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SNOWBIRDS TOUCH DOWN AT 8 WING/CFB TRENTON



Photo: Cpl Tom Parker, 8 Wing Imaging

Lead Aviation Technician, Cpl Dan McIntyre from St. John, New Brunswick, has been with the Snowbirds Demonstration Team (431 Squadron) for four years. The Snowbirds landed here at the 8 Wing / CFB Trenton airfield on June 27, 2006 prior to a scheduled airshow in Cobourg, ON. The 431 Air Demonstration Squadron consists of approximately 85 Canadian Forces personnel. Twenty-four of the squadron members comprise the show team that travels during the show season. The show team has 11 aircraft, nine for aerobatic performances, and two as spares, flown by the team coordinators. For more information on Canada's Precision Aerobatic Team, please visit www.snowbirds.dnd.ca.

Program aimed at saving lives

by Amber Gooding
Contact Staff

The Community Recreation Association (CRA) at 8 Wing/CFB Trenton will be providing local children with an opportunity to participate in Swim to Survive clinics, free-of-charge, which are scheduled to run throughout the summer.

“The Swim to Survive Program is essentially a drowning prevention program,” said Judi Christopherson, Recreation Director for 8 Wing/CFB Trenton. “Hopefully, with a bit of skills training kids can save themselves if they’re faced with a bad situation.”

Christopherson and her staff are excited about any initiative that teaches kids water safety. Too often, tragic stories of young ones drowning in their backyard or at their cottage, become all too familiar. Offering programs such as Swim to Survive helps to ensure children are getting the message and relat-

ing information that could ultimately determine the difference between a close call and a fatal encounter.

The first of 10 clinics is slated to start on July 5, with the remainder running until September 1. Each clinic is just over an hour long and provides participants with skill building techniques that could save their life.

The clinic focuses on three elements: teaching the learner to orient themselves at the surface after an unexpected fall, to tread water to support the body and protect the airway, and teaching the learner to swim 50 metres, factoring in common elements of water accidents such as the impairing effects of cold water and heavy clothing.

According to a study sponsored by The Lifesaving Society, 98 per cent of Canadians feel that swimming is a life skill every child should learn and 92 per cent believe that swimming instruction should be provided

through schools.

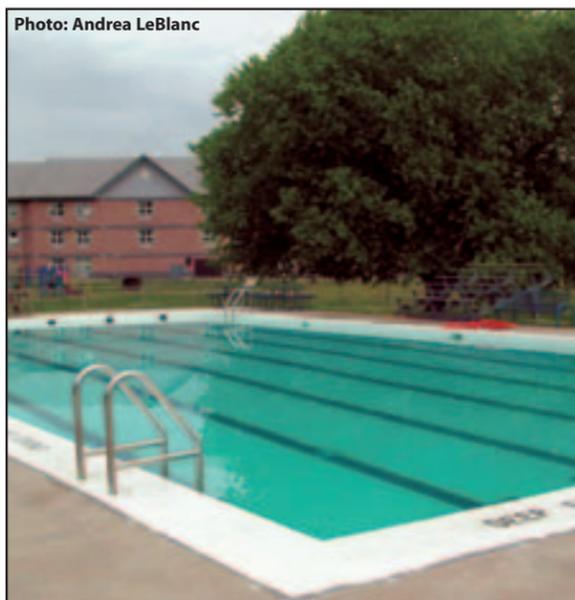
The same study also indicated that 48 per cent of Canadians admit they’ve had an experience around water that caused them to fear for someone’s safety.

More than 30,000 Grade 3 students are taking part in a province-wide pilot project dubbed Swim to Survive. The main focus of the program is to teach children how to survive an unexpected fall into deep water. The program itself was developed by The Lifesaving Society and coincides with the McGuinty government’s plan to ensure students develop the skills they need to lead healthy active lives.

The three-step partnership program responds to concerns about swimming abilities and water safety in many school-aged children. The program focuses on a person’s abilities to complete a single skill series: roll into deep water, tread water for one minute See Swim to Survive, P. 3

POOL OPENING

Photo: Andrea LeBlanc



The Albatross pool is set to open for the season this Saturday, July 1, on the base’s south side.

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SEA DOO

PM announces contribution to Goddard Memorial Graduate Scholarship

The Prime Minister's Office

OTTAWA — (June 22, 2006) Prime Minister Stephen Harper today announced that Canada's new government will be contributing \$25,000 to the Captain Nichola K. S. Goddard Memorial Graduate Scholarship, at the University of Calgary.

"It is with great pleasure and honour that this contribution be made to such a deserving and admirable cause. This scholarship will benefit many, and I hope it encourages others to donate," said the Prime Minister.

"After meeting with the Goddard family and understand-

ing their great loss, the idea of a scholarship program is undoubtedly a wonderful tribute to their daughter. While their loss is tragic, something positive and beneficial has come out of this disheartening situation," said Prime Minister Harper.

This scholarship program was created by her family to honour and celebrate her life. Captain Goddard was killed in action on May 17th, 2006 while serving in Afghanistan. She was a member of the Royal Canadian Horse Artillery, based in Shilo, Manitoba.

"The family thanks Prime Minister Stephen Harper as well

as the many other Canadians who have made generous donations to this endowment," said Tim Goddard, Captain Goddard's father.

The scholarship is open to graduate students attending the University of Calgary who are citizens of Papua New Guinea, Captain Goddard's place of birth, as well as citizens of Afghanistan, the place of her death. The scholarship is also extended to Canada's First Nations, Inuit or Métis people, with whom Captain Goddard spent many of her formative years.

The scholarship will be awarded annually; the first of which will commence in the fall of 2007.

Le Premier ministre annonce une contribution à la bourse d'études commémorative Goddard

Cabinet du Premier ministre

OTTAWA — (le 22 juin 2006) Le Premier ministre Stephen Harper a aujourd'hui annoncé que le nouveau gouvernement du Canada fera une contribution de 25 000 \$ à la bourse d'études commémorative de la capitaine Nichola K. S. Goddard à l'Université de Calgary.

« Je suis ravi et honoré que le gouvernement contribue à une cause aussi admirable et méritoire. Nombreux seront ceux à qui cette bourse profitera, et j'espère

qu'elle encouragera d'autres personnes à faire preuve de générosité », a affirmé le Premier ministre.

« Après avoir rencontré la famille Goddard et pu ressentir leur tristesse face à la perte de cet être cher, nul doute que l'idée d'une bourse d'études constitue un magnifique hommage à leur fille. Cette tragédie aura au moins eu des répercussions positives et bénéfiques », a indiqué le premier ministre Harper.

Ce programme de bourses d'études a été fondé par sa famille pour

honorer et célébrer sa vie. La capitaine Goddard est morte au combat le 17 mai 2006 au cours de la mission en Afghanistan. Elle faisait partie de la Royal Canadian Horse Artillery, dont la base est à Shilo, au Manitoba.

« La famille remercie le Premier ministre Stephen Harper ainsi que les nombreux autres Canadiens qui ont fait des contributions généreuses à cette fondation », a déclaré Tim Goddard, père de la capitaine.

La bourse d'études est ouverte à tous les étudi-

ants de deuxième cycle inscrits à l'Université de Calgary et citoyens de la Papouasie-Nouvelle-Guinée, lieu de naissance du capitaine Goddard, ainsi qu'aux citoyens de l'Afghanistan, lieu de sa mort. Sont également admissibles à recevoir la bourse d'études les Premières nations, les Inuits ou les Métis du Canada avec qui la capitaine Goddard a passé plusieurs de ses années de formation.

Cette bourse sera accordée tous les ans à compter de l'automne 2007.



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Swim to survive, Cont'd from P.1

and swim 50 metres.

The Lifesaving Society received funding from the Ontario Ministry of Education in support of the Society's Swim to Survive program. More than \$1 million in Swim to Survive funding (a one-time grant of \$937,700 from the Ministry, \$100,000 from former Canadian world champion in pairs figure skating Barbara Underhill and her 'Stephanie Gaetz Keepsake Foundation', and additional funding from The Lifesaving Society) has been allocated to provide the program in various cities across Ontario.

Underhill has been actively involved in promoting water safety and the Swim to Survive program as a result of personal tragedy when she lost her eight and a half month old daughter Stephanie, who drowned in the family's pool 13 years ago.

In a statement released by the Ministry of Education, Underhill is clear to point out it only takes a minute, even seconds, for a child to drown.

"For an investment of just a few hours of instruction, parents can reduce the risk of terrible tragedy," she said.

The Swim to Survive program is not meant to replace standard swimming lessons but does provide the minimal standard for survival. It has proven to be a successful alternative for parents who are unable to invest time in swim lessons.



"This program compliments the Red Cross program along with the Youth Aquatic Club and the Junior Lifeguard Club," said Christopherson.

It is recommended to all parents and children that a distinctive difference is made between casual swim lessons and lifesaving or skill building courses with a focus on water safety. Although both equally helpful lessons, the Swim to Survive clinics focus strictly on personal water safety and awareness.

For more information on local clinics please contact the RecPlex at local 3361. To obtain more information as it relates to the province-wide initiatives, please visit www.edu.gov.on.ca or www.lifesavingsociety.com.

Clinic dates are: Wednesday, July 5; Friday, July 7; Wednesday, July 12; Friday, July 14; Wednesday, Aug. 2; Friday, Aug. 4; Wednesday, Aug. 9; Friday, Aug. 11; Wednesday, Aug. 30; and Friday, September 1.

All the clinics run from 9 to 10:15 am at the RecPlex.



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Search & Rescue UPDATE



424 Squadron had several missions last week. The first tasking was for an ELT near Buttonville. No ELT signal was found and Rescue 492 safely returned to base. The next tasking was for Rescue 493 and 317—our Griffon located a sailboat stranded in Lake Ontario. Both the Griffon and the Herc provided cover until a Coast Guard vessel was able to lend assistance. Finally, the last two missions were for Rescue 317 and 440. Both aircraft were sent to search for an ELT near Peterborough. Aircraft were located at a small grass field, but there was no one in distress. Both aircraft safely returned to base.

Until next week, stay safe.

Missions for 2006: 72 Missions for June.: 13 Persons rescued: 15



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

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

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

Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- Articles must be received by Tuesday at noon prior to print date at The CONTACT office.

Letters to the Editor:

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Canadiana Crossword

Fields of Bruises

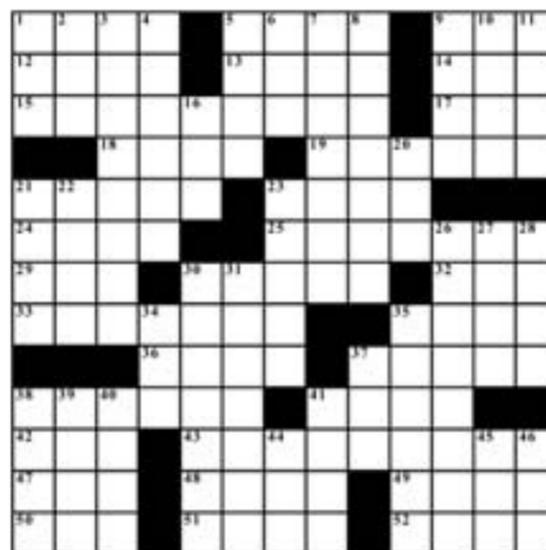
By Bernice Rosella and James Kilner

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FlyPast will return later this summer.

Letter to the Editor

The Wellers Bay National Wildlife Area (NWA) is rightly regarded as one of Prince Edward County's premier natural assets. It is certainly understandable that local residents and visitors are proud of it — and are drawn to it. However, for very good reasons, public access to the area has been prohibited since the Second World War.

First, and most important, there is a serious public safety concern. The NWA and a safety zone extending under the waters of Wellers Bay and Lake Ontario coincides with the boundaries of the Consecon Air Weapons Range, which was active from 1939 to 1953. Historical records confirm that thousands of bombs, rockets and other explosive projectiles — many of them fully functional "live" munitions — were directed at targets in the area. Of these, approximately 7% would be munitions that failed to explode. Among this legacy of unexploded explosive ordnance (UXO), eight fully

charged 500-pound bombs are known to have been dropped without exploding, creating a particularly serious risk to public safety. Over the years, a ninth 500-pound bomb, live 20 mm explosive rounds, 3.5 inch rockets, and large quantities of highly flammable rocket propellant have been recovered from the site, as well as practice bombs that contain a small, but dangerous explosive charge. These hazards do not diminish with time and, in fact, may become more sensitive. Contrary to the claims of one local letter writer, deaths and injuries due to UXO explosions have occurred in Canada, and WWI- and II-era munitions continue to kill people every year in Europe and other former theatres of action. We have been extremely lucky that no such incident is known to have occurred at Wellers Bay. Complacency arising from that fact may lead to a local tragedy.

Second, Bald Head Beach, Bald Head Island, Fox Island and other

properties within the NWA are part of the last remaining undisturbed natural dune environment on Lake Ontario. The Canadian Wildlife Service's prohibition against access helps to protect this fragile environment, along with the plants and animals that thrive only in such a zone.

DND has attempted to locate UXO in the area on several occasions, most recently in 1992 when the Atlantic Fleet Diving Unit spent 13 days carrying out a visual and magnetic survey of 2,000,000 square metres of lakebed, land and shoreline. While some unexploded ordnance — and a much larger quantity of metallic debris — was recovered and disposed of, the diving team was not successful in finding the eight 500-pound bombs. This summer, DND is planning to use the results of new historical research in conjunction with recently developed digital data collection techniques to carry out targeted geophysical data collection within the Wellers Bay NWA, especially in areas

where the 500-pound bombs were reported to have fallen. By creating a "picture" of debris concentrations, DND will have a better idea of where to look for live UXO. DND has made a commitment to report the results of its work to local residents later this fall.

Some local residents have chosen to ignore warnings and prohibitions against use of the zone. Indeed, there have been calls for local people to gather on Bald Head Beach on July 1st. It is not safe to do so. Venturing into the area is a high stakes gamble. All it would take to produce a tragedy is a curious child striking an innocent looking metal tube, a camper lighting a fire over a mound of rocket propellant, or a boater dropping an anchor on a bomb recently uncovered by wave action.

Sincerely,

Fran MacBride
 Manager, UXO Program
 Department of National Defence



Canucks give "the old girl" a good scrubbing

by Capt T.D. Brodie

The personnel of 436 (Transport) Squadron paid their annual homage to the past on June 16, 2006. In a tribute to our squadron's legacy, a group of stalwart Canucks set to the task of scrubbing clean the WW II vintage C-47 Dakota in the air park at the RCAF Memorial Museum.

The Dakota at the museum is not only a bona fide war veteran; she is also an old hand from the Burma Campaign, the birthplace of our squadron.

Although she may

not look it now, tail number 12963 flew "the hump" in monsoons as part of the Combat Cargo Task Force in South East Asia.

This plane was tasked to supply the British 14th Army, flying from improvised airfields without hangars, targeting marked drop zones that were extremely small and doing humanitarian low-level rice-drops to villagers left destitute by the enemy attacks. The members of 436 Squadron, with their trusty Daks, became some of the best pilots, navigators and air crew in



the world.

The C-47 at the museum was one of the last Dakotas to fly in Canada. It was painted in the colours of the Burma campaign prior to participating in a final cross-Canada tour in 1990.



Photo: Submitted

The crew of stalwart, dedicated Canucks in the air park at the museum.

Canadian to lead reserve group

June 28, 2006

OTTAWA - On July 8 in Italy, Edmonton-born naval reservist Captain (Navy) Carman McNary will become President of the world's largest military reserve officer organization.

The Interallied Confederation of Reserve Officers, commonly referred to by its French acronym CIOR, is an independent organization representing over 1.3 million reservists across 34 participating nations. The organization aims to promote knowledge and understanding related to the employment of reserve forces and to develop the interests of reserve officers in an international environment, while promoting solidarity and interoperability within the Atlantic Alliance.

In addition to support-

ing NATO by providing advice on reserve issues and promoting cooperation amongst nations, the Interallied Confederation of Reserve Officers fosters the professional development of reserve officers through a variety of annual programs. These include its highly competitive Military Pentathlon, a winter seminar and summer symposium focusing on issues relevant to NATO, and a week-long workshop for young reserve officers. CIOR also supports NATO's outreach initiatives through its ongoing Partnership for Peace program in addition to CIOR's Language Academy, which provides French and English language training to NATO's partner nations.

CIOR delegates meet twice a year - in the summer and winter - working through committees that

examine issues and provide analysis relating to Reserve forces. Typical issues of interest include the contribution of reserve forces to international operations, the re-integration of reservists within their respective communities following deployment abroad, the law of armed conflict, the impact of NATO expansion on the reserves, and employer support to reservists.

The upcoming Canadian leadership of CIOR will coincide with two other high-profile Canadian leadership positions within the NATO Alliance. On 6 July, Maj.-Gen. Herb Petras will become Chair of NATO's influential National Reserve Forces Committee (NRFC), while Canadian General Ray Henault continues to serve as NATO's top military officer, chairing its Military Committee.

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CELEBRATING JUNE 24TH



Photos: Cpl Jean-Francois Neron, 8 Wing Imaging



Clockwise from top left: Jessica Chapados and Samantha Carrier were able to convince their grandmother Louise Carrier to receive the same "paint job" as them as part of the St-Jean Baptiste celebrations held at the Marc Garneau School on June 24, 2006. The St-Jean Baptiste celebration is organized locally each year by Franco-Phare (a francophone community association), with support from 8 Wing/CFB Trenton. Alice Makayla from Peterborough rides her Red Rose soap box to the victory as part of the day-long celebrations. Military policeman Corporal Steve Carrier leads the bicycle parade held for children in the streets of Middleton Park. Samy Larson from Batawa, 7, and Anissa Roy from Trenton, 8, smile after their bike ride.

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Pool admission policy (for infants 6 months to five years)

This policy has been in place for a number of years. As a reminder to parents, babies under 6 months of age are not permitted access to the pool. This is a safety measure for the little ones whose immune system is not developed enough, coupled with the fact that the pool temperature may not be warm enough to permit the little ones to retain body heat. Toddlers and children 5 years of age and under must be accompanied in the water by a parent or guardian 16 years of age and over, who must remain within one arm's reach at all times.

Recreational summer swim courses

For more information please feel free to call 613-392-2811 ext. 3361 or 3348.

Bronze Medallion: Must be 13-years-old on the day of the exam. Course runs weekdays from July 10 to 21, from 8:30 to 10:30 a.m. Cost: Military and CRA members: \$100; Military community non-members: \$110; General public: \$120.

Please note an extra \$35 for the Lifesaving manual, \$15 for the First Aid manual. Manuals

also used for the Bronze Cross Course.

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, plus \$35 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.

Brighton Speedway supports local riders

The Hutchinson Fuels complete race program at Brighton Speedway Park on June 24th is one that will go down in history for Hospice Northumberland Lakeshore.

Thanks to the mayors of the seven municipalities in Northumberland County, the local MPP, fans and drivers, more than \$16,000.00 was raised as part of the sixth Annual Hospice Cup Challenge.

Starting out the program was the singing of the National Anthem by driver Elaine Burke (Pro Stocks) as part of Brighton Speedway Park's Salute to Canadian Forces. Elaine got the crowd singing along and cheering for our troops. A copy of the DVD will be sent overseas for our troops to see. While Elaine's singing performance was memorable, her performance on the track was hampered by mechanical difficulties. After running a solid fifth in the feature, she had to leave the track.

Once again this week, there was a major pile-up on turn four during the Canadian Modified race. This time however, the Stick Racing team didn't fare so well. Both cars were involved and Major Tim Burke's car sustained some major damage as it found itself under #24 of Rob Flindall. WO Pete Lessard of CFB Borden got his best finish so far in his racing career and placed third. WO Pat Monsigneur finished ninth.

The Green Mamba Jet Car borrowed a Chrysler Lebaron from Hotch's Auto Parts and proceeded to end the night with a show of fire and noise. Doug Rose, using 7,000 pounds of thrust and a deafening roar, proceeded to ignite and burn out the Lebaron in less than 5 minutes.

On Canada Day, the drivers will be racing for double points and fans will be treated to a fireworks display provided by Mystical Distributing. Hope to see you all there!

Summer family skating nights

Come join in on our summer family skating program offered weeknights, Monday through Friday at the RCAF Arena.

All are welcome to attend. Sessions will continue until June 30, from 4:30 to 6 p.m., Monday through Friday. Cost: Military, CRA members: free; Military community, non-members: \$1; General public: \$2.

8 Wing ball hockey team

The 8 Wing/CFB Trenton ball hockey team is looking for players to participate in the 2006 Ontario region Ball Hockey Championship, scheduled to be held at CFB Borden from July 9 to 14.

The team will practice every Monday at the Trenton Arena (downtown Trenton). All interested players are asked to contact Bryan Pearce at the RCAF Arena at local 4110.

Aquafit at the RecPlex

Morning classes are from July 5 to September 1 (Please note there will not be a class on Aug 7). Class one runs from 7:00 to 7:45 a.m.; class two from 7:55 to 8:40 a.m.

Cost is \$60 for CRA members; \$65 for military community non members; \$70 for the general public. Drop-in fee: \$3 or \$4 per class space permitting.

Evening classes are each Tuesday and Thursday from July 18 to August 17. Classes run from 7:30 to 8:30 p.m. Cost is \$35 for military and CRA members; \$40 for military community non-members; \$50 for the general public. Drop-in fee: \$4 for military community with ID; \$5 for the general public.

Registration is still open to the military community and the general public.

Golf Now!

It's that time of year!

Play 18 holes for \$27 at the CFB Trenton Golf Course.

Get your pass today at the RecPlex.

Please note, there is a limit of one pass per member or two passes with the proper ID.

For more information please contact the RecPlex at local 3361.

Summer fun for kids

This camp is designed for kids 6 to 12 years of age that are looking for loads of fun this summer.

Come join us at the RecPlex from July 4 to August 25. Camp hours are from 8:00 a.m. to 4:00 p.m., Monday to Friday. Before and after care is available from 7 to 8 a.m. and from 4 to 5 p.m. at a cost of \$2 per child.

Registration for military community and for non-military community is taking place now.

Please note that the following rates are per week.

Military Community (Non-Member):

- \$83 for one child
- \$151 for two children
- \$199 for three children

CRA Member:

- \$78 for one child
- \$141 for two children
- \$184 for three children

General Public:

- \$88 for one child
- \$161 for two children
- \$214 for three children

For more information, please call the RecPlex at 613-392-2811 ext. 3361 or 3348.

The 2006 I/S slow pitch league has started with six teams fighting for top honour.

Games are held every Tuesday and Thursday at 1700 hrs and 1830 hrs on diamonds one and three. Play safe and have fun!

Introduction to kayaking

This three-hour adventure is designed for people who would like an all-round introduction to sea kayaking.

During the course, you will 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 instructor.

Wednesday, July 12, 2006	1 - 4 p.m.
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.

Summer swim lessons

Please note the registration dates and times listed below are as follows:

Session one: Mornings from July 17 to 28.

Session two: Evenings from July 18 to August 17.

8 Wing community: Registration for 8 Wing continues from June 28 to July 4.

Quinte West residents: July 5 from 5 to 7 p.m. Registration for all continues from July 6 to July 16.

Session 3: Mornings from August 14 to 25.

8 Wing community: August 1 from 4 to 6 p.m. Registration for 8 Wing continues from August 2 to August 7.

Quinte West residents: August 8 from 5 to 7 p.m. Registration for all continues from August 9 to August 13.

Registration for all continues from August 9 to August 13, during regular hours of operation.



Environmental Fitness

It's that time of the year, where your cardio workouts should be done outside as much as they are inside!

Take a run on a trail, substituted in place of the treadmill. You can also kayak or canoe for your workout, instead of the elliptical. Even doing an outdoor pool workout instead of indoors one will be beneficial.

Try to take advantage of the fresh air, a different activity -- as it helps your progress, your motivation and your muscle recruitment.

Check back here next week for more 'Fit Tips!'

81 AEF personnel participate in EX Winged Beaver in U.S.

by Cpl Bill MacDonald
81 AEF

On April 8, 2006, 25 members of 81 Airfield Engineering Flight/Wing Construction Engineering Squadron (AEF/WCE), with support from Wing Food Services, Wing Transport, Wing Administration and 86 ASU, departed for the "Land Of Golden Opportunities", March Air Reserve Base (ARB).

The State of California would prove to be the testing ground for our deployment kits. The 12-day trip was part of an ongoing exchange with the Air National Guard; the Deployment for Training Program has been ongoing since 1995.

Nicknamed Exercise WINGED BEAVER, Canadian Airfield Engineers have been deployed to numerous US sites since the program was established, including Tennessee, Hawaii, Florida, and Harrisburg, Pennsylvania.

The program allows tradesmen from the CF to exchange ideas and trade practices with our neighbours to the south. This was a great chance to deploy and shake out

any problems with our deployable assets. Travelling with our new deployable containers on a CC-130 was a first for the unit and it proved to be the way to go.

The weather was not a disappointment as sunny skies allowed some of the projects to run with little or no glitches. Projects included construction of a new heavy equipment office, demolition of offices for a future Predator

Operations Center, fabrication of a large rock screed, replacement of high bay lighting and two large concrete pours. All work completed was in support of the Readiness Training Site (RTS) at March ARB. This site trains American engineers in their various trades and is the only facility of its kind on the west coast. It is a new site that is slowly improving so the work completed by 81 AEF was greatly appreciated by our hosts.

Another first for the unit was bringing cooks from Wing Foods to prepare all meals for the AEF while on deployment. They utilized the deployable kitchen equipment at the RTS

where 81 AEF lived for the duration of the exercise. The meals prepared for the troops were second to none and greatly contributed to the well-being and morale of the troops. This was definitely not the place to be if losing weight was in your plans. The evenings proved to be an excellent opportunity for the members of the flight to explore the LA and Hollywood areas, taking in all the glamour of Tinsel Town. Despite being deployed over Easter weekend, we found it best to occupy our time with golf, sight-seeing, Humvee rides and chasing rubber chickens at the go-cart track.

The support provided by our hosts, 163 CES, was excellent. They went out of their way to make 81 AEF personnel feel welcome throughout the exercise. The exchange of ideas, procedures and information between Canadian and US engineers is always positive during these exchanges and Ex WINGED BEAVER 2006 proved to be no different. Even some old friendships were rekindled as a few members of 163 CES at March ARB, who had travelled to 14 Wing Greenwood for an exchange, met with members of 81 AEF who had been in Greenwood back in 1998 when that exchange took place.

A good time was had by all and the Canadian engineers proved once again that when you want a job done, call an Engineer.
Chimo!



Sgt Dionne, MCpl Boyd, Cpl Evans, Cpl MacDonald, Cpl Sheppard and Pte Maillet begin a concrete pour that will ultimately be a total of 120 feet long.



81 AEF personnel at the Readiness Training Site (RTS) in March Air Reserve Base (ARB) in California.



Photos: Submitted

81 AEF Plumbing and Heating Techs, MCpl Hall, Cpl Shellington, Cpl MacNeil, Cpl Fitzgerald and Cpl Bannon, fabricating a very large rock screed, affectionately nicknamed "The Stinger."

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

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<p>2002 GMC YUKON XL 4X4</p> <p>WOW! High polished rims, 7 riders, power sunroof, every option available! MUST SEE! Mint shape. Off GMC Lease. 95,000 kms.</p> <p>\$18,995 CERT. \$210.68 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2003 PONTIAC GRAND AM SE</p> <p>Black beauty! Only 52,000 kms., loaded incl power sunroof, 4 cyl, 5 speed. Full power group, incl. mag wheels & spoiler. Mint shape. Fresh in off GMC lease.</p> <p>\$10,495 CERT. \$102.33 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2003 PONTIAC GRAND AM GT</p> <p>2 DR. Sharp! High polished rims, pwr sunroof, V6, auto w/full pwr. group incl. pwr seats. Monsoon upgraded stereo & more! Fresh off GMAC lease! 100,000 kms.</p> <p>\$10,995 CERT. \$107.05 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2002 SATURN L100</p> <p>Smart buy! Only 30,000 kms! Auto, loaded w/ full pwr. options incl. keyless entry, CD, alloys, pwr. windows & locks, air, & more! Mint shape. Off Saturn lease. Fresh in!</p> <p>\$10,495 CERT. \$116.94 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2003 DAKOTA EXT. CAB 4X4</p> <p>SPORT - 4.7L V8 auto., loaded w/full pwr. group, only 53,000 kms! Balance of 7 year/115km factory warranty. Big flare and tire package</p> <p>\$17,995 CERT. \$173.07 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2004 FORD F150 EXT. CAB</p> <p>SHORT BOX 4X4 - F14 package, black beauty! XLT pkg. 5.4 auto, loaded w/full pwr. options incl. pwr. seat, factory chrome console shift. Fresh in off Ford lease. 100,000 kms.</p> <p>\$20,995 CERT. \$201.36 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>
<p>2003 FORD WINDSTAR SPORT</p> <p>Sharp! TV, Video, loaded w/full pwr. options incl. pwr locks, air, cruise, tilt, pwr. seats, alloy wheels, & more! 64,000 kms. 5 year/100,000 kms. warranty</p> <p>\$12,495 CERT. \$121.20 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2003 PONTIAC GRAND PRIX GTP</p> <p>LOADED with every option available! Super Charged! Chrome rims, pwr. sunroof, pwr. heated leather seats & much more! Mint Shape! Off GMAC Lease. Fresh in! 73,000 kms.</p> <p>\$14,495 CERT. \$140.06 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2002 SATURN L200</p> <p>4 cyl., automatic, loaded up with full pwr. options incl. pwr. sunroof! Mint shape! Off Saturn lease. 94,000 kms.</p> <p>\$8,995 CERT. \$101.80 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2003 BUICK LESABRE</p> <p>LOADED with full pwr. options incl. pwr. seat, dual tone climate control, CD, keyless entry & much more. 110,000 kms. Mint shape. Off GMAC lease.</p> <p>\$10,995 CERT. \$107.05 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2003 FORD WINDSTAR LX</p> <p>SMART BUY! Loaded up with full power options incl. pwr. windows, locks, air, cruise, tilt, CD & much more! 66,000 kms. Balance of 5 year/100,000 km. warranty</p> <p>\$10,495 CERT. \$102.33 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2002 BUICK CENTURY</p> <p>Only 64,000 kms! Loaded w/full pwr. options incl. alloy wheels, keyless entry and much more!</p> <p>\$9,995 CERT. \$112.69 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>
<p>2004 HYUNDAI SANTA FE GL</p> <p>2 WD, V6, automatic, loaded w/full power options incl. pwr. windows, locks, air, cruise, tilt, alloy wheels and much more! Only 58,000 kms. Mint Shape!</p> <p>\$16,495 CERT. \$158.90 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2005 CHEV CAVALIER</p> <p>4 Door, only 6,600 kms! 4 cyl., automatic with air, CD, balance of factory warranty.</p> <p>\$11,495 CERT. \$93.32 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2004 CHEV COLORADO Z71 4X4</p> <p>BLACK BEAUTY! 5 cylinder, loaded w/full pwr. group options. Only 52,000 kms. Mint shape! Balance of factory warranty.</p> <p>\$22,995 CERT. \$194.10 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2003 GMC SONOMA ZR2 4X4</p> <p>EXT. CAB - Only 53,000 kms., V6, auto., air, 31.5x10 tires, flares, and much more! Mint Shape! Off GMAC lease.</p> <p>\$18,495 CERT. \$177.70 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2003 PONTIAC SUNFIRE</p> <p>4 Door, automatic, smart buy! Only 47,000 kms. Loaded w/full pwr. options incl. pwr. windows, locks, air & more! Mint shape! Off GMAC lease.</p> <p>\$9,455 CERT. \$92.52 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>	<p>2003 GMC 1500 SIERRA</p> <p>Crew Cab, H.D. short box, 4X4 SLE, 6.0, V8, small block, only 55,000 kms. Loaded w/full pwr. group incl. pwr. seats, auto-trac. Mint shape. Off GMAC lease.</p> <p>\$28,995 CERT. \$279.66 WEEKLY PAYMENT</p> <p>WHY PAY MORE?</p>



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Showcase

Showcase



MCpl S. Robertson

received her promotion to that rank, presented by LCol W Lewis, CO 8AMS and MWO J. Oscien, D/AESO 8AMS.



MCpl K. Roy

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



MCpl D. Zewuster

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



Sgt C. Williams

received the Commanding Officer's Commendation for his composure and courage shown during an escort tasking for Task Force Golan presented by Maj D.E. Doucette, CO CMED Petawawa.



WO S. Peloquin

received his retirement certificate signed by the Prime Minister of Canada for 35 years of loyal and dedicated service presented by LCol D. Gould, WLEO.



Sgt B. Sherwin

received a promotion to that rank, presented by LCol D. Gould, WLEO; Capt H. MacCharles, WTnO and CWO P. Fortin, Sqn CWO.



Cpl E. Gagne

received a promotion to that rank, presented by Capt H. MacCharles, WTnO and CWO P. Fortin, Sqn CWO.



Cpl M. Leclair

received the Driver of the Month Award for April, presented by Capt H. MacCharles, WTnO.



WO Tarbett, WO J. Proulx and Cpl S. Morris

received the Commanding Officer's Commendation presented by LCol F. Allen, ATESS CO and CWO A. Begg.



HCol P. Gartenburg

received an ATESS plaque during a farewell ceremony to the Aerospace and Telecommunications Engineering Support Squadron, presented by LCol F. Allen, ATESS CO and CWO A. Begg.



Capt K. Downey

received the Commanding Officer's Commendation presented by LCol F. Allen, ATESS CO and CWO A. Begg.



Ms. Suzanne Cuerrier

received the Commanding Officer's Commendation presented by LCol F. Allen, ATESS CO and CWO A. Begg.

Congratulations! Félicitations!



Going on vacation--protect your home



Submitted by
Don Heans,
Wing General Safety
Officer

Don't let your great vacation give way to a possible break-in.

Precautions for the safekeeping of your home while your family is away on vacation can provide the important benefits of safety and peace of mind.

Inform a trusted neighbour of your departure and return dates. Leave a number where you can be reached in case of an emergency. Be sure to leave a house key with your neighbour, and ask him to park in your driveway.

Have your neighbour pick up newspapers and

mail. Arrange for trimming of the lawn and clearing of the walkways.

Valuables should be stored in a safe deposit box.

Use clock timers to activate lights or radios at intervals, giving the impression that someone is home.

All tools and ladders should be out of sight and locked up. Don't provide a thief with tools to invade your home.

Unplug all electrical appliances and the televi-

sion to prevent against a fire hazard in your absence.

Close the fireplace flue to prevent birds or animals from entering.

Put your garbage cans in the basement or in a storage shed; empty ones are a sure sign you're away.

Before leaving, double check to ensure all entries are secured.

Unoccupied dwellings are a favourite target for a thief. Be sure to safeguard your home before leaving on vacation.

Nexgrill announces Gas grill recall

In cooperation with CSA International, Nexgrill Industries of City of Industry, California is voluntarily recalling approximately 936 gas grills in Canada. If the hose connecting the propane tank with the manifold runs too close to the firebox, heat from the firebox can cause the hose to detach from the burner manifold causing a gas leak and a fire hazard.

Nexgrill Industries has received 31 incident reports including 28 fires, three hoses melting, two cases of property damage and four injuries in North America.

The recalled gas grills have the model number of 720-0025, listed on the back of the grill. The stainless steel grill is designed to be

used with propane gas. The name of the grill is located at the left corner of the exterior of the main burner lid. The model number can be found on the name plate located behind the door. A temperature gauge is located at the centre of the main burner lid. The grills were sold through Costco stores in Canada from December 2003 through March 2005.

Consumers should stop using the affected grills and contact Nexgrill Customer Service to receive a free, self-installation retrofit heat shield kit.

Consumers may call Nexgrill toll-free at 1-888-361-0888, between 9 a.m. and 5 p.m. PT, Monday through Friday, or log on

to the company's website at <http://nexgrill0025.serorder.com>.

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Health Promotion lunch and learn series



The following is a list of programs available to you, through the 8 Wing/CFB Trenton Health Promotion office.

Each session will run from 1200 to 1300 hrs.

For further information, or to register, please feel free to contact local 3768 or 3767.

Computer Comfort:

Do you sit at a computer for several hours a day? Many of us don't think about whether we are comfortable while working...after all, it is work.

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Course takes place on July 4.

Ticked Off: Is your workplace challenging you to blow your stack? Is the morning traffic just a little more than a rude wake up?

If these are some irritations that tick you off and you would like to receive some tips on how to better manage these emotions then this Ticked Off Lunch and Learn is for you.

Course takes place on July 18.

Mind Tools: Are you stressed out? You do have the power to change your situation. You can choose to change your interpretation and how you feel about it. For those incidents where you truly have no control over, learn how to survive the stress.

Course takes place on July 25.



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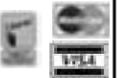
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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
July 2 - July 8

ARIES (March 21-April 19): You'll be in a competitive cycle so prepare to do something that will challenge you physically and mentally on the 2. Don't let your emotions play havoc with what you have to get done on the 3 to 5. Be ready to make a move or a change to your professional position. Love may be enticing but if your work's not complete, you'll have to take a pass. You're sitting in a much better position than you realize on the 6 and 7. Trust your abilities instead of thinking that someone else can do something better. Social activities will lead to valuable information. A new way of doing things will attract attention on the 8th. A gift is likely to come your way.

TAURUS (April 20-May 20): Focus on your week on the 2 and how you can make the most of it. You'll have to pick and choose your battle on the 3 to 5. If you side with anyone, you'll make enemies. High energy, discipline and determination will enable you to overcome any obstacle you encounter. Your stubborn nature will get you in hot water on the 6 and 7. Because you won't take no for an answer, you aren't likely to get what you expect. Be clever in your approach. The impression you make is likely to affect your future. Go easy on what you spend on the 8 and prepare to set a new budget and stick to it.

GEMINI (May 21-June 20): Stepping into the spotlight at events you attend on the 2 will give you the rush you are looking for. Don't let changes that others are making bother you on the 3 to 5. It's important that you do what's best for you. A change of scenery will give you a new lease on life. A serious relationship may have to be addressed. Personal changes will bring more confidence on the 6 and 7. A commitment can be made to someone or something you want to pursue. Travel plans may be altered. If you flirt with someone who is attached, you'll face discord on the 8. Failure to keep a secret will lead to chastisement.

CANCER (June 21-July 22): Get out and do things with friends or make your home a drop-in center on the 2. Someone you meet will play an integral part in your life. You'll get mixed signals from the people you deal with on the 3 to 5. Try to sort through what's being said and, if someone is making a promise, clarify what's being offered. You can do anything you put your mind to on the 6 and 7. Trusting in your own abilities is what will make the difference. Stay in control of your money. Someone may be trying to get a handout. Focus on friends, family and your home on the 8. Apply your great memory and you'll impress the people who matter most.

LEO (July 23-Aug. 22): Someone will not be fair or honest with you on the 2, call their bluff. You may think you have everyone's attention on the 3 to 5 but, in fact, you'll probably overlook someone very important. Don't leave financial matters in the hands of someone else. Stay in control. Staying around home on the 6 and 7 will lead to discord. Avoid emotional encounters. Now isn't the time to make changes but rather to formulate what you're going to do in the future. Protect yourself and your interests. Someone you meet on the 8 will influence your future. Focus on what you do best and you'll make a lasting impression.

VIRGO (Aug. 23-Sept. 22): Expect someone to withhold information on the 2. Don't overreact on the 3 to 5. Get the facts before taking action. Activities that involve family may turn into a fiasco if not well planned. Don't take anything or anyone for granted. Speak up and let others know your intentions on the 6 and 7. What good are your ideas if you don't put them into play? Your strong convictions will encourage others to join in and support you. Moneymaking deals aren't as they appear. Give yourself time to think on the 8. You have plenty to contend with. If you stress yourself out more, it will lead to personal problems.

LIBRA (Sept. 23-Oct. 22): An opportunity is apparent on the 2 but you'll have to do the legwork yourself. Don't give up on something you really want to pursue on the 3 to 5. This is the perfect time to launch one of your ideas or talk to someone who can influence your future. Separate yourself from whatever you're working on to gain perspective. Don't be lazy on the 6 and 7 or you won't reap the benefits. Act promptly if you want to come out a winner. Everyone else is rooting for you and waiting for you to take action. You can be a mastermind on the 8, solving problems and coming up with something brilliant. Display your talents. It's your turn to shine.

SCORPIO (Oct. 23-Nov. 21): The discussions you have with friends on the 2 will help you make a decision that has eluded you up to this point. Be very careful on the 3 to 5; someone may try to pull one over on you. Don't divulge information that may be used against you. Cover your back and present your ideas or someone will take credit for what you've done. You're walking a fine line on the 6 and 7 but not one that you can't manipulate in your favour. Progress is apparent. Not everything will go according to plan on the 8. Be on guard but don't rule out your own plans if someone lets you down. Consider changing direction.

SAGITTARIUS (Nov. 22-Dec. 21): You're finally in the clear. Pursue something on the 2 that you feel will be prosperous. You'll be getting the thumbs up on the 3 to 5 about a deal you've been trying to close. You're lucky and will receive gifts or some form of appreciation from the people you have been doing things for. Emotions will flare on the 6 and 7, giving rise to some interesting conversations. Get rid of old grudges and work to fix whatever hasn't been working for you. Stop trying to please everyone; the 8 is not the time to be a martyr. You should be experiencing new things, traveling, learning and taking part in events you believe in.

CAPRICORN (Dec. 22-Jan. 19): A practical, no-nonsense approach on the 2 will ensure you stay in control of your situation. Observe what's going on around you on the 3 to 5 rather than trying to change things. Someone will have an emotional issue with you that must be resolved before you can move forward. Choose your battles wisely. If you have neglected the people who care about you, the 6 and 7 is the time to let each of them know how much you appreciate the support they give. Plan a family outing. Think out loud on the 8 and you'll get a response. By keeping matters hidden or not sharing your plans, you put yourself in a compromising position.

AQUARIUS (Jan. 20-Feb. 18): Take note of where your money is going on the 2. You have to be less generous and more practical. Promises can be made and plans put into play on the 3 to 5. You can make extra money if you use your ingenuity. Don't let others hold you back. Love and romance are looking good. Be very careful how you handle others and what information you divulge on the 6 and 7. You may trust someone who will use you. Now isn't the time to be aggressive but it is the time to be firm. Your time has come so promote your talents and plans for the future on the 8. Nothing is impossible if you believe in your own potential.

PISCES (Feb. 19-March 20): Prepare to get involved in a creative project that will lead to financial gains on the 2. A financial partnership can take a positive turn on the 3 to 5 but make sure everything is fair and in writing before you proceed. The more time spent checking out unfamiliar territory, the better equipped you will be to make changes. Get in the groove on the 6 and 7 and you'll soon see how much of a difference you can make. A deal that could potentially make you money is apparent. You may end up being bullied on the 8. Go it alone and satisfy your own needs. Don't take financial, emotional or physical chances.

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NOT IN MY BACKYARD! by Dale Taylor



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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.

Country Music Reunion and Jamboree

August 3 - 6

(please note gates open at noon, August 3, for the early birds)

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

Tickets are on sale now. Early bird admission will require an additional \$10.00 per person, to be paid at gate upon arrival on Thursday. Due to insurance regulations and our agreement with the Parks and Rec of Trenton, No campers will be allowed on the grounds before 12 noon Thursday!

For further information call 905-986-4140.

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 392-2811 local 2330 or 394-3592. You may also contact CWO Bill Gosse at 392-2811 ext. 3218 or by email at Gosse.WD@forces.gc.ca. Registration forms and all related info can be found by visiting www.cfb-trenton.com.

"The 407 Demon Sqñ"

will celebrate its 65th anniversary this fall. All former members and spouses of 407 Sqñ are invited to join us at 19 Wing Comox from September 22 - 24, 2006.

For the most 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"

Celebrate Canada Day

A Return of Family Fun

Quinte West is celebrating Canada's birthday by returning to classic family fun. Join your neighbours at Centennial Park for a day full of classic games, family entertainment, food and our famous fireworks display. You and your family can look forward to something new this year right after the fireworks cuddle up with your family on the hill and watch a brand new movie on a giant screen at the Amphitheatre.

Scheduled events start at 7 a.m. and run throughout the day. There is something for everyone to enjoy - hope to see you there!

For more information please call 613-392-281 or visit www.city.quintewest.on.ca

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 Padre Mike Adameczyk
 Padre Mel Talan
 Padre Marc Torchinsky (deployed)

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator Padre Frank Pellerin</p> <p>MASS Sunday Mass (English) 1130 hrs Messe Dominicale: 0900 hrs</p> <p>CONFESSION At all times</p> <p>PARISH ORGANIZATIONS Parish Council 4th Sun 1330 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs</p> <p>DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR After working hours, for emergency only, please call the base operator at 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 392-2811 et demandez l'aumônier en devoir.</p> <p>NOTICE/AVIS It is now possible to have the Club Xtra points that are earned on all your purchases at CANEX go to the Chaplain Emergency Fund. Simply ask to have the points placed on the Chaplains' card. The Chaplain Emergency Fund is used to assist our military families during times of family crises. / Vous pouvez dès maintenant, lors de vos achats au Canex, donner vos points Club Xtra au Fonds d'urgence des aumôniers. Vous n'avez qu'à mentionner que vous désirez donner vos points sur la carte des Aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales.</p>	<p>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Padre James Craig</p> <p>WORSHIP SERVICE Divine Worship (Sun) 1015 hrs Holy Communion 1st Sunday of the month</p> <p>PARISH ORGANIZATIONS Chapel Guild Last Tues 1930 hrs</p>
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8 Wing gears up for National Fire Fighter Combat Challenge

by Cpl Jacques Caron
Team Captain

I was selected to attend the training camp to choose the Canadian Forces Team that will compete in the National Fire Fighter Combat Challenge Championships in Niagara Falls in September.

To be able to attend this camp you have to do some maximal test like the 20 MSR, push-ups, sit-ups, max bench press, max squats, vertical jump and standing broad jump. And to finish it off, the next day you do the new firefighter test as fast as you can. After your results are analysed, you are invited to attend the camp which, this year, was held at the University of Alberta in Edmonton.

A total of 14 fire fighters from across Canada came together to learn the know-how, techniques and to do some more physical testing. On the first day, we did the VO2 max test on

a treadmill and pushed ourselves to the limit. Dr Stu Petersen really knew how to motivate us so we could attain our max since he is giving us a program designed for us for the rest of the season. We utilized the same equipment that the Edmonton Oilers use for their training camp every September. After that, we had classes on nutrition, how to stretch and a whole afternoon with the sports psychologist from the Olympic Canadian Ski Team. With all this baggage, we carried on the city of Edmonton tower for some training and timings.

The team was composed of a good mix of veterans and new recruits. After the teams were made up for the competition in Vermillion, we headed up the highway on Saturday to do our best. Our teams finished second and fifth overall, and third overall in the over 40 category. As well, our



Photo: 8 Wing Imaging

A photo from the competition several years ago. female competitor finished first, and in the relay competition as well as individuals. July 8, 2006. The 8 Wing /CFB Trenton Firehall over 40 we finished 1st and 3rd and our over 50 competitor finished first too.

All in all, it was a very busy week and it will help for the rest of the season ,which continues here in Quinte West on

Please come out and support your local fire fighters. Also, check out the Ontario region event on July 24 at Centennial Park.

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2006 SMART CABRIO
DIESEL ENGINE GETS TO MPG! IN THE SHOWROOM
ONE ONLY
READY FOR SUMMER!

2005 PACIFICA S TOURING MODEL
V6, auto, air, CD, 11,000 miles
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Auto, CD, factory warranty, V6, power group, X-rental
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V6, auto, air, 4x2, Low Miles/kms
X-RENTAL
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V-6 automatic, air conditioning, tinted windows, alloy wheels, power locks, power windows.
Rental - Balance of warranty X-RENTAL
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2004 DODGE RAM 3500 4x4 QUAD LONG BOX
Cummins Diesel, auto, well equipped, 51,000 miles!
ONE ONLY AT \$34,995

2005 SEBRING CONVERTIBLE
V6, auto, air, p. door locks & windows, cruise & SR, factory warranty, and only 4,000
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2002 DODGE GRAND CARAVAN
V6, auto, power windows and locks
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'05 CHRYSLER TOWN & COUNTRY
Leather, loaded! Dash, sunroof, entertainment system, Balance of factory warranty.
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2005 PACIFICA ALL WHEEL DRIVE
V6, leather, chrome wheels, sunroof, 6-CD changer, heated seats, 4,000 kms.
\$34,995

2005 JEEP GRAND CHEROKEE 4x4
V6 engine, automatic, air and more!
X-RENTAL
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2005 JEEP TJ 4x4
2 tops, alloy wheels & freight!
DEMO \$23,995 ONE ONLY!

hard to find trucks

2004 RAM QUAD DUALY
4x4, DUAL REAR WHEELS, AUTO, CUMMINS DIESEL
\$34,995



2005 RAM QUAD SLT 4x4
AUTOMATIC, CUMMINS DIESEL
\$39,998

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CALIBER 5 AVAILABLE!



BRAND NEW SIGN 'N' DRIVE



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Canadian Value Package INCLUDES U/V, AUTOMATIC, AIR CONDITIONING, CD, 7 PASSENGER

