held at Loyalist College.

In addition to these courses, the school also administers a Power Flying Scholarship Course, operated out of airfields across Ontario.

Promotions

Photos: Submitted



Major Sean Anderson (left) receives his CD from Lieutenant Colonel Jacquie Pepper, CO Trenton Air Cadet Summer Training Centre.



Captain Nathan James (left) receives his promotion to Captain from Lieutenant Colonel Jacquie Pepper, CO Trenton Air Cadet Summer Training Centre.



Major Dave Begg (right) receives his CD1 from Lieutenant-Colonel Marcel Parisien, Deputy Regional Cadet Officer, Regional Cadet Support Unit Borden.

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8 Wing team finishes in 11th place in challenge



8 Wing Trenton Firefighter Sgt Bob Comeau (centre) passes a flashlight to teammate Cpl Jacques Martin during their team competition race at the 2006 Lake Ontario Regional Scott Firefighter Combat Challenge. The 8 Wing Trenton team finished with a combined time of 7 minutes, 16 seconds.



Competing firefighters from the 8 Wing Trenton Fire Department pose for a group photo at the 2006 Lake Ontario Regional Scott Firefighter Combat Challenge. (Left to right): Sergeant Bob Comeau, Corporal Jaques Caron, Private Jessica Summerhayes, Corporal Jacques Martin and Private Rick Kennedy.

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GRADUATE REBATE PROGRAM



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
July 16 - July 22

ARIES (March 21-April 19): Rethink your strategy on the 16 and 17. Knowing what you have to do and exercising your talents to the fullest will help you gain momentum and put you in a lead position. Don't get angry; get moving on the 18 and 19. Only you can say no to the demands being put on you. Size up your situation, if things don't appear to be fair, rid yourself of what is causing the added pressure. It's time to take a closer look at what's going on in your own back yard. Don't make a move or a promise on the 20 - 22. You'll find yourself in the middle of a squabble if you try to take sides or complain. An older relative will give you good advice.

TAURUS (April 20-May 20): Stick close to home on the 16 and 17 where you'll be accepted for who you are. Arguments will break out if you get involved in a lively social event that could lead to danger. Don't overreact or overindulge. Delve into one of the home improvement projects on the 18 and 19. Don't limit yourself because you're insecure. Your emotions will lead you into a precarious situation on the 20 - 22. Get your facts straight if you pursue a course of action that will involve debate. This isn't the time to act on hearsay or assumptions. Entertainment will lead to overspending.

GEMINI (May 21-June 20): Things are heating up on the 16 and 17. This is the perfect time to make changes or commit to someone or something that interests you. A passionate approach will bring you respect and approval. A sudden change in a friendship or association will leave you surprised on the 18 and 19. Be willing to let some things go in order to make room for new people, places and things. Invest in yourself, your home and future. Don't be overwhelmed by the changes that come your way on the 20 - 22. Instead, embrace them and you'll be able to make them work for you. A unique situation will spark a long-sought solution.

CANCER (June 21-July 22): Not everyone is going to like what you do, but that shouldn't ruin your plans on the 16 and 17. Be a little more unpredictable and you'll grab the attention of someone who has thought of you as too conservative in the past. The 18 and 19 are excellent days to make changes, even if you're reluctant to do so. New groups, associates and friends will introduce you to different lifestyles. Use your past experience to help you make the right decision on the 20 - 22nd. It's not likely someone who is promising to do things for you will follow through. Sever ties with someone who isn't enthusiastic about what you're trying to accomplish.

LEO (July 23-Aug. 22): You can't lose if you follow through with your plans on the 16 and 17. A solid offer appears to be heading your way. Show how passionate you are and you'll impress the exact person who can make a difference in your life. Someone is probably leading you on or astray on the 18 and 19. Don't let your emotions interfere with professional goals or you'll stumble financially. Not everyone will like what you decide to do on the 20 - 22 but that's OK. A chance to incorporate a different way of doing things is apparent and will probably enhance your creative output. The more active and passionate you are, the better you'll do.

VIRGO (Aug. 23-Sept. 22): Don't let emotional matters hold you back on the 16 and 17. Focus on where the money is and how you can make more of it. A sudden change in a partnership may surprise you but the end result will be to your advantage. If you haven't let go of some of the waste in your life, do so on the 18 and 19. Offer things you no longer need to those who do. The feeling of freedom will help you move on emotionally, mentally and physically. You may have to bend a bit on the 20 - 22 in order to get something you want. Network all you can and you will get ahead. If someone is pulling rank, put an end to it.

LIBRA (Sept. 23-Oct. 22): Someone may make you an offer that's hard to refuse on the 16 and 17. Before you accept, consider what you're bringing to the table. You can probably go it alone, making the whole project more profitable and less complicated for you. Added responsibilities may be overwhelming on the 18 and 19 but, in the long run, the service you offer others will bring you some help and wisdom in return. Be cautious and frugal. Let go of the people and things that are dragging you down and holding you back on the 20 - 22. Check out your options and you'll find your space and your niche.

SCORPIO (Oct. 23-Nov. 21): Look for what fits best with your lifestyle on the 16 and 17. You can make some important changes to your own space, allowing you to expand on something you're already involved in. Both personal and professional relationships will be undergoing change on the 18 and 19 because of emotional issues and restrictions you feel forced to accept. Don't give in to threats. The changes you make to your surroundings on the 20 - 22 will benefit you more than you realize. A more creative environment will help you do some of your best work. Don't let your own uncertainties stand in the way of your progress.

SAGITTARIUS (Nov. 22-Dec. 21): You will be sought after and appear to be in demand on the 16 and 17 but don't fool yourself into thinking you'll have continued success. You have to start protecting your financial future. Don't take anything for granted on the 18 and 19; discuss your intentions before you proceed. You need to have the support of the people around you. Travel for business or knowledge on the 20 - 22. If a course is being offered that will help you raise your earning ability, sign up for it. Someone you don't know well may try to interest you in an investment. Think twice and don't overspend.

CAPRICORN (Dec. 22-Jan. 19): You've got more going for you than you realize on the 16 and 17. Don't let someone who may be jealous or threatened by you lower your self-esteem or make you second-guess what you're trying to accomplish. Put some time aside for things you enjoy on the 18 and 19. Activities that young people are involved in will lead to a chance encounter with someone from your past. Romance will be stellar. Ignore what everyone else is doing on the 20 - 22 and focus on what really counts. Manipulate your situation in such a way that you form a partnership or negotiate a new deal for yourself. It will be worth the time and effort spent.

AQUARIUS (Jan. 20-Feb. 18): Venturing out on the 16 and 17 will lead to spending more than you can afford and running into someone you should avoid. You may have to juggle more than you want on the 18 and 19 but it will be necessary if you want to come out on top. Stubbornness will get you nowhere. Take a look at who you've become and reassess your situation. Only you can turn things around. You may have to look at things a little differently on the 20 - 22. A money matter can be resolved or an old debt collected or paid. Once your finances are back on track you should be able to make positive moves.

PISCES (Feb. 19-March 20): Things are looking very good on the 16th and 17th, especially when it comes to money and work. An opportunity to sign a deal or get involved in a moneymaking idea looks positive. You won't have any trouble drumming up assistance on the 18 and 19. A partnership looks good and love is blossoming like never before. A creative change will lead to a financial gain. You've got everything to gain and nothing to lose on the 20 - 22 if you believe in your abilities and an idea you want to pursue. Money or a gift is heading your way and a definite change in your lifestyle should be forthcoming and welcome.

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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.

Please be advised that the 8 Wing Fire Department will be conducting ANNUAL HYDRANT FLOW TESTING

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for fire fighting operations. Occupants may experience discolouration of their water and need not worry. If this occurs, simply continue to run your water until the discolouration disappears.

The testing period will run from June 1 until approximately September 1. If there are any concerns, please contact the Fire Department business line at local 3511.

NDT REUNION

18-20 Aug 06

The Nondestructive Testing reunion will be held at 8 Wing/CFB Trenton.

For information please contact Orv Francescone at
PO Box 4681, RR4, Trenton, ON, K8V 5P7
or by email at Francescone.OS@forces.gc.ca
or by phone at 613-392-2811 local 2330 or 394-3592.

You may also contact CWO Bill Gosse at 613-392-2811 ext. 3218
or by email at Gosse.WD@forces.gc.ca.

Registration forms and all related information can be found by visiting
www.cfbtrenton.com.

36th Annual ACS Symposium/Reunion

13-15 Sep 06

8 Wing Trenton

For more info please contact Sgt Farrell ext 7109

Country Music Reunion and Jamboree

August 3 - 6

Legends, pioneers and new frontiers. A reunion of the artists and history of Canada's country music will take place at Centennial Park in Trenton this August.

Tickets are on sale now. Due to insurance regulations and our agreement with the Parks and Recreation department of Trenton, no campers will be allowed on the grounds before 12 noon Thursday!

For further information please call 905-986-4140.

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</p> <p>Sunday Mass (English) 1130 hrs Messe Dominicale: 0900 hrs</p> <p>CONFESSION At all times</p> <p>PARISH ORGANIZATIONS</p> <p>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>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Padre James Craig</p> <p>WORSHIP SERVICE</p> <p>Divine Worship (Sun) 1015 hrs Holy Communion 1st Sunday of the month</p> <p>PARISH ORGANIZATIONS</p> <p>Chapel Guild Last Tues 1930 hrs</p>
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DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR

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

NOTICE/AVIS

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

"The 407 Demon Sqñ"

65th Anniversary

All former members and spouses of 407 Sqñ 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"

Baby Pool Party

For parents with infants up to 18-months-old
(and older siblings too!)

This event is free and takes place during the Baby Club Group, which meets every Wednesday from 1 to 3 p.m. at the Early Years/Family Resource Centre located at 10 McFarland Court in Picton. New members are always welcome! For more information please contact Kim Hicks at 613-476-8142 or by email at khpeccs@kos.net. Please feel free to visit our website for up-to-date information at <http://pechildcareservices.com>.

Souvenirs...Trenton dans les années 70

par le Capitaine Randy J. Henning

Les années 60 et 70 ont été une période de grands changements et de bouleversements pour les Forces armées canadiennes.

L'unification, entreprise en 1968, a conduit à l'abolition de la plupart des traditions de la Marine, de l'Armée de terre et de la Force aérienne, et a modifié à tout jamais l'emploi de la plupart des militaires. Ils ont été nombreux à se plaindre violemment (à voix basse) de la perte de leur identité en troquant l'uniforme propre à leur service, à partir de 1969, pour le nouvel uniforme « vert » des FC. La distribution générale du nouvel uniforme vert a commencé à Trenton en avril 1971.

Personne ne s'est plaint cependant des augmentations de la solde des années 70, alors que le Ministère de la Défense nationale établissait un système de comparabilité avec la fonction publique. À titre d'exemple, l'augmentation moyenne accordée en 1975 se situait tout juste sous les 14 pour cent.

Par ailleurs, en même temps que l'unification, on procéda à une rationalisation. Les municipalités dans le voisinage de la BFC Trenton commencèrent à s'inquiéter du fait que « leur base » risquait d'être la prochaine à fermer. Certaines transformations au début des années 70 pouvaient cependant faire croire le contraire. Ainsi, en avril 1970, le 437e Escadron accueillait le premier Boeing 707 (CC-137) qui allait remplacer le Yukon. Puis, en mai 1971, le

426e Escadron, démantelé en 1962 à Trenton, était remis sur pied, réunissant la 4e Unité d'instruction technique et la 4e unité d'entraînement opérationnel. Le nouveau rôle de cet illustre escadron de bombardement de la Deuxième Guerre mondiale consistait à instruire le personnel navigant et le personnel au sol des avions de transport.

L'édition du 12 août 1970 du journal Contact signale qu'une autre unité du temps de guerre, le 436e Escadron (Tusker), « est arrivé à la BFC Trenton hier, avec son éléphant, afin

vaient en Iran.

Le Commandement aérien a été mis sur pied le 1er septembre 1975, avec son quartier général à Winnipeg. Le Quartier général du Groupe Transport aérien a été installé à Trenton, à la même date. Le Quartier général du Service de l'instruction (QGS) fut également installé à Trenton au cours du mois de septembre. Logé dans ce que l'on appelle aujourd'hui le Quartier général de l'Escadre, le QGS était responsable de la planification, de l'organisation et de la prestation de l'instruction inter-

L'édition du 12 août 1970 du journal Contact signale qu'une autre unité du temps de guerre, le 436e Escadron (Tusker), « est arrivé à la BFC Trenton hier, avec son éléphant, afin de s'établir au centre de l'aviation du Canada ». Au cours des années 70, le 436e Escadron effectuait régulièrement des vols de ravitaillement à Alert et fournissait un soutien aérien tactique au Régiment aéroporté du Canada. Il fournissait également du soutien à l'ONU et, en 1979, il a participé à l'évacuation des canadiens et de ressortissants étrangers qui se trouvaient en Iran.

de s'établir au centre de l'aviation du Canada ». Au cours des années 70, le 436e Escadron effectuait régulièrement des vols de ravitaillement à Alert et fournissait un soutien aérien tactique au Régiment aéroporté du Canada. Il fournissait également du soutien à l'ONU et, en 1979, il a participé à l'évacuation des canadiens et de ressortissants étrangers qui se trou-

vaient en Iran.

La 116e Unité canadienne de transport aérien (UCTA) fut mise sur pied à Trenton et déployée au Caire (FUNU) en janvier 1974. À l'origine, l'unité était composée de 64 personnes, la plupart du 424e Escadron, et de deux avions Buffalo. Une tragédie se produisit le 9 août 1974 lorsque l'un des avions, le numéro 115461, lors d'un vol régulier d'Ismaïlia en Égypte, à Damas en Syrie, fut frappé par des missiles sol-air et s'écrasa à l'est de Damas. L'édition du 15 août du journal Contact signale que les neuf personnes à bord ont perdu la vie. Ce sont le commandant de l'aéronef, le capitaine K.B. Mirau; le premier officier, le capitaine R.B. Wicks; le mécanicien de bord, le caporal-chef R.C. Spencer; l'arrimeur, le caporal B.K. Stringer; et un passager, le capitaine G.G. Foster. Étaient également à bord les passagers suivants : l'adjudant-maître G. Landry, du 3 Royal 22e Régiment; l'adjudant C.B. Korejwo, du 1 Royal Canadian Regiment; de même que les caporaux M.H. Kennington et M.W. Simpson, tous deux de la 73e Unité des services du Canada.

Sur une note plus joyeuse, 1975 fut l'Année internationale de la femme. L'occasion a été soulignée à Trenton, le 2 mai 1975, par la visite de l'honorable Pauline McGibbon,

Lieutenante-gouverneure de l'Ontario. Accueillie par le major-général K.E. Lewis, commandant ATC, et par le colonel J.C. Henry, commandant de la base, elle a passé en revue une garde d'honneur composée de 50 femmes. Le discours qu'elle a prononcé au dîner régimentaire ce soir-là, composé uniquement de femmes, portait sur « l'émergence des femmes » (The Emerging Woman). Le nouveau rôle des femmes au sein des FC apparut évident en 1978 lorsque le soldat G.E. (Gaye) Toupin, une commis d'administration à la maintenance de la base Trenton, devint la première femme à devenir membre de l'Équipe de parachutistes des Forces canadiennes, les SkyHawks.

Et malgré le fait que les FC aient changé, certaines traditions sont restées. Ainsi, l'honorable Pauline McGibbon est retournée à Trenton le 10 septembre 1977 pour présenter au 436e Escadron son drapeau, puis le 19 août 1978 pour remettre le même honneur au 426e Escadron. D'autres événements importants ont également eu lieu, comme la remise du droit de cité par la ville de Belleville à la BFC Trenton, le 28 juin 1978. Enfin, lors de la Journée nationale des forces armées en 1979, une foule record de 50 000 visiteurs a participé à la journée portes ouvertes et assisté au spectacle aérien.



Photo: CAF PCN 73-699

Un DHC-5 Buffalo de de Havilland du 424^e Escadron, aux couleurs de l'ONU, survole le comté de Prince Edward.



Photo: Contact archives

1978 – Le soldat GE (Gaye) Toupin, commis d'administration à la maintenance de la base, est la première femme à devenir membre de l'Équipe de parachutistes des Forces canadiennes, les SkyHawks.

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2005 BUICK ALLURE

3.8L V6, automatic, loaded up with full power options incl. pwr. seat, and much more. Mint shape. Off GM Canada Fleet Rental. Balance of factory warranty. 42,000 kms.

\$16,995 CERT. WHY PAY MORE?

\$144.45 BI-WEEKLY for 84 MONTHS

2005 HUMMER

Cool! 4 WD loaded with options inc. 3rd seat, power heated leather, sunroof, high polish rims, step bars and much more! Mint & original 21,000 kms. balance of factory warranty. 21,000 kms.

\$54,995 CERT.

WHY PAY MORE? **\$460.80** BI-WEEKLY for 84 MONTHS

2003 LINCOLN LS

Sharp! Only 54,000 kms! Loaded with every option available (except nav.) power heated leather, high polish 17" rims, power roof, mint shape. Off 1 owner Ford lease.

\$20,995 CERT.

WHY PAY MORE? **\$199.61** BI-WEEKLY for 72 MONTHS

2006 GMC 1500 EXT. CAB

Short box SLE 4X4, only 12,000 kms. 4.8L V8, automatic, loaded with full power options, 17" alloys, mint shape. Off rental. Balance of factory warranty.

\$27,495 CERT. WHY PAY MORE?

\$231.86 BI-WEEKLY for 84 MONTHS

2003 FORD WINDSTAR SEL

Wow! Loaded with options incl. leather, power doors, power seat, entertainment package, alloys, quad seats, dual heat & AC & much more! 5 yr. 100,000 km. warranty. Mint shape. Off Ford lease.

\$14,755 CERT. WHY PAY MORE?

\$141.27 BI-WEEKLY for 72 MONTHS

2002 BUICK CENTURY

Great value! V6, automatic, loaded with full power options. Mint shape. Off GMAC lease return. 90,000 kms.

\$8,755 CERT. WHY PAY MORE?

\$98.33 BI-WEEKLY for 60 MONTHS

2002 PONTIAC MONTANA

Sharp! Extended loaded up with full power options incl. computer overhead console, pwr. seat, 8 rider modular seating, dual heat & AC, alloy wheels and more. Clean van. Off Pontiac lease. 62,000 kms.

\$10,995 CERT. WHY PAY MORE?

\$122.51 BI-WEEKLY for 60 MONTHS

2002 BUICK REGAL GS

Wow! Power heated memory leather seats, power sunroof, supercharged high polish rims, every option available! Mint shape. Off GMAC lease. 78,000 kms.

\$12,495 CERT. WHY PAY MORE?

\$138.70 BI-WEEKLY for 60 MONTHS

2003 FORD EXPEDITION VLT 4X4

Sharp! 7 rider, loaded with full power options. Clean truck. Off Ford lease. 86,000 kms.

\$18,995 CERT. WHY PAY MORE?

\$180.92 BI-WEEKLY for 72 MONTHS

2006 CHEV 1500 EXT. CAB

Short box LT 4X4. Wow! Only 12,000 kms! 4.8L V8, loaded with options. MUST SEE! Mint shape. Off rental. Balance of factory warranty.

\$27,495 CERT. WHY PAY MORE?

\$231.86 BI-WEEKLY for 84 MONTHS

2002 PONTIAC GRAND PRIX GTI

Wow! Power leather seats, power sunroof, high polish rims, and much more. Mint shape. Off GMAC lease. 79,000 kms.

\$12,495 CERT. WHY PAY MORE?

\$138.70 BI-WEEKLY for 60 MONTHS

2002 CHEV VENTURE EXT

Loaded up with full power options incl. quad captains chairs, dual heat & AC & more. Clean van. Off GMAC lease. 95,000 kms.

\$9,995 CERT. WHY PAY MORE?

\$111.72 BI-WEEKLY for 60 MONTHS

2003 PONTIAC VIBE

Sharp! Only 55,000 kms! 4 cyl., automatic, loaded with full power options incl. alloy wheels & more! Mint shape. Off GMAC lease.

\$15,495 CERT. WHY PAY MORE?

\$148.19 BI-WEEKLY for 72 MONTHS

2003 PONTIAC GRAND AM GT

2 dr. ram air hood! V6 H.O. automatic, loaded with full power options incl. power sunroof, power seat, high polish rims, upgraded factory stereo and much more! Mint shape. Off GM lease. 100,000 kms.

\$10,995 CERT. WHY PAY MORE?

\$106.12 BI-WEEKLY for 72 MONTHS

2002 OLDS ALERO

2 dr., 4 cyl., automatic, loaded with full power options incl. power sunroof! Alloys, rear spoiler, full power and more. Mint shape. Off GM lease. 71,000 kms.

\$9,255 CERT. WHY PAY MORE?

\$103.73 BI-WEEKLY for 60 MONTHS

2004 PONTIAC AZTEK

Black beauty! Versatrack AWD, loaded up with full power options, mint shape. Off GMAC lease. 71,000 kms.

\$13,995 CERT. WHY PAY MORE?

\$134.17 BI-WEEKLY for 84 MONTHS

2002 SATURN MIDSIZE L100

Wow! Only 30,000 kms! 4 cyl., automatic, loaded with full power options incl. alloy wheels and more. Mint shape. Off Saturn lease.

\$10,495 CERT. 5 to choose from \$8,995-\$10,495 WHY PAY MORE?

\$117.11 BI-WEEKLY for 60 MONTHS

2002 CHEV CAVALIER

4 door automatic with AC, pwllocks, CD player, tilt & more. Only 49,000 kms. Mint shape. Off GMAC lease.

\$8,255 CERT. WHY PAY MORE?

\$92.94 BI-WEEKLY for 60 MONTHS

2003 CHRYSLER SEBRING

Sharp! Ice blue, 2.7L, V6, automatic, loaded with full power options incl. pwr. seat and alloy wheels, balance of 7 yr./115,000 km. warranty. Mint shape. Off Chrysler lease. 70,000 kms.

\$10,755 CERT. WHY PAY MORE?

\$103.88 BI-WEEKLY for 72 MONTHS

2003 CHEV VENTURE LS EXT.

Sharp! Only 64,000 kms. loaded with full power options incl. quad captains chairs, dual heat & AC & more! Mint shape. Off GMAC lease.

\$12,755 CERT. WHY PAY MORE?

\$122.58 BI-WEEKLY for 72 MONTHS

2002 PONTIAC GRAND AM

Wow! High polish rims, power sunroof! Automatic, loaded with full power options. Mint shape. Off GMAC lease. 71,000 kms.

\$9,995 CERT. WHY PAY MORE?

\$111.72 BI-WEEKLY for 60 MONTHS

2003 FORD WINDSTAR SPORT

Smart buy! Loaded up with full power options incl. power seat & TV, idec, alloy wheels, quad captains chairs & dual heat and AC & more. Balance of 5 yr./100,000 km. warranty. 60,000 kms. Mint shape, off Ford lease.

\$12,255 CERT. WHY PAY MORE?

\$117.90 BI-WEEKLY for 72 MONTHS

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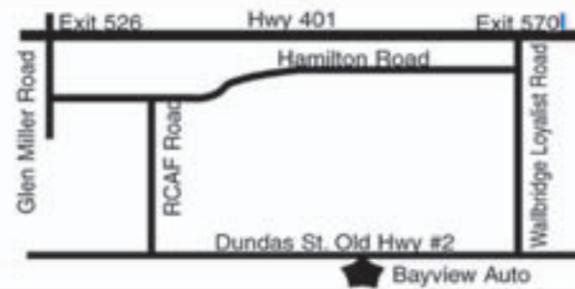


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Showcase

Showcase



Cpl D. Noel

received the Physical Fitness Award for Aerobic Excellence, presented by LCol F.J. Allen, CO ATESS, and CWO A.J.W. Begg.



Capt E. Travis

received the Physical Fitness Award for Aerobic Excellence, presented by LCol F.J. Allen, CO ATESS, and CWO A.J.W. Begg.



Cpl B. Walton

received a Flight Safety Award, presented by Col A.D. Hunter, Director of Flight Safety.



Cpl T. Justason

received a Flight Safety Award, presented by Col A.D. Hunter, Director of Flight Safety.



Cpl C. MacLean

received her promotion to that rank, presented by LCol W.M. Roberts, WAdmin O, and MWO B.G. Doggett.



Cpl C. Cox

received her promotion to that rank, presented by LCol W.M. Roberts, WAdmin O, and MWO B.G. Doggett.



Cpl D. Langill

received her promotion to that rank, presented by LCol W.M. Roberts, WAdmin O, and MWO B.G. Doggett.



Sgt D. Finnegan

received the South West Asia Service Medal, presented by LCol R.M. Coulthard, CO 436(T) Sqn.



Sgt J. Fleming

received the South West Asia Service Medal, presented by Col R.M. Coulthard, CO 436(T) Sqn.



Sgt E. Jacques

received the South West Asia Service Medal, presented by Col R.M. Coulthard, CO 436(T) Sqn.



Sgt L. Moore

received the South West Asia Service Medal, presented by Col R.M. Coulthard, CO 436(T) Sqn.



Sgt J. Robb

received the South West Asia Service Medal, presented by Col R.M. Coulthard, CO 436(T) Sqn.



Sgt K. Millican

received the South West Asia Service Medal, presented by Col R.M. Coulthard, CO 436(T) Sqn.



MCpl L. Page

received the South West Asia Service Medal, presented by Col R.M. Coulthard, CO 436(T) Sqn.



MCpl J. Ring

received the South West Asia Service Medal, presented by Col R.M. Coulthard, CO 436(T) Sqn.



CWO D. Dove

received the South West Asia Service Medal, presented by Col R.M. Coulthard, CO 436(T) Sqn.



MCpl G. Wilson

received his promotion to that rank, presented by Capt K.M. Bishop ARO, LCol W.J. Lewis, CO 8 AMS, and MWO J. Oscien, D/AESO 8 AMS.



MCpl J. Randell

received his promotion to that rank, presented by Capt K.M. Bishop, ARO, LCol W.J. Lewis, CO 8 AMS, and MWO J. Oscien, D/AESO 8 AMS.



Sgt T. MacDonald

received his promotion to that rank, presented by Capt K.M. Bishop, ARO, LCol W.J. Lewis, CO 8 AMS, and MWO J. Oscien, D/AESO 8 AMS.

Congratulations! Félicitations!

Showcase

Showcase



Lt T. Pinsent-Blasko
received her commissioning scroll,
presented by Major M. Lionais, WCompt .



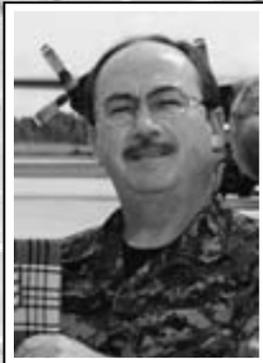
PO2 R. Denyes
received his Canadian
Decoration 1st class, presented
by Major M. Lionais, WCompt.



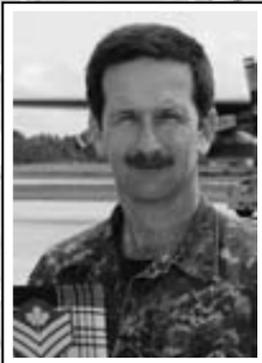
MCpl R. Dowde
received his promotion to that rank, and his General Service
Medal, presented by LCol W.J. Lewis, CO 8 AMS.



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



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



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



Maj G. Bourgoin
received his promotion to that rank, presented by
Maj C.R. Duncan, RCC.



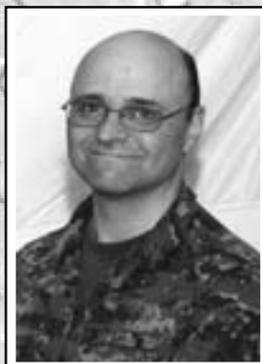
MCpl E. Bilodeau
received his promotion to
that rank, presented by
Maj C.R. Duncan, RCC.



MCpl J. Kelly
received her promotion to
that rank, presented by
Maj C.R. Duncan, RCC.



Maj J. Bernier
received his promotion to
that rank, presented by
Maj C.R. Duncan, RCC.



Sgt J. Leclerc
received his CD1,
presented by
Maj C.R. Duncan, RCC.



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



MCpl K. Bell
received his promotion to that rank, and was awarded the Physical Fitness
Award for Aerobic Excellence, presented by Maj A.R. Fitzgerald, ARMFC.



Cpl J. Malboeuf
received his promotion to that rank,
presented by Maj E.A. Morris, DCO 8 AMS,
and MWO F.A. Barrett.



MWO J. Ashbee
received a certificate signed by Canada's Prime-Minister, in
appreciation of his 28 years of service with the Canadian Forces,
presented by LCol W.J. Lewis, CO 8 AMS.



MCpl M. Leblanc
received his promotion to that rank,
presented by Capt. H.J. MacCharles, WToO

Congratulations! Félicitations!

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 3. Knowledge of issues faced by Consumer/Survivor of the Mental Health System.
 4. Willingness to attend and participate in Network training and support activities.

The Job Description and Interview Guides will be posted at the Support Centres throughout the Network, and at the Coordinating Centre in Belleville. Bancroft resident may access this information through our Public Meeting, via the Website, or by contracting the Coordinating Centre in Belleville. Candidates will be asked to provide local references. This position has flexible hours up to a total of twenty per week. The Committee will consider hiring more than one person to share the position where there are suitable candidates.

Please submit letters of intent and or resumes to:

Jai Mills, (Ms.)
Executive Director
Mental Health Support Network Hastings Prince Edward Corp.
350 Front St. C2
Belleville, Ontario K8N 5M5
jmills@mhsn.ca
www.mhsn.ca
Fax: 613-969-1850
Closing Date: July 24, 2005 at 12 noon

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426 plaque presentation in France

by Maj Dave Holden

The month of May 2006 was a significant milestone for the Thunderbirds at 426 Squadron as a number of current squadron personnel were afforded the opportunity to visit a sacred and honoured region from our military history.

On May 22-23, 2006, two crews from 426 (T) Squadron Trenton arrived at Carpiquet airfield in Normandy, France, as part of a scheduled Long Range European Aircrew Trainer. Carpiquet was selected as the destination for its proximity to the Normandy invasion beaches, plus the historical significance of being the first major airfield liberated by the allies following the June 6 invasion.

A tour was set up in order to trace the path of the Canadian advance after June 6 with planned stops throughout the Normandy area. Commencing in the town of Carpiquet and tracing a northern route through the numerous small villages liberated by the Canadian army during the D-Day campaign, the group paid tribute to commemorative monuments in Authie, Buron, and Villons-les-Buissons.

A heartwarming experience occurred in the tiny village of Saint-Contest when an aging French resident greeted us as we gathered around a small Canadian memorial he had created in his front yard. His garden serves as a tribute to the liberation of Saint-Contest on July 8, 1944.

A short visit was made to the German radar site at Douvres-la-Delivrandre, before the group commenced a stirring pilgrimage to the massive Canadian cemetery at Bény-sur-Mer, just east of Reviers. This uniquely Canadian Commonwealth cemetery is the final resting place of 2,043 Canadians and is beautifully situated about 4 km from the coast. It was truly a proud and emotional moment to walk between the rows and rows of fallen comrades as we reflected on the ultimate sacrifice these once young Canadians made on our behalf.

The next stop was the seaside village of Courselles-sur-Mer,



Photo: Submitted

Plaque presentation at the Juno Beach Centre—L-R. Guido Stortini, Nancy Graham, David Renaud, Genevieve Bouchard, Mac MacGregor, Trevor Judd, Dave Holden, Russ Muir, Dale Sturgeon, Brad Shepherd.

one of the first objectives of the invasion forces and the present home of the Juno Beach Centre. The beaches were a sacred link to our past and we could not but feel the honour that was bestowed upon these beaches nearly 62 years ago. Upon meeting with the museum staff, a special plaque was presented to the museum in order to honour all the Thunderbirds who preceded us and contributed to the final push in the defeat of Germany during the Second World War. The plaque was inscribed as follows:

"On behalf of 426 (T) Transport Squadron (Royal) Canadian Airforce we would like to acknowledge those who went before us, through their initiative, determination and courage, laid the foundation for the standards we strive to maintain to this day.

At the going down of the sun and in the morning, we will remember them."

Through the marvellous efforts of Sergeant Mac Macgregor, who organized and designed the plaque, and Major Dave Holden, who organized and conducted the Normandy tour, a wonderful and lasting tribute now hangs within the hallowed halls of the Juno Beach Centre. All members from both crews signed the back of the

plaque and we are extremely proud that the past exploits of the Thunderbirds will be recognized at this wonderful memorial.

Following the museum tribute, we toured throughout the "Canadian" beaches including the various memorials in Courseulles-sur-Mer and the famous Queen's Own Rifles of Canada House, situated in Bernières-sur-Mer. Our route then continued towards the west, passing through Arromanches-Bains, site of the Mulberry Harbour complex, and the gun emplacements at Longues Battery. Our final destination was the cliffs and beaches of Omaha Beach.

On May 24, the commemoration was concluded with a fly past over the beach area on a coastal route from St Aubin-sur-Mer to the end of Omaha Beach. It was a momentous occasion to fly through this historic airspace and to observe from the air the panoramic expanse of the invasion sector beaches.

It was a proud and exhilarating moment for the Thunderbirds and a meaningful conclusion to an important and significant achievement for 426 Squadron.

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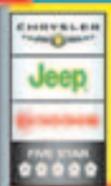
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