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• May 26, 2006 •

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 41 Issue Number 21 •

8 Wing/CFB Trenton pays late-night tribute to a fallen soldier



Photo: Cpl Kimberly Gosse, 8 Wing Imaging

The remains of Captain Nichola Goddard arrived on the 8 Wing/CFB Trenton airfield via a CC-150 Polaris on May 20, 2006. Capt Goddard was killed during a firefight with insurgents on May 17 in Afghanistan. She was Canada's first-ever female soldier killed in combat. Her husband, Jason Beam, attended the repatriation ceremony, along with her parents, sisters and other family members. Captain Goddard, was stationed with the 1st Regiment Royal Canadian Horse Artillery in Shilo, but was serving with Task Force Afghanistan as part of the 1st Battalion Princess Patricia's Canadian Light Infantry (1 PPCLI) Battle Group when she was killed.

by Captain Nicole Meszaros,
8 Wing Public Affairs Officer

Cool spring winds blew across the 8 Wing airfield late Saturday night as the CC-150 Polaris carrying the remains of Captain Nichola Goddard taxied into position on the East Ramp.

A well-rehearsed repatriation ceremony in honour of the artillery officer was carried out at the tip of the starboard wing in sombre tradition as the 8 Wing Pipe-Major, Warrant Officer J.H. MacIntyre, played the lament, "Flowers of the Forest."

Mr. Jason Beam, Captain Goddard's widower, walked onto the tarmac with her parents, sisters and other family members who attended the ceremony. Many family members carried pink flowers, which they placed on the flag covered casket after it was lifted by the pallbearers into the hearse.

The Honourable Gordon O'Connor, Minister of National Defence; General R.J. Hillier, Chief of the Defence Staff; Lieutenant-

General J.H.P.M. Caron, Chief of the Land Staff; and Lieutenant-General J.C.M. Gauthier, Commander Canadian Expeditionary Forces Command, among others, were on the airfield for the repatriation ceremony. Approximately 50 members of 8 Wing/CFB Trenton, including Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer L.D. Cheverie, Wing Chief Warrant Officer, also paid final respects to Captain Goddard that evening.

The Canadian soldier was killed on May 17 during a firefight with insurgents that occurred approximately 24 kilometres west of Kandahar, Afghanistan.

Captain Goddard was stationed with the 1st Regiment Royal Canadian Horse Artillery in Shilo, but was serving with Task Force Afghanistan as part of the 1st Battalion Princess Patricia's Canadian Light Infantry (1 PPCLI) Battle Group when she was killed.

Two days after her death

the Minister of National Defence announced that the Memorial Cross would be awarded to Mr. Beam. "The Memorial Cross is Canada's way of showing our profound gratitude to the loved ones of those who die in the defence of this country," Minister O'Connor said in a released statement.

Traditionally the Memorial Cross, a token of loss and sacrifice given by a grateful Government of Canada, is presented only to the mothers and widows of those killed in action. Minister O'Connor also announced a general review of policy regarding how the medal is issued.

"Obviously, Canadian society has changed since the Cross was instituted in 1919. We will be examining how to modernize the criteria outlining who is eligible for this great honour," he said.

Staff from the Directorate of History and Heritage have confirmed that Captain Goddard was the first Canadian woman to be killed in combat.

Medevac mission: Bringing the injured home to Canada

by Lt Marie-Noëlle Blanchet

The heroes of this world are not always the ones who show up in public first. Often, they work anonymously, but their work is no less crucial for it. They have their own unique way to "save the world."

At the American hospital in Landstuhl, Germany, three Canadian soldiers wait patiently for the arrival of the air medical evacuation (medevac) team that will bring them home. When their eyes meet those of the medical staff in charge of their safe return, the soldiers will realize at last that it is time for them to go home to be with their loved ones. That moment will stay with the medical team members for the rest of their lives. That moment represents their *raison d'être* and justifies all the sacrifices they have

made to be there. That moment is worth all the gold in the world.

The 24 Canadian Forces Health Services Centre (24 CF H Svcs C) based at CFB Trenton is the hub when it comes to medevac expertise in the CF. Although qualified medical personnel are stationed on other bases across Canada, many of them work here. The tempo of operations on this wing simply demands it. Whether at home or abroad, medevac team members are always ready to deploy.

"Medevac missions are extremely complex," explains Master Seaman Lise Boucher, Medical Crew Director (MCD) for the current mission. Every little detail must be considered carefully. "It is truly a team effort," she says. The team is made up of nursing staff and medical technicians of

all ranks, but experience and flying hours on the aircraft used for the mission are the key factors in choosing the person who will lead the team.

"Generally, we have 24 to 48 hours to plan a mission; depending on the severity of the injuries, it can take up to a week," says MS Boucher. "Everything revolves around one thing – the safety of the patient," she adds. The technical preparation and the logistics involved before the mission, during the flight out, on location, during the return flight with the patients, and upon arrival at destination are all encompassing. "Often, crew rest is in extremely short supply and this, added to jet lag and to the stresses inherently present during flying missions, is physically demanding for the team members," says the crew director. "It is not possi-

ble to rest before meeting the patients in the hospital, reassuring them, and coordinating the final details for their safe return home. Sometimes, this can take up to 26 hours," she adds. In spite of this, with a twinkle in her eye, she does not hesitate to state passionately that hers is the "best job there is in the world of medical technicians and nursing staff."

In spite of all the preparation, holding someone's life in your hands can change everything – thus the importance of teamwork, according to Captain Connie Watson, a reserve nurse who is also a qualified medevac crew member. "We must be able to anticipate events and to conceive the inconceivable. With basic medical equipment, our only goal is to maintain the level of care in

See Medevac team, Page 2

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Medevac team, Cont'd from Page 1

the air the same as those in the hospital." A patient's condition can change at a moment's notice, and the team must be in constant synergy in order to accomplish the mission successfully. "Often, the team is so cohesive that we don't even need to speak to understand each other. Simple signs are enough for each of us to take the appropriate action," adds Capt Watson.

This unique job "isn't for everyone," states Corporal Éric Mantha, medical technician qualified in medevacs since 2004. "We must be fascinated by the human machine and must above all want to help people," he adds. It is also important to remain empathetic with the patient and to stay calm at all times, especially when tired. "We must be very motivated, determined and extremely passionate to excel in this job," agrees MS Boucher. "Training is very technical, and in this work, there is no room for error," she continues.

Formal training takes two months. This is followed by a period of familiarisation and intense individual evaluation, which can take up to six months.



Photos: Lt Marie-Noëlle Blanchet

Cpl Colleen Penttinen and MCpl Kate Ryan, both members of 24 CF H Svcs C Trenton, make sure that the patient is comfortable and get him ready for take off prior to the flight back to Canada.



Corporal Éric Mantha organizes medical equipment on the Airbus prior to the arrival and boarding of the patients.

Upon completion of this phase, an individual can become an unsupervised team member and eventually, a MCD. Capt François Vachon, a nurse, is one of the instructors at 426 (Training) Transport Squadron (426 (T) Trg Sqn) in charge of medevac training. About 30 medical technicians and nurses are qualified every year. "There is a high need for qualified medevac personnel," says Capt Vachon. Shortage of qualified personnel is a real possibility, as operational tempo increases and domestic evacuation operations become more common. MS Boucher, who has been deployed on five medevacs since December 2005, agrees. She adds: "too often, the same individuals deploy time and time again. It is very demanding physically and

mentally. It often takes me up to four days to recover from a mission overseas. Unfortunately, we barely have time to rest before we have to go back to work and get ready for the next mission."

In spite of the fatigue and the intense effort inherent to this field, the medical team returns home with, once again, a deep feeling of a job well done. Not often given the recognition it deserves, the work these people do is invaluable. Yet, thanks to their efforts, Canadian soldiers who fall in combat or become ill or injured abroad are brought back safely to their loved ones. Their only reward: the smile of a soldier who is finally home, the tears of joy of a child or a parent who will no longer have to worry. In short, the very definition of heroism, but of a different kind.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Members of 8 Wing Fire Department are setting up the Decon shower as part of their Hazmat Emergency Response Team Training. The Decon shower is a critical piece of equipment, which allows the team and casualties to safely exit a contaminated area. With proper training this evolution will take approximately 10 minutes, greatly reducing any further contamination to person and equipment.



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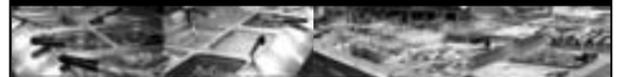
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TOURING SAR SQUADRON



Photo: Lt Marie-Noëlle Blanchet

On May 17 a group of students from O'Neill Collegiate and Vocational Institute in Oshawa had the chance to tour the 424 Transport and Rescue (T & R) SAR Squadron at 8 Wing/CFB Trenton. Shown above is WO Gavin Lee, who captivated his young audience by showing them all the equipment required for a SAR mission.

Search & Rescue UPDATE



It was a busy week at 424 Squadron with seven missions. Our Griffon flew five missions and the Herc flew the remaining two.

For the Griffon, the first mission was to investigate an ELT north of Buttonville, but was stood down soon after takeoff when the aircraft was located and there was no distress. The second mission was for a possible overturned boat along the east end of Lake Ontario. Nothing was found and the Griffon returned to base. Later that day, the Griffon was once again tasked to the east end of Lake Ontario for a possible distress call. After a search was completed, Rescue 492 returned to base with nothing found. The fourth mission was for missing persons on Rice Lake. An overturned boat was found and one body was recovered. A subsequent search found nothing else and Rescue 493 returned to base. The fifth mission was for a missing person from a sail boat found adrift near Rochester. A search was completed with negative results. Rescue 493 returned to base safely.

The Herc had two missions last week. The first mission was for an overturned boat near Montario Point, NY. It was unknown if there were any persons on board. A search was conducted off the shore, but nothing was sighted. Rescue 324 safely returned to base. The second Herc mission and our final one for the week, was for an ELT near Timmins. The signal was tracked to a float plane safely anchored on the Matagami River, south of Timmins. Rescue 317 then safely returned to base.

Until next week, stay safe.

Missions for 2006: 56 Missions for May: 15 Persons rescued: 9

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



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message from the

Editor

Where did Garth go?

Many readers have called or written in the last few weeks, asking why we haven't published our popular Garth Turner financial column.

The short answer is that the agency through which we received his column no longer represents Mr. Turner.

The long answer is slightly more complicated.

Once Mr. Turner was elected as a Member of Parliament, his columns began to focus more and more on politics rather than finance. This shift in content was a concern here at The Contact, as our mandate differs significantly from that of other community newspapers, and politics is an arena that we rarely enter. This fact, not to mention the fact that we were paying for a purely financial column, led us to consider calling a halt to the column in the The Contact.

Fortunately or unfortunately, Canadian Artists Syndicate, our supplier, acted first, and refused to continue carrying Mr. Turner's column, given the political bent he had adopted since his election to office.

Love him or hate him, Garth Turner was a well-read regular feature in this newspaper. In my opinion, he offered us years of great financial advice. He was sometimes brilliant, sometimes controversial, but always interesting.

Yes, we miss "him" here at The Contact, as do many of our readers, but what is done is done. And if he ever returns to the purely financial aspect of writing, we will be only too happy to feature his words again here in The Contact



Contact

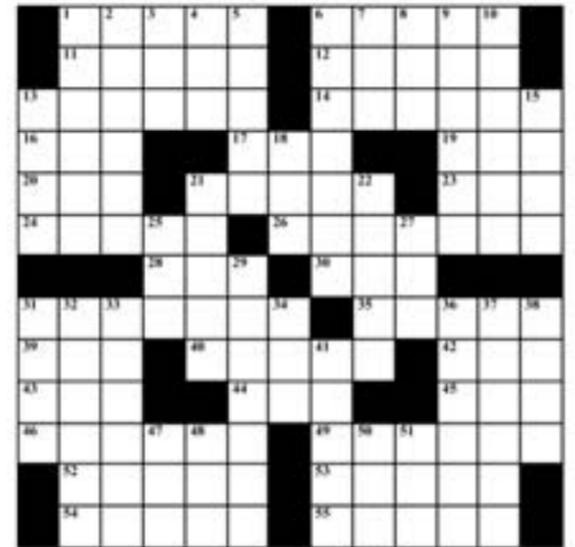
Canadiana Crossword

Dreamers and Doers

By Bernice Rosella and James Kilner

- ACROSS**
 1 Descendant
 6 Braid
 11 Table hockey inventor
 12 Wild plum
 13 Kerosene inventor
 14 Certain sizes
 16 Golfer Ernie
 17 Insane
 19 Actress Gardner
 20 India pale, for one
 21 Religious denomination
 23 ___ kind
 24 U-haul renter
 26 Standard time inventor
 28 Spigot
 30 Chaplet
 31 Paint roller inventor
 35 Chicken
 39 Conger
 40 Eyes that smile
 42 Abraham, familiarly
 43 Resort
 44 Speed meas.
 45 Compass pt
 46 Taiwan metropolis
 49 Recedes
 52 Sow sound
 53 Levesque, and others
 54 A time of your life?
 55 Rings out

- DOWN**
 1 Not exactly fragrant
 2 Cantankerous
 3 Hostelry
 4 Mineral bearer
 5 Averages



- 6 Pabulum co-inventor
 7 Mil. rank
 8 Note in Guido's scale
 9 Spicy sausage
 10 Rural
 13 Equipment
 15 Tattled, slangily
 18 TV extraterrestrial
 21 Chemical Ali e.g.
 22 ___ lake
 25 Greek letter
 27 Actress Farrow
 29 Allows
 31 Insulin co-inventor
 32 Meal
 33 Actress May
 34 Bark
 36 Spectral colour
 37 Preoccupy
 38 Reporter's concern
 41 Sleeping car inventor
 47 The P in EAP
 48 Sea eagle
 50 Word after quilting or spelling
 51 Literary collection



This Week in Contact

1996 – A Trenton corporal, his wife and their two children are living in a motel, after fire destroyed their home last week. Adrian and Diana Wall were both at work last Wednesday when they heard that their house was burning. Their two children, aged seven nine, were at school at the time. Although some of the house is still standing, Wall says it is likely the structure is a total loss.

1986 – It used to be called Air Force Day, and then it became known as Armed Forces Day. But it keeps on getting bigger and better and, starting this year it will be known as the Quinte International Air Show. The name has been changed to highlight the ever-expanding scope of the show from a simple open house in the early Air Force Days, to what has truly become an international air show.

1976 – The Middleton Park Community Council will hold an open, public meeting on May 27. The meeting will commence at 1930 (7:30pm) in the Senior Breadner School auditorium. All residents of Middleton Park are welcome to attend. This will be the first time in recent years for public meeting to be held in Middleton Park to discuss community matters.

Created by Lt J. H. MacDonald,
 Compiled by Jason Newman.



Getting up close and personal with SAR

by Lt Marie-Noëlle Blanchet,
OJT 8 Wing PA

On 17 May, 27 students from O'Neill Collegiate and Vocational Institute in Oshawa had the opportunity to visit 424 Transport and Rescue (T & R) Squadron.

The students were thrilled after this experience, some of them so much so that they were seriously thinking about joining the Forces.

Warrant Officer Gavin Lee, a Search and Rescue (SAR) technician since 1987, is certainly used to explaining and showing what SAR is all about.

According to him, 424 (T & R) Sqn does about a dozen school visits per year. Passionate about his job, WO Lee and other members of 424 (T & R) Sqn would do everything to facilitate visits like this one.

"It's important to show Canadians, and especially young people, what we do for our country," said WO Lee.

In spite of the chilly outside temperature, the



Photo: Lt Marie-Noëlle Blanchet

Cpl Éric Murray meets with the students from O'Neill Collegiate and Vocational Institute after his demonstration. Cpl Murray is a rigger at 424 (T&R) Sqn who has recently qualified to go on his Search and Rescue technician course.

students got the whole nine-yards in terms of demonstration.

They got a tour of the SAR shop, where they saw all the equipment required for a mission. From there, everyone went outside to watch SAR technicians in action.

Most of the students' gazes were drawn to the grey skies, as three orange-clad men jumped out of a CC-130 Hercules and twirled playfully down towards them.

This was followed by a hoisting demonstration from a Griffon. The group ended their visit

with tours of the Hercules and Griffon.

At the end there was a general consensus among these young folks...the equipment is way too heavy but the jumping stuff is kind of cool.

The students, teachers and bus driver were all thrilled with the visit, and

thankful for being given the opportunity to witness the demonstrations put together by the squadron.

They look forward to their next field trip out this way and to many more memorable encounters with the members of 8 Wing/CFB Trenton in action.

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Update of 8 Wing's web site in progress

by L (N) Petie LeDrew

Like it or not, want it or not, the Internet is here to stay. It is to today's society what the printing press must have been to Renaissance Europe.

In many ways, it has revolutionized the way we communicate, work, play and learn.

As a result, and to ensure that the 8 Wing/CFB Trenton web site remains relevant to Internet surfers everywhere, it is currently being revised and updated. This will be a long process, and everyone is welcome to provide input, suggestions and corrections. These can be forwarded directly to the 8 Wing Assistant Public Affairs Officer, Lt(N) P. LeDrew, at ledrew.pr@forces.gc.ca.

The power of the Internet lies not only in the fact that it provides near instant information to its users, but also in its accessibility. As of 2003, 54.5 per cent of Canadian households had Internet access at home, according to Statistics Canada. And according

to www.internetworldstats.com, this number is now up to 67.9 per cent. This does not include access at school, work, in libraries or other venues.

Since the Internet is becoming such a prevalent source of instantaneous information, it is essential that the information it provides be accurate, relevant and updated frequently and regularly.

But what is the significance of all this for the Canadian Forces?

The Internet can be a great recruiting tool. Children from all walks of life learn to use it early on in their school careers. Computers are now a common sight in most elementary schools and even in junior and senior kindergarten classrooms. By the time they are teens, children know more about surfing the Internet and where to find what they are looking for than many of their parents do. And late teens are prime candidates for recruitment in the CF. Therefore, the Internet can be an efficient way to communicate with them and to let them know what the CF

has to offer as an employer of choice.

The Internet can also allow the CF to inform and educate the public at large on the organization's people, structure, equipment, roles and missions. It can provide a way for anyone to reach out and communicate with members of the organizations through various means, such as point of contact information and generic e-mail addresses.

Lastly, it is an important internal communication tool as well. Although most members of the Air Force have access to the DWAN system, this is not the case everywhere in the CF. For instance, sailors and soldiers do not always have this capability, especially when deployed at sea or in theatre. Except for a few rare cases, students at the Royal Military College have no access to this system. Military Internet web sites are a real and important link to the CF for them. The Internet is their connection to the broader organization of which they are members.



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Rec Plex Kidz Kamp

Looking for fun this summer? Join us at the Rec Plex from July 4 to August 25, 2006. Camp hours are from 8:00 a.m. to 4:00 p.m., weekdays for kids 6 to 12 years old. 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 the military community is taking place now and on 5 June 06 for Non-Military Community.

CRA Member:

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

Military Community (Non-Member):

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

General Public:

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

For more information please call the Rec Plex at 392-2811 ext. 3361 or 3348.

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.

Thursday, June 1, 2006	6 - 9 p.m.
Tuesday, June 13, 2006	6 - 9 p.m.
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 Rec Plex. Courses will be held at Bernie Gray Kayaking, 383 Dundas Street West in Belleville.

Golf Now!

It's that time of year again! Play 18 holes for \$27 at the CFB Trenton Golf Course. Get your pass today at the Rec Plex.

Calling all shinny hockey players

This year's season of shinny hockey will begin on June 5 and run weeknight's until June 30, from 6 to 7:30 p.m.

- Monday:** Tyke/Novice division;
- Tuesday:** Bantam division;
- Wednesday:** Atom division;
- Thursday:** PeeWee division;
- Friday:** Midget/Intermediate division.

Cost is \$1 for Military Community Members and \$2 for the General Public.

For more information please contact the Rec Plex office at 392-2811. ext. 3361.

Canada's Wonderland bus trip

There will be a Canada's Wonderland bus trip on Saturday June 10, 2006.

This event is open to all interest youth ages 13 to 18-years-old and is sponsored by the Community Recreation Association (CRA) and the Military Family Resource Centre

(MFRC).

Cost is \$50 per person and includes transportation and park admission.

Tickets can be purchased at the Rec Plex or the MFRC.

For more information please call 392-2811 local 3361 or 3575.

Surf n' Turf

There's still time to register for this year's race. Forms are available at the base gymnasium or via email at refausse.e@forces.gc.ca



R.I.C.E For Injuries

If you suffer from a sports related injury, use R.I.C.E. The term stands for Rest, Ice, Compression, and Elevation.

Rest: Take a break from exercise or any type of movement that may stress the injured area. A minor injury should be rested for one or two days, while more severe injuries may need longer.

Ice: Ice the affected area. Icing reduces pain, limits swelling and bleeding, and encourages rapid healing. Wrap ice in a towel to avoid direct contact with the skin.

Compress: Compress the injury with a stretch bandage. Make sure not to wrap it too tight, just enough to support the injured area comfortably.

Elevate: Elevate the limb. If possible, try to keep the injured part above the level of the heart. At the very least, try to keep it higher than the hips. This helps limit swelling and also prevents movement of the area that is injured.

Stay tuned next week for part four of 'Fit Tips!'

Getting in gear to prevent sports-related head injuries

(NC) -- After a long, frigid winter, many Canadians look forward to jumping on their bikes or strapping on their roller blades and getting outdoors to enjoy the warmer weather.

Unfortunately, thousands of Canadians also sustain serious head injuries while enjoying their favourite summer sports.

Reducing your risk of sports-related head injuries this summer is easy -- always wear protective headgear.

Wearing a bicycle helmet has been shown to reduce serious head injuries by 85 per cent.

Wearing a safety helmet when playing summer sports is a necessity, not an accessory.

"A properly fitting helmet may lessen the severity of certain types of head injuries, but even helmets will not protect your brain from injury when excessive speeds or careless behaviours are factored in," says Dr. Paul Comper, a neuropsychologist at the Toronto Rehabilitation Institute, Canada's largest provider of adult rehabilitation services.

"Helmets cannot replace common sense and you still need to be cautious when enjoying summer sports," he says.

Dr. Comper offers these tips to reduce your risk of injury:

-- Wear a helmet designed for your sport.

Different sports cause different types of injuries so when choosing a bicycle helmet for example, make sure it is specifically designed for cycling, not hockey, skiing, or football, otherwise you may not get the type of protection you need.

-- Make sure your helmet fits properly. The brim of the helmet should be about two fingers width (1-2 cm) above your eyebrows.

-- If your bike helmet rocks forward and back on your head, it is not the right helmet for you. The helmet should fit comfortably and snugly, but not too tightly and should sit on top of your head in a level position. Always keep the helmet straps buckled.

-- Check and make sure that your helmet has been approved by the Canadian Standards Association (CSA).

A certification label on your helmet indicates that the helmet has been tested to withstand certain levels of impact giving you the best protection that is available.

-- Always replace your helmet after a crash or fall. Damage may not be seen by looking at the hel-



Photo: Metro Creative Graphics

met, but the inner lining may have been destroyed. Cracks or dents mean that you need a new helmet.

When a helmet is five years or older, it needs to be replaced because the material naturally weakens over time.

-- Keep your helmet away from heat. Even stored in a car trunk, a helmet may become unglued and may not give you effective protection against injury.

Drop-in Youth Ball Hockey

Come join in on the fun each Thursday night at the Rec Plex. Weekly games are scheduled from now until June 15 and are open to PeeWee, 11 to 13-years old: 6 - 7 p.m. Bantam/Midget, 14 to 17-years-old: 7 - 8 p.m.

Drop in rates are: CRA Members: \$1.00; Military Community, Non-members: \$2.00; General Public: \$3.00

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Staying impartial and fair new Ombudsman's goal

by Carmel Ecker,
Staff writer
Lookout

Nine years of work in human rights, paired with degrees in psychology and law, have made DND Ombudsman Yves Côté a champion of fair treatment.

As the ombudsman, he draws on his expertise to oversee investigations into unfair treatment of civilian and military employees, and negotiations for resolution.

Côté says he's always had an interest in human rights and human interaction. These passions prompted him to earn his Bachelor of Civil Law in 1976 and then his Bachelor of Psychology in 1992.

Coming from humble beginnings, he says he knows what it's like to stand on the lowest rung of the ladder. Côté was born in the small village of Lac-Saint-Jean, just north of Quebec City. His father died when he was 12, leaving his mother to raise her two children alone.

"I can empathize for people who may be in a position where they have less power," he says. In spite of the financial hardship his father's death created, Côté went to university and began his career as a military legal officer from 1977 to 1981. He returned in 1998 as the first

civilian legal advisor to DND and the CF, and now has a daughter in the navy.

When asked about his philosophy as DND's Ombudsman, he says, "Acting in a way that is fiercely independent, and at the same time impartial, with a view to resolving cases where people have not been treated in a way they should have been."

He believes a meeting between reasonable people can resolve any issue; However, if open dialogue doesn't do the trick, he's not

brigadier-general.

Recalling a recent meeting with the minister, Côté says, "One thing that he said was, 'If you see anything that's a real injustice, phone me up and I'll be happy to intervene and see what I can do to fix it.'"

He shouldn't have to play that card too often, he says. Most complaints his office receives are resolved through direct discussion with the person who has the authority to take corrective action.

Côté says his office's clout comes from its

which examine problems indicative of a DND-wide issue, and end with a public report.

Three reports of investigations Côté's predecessor began will be released in the coming months. They address recruiting issues, the military's treatment of soldiers exposed to depleted toxic material in Kuwait in the early 1990s, and the treatment of Canadian snipers in Afghanistan.

Past reports have made a difference within the military, says Côté. "A large number of our recommendations have been implemented. In the cases where this has not happened, often discussions are ongoing."

In his ninth month on the job, Côté has visited 15 military bases to get insight into local issues and to remind people his office is a resource they can turn to for help.

"We are all about fair treatment, equitable treatment. People can contact us in utmost confidentiality. We provide all kinds of useful advice," says Côté.

Regular and reserve force members, cadets, civilians, retired members and people in the recruiting system can use the services of the Ombudsman's office. Visit www.omбудsman.forces.gc.ca or call 1-88-88-BUDMAN.

"Recommendations will be based on sound findings and they will be well grounded. When we make those recommendations, people will see they bring value to the system and they will implement them."

afraid to push for a resolution.

"If that [negotiation] doesn't work, then not having any fear of escalating an issue if we think that it ought to be escalated, and pushing it as hard as we can, and as high as we need to, with a view to achieving what we think would be the right result."

He says he is encouraged by support from the Honourable Gordon O'Connor, Minister of National Defence, a former

impartiality. Independent of the chain of command and unable to issue orders, the ombudsman's office is a neutral party in an investigation.

"Recommendations will be based on sound findings and they will be well grounded. When we make those recommendations, people will see they bring value to the system and they will implement them."

That's particularly true of systemic investigations,



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Saturdays from 12 - 1:30pm
LOCATIONS: Dundas W, South on Tripp Blvd.
Right onto Parkview Heights,
right onto Sunshine Lane.



OPEN HOUSES:
**Harbour Point
Brighton**

Every Wed. & Thurs., from 12:30 - 2:30pm
Saturdays from 2 - 3:30pm
LOCATIONS: South on Hwy 30
to Prince Edward S. Take Cedar St. then right onto
Raglan St. & right onto Cove Cres.



OPEN HOUSES:
**Follwell Park
Belleville**

Every Wed. & Thurs from 2-4 pm
Saturdays from 1:30 - 3pm
LOCATIONS: East onto College, North on
Centre St. to Follwell Cres.



OPEN HOUSES:
**Cooke Court (#30)
Belleville**

Every Wed. & Thurs., from 2 - 4pm
Saturdays from 1:30 - 3pm
LOCATIONS: Dundas St. E to Bradgate Rd. & right
onto Cooke Court.





INFORMATION / REGISTRATION / INSCRIPTION 965-3575

Personal Development

Wednesday Night Out

Pre register please by calling 965-3595 or 965-3575
May 31 Get together families of deployed members.

**Ideas, Opportunities and Options;
 A Small Business Info Session**

A session designed in connection with Dale Lehtila of Enterprise Quinte, to explore Self-Employment through Small Business. Join us for an interesting look at ideas, opportunities and options with transportability in mind.
When: Tuesday, June 6 9:30 a.m. - 11:30 a.m.
 or 6:00 p.m. - 8:00 p.m.

“Raising A Drug Free Family”

presented by Dr. Craig Cocek
When: Thursday, June 1 7 p.m.
 Childcare provided, please register by May 26

LabBrats Science Club

The LabBrats Science Club offers a number of exciting and educational science workshops. Students will learn the principles of the scientific method by watching interesting demonstration, playing games and conducting their own science experiments using simple everyday materials
When: Tuesdays, July 4, 11, 18 and 25 **Time:** 9 a.m. - 12 p.m.
Ages: 8 - 12 years old
Cost: \$5 each session, please register the Friday before to ensure a spot.

French Second Language Training for Youth (9 - 12 years old)

This program will help those students in immersion maintain and improve their level of French over the summer period with indoor and outdoor activities.
Weekday from July 17 to August 11, 9 a.m. - 12 p.m.
Cost: \$40 per week/military family members/ \$50 per week for non-military

Perfectionnement personnel

Les sorties du mercredi soir.

Veillez vous inscrire à l'avance en appelant au 965-3595 ou 965-3575
31 mai Rencontre pour les familles de membres déployés

**Idées, opportunités et options;
 Atelier d'information sur les petites entreprises**

En conjonction avec Dale Lehtila de " Entreprise Quint "e, venez explorer la possibilité de créer votre petite entreprise. Joignez-vous à nous pour avoir des idées, des opportunités et des options tout en gardant la mobilité en tête.
Date : le jeudi 6 juin de 9h30 à 11h30.
 ou de 18h à 20h.

“Raising a Drug Free Family” Elever une famille sans drogue

présenté par Dr. Craig Cocek
Date: Le jeudi 1er juin à 19h
 Le service de garde est disponible, s.v.p. réservez par le 26 mai.

Club de science Labbrats

Viens participer à différents ateliers excitants et éducationnels sur la science. Il y aura des démonstrations très intéressantes, des jeux, et les participants pourront essayer leurs propres expériences en utilisant des objets de tous les jours.
Dates: les jeudis, 4, 11, 18 et 25 juillet de 9h à 12h
Ages: de 8 à 12 ans
Coût: 5\$ chaque session, s.v.p., inscrivez-vous le vendredi précédant la session.

Cours de français, langue seconde pour jeunes (de 9 à 12 ans)

Ces cours offerts en session d'une semaine sont conçus pour aider les étudiants d'immersion française, ils offrent l'occasion de maintenir et d'améliorer leurs connaissances du français par des activités à l'intérieur et l'extérieur.
 Du lundi au vendredi du 17 juillet au 11 août, de 9h à 12h
Coût: 40\$ par semaine pour les enfants de militaires/ 50\$ pour les enfants non-affiliés au F.C.

Quinte Baby Fair -- 27 May 2006

from 10 a.m. to 3 p.m. at the RecPlex
 focus on pregnancy, childbirth, baby care and parenting

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

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Home playground safety tips



Submitted by
Don Heans,
Wing General Safety
Officer

Sunny summer days and kids naturally go together.

Is your backyard playground ready for the kids, or are you thinking of purchasing new equipment?

Keep these safety tips in mind:

Check the swing seats of the playground equipment before you buy it.

The seats should be made of soft material, not wood or metal.

Avoid equipment with "s" type hooks, sharp edges or rings between five and 10 inches. Rings of this size could trap a child's head.

Assemble home playground equip-

ment following the manufacturer's instructions.

If you are not sure of how to do it, please, speak with a professional before anything.

Remember to always install playground equipment at least six feet from fences or walls.

Anchor the equipment firmly on the ground, making sure to do so on a level surface.

Do not install it over hard surfaces such as concrete or asphalt.

Use a softer surface instead like sand, woodchips or bark.

The surface should be able to cushion a fall.

Make sure to cap all screws and bolts. Check the equipment once a month for loose nuts and bolts.

Home playground equipment needs just as much safety attention as public park playground equipment.

Make sure yours is safe for the kids this summer.

Well Done! Certificates awarded to personnel

by Amber Gooding,
Contact Staff

Safety is paramount in almost every environment and in the Canadian Forces, health and safety procedures are a top priority.

Corporal Peter Whitehead was awarded with a General Safety "Well Done!" certificate on May 16, presented by Director of General Safety, Mike Braham, for his efforts in working to eliminate a potential hazard. Another recipient, who is currently away on course, is Cpl Rick Cooke, who has been acknowledged for his vigilance in submitting two hazard reports, which averted dangerous situations.

Cpl Whitehead was employed as an environmental technician when he noticed personnel were using a metal pipe wand to empty portable fuel tanks.

After investigating some options, he suggested that an adapter be manufactured to simplify this task. The adapter ultimately played a significant role in neutralizing a serious explosion potential, caused by the wand coming in contact with the steel tank.

"Before we came up with a way to drain the fuel, it was incredibly time consuming,

unsafe and overall, a very messy job," said Cpl Whitehead.

"I was staring down at the valve thinking there had to be a way to use it to drain the fuel," he said. "After discussing it with a few other personnel we approached the idea of creating a new way to do the same job with less of a chance for mess and danger."

Once approval was granted and materials were gathered, the idea was put into motion, and almost flawlessly, it worked like a charm.

From there it took very little time to finalize. They were able to test the final product within one month of brainstorming, planning and developing their idea.

"Three points that really stand out are first and foremost, it really made it safer for the techs to use. Secondly, it's much quicker because you can now do it in half the time and third, there were no leaks to the environment," he said.

He also explained that they always put a drip tray underneath, and make sure to do all regular grounding as a precaution, but have removed the bonding stage, virtually eliminating the fire hazard.

Cpl Whitehead is



Photo: Amber Gooding, Contact Staff

From left to right: Director of General Safety, Mike Braham, with LCol Bill Lewis and Cpl Whitehead.

pleased he was able to create such change within this particular procedure. He believes it's important to take time to think about how you can make something better, or in this case safer.

"I'm happy I did it and am pleased with the award," he said. "It also tells me the guys in Ottawa are paying attention to what we do."

Environmental spills can cost fines in excess of a million dollars when there is fault found, but altering or developing ways to help eliminate the stages where leaks or spills occur, is safer for the techs and for the environment.

Although Cpl Whitehead has moved to another area of work, he's preparing for a certificate

course in Environmental Protection at RMC.

"Regardless of what I do after my course, I'll have the qualifications and skills to carry over into everything I do."

Canadian Forces personnel are constantly working towards maintaining and improving safety standards and productivity. They follow strict guidelines to help ensure they are carrying out their tasks efficiently and effectively, without putting themselves or the safety of others in harm's way.

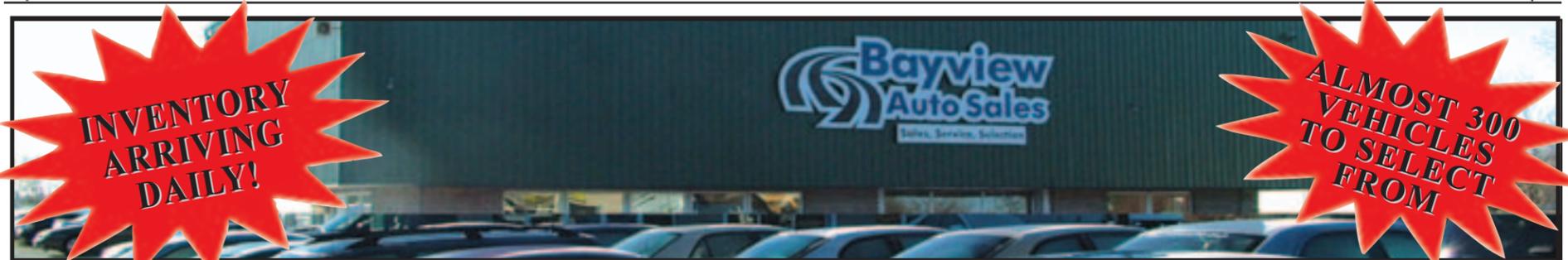
These two men have displayed skill, leadership and a genuine concern for the environment in which they work in and also for the environment in which we all live. Well done!

THE NEW VETERANS CHARTER
For CF Veterans and their Families

On April 1, 2006, Veterans Affairs Canada introduced the New Veterans Charter for Canadian Forces (CF) members, CF Veterans, and their families. To learn more about its services and benefits, please visit our Web site at www.vac-acc.gc.ca.

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<p>2003 CHEV AVALANCHE Z71</p>  <p>0 down \$217.96 bi-weekly 72 months</p> <p>Burnt Orange WOW! Loaded with every option available inc. pwr. Heated leather, TV, DVD, OnStar, too much to list mint shape off GMAC lease. Why pay more? 95,000 kms 333,799 cert.</p>	<p>2002 GMC ENVOY SLE 4X4</p>  <p>0 down \$178.02 bi-weekly 72 months</p> <p>17" high polish rims, loaded with full power group incl. power seat, OnStar & much more! Mint shape off GMAC lease. Why pay more? 96,000 kms. 278,999 cert.</p>	<p>2002 CHEV TRAILBLAZER LTZ</p>  <p>0 down \$205.24 bi-weekly 62 months</p> <p>Wow! 4X4 power memory leather seats, pwr. sunroof 17" alloys, loaded with every option available. 74,000 kms. Off GMAC lease. Why pay more? Great colour combination, mint shape. 348,999 cert.</p>	<p>2003 CHEV TRAILBLAZER</p>  <p>0 down \$210.79 bi-weekly 72 months</p> <p>Ext 327ci, V8, 3rd row seating. Loaded with every option available inc power sun roof and power heated leather! 73,000 kms. Mint shape, off GMAC lease. Why pay more? 374,999 cert.</p>	<p>2002 FORD WINDSTAR SPORT</p>  <p>0 down \$123.58 bi-weekly 62 months</p> <p>Sharp! Loaded with full power group inc. dual heat and A/C, Quad seating, alloys and much more! Mint shape. Off Ford lease! 71,000 kms 188,999 cert.</p>	
<p>2003 PONTIAC MONTANA</p>  <p>0 down \$135.34 bi-weekly 72 months</p> <p>Extended, factory TV, DVD, loaded with options inc. quad captains chairs, dual heat and A/C, alloy wheels & much more. Mint shape, off GMAC lease. Why pay more? 80,000 kms. 248,999 cert.</p>	<p>2002 PONTIAC SUNFIRE</p>  <p>0 down \$93.75 bi-weekly 62 months</p> <p>2 dr. automatic with A/C, CD, tilt and much more! Sharp black beauty with only 53,000 kms! Mint shape. Off GMAC lease. Why pay more? 188,999 cert.</p>	<p>COME IN AND FILL OUT A BALLOT FOR A CHANCE TO WIN A ROTO SPA HOT TUB TO BE DRAWN JULY 31ST</p> <p>NO PURCHASE NECESSARY SEE INSTORE FOR DETAILS</p> 		<p>2002 BUICK RENDEZVOUS CX</p>  <p>0 down \$145.35 bi-weekly 72 months</p> <p>Black beauty! Loaded with power options Mint shape off GMAC lease. Why pay more? 97,000 kms 348,999 cert.</p>	<p>2002 CHEVY VENTURE</p>  <p>0 down \$112.69 bi-weekly 62 months</p> <p>Smart buy! Only 73,000 kms. Full power group interior incl. child seats, lower locks, air cruise, tilt, CD player & more! Mint shape. Off GMAC lease. Why pay more? 228,999 cert.</p>
<p>2003 CHEVY SLE Z71</p>  <p>0 down \$206.08 bi-weekly 72 months</p> <p>Ext. cab, short box. Black beauty! Loaded with full power group. Clean 1 owner GMAC lease return. 58,000 kms. 324,999 cert.</p>			<p>2004 PONTIAC VIBE</p>  <p>0 down \$158.92 bi-weekly 72 months</p> <p>Only 79,000 kms! 5 speed, loaded, power windows, power mirrors, power locks, power moon roof, alloys, sharp local trade. 348,999 cert.</p>		

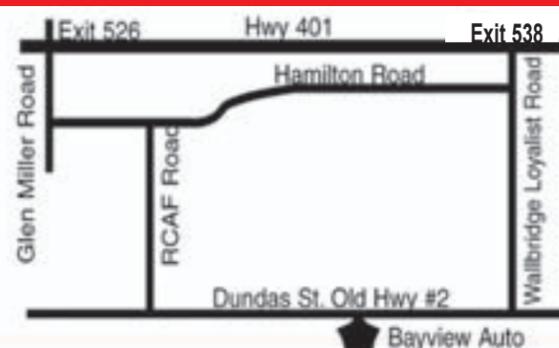
72 Months: Payment frequency if bi-weekly based on 72 months, taxes included, \$299 Admin. included, cost of borrowing based on 8.40% on approved credit, includes Bank's P.R.S.A. e.g. \$10,000 + \$299 Admin., over 72 months @8.15% = \$84.41. Cost of borrowing is \$2114.51. Taxes are PST \$823.92 GST \$720.93.

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
May 28 - June 3

ARIES (March 21-April 19): A family member will offer you some great advice on the 28th. A favour will be granted if you ask. A course or trip taken on the 29th and 30th will take on a new meaning and you will get some of the answers for which you've been searching. Change will be the best thing for you. Your relaxed approach to matters will result in networking with someone who can utilize your talents on the 31st, 1st and 2nd. Take care of your own needs before you offer your time to someone else on the 3rd. A little rest and relaxation will help you get back on track. Start a new diet or get involved in something that will improve your health, well-being and your looks.

TAURUS (April 20-May 20): Put your efforts into ventures that will bring you back a financial return. Consider your options regarding your professional direction on the 28th. It's never too late to make a change. Get to know new people, expand on your friendships and try new things on the 29th and 30th. Put your energy into positive projects and you will make gains. Issues that have been kept secret will be revealed on the 31st, 1st and 2nd. Protect your own interests. Don't worry about any adversity you face on the 3rd. You should be out having fun with friends, your lover or those people in your life about whom you care the most. It's all about what you do to make your quality of life better.

GEMINI (May 21-June 20): Your curiosity will lead you in many different directions on the 28th. Try to hone in on what you enjoy doing most. Stick to the truth and keep things simple on the 29th and 30th. The people you deal with will appreciate a serious attitude. Your high expectations will be impressive. Say what you think on the 31st, 1st and 2nd. You may find yourself moving in a new direction rather quickly but the relief will be well worth any changes that take place. Stop doing what you think others want you to do. Be careful how you approach others on the 3rd. Compliments will go a long way but criticism will not. Mean what you say and do what you promise.

CANCER (June 21-July 22): You may be feeling a little impulsive on the 28th. Be careful not to offend or upset someone who can affect your future. Interviews, proposals and your own moneymaking ideas will pay off on the 29th and 30th. Dedication and determination will be all that's required to get ahead. Don't let the little things get to you on the 31st, 1st and 2nd when you can achieve so much if you concentrate on the task at hand. Your ability to get things done will be impressive. Make the first move and get in touch with someone who has been on your mind on the 3rd. Trust in your own abilities and don't be afraid to brag a bit if it will help you achieve what you want.

LEO (July 23-Aug. 22): You'll be highly entertaining on the 28th. Someone watching will recognize your talent and consider making you a proposal. Don't let uncertainties in your personal life hold you back on the 29th and 30th. Focus on ways to make money and lower your debt. A partnership is looking good. You'll be emotional, sensitive and understanding on the 31st, 1st and 2nd. Prepare to be the centre of attention but also help others. Taking charge can work very effectively if you focus on making reforms. Protect yourself on the 3rd, especially if you are involved in a relationship that isn't going too well right now. Someone you have helped in the past will let you down.

VIRGO (Aug. 23-Sept. 22): Be careful what you say on the 28th. You never know who will be listening. A change in your personal life may take you by surprise. Don't trust someone else to do something for you on the 29th and 30th. A change may not be welcome but will benefit you. Avoid being forced to make a decision regarding work on the 31st, 1st and 2nd. You may feel obligated to deal with matters that don't concern you. Don't be surprised if you come across information that makes you change your mind. You'll have a great outlook and a wonderful way of convincing others to do or see things your way on the 3rd.

LIBRA (Sept. 23-Oct. 22): You've got everything under control on the 28th, even if you don't think you do. Don't be afraid to voice your opinion. Someone who can help you out will embrace an idea you have. Focus on learning, getting ahead or making a change that will eventually bring you greater returns on the 29th and 30th. Aggressive action will work best. If you try to impress someone on the 31st, 1st and 2nd you will be taken for granted. A trip will turn into a memorable adventure. What you do out of the goodness of your heart will be extremely self-healing. There is a lot going on behind the scenes on the 3rd and it will be important for you to seek out what's going on.

SCORPIO (Oct. 23-Nov. 21): You can make changes to your living quarters on the 28th if you do some of the work yourself. Implement a space that will allow you to put in extra hours on moneymaking projects. You'll have a good handle on what goes down on the 29th and 30th. Your mind will be in over-drive, allowing you to think and react quickly. Someone may try to pry into your affairs on the 31st, 1st and 2nd; this is not the time to divulge what you are doing. Focus on your own projects, not helping someone else advance. Uncertainties that you're feeling on the 3rd may stop you from making important decisions. Rely on the people you have always been able to trust in the past.

SAGITTARIUS (Nov. 22-Dec. 21): A partnership may border on a professional emotional level on the 28th. Tread carefully - you don't want to mess up a deal that could be profitable. A sudden change in your financial outlook and position is apparent on the 29th and 30th. Don't lose sight of what you owe. Getting rid of debt will also put you in good standing. Take on any challenge that comes your way with confidence - you'll be hard to beat on the 31st, 1st and 2nd. You will be the one who attracts all the attention with your strength, courage and reactionary ways. An investment looks promising on the 3rd but don't get involved in joint ventures, especially with friends or family members.

CAPRICORN (Dec. 22-Jan. 19): You will get an interesting idea on the 28th from someone you least expect. Change in your direction is apparent and, with a little hard work, can be quite lucrative. An argument will not help solve problems on the 29th and 30th. Tend to your responsibilities before someone complains you aren't pulling your weight. A professional opportunity is apparent on the 31st, 1st and 2nd but, before you jump in, consider the people in your life who will be affected by the choice you make. Home renovations or fixing up the yard will all give you a sense of accomplishment on the 3rd. Real estate deals look promising and will contribute to future security.

AQUARIUS (Jan. 20-Feb. 18): You will act on your impulses on the 28th. Readdress some of the ideas you have been sitting on. The time is right to move ahead. Keep things out in the open on the 29th and 30th if you want to avoid being questioned later on. Re-evaluate your present situation. If you aren't happy, consider why and what to do about it. Don't exaggerate on the 31st, 1st and 2nd, by sticking to facts you will make a far better impression. Do a little extra for those who can change your life or help you get somewhere. Don't just think about what you should be doing on the 3rd - make it happen. Be honest with yourself about your future plans if you want get somewhere.

PISCES (Feb. 19-March 20): You will tend to take on too much, make promises you can't keep, and overindulge if you socialize on the 28th. Your unpredictable nature will help you with creative projects on the 29th and 30th but will work against you in your personal life. A chance to make a little extra money is possible. Being busy will help to ease any tension at home. Stop procrastinating and take care of business on the 31st, 1st and 2nd. Don't labour over past mistakes. It's the future that counts. If you continue to hold on to revengeful intentions you will not do yourself justice. Someone may try to disrupt your personal life on the 3rd. You must have greater faith in yourself and your relationships.

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

Not In My Backyard! by Dale Taylor

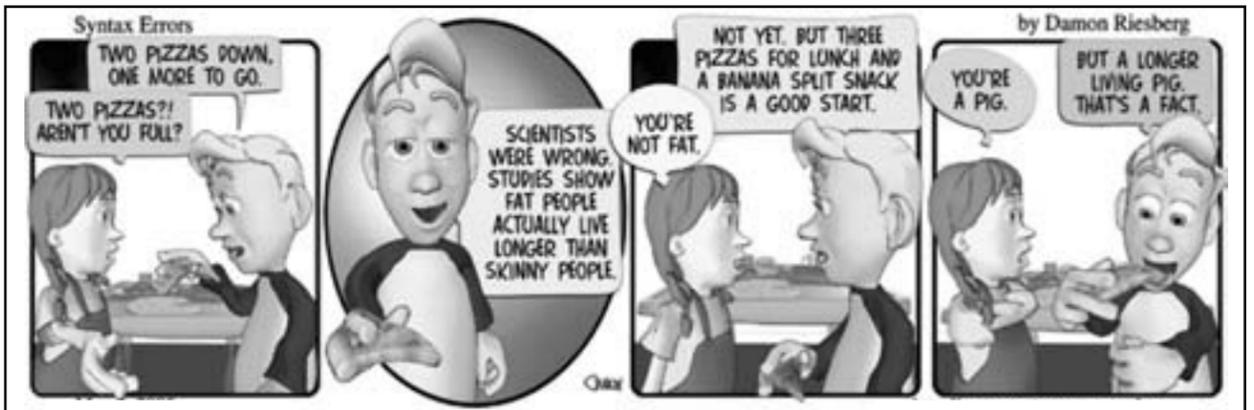


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Community

Community Events

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Matinees
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 & Monday

MOVIES
 MOVIES
 MOVIES

MOVIE LINE-UP

- X-Men 3 (PG)
- DA VINCI CODE (14A)
- Over the Hedge (PG)

Coming Soon: Cars
 Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$6.00 (adults 18+) \$5.00 (youth)

1:10 7:05 9:10 (weekend)
 7:05 (Mon-Thurs)
 1:05 6:45 9:35 (weekend)
 6:45 (Mon-Thurs)
 1:00 7:00 9:00 (weekend)
 7:00 (Mon-Thurs)

CALL 392-4211 FOR INFORMATION

Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 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.

Yard Sale Fundraiser

The Girls U11 Wolverines Soccer Team is having a multi-family yard sale on May 27 at 42B Namao Drive. The sale starts at 8 a.m. and there are a number of items up for grabs including a boat, bikes, toys, clothes and more!

8 Wing Tire Day
 Bring Your Old Tires...Fight the Bite

Protect yourself and your family against the West Nile Virus and clean up the environment. A well-known habitat for mosquitoes carryin the West Nile Virus is old tires.

Quantity: Max 4 Tires/person (No rims please)
When: June 1st, 2006 (1 morning only)
Rain or Shine
Time: 7:00 to 10:00 a.m.
Place: 27 Alert Blvd (Across from Heavy Equipment)
Cost: A donation to the food bank would be appreciated (but is not compulsory)

For further information please contact Dot Serre at local 3295, Note: This is a one-morning tire drive, WLEO Order, do "not" drop off tires on the Wing at any other time.

THUNDER CYCLE & SPORT PRESENTS 'THUNDER IN THE COUNTY'

Ride in support of the MS Society of Prince Edward County on June 3, 2006 and we will knock 10 per cent off in-store purchases for this event. The event will take place at Thunder Cycle and Sport, 456 County Road #1, Picton, On. Arrive at 8 a.m. -- the ride will kick off at 10 a.m. sharp. Entry donations are \$20 per person or \$25 per couple and include a complimentary BBQ and raffle ticket.

For more information please call John Jackson at 476-4110 or Jason Lentz at 398-6732. You may also contact Thunder Cycle and Sport at 476-5225.

NDT REUNION
 18-20 Aug 06

The Nondestructive Testing reunion will be held at 8 Wing/CFB Trenton. For information please feel free to 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.

Senior's Health/Wellness Day
 Tuesday, June 13, 2006 from 1 - 4 p.m.

Join us for this new initiative that will provide the community with an opportunity to gain information about various drugs and their interactions; see displays and demonstrations on foot care and nutrition, and learn about the importance of regular blood pressure checks.

Admission is free and includes a nutritious snack. Everyone is welcome.

For more information, contact Bridge Street United Church, weekdays between 9 a.m. and 4 p.m. at 962-9178.

"The 407 Demon Sq"

will celebrate its 65th anniversary this fall. All former members and spouses of 407 Sq are invited to join us at 19 Wing Comox from 22-24 Sept 06. 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 extension 8805. "TO HOLD ON HIGH"

Middleton Park Yard Sale
 27 May 06 from 9 a.m. to 4 p.m.
 Come check out the great deals!
 Rain date: 28 May 06

9th Annual County Poker Run
 June 10, 2006

All riders are welcome to participate in this 200 km ride. Cost is \$20.00, with all proceeds going to Camp Trillium (Garrett's Island). Departure time: 11:30 a.m. This is a 'ride at your own risk' event. For more information please contact Rick Haagsma at 392-7794.

"Live to Ride -- Ride to Live"

Camera Club Meeting

The Town and Country Camera Club will meet on Wednesday June 7 in room P17A of the Pioneer Building at Loyalist College.

Members are asked to bring their portfolios for judging, along with tidbits to complete a social evening. New members are always welcome.

For more information, please call Harriet at 392-4449 or Tony at 394-5393.

Le "Plan universitaire des forces canadiennes" de la télé-universitaire (UQAM) est toujours en vigueur

Bien que le Ministère de la Défense ait mis fin récemment à son soutien financier au Plan universitaire des Forces canadiennes de la Télé-université (UQAM), ce programme demeure toujours en vigueur, et la plupart des services et avantages de ce programme continuent d'être offerts aux militaires, à leurs conjoint(e)s et aux employé(e)s civil(e)s du MDN comme auparavant.

Ainsi, la Télé-université (UQAM) continue de fournir les mêmes services

d'encadrement académique et administratif spécialisés et le même service d'accréditation, à cette clientèle, tout comme elle le faisait antérieurement. Elle maintient également son bureau d'accueil dédié à l'encadrement de cette clientèle aux besoins très spéciaux.

Les étudiants du PUFC demeurent toujours des étudiants de la Télé-université (UQAM) à part entière tout comme auparavant, et les crédits qu'ils

ont acquis à la Téléu dans le passé, tant par le biais de leurs études que par la reconnaissance de leurs acquis militaires et universitaires, demeurent valides.

Les militaires et leurs conjoints, ainsi que les employés civils du MDN qui considéreront la possibilité d'entreprendre des études à la Télé-université (UQAM) dans le futur, pourront continuer de profiter des services et des bénéfices du PUFC et de l'accréditation militaire et universitaire.

Tele-Universite (UQAM)'S "Plan universitaire des forces canadiennes" is still very much in force

Although DND has recently ended its financial support to Télé-université (UQAM)'s "Plan Universitaire des Forces Canadiennes" (PUFC), this program is still in force, and most of the services and benefits that were previously offered to military members, to their spouses, and to DND civilian employees under this program, still apply.

Thus, Télé-univer-

sité (UQAM) still provides the same specialized academic and administrative support services, and the same accreditation services, to this clientele, as it has done in the past. It also continues to maintain the same office and personnel dedicated to that clientele with very special needs.

PUFC students retain their entire status as Télé-université (UQAM) students as per the past. The credits

that they have acquired through their studies or through accreditation for military or university courses elsewhere remain valid.

Military members and their spouses who will wish to gain admission to Télé-université (UQAM) in the future will be most welcome to do so and will continue to benefit from our military and university accreditation services and from other PUFC services.



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BUDGET 2006

Focusing on priorities

Tax Relief. Focused Spending.
Debt Paydown.

- Tax relief for all Canadians including 1 percentage point off the GST and 28 other tax cuts.
- Focused spending to help families including child care spaces and the \$1,200 per year Universal Child Care Benefit.
- Balanced budget and plan to reduce debt by \$3 billion per year.

Find out what Budget 2006 does for you, click

www.fin.gc.ca

or call 1 800 O-Canada (1 800 622-6232)
TTY 1 800 926-9105 (telecommunications device
for the speech and hearing impaired/deaf) or
visit a Service Canada centre near you.

Le nouveau gouvernement du Canada

LE BUDGET DE 2006

cible vos priorités

Réductions de taxes et d'impôts. Dépenses ciblées.
Remboursement de la dette.

- Des réductions de taxes et d'impôts pour tous les Canadiens, y compris une baisse de la TPS de 1 point de pourcentage et 28 autres réductions d'impôts.
- Des dépenses ciblées pour aider les familles, y compris plus de places en garderie et une Prestation universelle pour la garde d'enfants de 1 200 \$ par année.
- Un budget équilibré et un plan pour réduire la dette de 3 milliards de dollars par année.

Pour tout connaître sur le budget de 2006, visitez le

www.fin.gc.ca

ou appelez au 1 800 O-Canada (1 800 622-6232) ou au
1 800 926-9105 (téléimprimeur, pour les personnes ayant une
déficience auditive ou un trouble de la parole) ou rendez-vous
au centre de Service Canada le plus près de chez vous.

Canada



Wellers Bay National Wildlife Area

Closed to the Public

Be advised that the Wellers Bay National Wildlife Area is closed to the public to prevent disturbance to wildlife and their habitats, and due to the hazards of unexploded munitions. This area is designated as a National Wildlife Area and provides important habitat and refuge to a variety of wildlife species.

All persons are prohibited from entering the Wellers Bay National Wildlife Area and any person found on its lands may be charged under the Wildlife Area Regulations of the *Canada Wildlife Act*.

For more information, please contact /
Pour de plus amples renseignements,
veuillez communiquer avec :

Canadian Wildlife Service /
Le Service canadien de la faune
Environment Canada /
Environnement Canada
465 Gideon Drive
P.O. Box / C.P. 490 Lambeth Station
London, ON N6P 1R1
(519) 472-6695



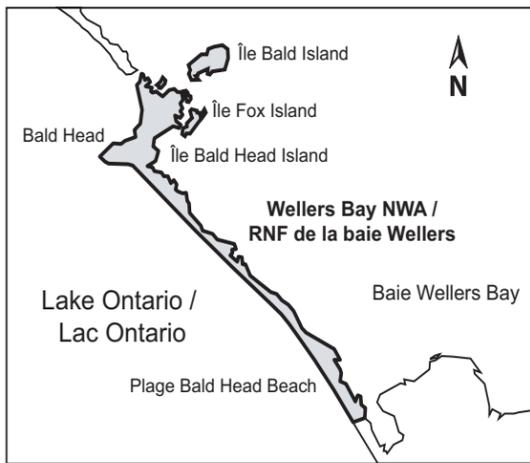
Watch for the loon on blue signs marking National Wildlife Areas and Migratory Bird Sanctuaries / Soyez à l'affût des panneaux représentant un huart sur un fond bleu, qui désignent les réserves nationales de faune et les refuges d'oiseaux migrateurs.

Réserve nationale de faune de la baie Wellers

Fermé au public

Nous vous signalons que la réserve nationale de faune de la baie Wellers est fermée au public, afin d'empêcher qu'on ne perturbe la faune et son habitat et du fait du danger que présente des munitions qui n'ont pas explosé. Cette zone, désignée réserve nationale de faune, offre un habitat et un refuge importants à diverses espèces fauniques.

Il est interdit à quiconque de pénétrer dans la réserve nationale de faune de la baie Wellers. En vertu du règlement sur les réserves d'espèces sauvages de la *Loi sur les espèces sauvages du Canada*, on pourra inculper toute personne qu'on y trouvera.



Canada

Basic Relationship Training (BRT)



Basic Relationship Training is a Strengthening the Forces Health Promotion program for Canadian Forces (CF) members and their partners that focuses on preventing problems before they start.

BRT offers a comprehensive, skill based and effective approach to navigating the unique challenges of life in the CF for couples.

The program begins 3 June 06 from 0900-1600 hrs, with two follow-up sessions on 7 and 14 June 06 from 1800-2000 hrs.

Those interested in registering may call local 3768 or email pitt.l@forces.gc.ca

Nutrition For Action

Learn about:

- Everyday eating
- Timing of food and fluids
- Body composition and weight issues
- Dietary issues and supplements
- Fine tuning your eating and activity habits

Two-day course, June 15 and 22, 2006. To register call local 3768 or email pitt.l@forces.gc.ca

Butt Out

Butt Out can help you identify your personal reasons for smoking, then help you develop and practice substitutes for smoking that do the same good things for you, without the negative long-term effects that smoking gives you.

Session One begins June 5, 2006. To register call local 3768 or email pitt.l@forces.gc.ca

Building healthy bones at any age

(NC)--Building and maintaining healthy bones that last a lifetime begins in childhood and should continue throughout your life.

"It's important to build bone mass when you're young because by the time you are in your thirties, the cells that build bones become less efficient" explains Dr. John Flannery, Medical Director of the Musculoskeletal Rehab Program at Toronto Rehabilitation Institute, Canada's largest provider of adult rehabilitation services. "Generally, men reach their peak bone mass between the age of 30 and 35, while women reach their peak between 25 and 30."

Significant bone loss can lead to osteoporosis, a condition that occurs when bones become brittle, decreasing their density and strength, therefore increasing the risk of fractures.

Calcium plays an important role in decreasing the risk of osteoporosis.

"Our body carefully regulates our calcium levels to ensure that they stay

within optimum range," explains Dr. Flannery. "When the level is above that range, the additional calcium is stored in our bones; similarly, when levels are low, calcium is removed from bone, decreasing their density."

The good news is that it is easy to maintain mass by eating calcium rich foods and getting regular physical activity. Vitamin D is also crucial in helping the human body absorb calcium.

"Exercise, especially weight bearing activity, places an increased force on our bones," explains Dr. Flannery. "Our bones respond by increasing in mass so that the load can be spread out over a larger amount of bone."

Weight bearing exercise is an activity where the entire weight of the body is supported by the legs, such as walking.

The best way to find out how healthy your bones are is through a bone mineral density test; a simple, painless, non-invasive diagnostic test that measures the amount of calcium and other minerals in your bones.

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Sgt J. Henderson

received a promotion to that rank, presented by Maj G. Ralph, 8 AMS.



Pte D. Turner

received a promotion to that rank, presented by LCol B. Lewis, CO 8 AMS, and Capt L. Maziariski.



PO2 T. McKenzie

received her farewell plaque from Capt G. Connolly, WSUP O.



MCpl D. Huard
received his promotion to that rank, presented by Capt G. Connolly, WSUP O.



MCpl T. Kirkup
received his promotion to that rank, presented by Capt G. Connolly, WSUP O.



MCpl R. Neville
received her promotion to that rank, presented by Capt G. Connolly, WSUP O.



Pte. A. Miller

received a promotion to that rank, presented by CWO M. Rodrigues, and WO A. Gallant, 8 AMS.



Pte. M. MacLean
received a promotion to that rank, presented by CWO M. Rodrigues, and WO A. Gallant, 8 AMS.



Sgt E. Dasilva

received his promotion to that rank, presented by LCol F. Allen, CO ATESS.



MWO T. Fagan

received his promotion to that rank, presented by LCol F. Allen, CO ATESS.



Cpl B. Walton

received a promotion to that rank, presented by Capt M. Wray, 8 AMS.



Cpl F. Savard

received a promotion to that rank, presented by Capt M. Wray, 8 AMS



Cpl W. Tyrrell

received a promotion to that rank, presented by Sgt R. Walker, ATESS.



Cpl J. Cliche

received a promotion to that rank, presented by Maj E. Morris, AMO and WO G. Macfarlane, 8 AMS.



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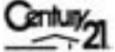
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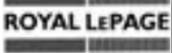
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