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Air crews engaged in aerial combat re-supply drops

by Captain Nicole Meszaros, 8 Wing Public Affairs Officer

Deep in the southern provinces of Afghanistan--Helmand, Zabul, Oruzgan and Kandahar--approximately 10,000 Afghan and Coalition forces are pursuing enemy forces as part of OPERATION MOUNTAIN THRUST. And 8 Wing aircrews are providing vital support to this mission.

OPERATION MOUNTAIN THRUST serves to prevent insurgents from disrupting the establishment of a secure environment that fosters peaceful development and civilian police efforts, which will

lead to a rebuilt Afghanistan.

To sustain this operation, the Afghan and Coalition combat forces must have supplies delivered right into their various theatres. Consequently, tactical air transport crews from 8 Wing/CFB Trenton are currently engaged in aerial combat re-supply drops using the CC-130 Hercules aircraft to directly support those troops engaged in the operation.

The last time Canada's Air Force technically engaged in combat re-supply operations was during the Korean War (1950-1953).

However, Lieutenant-Colonel (LCol) Dave Cochrane,

Commanding Officer of 426 Transport Training Squadron, engaged in humanitarian airdrop operations in 1991 in Northern Iraq and again in 1993 in Somalia.

“Airdropping humanitarian supplies to the Kurdish people after the Iraq War and to the Somalis during the famine was a highlight of my career,” said LCol Cochrane. “It was professionally satisfying to be able to use the skills honed over my career as an air navigator in an environment where we, the Canadian Forces, could help people in need.”

While humanitarian airdrops and combat re-supply

See Airdrops, Page 2



Photo: MCpl Robert Bottrill, Combat Camera

Supplies are dropped from a CC-130 Hercules aircraft over an undisclosed location in Afghanistan to resupply Coalition forces undergoing combat operations. The Hercules aircraft currently operating out of Kandahar Airfield, Afghanistan, is from 8 Wing/CFB Trenton.

COMMISSIONED AS AN OFFICER



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton (left), presents Chief Warrant Officer (CWO) Don Cheverie, former 8 Wing CWO, with his Captain's bars in front of his new mess (Officers' Mess) after a march over from the Sergeants' and Warrant Officers' Mess. Captain Cheverie's wife, Terry Cheverie, is seen here proudly holding the new bars.

ENVIRONMENT A PRIORITY



Photo: Cpl David Cribb, 8 Wing Imaging

Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, recently toured the sewage treatment plant at 8 Wing/CFB Trenton. Col Lawson received a tour of the facility, and was briefed on current processes and equipment in place. See story and more photos on Page 5.

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Airdrops conducted in theatre

Cont'd from Page 1

drops differ dramatically in principle, what the tactical air transport crews do in either type of operation is virtually the same operationally. The delivery method of supplies employed by LCol Cochrane and the crews during the nineties is similar in nature to the delivery method employed by the 8 Wing/CFB Trenton crews presently flying in Afghanistan and is known as the Container Delivery System (CDS).

The CDS is an effective delivery method to ensure supplies get to required locations with accuracy. The semi-rigid collapsible containers can be filled with anything from water,

food, blankets and tents to ammunition, shovels and more. Sixteen such containers can fit inside a Hercules aircraft for aerial delivery, with each container weighing up to 2,200 pounds.

Containers of supplies are airdropped out of the back end of the Hercules. Essentially, after comprehensive checks are completed by the crew, the pilots fly the aircraft at a constant altitude with a nose-high pitch and use the forces of gravity to extract the load out of the aircraft.

"It requires the focus and concentration of the entire crew to complete these missions safely and effectively," said LCol

Cochrane. "Once airborne--after four to five hours of mission planning--the aspect of teamwork becomes apparent as the pilots, navigator, flight engineer and loadmaster all concentrate on the objective and all communications pertain to the task at hand."

The containers depart the aircraft and parachutes deploy automatically via a static line, thus ensuring that the integrity of the containers is maintained.

The Basic Tactical Air Transport (BTAT) Course offered at 426 (T) Squadron is the venue that prepares the CF's Air Mobility Force personnel for aerial deliveries. Upon

successful completion of this demanding course, aircrew are ready to engage in operations such as that of MOUNTAIN THRUST.

"During the BTAT course, the crews are trained in tactics and prepped so they can perform safely and proficiently in a theatre of operations with the highly capable Hercules," said LCol Cochrane. "During the course, the importance of teamwork and cohesion is stressed to the students."

There is no scheduled end date for O P E R A T I O N MOUNTAIN THRUST. The Coalition forces will continue operations well into the summer and until the objectives are met.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Hosted by 8 Wing this year during the period June 12-15, 2006, the regional level of the Canadian Forces Safe Driving Competition (CFSDC) was conducted in Kingston, Ontario. Competitors from seven Canadian Forces Bases within the Ontario Region, including 8 Wing Transportation Squadron, participated in this annual event. The competition was challenging, with participants ultimately competing for the opportunity to move up to the National CFSDC which is scheduled for August 2006 in Aldershot, Nova Scotia. Corporal J. Paquet from 8 Wing came out on top with his excellent performance in the Tractor Trailer Competition, earning him the chance to compete for the trophy at the Nationals next month. Way to go Cpl Paquet!

Pictured above is the 8 Wing Transportation Squadron CFSDC Team, including Maj S. Raby, D/WLEO, who represented the WComd at the official opening ceremony. The team is comprised of both civilian and military professional truckers as follows: Left to right (back row) - MCpl W. Baxter, Cpl T.S. Hickson, Mr P. Machold, Cpl B.P. Weremey, Mr S. Vidal, MCpl J.G.F. Lapointe, CWO M.P.C. Fortin. Left to right (front row) - MCpl D. Johnson, Cpl J.E.M. Leclerc, Cpl J. Paquet, MCpl M. Beaupré, Sgt P.P. Flowers, Maj S.M. Raby, Sgt M.L.N. Bureau.

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Memorial for three SAR members

National Defence

OTTAWA — (July 13, 2006) The Honourable Gordon O'Connor, Minister of National Defence, issued the following statement today on the passing of three Canadian Forces members.

"I was deeply saddened to learn of the tragic death of three Canadian Forces members, who perished early this morning when their helicopter crashed during a search and rescue training exercise near Canso, Nova Scotia.

I extend my sincere condolences to the families and friends of these brave individuals who lost their lives, and to the families of their four crew mates who were also injured in the accident. My thoughts are with the members for their swift recovery.

While these tragic circumstances weigh heavily on our hearts, I am proud of the professionalism and dedication that these courageous men displayed daily while carrying out their duties for our country. They will be greatly missed by our

Canadian Forces family. On behalf of Canadians, I honour their memory and am humbled by their sacrifice."

The 413 (Training & Rescue) Squadron Crew Memorial Service for Sergeant Duane Brazil, Master Corporal Kirk Noel and Corporal Trevor McDavid was held on Tuesday July 18, 2006 at 2 p.m. at 14 Wing Greenwood. The three Search and Rescue team members perished in last Thursday's Cormorant crash while conducting a training mission.



Photo: MCpl Jo-Anne Verreault

Sgt Duane Brazil was a Flight Engineer from Gander, Nfld.



Photo: MCpl Jo-Anne Verreault

Cpl Trevor McDavid was a Flight Engineer from Sudbury, ON.



Photo: DND/CF

MCpl Kirk Noel was a SAR-Tech from St Anthony, Nfld.

Search & Rescue UPDATE



Photo: Sgt R. Ruthven, CFLAWC

It was another busy week here at 424 Squadron. We flew eight missions with two lives saved since our last article. On July 14, Rescue 440 tracked an ELT signal to an aircraft parked behind a house. The crew landed, found there was no distress and then returned safely to base.

On July 16, Rescue 440 had three missions. The first was to search the mouth of the Oswego River. After an exhaustive search nothing was found. Rescue 440 then tracked an ELT to a floatplane safely parked near Perry Sound. There was no distress and the aircraft's crew shut the ELT off. Rescue 440 was then sent to Manitoulin Island to search for a missing canoeist. A woman and her dog were spotted in the water. Two SAR-Techs were inserted and an OPP surface vessel recovered all three people. Rescue 440 then returned to base without further incident.

On July 17, Rescue 317 was tasked to aid with a fire on board a vessel. With the help of an OPP surface vessel, a burnt houseboat was discovered near Sandy Island. The houseboat was under-tow at the time and no injuries were reported. Rescue 316 then returned to base.

Finally, there were two missions on July 18. The first was for a capsized kayak near Wawa. Rescue 316 searched in collaboration with the U.S. Coast Guard, but nothing was found. Rescue 316 then returned to base. Also on July 18, Rescue 440 was tasked to medevac an injured person out of Algonquin Park. The victim and one deceased person were transported to North Bay and Rescue 440 then returned to base after a long night of flying. Until next week, stay safe.

Missions for 2006: 111 Missions for July: 36 Persons rescued: 23

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

Jpeg-Maximum (8X10), 300 dpi

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

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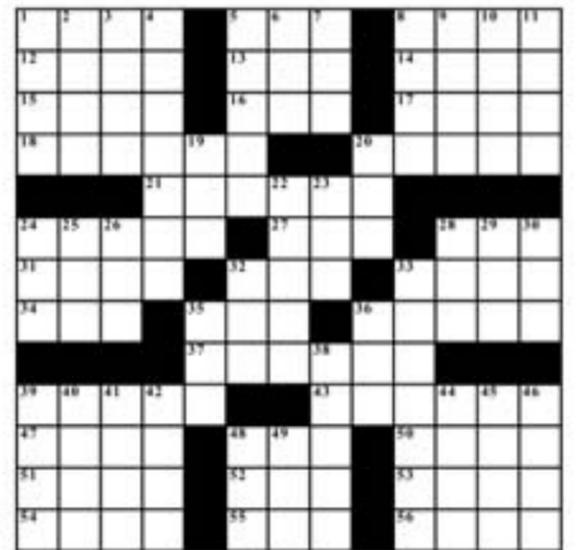
By Bernice Rosella and James Kilner

ACROSS

- Mischief makers
- Allen Sapp output
- Bridge _____, Ontario
- Harvest
- _____ Boot (movie)
- Cheers for Sergio
- Start of many a fairy tale
- Hotel
- _____ the Hyena
- Subtlety
- Sweet talker
- _____ bridge, Saskatchewan
- Bathers concern
- Wonder
- One of the five W's
- Chops
- Play part
- Fiancee in Francoeur
- Swindle
- Soul, in Ste Therese
- Bridge _____, Nova Scotia
- Urban _____
- Bridge _____, Ontario
- China pattern
- Neighbour of Huron
- Red, Black and Yellow follower
- Architect Saarinen
- Arabian Gulf port
- Americas org.
- Mexican dish
- _____ Rouge, Quebec
- The greatest
- Food fish

DOWN

- _____ Bridge, Ontario
- Diners concern
- South American rodent



- _____ Bridge, British Columbia
- Farewell, in Falaise
- Scurried
- Canadian cable net
- Equestrian sport
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- Ivan or Peter
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- Belonging to us
- Electrical meas.
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- Shade tree
- First world war, abbr.
- Inundated
- Tide
- Church booklet
- Nothing, in Normandin
- Camper's concern
- Wife of Jacob
- Killer whale
- _____ bridge, Ontario
- Heir, sometimes
- Erode

FlyPast will return later this summer.

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.



Putting the environment first-- 8 Wing's sewage treatment plant

by Lt(N) Petie LeDrew
8 Wing Public Affairs

Going that one step further.

Despite already meeting all government guidelines and regulations for wastewater management, the 8 Wing/CFB Trenton sewage treatment plant (STP) is continuously upgrading to ensure efficiency and environmental responsibility.

Many people take clean water for granted, but clean water doesn't happen by itself. Water must be treated prior to consumption, and once used, treated again before it is returned to its source. This is done at STPs.

8 Wing/CFB Trenton is one of seven sites in the Canadian Forces with its own wastewater treatment plant. Originally built in the early 1930s, the

plant has been upgraded several times over the years. Although a few original pieces remain here and there, the system in operation today bears little resemblance to the original.

In fact, according to Mr. Vern Woodbeck, 2IC, Water Fuel Environmental, Wing Construction Engineering (WCE) Squadron, the 8 Wing/CFB Trenton STP's performance exceeds the dictates of the Bay of Quinte Remedial Action Plan (RAP). The RAP, whose role is "to enforce an "ecosystem approach" to improving water quality so that international standards can eventually be met," dictates the minimum standards that each partner, including 8 Wing/CFB Trenton, must meet.

"This plant performs better than it is required to," says Mr. Woodbeck.

Several recent upgrades to the system have made the plant much better at what it does. In the past three and a half years, a non-biological solids removal system and two sludge transfer systems have been installed. The metering systems throughout the facility have been completely replaced, and a dissolved oxygen control system is being put in. Moreover, a combined sewer overflow (CSO) tank is being built and will be completed in the fall.

This tank, with a capacity of 2,000 cubic metres, is designed to retain any excess present in the system until water levels go down and the excess can be treated. This will alleviate, if not eliminate, the spills, called process incidents, that can happen during heavy rainfalls.

These process incidents happen from time to time at most water treatment facilities. The facilities are built to handle a certain amount of waste, and when this amount is exceeded, as is the case during heavy rainfalls, they can overflow.

Building a CSO tank is a convenient, effective and affordable way to fix the problem. According to Mr. Woodbeck, most municipalities adopt the same solution, as it is far more inexpensive and easier than having to dig up streets to replace entire sewage systems.

The on-going improvements made to the 8 Wing/CFB Trenton STP will ensure that the base remains a good steward of the environment, and an active partner in protecting the fragile ecosystem that we share with our neighbours.



Photos: Cpl David Cribb, 8 Wing Imaging

Recognizing the importance of an aspect of environmentalism that is not the most pleasant to think about, Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, recently toured the sewage treatment plant to gain a better understanding of the system and show support for the personnel who work there.

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Lieutenant-Colonel Francois Fortin, outgoing Commanding Officer of 426 (Transport) Training Squadron, presents the incoming Commanding Officer, Lieutenant-Colonel David Cochrane (right), with the squadron totem, a symbol of the squadron's history. A Change of Command Parade was held here at 8 Wing Trenton on Friday, July 14, 2006.



Photos: Cpl Simon Duchesne, 8 Wing Imaging

As part of the ceremony, the official signing of the Change of Command Certificates took place. Pictured from left to right are: Lieutenant-Colonel Francois Fortin; Colonel Tom Lawson, Commander, 8 Wing /CFB Trenton (and the Presiding Officer); and Lieutenant-Colonel David Cochrane. The ceremony was held under sunny skies on the main parade square.

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Sports

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Continuing support for youth rec programs

by Amber Gooding
Contact Staff

There's a new face to be seen at the forefront of recreation youth programs on base.

Debbie Schaap, the new Recreation Youth Worker at the RecPlex and the Military Family Resource Centre (MFRC), has a background in recreation leadership and has been working with youth on base since starting in April.

The Recreation Youth Worker position was created from funds handed down from the Non-Public Property (NPP) Board of Directors as part of the Canadian Military Community National Youth Model.

"These funds are available to all Canadian Forces locations with MFRC and Personnel Support Programs (PSP) representation," said Recreation Director Judi Christopherson.

The purpose is to support the enhancement of local youth programs and services, purchase youth resources, implement youth outreach programming and support youth staff resources, among others.

"In Trenton, the MFRC and PSP conducted a needs assessment to determine deficiencies in the way of support to youth and decided that the hiring of the Rec Youth Worker would fill a void," said Christopherson.

Previously a stay-at-home mother, it's been some time since Schaap has worked in the field. When the oppor-

tunity came up at the RecPlex she was eager to get back to working with young people. It has always been her passion.

Since taking up the position, she has worked alongside her colleagues and local youth to define their needs and desires and, more importantly, their plans for making their 'wants' feasible realities.

"It's easy for young people to determine what it is they want, for example, dances or trips to Wonderland," said Schaap. "What's important for me is to be able to help them achieve those desires by defining ways they can help to make it happen."

Schaap is committed to bringing those ideas into play by way of giving something back, in order to receive. Volunteering and fundraising are just some of the ways youth are able to give something in return for the generosity they receive from community partners.

"When I approach members of the community about helping with our programs, I like to show them something in return, even if it's not expected" she said. "It is important for the kids to realize they're fortunate for the support and funding they receive, but can also give something back."

With a strong emphasis placed on recreation within the Canadian Forces, the commitment to providing positive support, programs and activities to youth during an influential time of their life can contribute to their lives for years to come.

Schaap's commitment to her posi-

tion includes listening with the intent to understand the importance of various programs and activities, and to help them develop leadership skills.

"Our main goal, aside from providing a positive outlet, is also to actively engage young people in helping to develop, design, run and evaluate the various programs and services," she said. "It increases and enhances their opportunities to engage themselves in programs of interest."

Some popular programs are theme nights, like the teen swim "Christmas in July", battle of the bands, and paintball. These activities, like most, are in high demand. The resources available to 8 Wing/CFB Trenton youth are beyond the average in comparison to surrounding communities in the area.

The PSP Community Recreation Association's commitment to their youth and responsibility to recreation programs for members of the CF and military community is outstanding, said Schaap.

"It's really great to see such a strong commitment to our young people, and I am extremely happy to be a part of it," she said.

Whether it's sports programs, craft workshops or adventurous outings, there's never a dull moment when it comes to available activities at the RecPlex, where the doors are almost always open. Schaap and the rest of the staff have a continued commitment to work with the youth, for the youth, and it shows in their program guides and most importantly, in their faces.

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-week-end 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.

Introduction to kayaking

A three-hour adventure designed for people who would like an intro 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

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.



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.

2006 Summer Kids Karnival

The PSP Community Recreation Association (CRA) will be holding their second annual Summer Kids Karnival at the RecPlex on Sunday August 13, from 12 to 4:00 p.m.

There will be live entertainment featuring Immortality and Madame Buskerfly, and a number of great carnival games, bouncers, refreshments, balloon animals, face painting, prizes and a whole lot more.

It's a fun-filled day packed with great family entertainment! There's something for all ages to enjoy. Hope to see you there!

Canadian Half Pints

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

Come on out and meet the smallest and most entertaining basketball team that you may ever see!

Game day is scheduled for Thursday, July 27, from 1:00 to 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.

Albatross Outdoor Pool

The Albatross Pool (south side) is open seven days a week from 1 to 6 p.m. and from 1 to 4 p.m. on holidays.

Military swims are available on Tuesday's and Thursday's, from 1200 to 1300 hrs.

Drop in fees are as follows:

- 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 at the RecPlex

Each Swim to Survive 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 11
- Friday August 4
- Wednesday August 30
- Wednesday August 9
- Friday September 1

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Seated: Stephanie, Dr. Siu, Michele

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Gagner 10 000 \$, ça commence bien!

Ouvrez un Compte d'épargne Plus SBCDC entre le 15 juillet et le 15 septembre et courez automatiquement la chance de gagner 10 000 \$ à déposer dans votre nouveau compte! Obtenez un bulletin de participation pour chaque dépôt de 500 \$ que vous conservez dans votre compte jusqu'à la fin du concours.³

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1. Les intérêts sont calculés sur le solde de clôture quotidien et versés dans votre compte à la fin de chaque mois. Un taux d'intérêt de 1 % s'applique aux comptes ayant un solde de 1 000 \$ ou moins. Les taux d'intérêt indiqués sont annuels et courants au 20 juin 2006 et peuvent varier sans préavis. Le boni d'intérêt à la date anniversaire est calculé sur votre solde de clôture quotidien moyen, au cours de l'année, et est versé dans votre compte le jour ouvrable suivant la date anniversaire de votre compte. SAUCUN ACQUAT REQUIS. Un prix de 10 000 \$ CAN à gagner. Le concours se déroule du 15 juillet au 15 septembre 2006. Vous recevez (a) un bulletin de participation lorsque vous ouvrez un Compte d'épargne Plus SBCDC (un «compte») en tout temps pendant la période du concours; et (b) un bulletin de participation supplémentaire pour chaque montant de 500 \$ déposé dans le compte (jusqu'à concurrence de 2 000 \$) et conservé jusqu'à 23 h 59 (HE) le 15 septembre 2006 (la «date de clôture du concours»). Par exemple, si vous ouvrez un compte le 20 juillet 2006 en déposant 1 500 \$, mais que votre solde est de 1 200 \$ à la date de clôture du concours, vous recevrez trois bulletins de participation au total. Par ailleurs, toute personne peut participer au concours en composant un texte de 100 mots sur les avantages d'un Compte d'épargne Plus SBCDC et en le postant à : Concours Compte d'épargne Plus SBCDC / CDCB Savings Plus Account Contest, P.O. Box 4069, Paris (Ontario) N3L 3W9. Les textes doivent être envoyés d'ici le 15 septembre 2006, le cachet de la poste en faisant foi, et reçus avant 23 h 59 (HE) le 19 septembre 2006. Limite de cinq bulletins de participation par compte, quelle que soit la méthode de participation. Les chances de gagner dépendent du nombre de bulletins de participation reçus. Il faudra répondre à une question réglementaire. Le concours s'adresse seulement aux membres de la Communauté de la Défense canadienne qui sont admissibles à l'offre des SBCDC et qui sont résidents du Canada à l'âge de la majorité. Pour recevoir tous les règlements du concours et les exigences d'admissibilité, veuillez envoyer une enveloppe-réponse affranchie à l'adresse suivante : Concours Compte d'épargne Plus SBCDC, P.O. Box 4069 Paris, Ontario, N3L 3W9, ou visiter le site www.cdcbanking.com. ² Marque de commerce de la Banque CIBC. ³ Les Services bancaires Communauté de la Défense canadienne sont offerts par la division des services bancaires directs de la Banque CIBC. Le programme des Services bancaires Communauté de la Défense canadienne (SBCDC) vous est offert en collaboration avec l'Agence de soutien du personnel des Forces canadiennes (ASPEC).

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¹Interest is calculated on each day's closing balance and is paid into your account monthly. For accounts with a balance of \$1,000 or less, a rate of 1% applies. Rates are annual and are current as of June 20, 2006, and are subject to change without notice. ²Anniversary bonus interest is based on the average of your daily closing balances over the year and is paid into your account the next business day after your anniversary date. **NO PURCHASE NECESSARY.** There is 1 prize of \$10,000.00 (CAD). Contest runs July 15 – Sept 15, 2006. You will receive (a) one entry when you open a new CDCB Savings Plus Account (an "account") anytime during the contest period; and (b) a bonus entry for every \$500.00 deposited into the account (up to \$1,000) and held on balance until 11:59 p.m. (ET) on September 15, 2006 (the "Contest closing date"). For example, if you open an account on July 20, 2006 with an initial deposit of \$1,500, but your balance is \$1,200 on the Contest closing date, you will receive 3 entries in total. Anyone may alternatively enter the Contest by writing a 100-word essay on the benefits of a CDCB Savings Plus Account and mailing it to: CDCB Savings Plus Account Contest, P.O. Box 4069, Paris, Ontario, N3L 3W9. Essays must be postmarked by Sept 15, 2006 and received by 11:59 p.m. (ET) on Sept 19, 2006. Limit 3 entries per account, regardless of the method of entry. Odds of winning depend on number of entries received. Skill-testing question required. Contest only open to Canadian Defence community individuals who qualify for the CDCB offer who are residents of Canada of the age of majority. For complete Contest Rules and eligibility requirements, send a self-addressed stamped envelope to: CDCB Savings Plus Account Contest, P.O. Box 4069, Paris, Ontario, N3L 3W9 or visit www.cdcbanking.com. ³Trademark of CIBC. ⁴Canadian Defence Community Banking services are provided by the direct banking division of CIBC. The Canadian Defence Community Banking program is brought to you in cooperation with the Canadian Forces Personnel Support Agency (CFPSA).



Learn to swim...it could save your life



Submitted by
Don Heans,
Wing General Safety
Officer

Learn to swim. It's a basic survival skill, which could save your life at work or off-the-job.

If you work around water, in shipping, forestry, construction or other occupations, the ability to swim is vital.

Many manufacturing workplaces have bodies of

water on the premises, in the form of vats or lagoons.

If you can swim, you might be able to prevent a fall from becoming a drowning accident.

Personal Flotation Devices (PFDs) are required in many work situations around water. Always wear one when traveling in a watercraft.

In certain work situations, you'll be required to wear fall arrest equipment to protect you. Make sure you get training in how to use and maintain this equipment.

Life-saving equipment such as rings, poles and lifeboats are added safety measures. Make sure this equipment is readily available and in good condition.

Here are some recom-

mendations for preventing drowning accidents at work and off-the-job:

Even if your style is less than perfect, you should be able to swim to save your life. Learn to tread water, float and basic swimming strokes.

Learn basic lifesaving skills, how to tow another swimmer to shore without being pulled underwater yourself.

Learn CPR (cardiopulmonary resuscitation) so you can revive a near-drowning victim.

Know how to call for help in a drowning accident. Find out how to contact the first aid station and outside emergency services.

Never mix alcohol with water sports such as swimming, diving or boating.

Alcohol is involved in

many drowning and diving accidents.

Don't engage in horseplay around water. Running on a dock or beside a pool, shoving and wrestling have all caused serious accidents. Make sure your children are protected from drowning accidents.

Supervise them closely around water. Insist they learn to swim and wear personal flotation devices when necessary.

Swimming is a survival skill, which could save your life at work, at play, while traveling or vacationing.

Swimming lessons and training in CPR are available through many community organizations.

Remember to use a PFD anytime you're around water, particularly when boating.

How to use water safely during a boil water advisory

A general recommendation on how to safely use water if a boil water advisory has been issued in your community. This fact sheet provides basic information only. It must not take the place of medical advice, diagnosis or treatment. Always talk to a healthcare professional about any health concerns you have, and before you make any changes to your diet, lifestyle or treatment.

What are the reasons for a boil water advisory? There are different reasons for issuing an advisory. A boil water advisory is based on information other than bacteriological examination indicating the water is not safe to drink. (e.g., the lack or absence of disinfection residual in the drinking water.) The advisory may be based on bacteriological (microbial) examination, including the finding of bacteria or parasites. It may also be due to the occurrence of an outbreak of illness in the community that has been linked to consumption of the water. The extent of restriction on water use depends on the situation and the reason. Always follow your area's recommendations.

How do I use water when the boil water advisory has been issued? The water should NOT be used for drinking, making infant formula and juices, cooking, making ice, washing fruits, vegetables or brushing teeth. For these purposes, boiled water or bottled water should be used. The water should be brought to a rapid rolling boil and boiled for one minute. If there are children in the home, place the pot on the back burner to avoid scalds. Boil only as much water in a pot as you can comfortably lift without spilling. Discard all ice made previously and disinfect the ice cube trays. Make ice using boiled, cooled water.

Can I take a bath? Adults and teens may shower with untreated water as long as no water is swallowed. Older children could also be given a shower with a hand held showerhead, avoiding the face. Younger children should be sponge-bathed instead of bathing in a tub because they are likely to swallow tub water.

Can I use the water for hand washing? If the water advisory has been issued as a precaution and there is no outbreak of human illness, there is no need for additional hand disinfection with bleach solution or alcohol using the measures described below. If the water advisory has been issued because of an outbreak, water can be used for hand washing after the following emergency water treatment: Place 1.5 ounces liquid household bleach in 10 gallons of water. Mix and let stand for at least 10 minutes prior to use.

How else can I disinfect my hands? You can use alcohol-based hand disinfectants, containing more than 60 per cent alcohol. These products are widely used in the health care setting after washing hands or in situations when water is not available. The pre-moistened towelettes used for cleaning babies at a diaper change are not effective for disinfecting hands and should not be used for this purpose.

My child was ill with diarrhea. Should I clean and disinfect toys? Yes, toys should be cleaned and disinfected. If the toys are visibly soiled, wash them first with soap and water and then disinfect with a freshly prepared bleach solution

(1/4 cup bleach into 1 gallon of water). Dip toys in to this solution and air-dry them. Cloth and plush toys could be washed or dry-cleaned.

I have a dishwasher. Is it safe to use? If your dishwasher has a hot setting, it safely disinfects dishes. If your dishwasher does not have a hot setting, after finishing the cycle, soak dishes for 1 minute in a solution of 1oz of bleach mixed with 3 gallons of lukewarm water. Let dishes air-dry.

I wash dishes by hand. How do I disinfect them? You could use boiled water for washing dishes. Dishes washed in soap and hot water can be rinsed in boiled water or disinfected with the following bleach solution. Mix 1 ounce of bleach in to three gallons of water at room temperature for at least one minute. Let dishes air-dry.

What is disinfection? Disinfection is a cleaning process, which destroys most disease-causing microorganisms or pathogens.

How do I disinfect counter tops, chopping boards or utensils which have come into contact with raw meat? Counter tops, chopping boards or utensils which have come into contact with raw meat should be washed with soap and hot water first, then disinfected with a bleach solution stronger than that used for emergency hand disinfection. Mix 1/4 cup bleach in to 1 gallon water for this purpose. Do not reuse or store this solution, but make it fresh daily.

Should I change the way I am doing laundry? No, continue doing laundry the way you usually do. If you have to launder sheets heavily soiled with feces, carefully remove any soil before you place the sheets into the washer, without much agitation of the cloth. Use rubber gloves when handling heavily soiled sheets.

Is the water safe to fill wading pools for children? No, the water is not safe to use in wading pools. Water usually gets into the mouths of small children.

I have a water filtration device installed. Does this make the water safe for drinking or cooking? No. Filtered water should also be brought to a rolling boil for one minute before drinking or using it for cooking.

My doctor told me I am immunocompromised. What should I do? Always follow your physician's and dietician's advice. You might be advised to use bottled water or to boil water for drinking and cooking, even in the absence of a boil water advisory.

What should I do after the boil water advisory is lifted? Run cold water faucets for one minute before using; Run drinking fountains for one minute before using; Flush all garden hoses by running cold water through them for one minute; Run water softeners through a regeneration cycle; Drain and refill hot water heaters set below 45 Celsius (normal setting is 60 Celsius).

For more information please feel free to contact your local health unit at 613-966-5500. You may also contact the ministry INFOline at 1-800-268-1154 (Toll-free in Ontario only) TTY 1-800-387-5559. *Courtesy of the Ontario Ministry of Health and Long-Term Care.*

Help avoid grass fires

by Sgt P.A. Riddell
8 Wing Fire Department

On March 29, 2006, 8 Wing Fire Department responded north of 51B Regina Crescent to extinguish two separate grass fires burning approximately 100 feet apart from each other.

The east fire encompassed a 20-foot diameter and the west fire a 45-foot diameter. A lit cigarette was found in a nearby open train car during the primary search.

It's important to be aware of burn bans and to be fire safety conscious.

Listed below are some fire safety tips. For information, please contact the Wing Fire Department.

Don't throw cigarette or cigar butts on the ground or out of a vehicle. Dispose of them properly and make sure they are completely extinguished.

Do not burn trash, leaves or brush outdoors; check for burn bans in your area. During certain times of the year, bans are implemented in many outlying areas.

Keep a 30-foot "safety zone" surrounding the home clear of brush and cedar, especially for those living in a woodland area. Grass should be cut short in this area as well. For homes that sit on a steep slope, the safety zone should be increased accordingly.

Stack firewood at least 15 feet and uphill from the home.

Rake leaves, cut off dead limbs and twigs, and mow grass regularly. Cut tree limbs within 15 feet of the ground and remove dead branches that extend over the roof.

Don't park cars, trucks, or recreational vehicles on dry grass or shrubs. Exhaust systems on vehicles can reach a temperature of more than 1000 degrees; it only takes about 500 degrees to start a brush fire in the summer.

Use an approved spark arrestor on all internal combustion engine-powered equipment. This special muffler helps ensure that sparks generated by off-road vehicles, chainsaws and other equipment don't start wildfires. Check and replace spark arrestors periodically.

Parents should emphasize the dangers of playing with fire. Children have no idea how quickly flames can grow and spread producing a major grass fire.

Home owners should maintain a 10-foot area free of brush and shrubbery around grills and propane tanks.

Non-flammable screens should be placed over the grill (with mesh no coarser than 1/4 inch thick). Never leave a grill unattended. After use, place grill ashes in a metal bucket and soak in water.

Keep a shovel, bucket of water, fire extinguisher, or other fire suppression tools on hand.

Remember, fire safety is everyone's responsibility and through personal fire awareness and educating our youth, summer time can be enjoyable for all.

All the information you need
is just a click away!



www.thecontactnewspaper.cfbtrenton.com

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MFRC



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For the summer, you pay \$38.00
Children, 3 to 6 years old and adult 60+, you pay \$30.00



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Enfants, 3 à 6 ans et adultes 60+, vous payez \$30,00

Volunteer Opportunities

Daycare Field Trip Volunteers - Once again, the daycare summer program offers a variety of field trips, swimming activities and other outings which will require a higher adult/child ratio and provide excellent volunteer opportunities for adults and mature teens. Volunteers will be screened for suitability to work with children. This is an excellent opportunity for teens to acquire 'community involvement' hours for school.

Board of Directors - Our MFRC is governed by a Board of Directors comprised of volunteers from our community. Board members can be spouses of military members, military members, or members of the local community who support the objectives of the MFRC. This 'Policy and Evaluation Board' meets once per month and Board members may also work with specific committees.

If you would like to take an active role in the governance of your MFRC please contact Cheryl Montgomery at 613-392-0909.

At this time we are specifically recruiting spouses of military members. We have a requirement to always have a minimum of 51 per cent of our Board of Directors be military spouses and posting season is taking many away.

Opportunités de bénévolat

Bénévoles, excursions de la garderie - Cette année encore, la garderie offre plusieurs excursions, sorties à la piscine et des activités à l'extérieur. Ces excursions exigent un plus grand nombre de superviseurs; c'est donc une excellente occasion de bénévolat pour les adultes et les ados responsables. Une évaluation des bénévoles sera effectuée afin de s'assurer que les personnes sont aptes à travailler avec les enfants. Ceci fournit aussi aux ados une merveilleuse façon d'accumuler des heures de travail communautaire du système scolaire.

Conseil d'administration - Le CRFM est géré par un conseil d'administration composé de personnes bénévoles de la communauté. Les membres du conseil d'administration peuvent être des partenaires militaires, des militaires ou des civils de la communauté qui supportent les objectifs du CRFM. Ce conseil qui a pour but de gérer et d'évaluer les règlements, se rencontre une fois par mois, les membres du conseil peuvent aussi travailler au sein de comités spécifiques. Si vous désirez jouer un rôle actif dans l'administration du CRFM, veuillez communiquer avec Cheryl Montgomery au 392-0909.

Due à la période de mutations, le Conseil d'administration a perdu plusieurs membres. Nous recrutons donc en ce moment, seulement des partenaires de militaires. Selon notre charte, le conseil doit être composé d'au moins 51% d'épouses ou d'époux militaires.

Personal Development

Wednesday Night Out

Pre-register please by calling 613-965-3595 or 613-965-3575.
Activities TBA, please visit the MFRC website calendar at:
www.trentonmfr.cfbtrenton.com

Perfectionnement personnel

Les sorties du mercredi soir.

Veuillez vous inscrire à l'avance en appelant au 613-965-3595 ou 613-965-3575.
Les prochaines activités seront annoncées plus tard, svp visitez le calendrier sur le site web du CRFM, www.trentonmfr.cfbtrenton.com

Children Activities

SUMMER Play "N" Go-Round

A Traveling Playgroup

(Weather Permitting)

Every Thursday Morning 10:00am

July

27 New Park in Belleville "The Pirate Ship"

August

2 Ameliasburg Bring your Camera
9 Wellington Park Parachute Play



There will be planned outdoor activities and time for a snack.
We will provide the blankets.

POUR L'ÉTÉ Groupe de jeux mobile

(si la température le permet)

Tous les jeudis matins à 10h

Juillet

le 27, "The Pirate Ship" Nouveau parc à Belleville

août

Le 2 Ameliasburg Apportez votre caméra
Le 9 Wellington Park Jeu de parachute

Nous planifions des activités extérieures et des pauses collations.
Nous fournissons les couvertures pour les pique-niques.

Three generations of service to our friends and neighbours



Ralph Weaver Founder (1916-2006) Jeff Weaver President Tim Weaver Funeral Director

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
July 23 - July 29

ARIES (March 21-April 19): You can start something new and present what you have to offer with confidence on the 23 and 24. Getting together with someone you care about will result in making your relationship stronger. Don't base a decision on hearsay. If you look outside your immediate zone, you'll discover plenty that interests you on the 25 and 26. A chance to take on something different will give you a new lease on life. A short trip will allow you to see first hand how you can get ahead. Troubles will begin at home on the 27 - 29 if you have neglected your responsibilities. Make plans that everyone can enjoy. Special activities, gifts, and tenderness will help ease tension.

TAURUS (April 20-May 20): Participate in neighbourhood functions or short trips that offer a host of new experiences on the 23 and 24. Talks will turn in your favour so, if there is a message you want to relay, do it now. An older relative or friend may throw a wrench in your plans. A close friend will divulge what he or she thinks you're up against on the 25 and 26. The forewarning will help you make a decision that will counteract any trouble. Your energetic approach to whatever you do will be impressive. Speak up on the 27 - 29. You'll face some opposition but that will only make you stronger. A chance to get ahead is in the stars. Your skills will be appreciated.

GEMINI (May 21-June 20): Don't get angry on the 23 and 24. The less time you leave for discussion, the better. You're likely to hear about a job offer that interests you. Prepare yourself to move forward. Set yourself up for success on the 25 and 26. Revenge is not your style and it isn't worth your time. You'll be highly entertaining and should be able to win favours. Changes at home will do you good. Don't let personal problems escalate on the 27 - 29. Focus on home, family and taking care of personal business and you'll feel much better. You aren't likely to get away with anything so don't bother trying to cover something up.

CANCER (June 21-July 22): Face any opposition head on and get it out of the way on the 23 and 24. Your keen memory and sharp intellect will help you stay on top of the situation. You have more opportunity than you realize. You'll be sensitive to the needs of friends and relatives on the 25 and 26. Try to sort out any financial problem you may be facing. Someone from your past will have something to offer you now that he or she didn't have before. You need to get out and interact with people from different backgrounds on the 27 - 29. Travel or getting involved in community events will inspire you. You can prove yourself to others by expressing yourself informatively.

LEO (July 23-Aug. 22): You may be tempted to overspend on the 23 and 24 but, if you keep things within your budget, you'll have peace of mind. If you're smart with your cash it will multiply faster than you imagine. Don't let uncertainties slow you down on the 25 and 26. Spend time fixing up your space so you feel comfortable and stress-free. Give others the freedom you want for yourself. Let go of anything that isn't working for you on the 27 - 29 - allow yourself to focus on what's important. Overspending and overindulging will work against you. Fretting over something is a waste of time. Put your own spin on things.

VIRGO (Aug. 23-Sept. 22): Nothing will be too much trouble for you on the 23 and 24. Your dedication and desire to find a solution will impress someone who will help you to achieve your goals. Romance is looking hot. Take care of personal paperwork on the 25 and 26. Have everything in order before you make a move. A change in a partnership is apparent. Accept what's happening and prepare to move on. An unpredictable side of you will surface on the 27 - 29, confusing most of the people you know. Jumping from one thing to another should make you realize you don't know what you want, so wait it out. Put your time into something worthwhile.

LIBRA (Sept. 23-Oct. 22): Nothing will go according to plan on the 23 and 24 so leave yourself enough time to troubleshoot or choose an alternate route. Your ability to stick to it until you get what you want will be what helps you win the battle. Proceed with caution on the 25 and 26. Although it's apparent that you have options, some of your choices will put you in debt. If you're too generous or quick to lend, you'll end up being short in covering your own debts. Don't let others know what you're up to on the 27 - 29. Someone in your life is not on your side. The sooner you're available, the sooner new proposals will come your way. A career change will be to your benefit.

SCORPIO (Oct. 23-Nov. 21): Nothing will stop you from getting what you want on the 23 and 24 unless you give in to someone's whims. Put yourself and what you want to do first for a change. Much can be achieved if you follow your heart. You may find yourself in the middle of someone else's dilemma on the 25 and 26. Stick to what you know and don't offer advice or support to someone who drags you down. Make whatever changes are necessary to get things done your way. Get involved in worthwhile activities on the 27 - 29 and you'll hook up with someone who will play an important role in your future. Let your inhibitions go and doors closed in the past will open.

SAGITTARIUS (Nov. 22-Dec. 21): Sudden change on the 23 and 24 will lead to a decision that could change the course of your life. Think twice before you take a leap of faith. You may find you have overlooked a very important factor. Don't be tempted to put your money into a far-fetched idea on the 25 and 26. You have to protect your cash if you want to stay afloat in the future. Don't travel on the 27 - 29 when you can do everything you want over the phone or the Internet. You will discover a way to make or save yourself money. Someone may try to corner you about an emotional issue - avoid giving a direct answer.

CAPRICORN (Dec. 22-Jan. 19): Money matters can be resolved on the 23 and 24. A surprise is heading your way. A change will ensure you move in a direction more suitable for you professionally. Emotional matters can be easily resolved. You have more going for you than you realize on the 25 and 26. A partnership is looking good if you take the initiative and talk about your intentions. A change will be good for your mental and emotional well-being. You may be torn in two different directions on the 27 - 29. Your personal and professional life will clash, making it difficult for you to satisfy either. The choices you're given may appear impossible but the outcome will be good.

AQUARIUS (Jan. 20-Feb. 18): Someone may change his or her mind suddenly on the 23 and 24, leaving you in an awkward position. Be prepared to finish what you start, even if you have to go it alone. Someone is likely to try to take credit for something you do. Stand up for yourself. You'll have to deal with the facts and be honest about your past, present and where you see yourself in the future on the 25 and 26. A partnership may be on the line if you aren't honest. Don't overlook a very important detail. A move or finding a way to make a little extra income will change your life drastically on the 27 - 29. Take the initiative if you want things to transform.

PISCES (Feb. 19-March 20): So much will be riding on how much money you pull together on the 23 and 24. If you get others involved, you can reach your goals. A partnership may be on shaky ground unless you set guidelines for both of you to follow. Network and look at any business opportunity that could make you extra cash on the 25 and 26. A change in plans will turn out to your benefit. Money or a gift is headed your way. Single or not, prepare to meet someone or nurture the relationship you're already in on the 27 - 29. The more unique you are, the more interesting the person you are with will be. When opportunity knocks, be ready.

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Stuff!



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Not In My Backyard! by Dale Taylor





Community Events

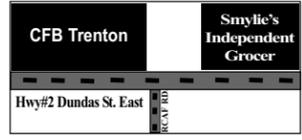
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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



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 discoloration of their water and need not worry. If this occurs, simply continue to run your water until the discoloration disappears.

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

"The 407 Demon Sqn"
65th Anniversary

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

For up-to-date information, or to download a registration form, please visit: www.407reunion.com.

For registration purposes only, please contact Capt Tyler Bowell;
e-mail: bowell.trf@forces.gc.ca;
phone: (250) 339-8211 ext. 8805.

"TO HOLD ON HIGH"

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

For more information, please contact Sgt Farrell at 613-392-3811 ext 7109

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.

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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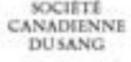
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Please note, there will be no papers for these two weeks. We will reopen on August 8. Thank You.

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