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• September 7, 2007 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 42 Issue Number 34 •

## Squadron honoured by AFAC

by Andrea Steiner  
Managing Editor

Personnel at 8 Wing Trenton are once again basking in the glow of recognized achievement.

2 Air Movements Squadron has been awarded the very prestigious Gordon R. McGregor Memorial Trophy by the Air Force Association of Canada (AFAC).

According to Commanding Officer Major Aaron Spott, “this trophy commemorates the late Gordon R. McGregor, past president of the Association, in recognition of his pioneering accomplishments in the field of air transportation in Canada. The trophy is presented in recognition of outstanding and meritorious achievement in the field of air transportation.”

Maj Spott said that being selected for this award is a huge honour for the squadron.

“2 Air Movements

Squadron is one of the most operationally deployed squadrons in the Canadian Forces (CF), with a squadron strength of 182 Regular Force, Reservists and civilian personnel. Operational commitments have members of the squadron in Kandahar, South West Asia, Cyprus, Germany, Croatia, Thule, and Alert and in various positions in Canada and the United States.”

Maj Spott also acknowledged the fact that many squadron members are new to the trade, which makes the award all that much more gratifying.

“The fact that a good portion of our personnel are new to the trade speaks to their hard work and progress. They are doing this terrific work in the first few years of their careers—which speaks highly of their hard work and dedication.”

Maj Spott was also quick to acknowledge his predecessor, Maj Dan Harris, who commanded

the squadron in the time period for which the squadron is being honoured.

“This happened under Maj Harris’ watch, and the award belongs to all the men and women of the squadron.”

Maj Harris, who served as CO from July 2004 until July 2007, and is now at CFC Toronto, was delighted to hear of the award.

“First of all I would like to say congratulations to the members of 2 Air Movements Squadron who are so very committed to CF operations on a daily basis. It is truly an honour to receive this recognition as there are many organizations in the same field that are equally committed.”

“There has been a monumental increase in the amount of freight 2 Air Movements Squadron processed over the last decade. There is very little material, mail, baggage or passengers that move in the Canadian Forces trans-

See Trophy, Page 10

## MARKING A MILESTONE

Photo: Submitted



A photo celebrating the first loading of a CC-177 on August 23, 2007 with humanitarian aid destined for Kingston, Jamaica in the wake of Hurricane Dean. Back row left to right: Sgt Hine, Pte Stormont, MCpl Simmons, Cpl Brown, Cpl Bouchard, Pte Splane, Cpl Roy. Front row left to right: WO Telfer, Pte Tasse, Cpl Guernon, Pte Pronovost and Sgt Marsh. All are Traffic Technicians and all are members of 2 Air Movements Squadron except Cpl Roy, who is here training and hails from CFB North Bay.

## Annual charitable campaign gearing up

by Andrea Steiner  
Managing Editor

It’s that time again.

The 2007 Government of Canada Workplace Charitable Campaign is about to get underway here at 8 Wing/CFB Trenton.

According to campaign chairman Captain Brandon Sing of 2 Air Movements Squadron, the Wing Commander’s Charity Golf Tournament, slated for September 12, 2007, will once again kick off the campaign (see related article on Page 2).

The Wing Commander’s Challenge, which sees teams compete in a variety of events, is set for September 28. Watch upcoming issues of The Contact for details of this and



other events.

“Other confirmed events include the hugely popular Pizza & Pasta Pig-outs at the Yukon Galley, a Texas

Hold’Em Poker Tournament, a hockey tournament and lots of raffles and draws, most notably the Mega 50-50 Draw,” said Capt Sing.

Joining Capt Sing on this year’s committee are: Capt Sylvain Collard (437 Squadron), Deputy Chairman; Capt Laura Creighton (ATESS), Secretary; Lt Annika Rousell (Wing Admin), Financial Coordinator; 2Lt Annie Morin (CFAWC), Public Relations; Capt Leo Phillips (8AMS), Events Coordinator; Celin Alexiuk (DRC), Canvasser Coordinator; Barry Turner (WCE), Civilian Representative; Capt Janaya Hansen (2 Air Mov Squadron), Committee Representative; and Capt Shain Ronalds (437 Squadron), Committee Representative.

## Annual Recreation & Leisure Show

Sunday September 9th  
Noon to 3 pm at the Gym

Over 50 not-for-profit clubs and organizations will be in attendance. Come see what 8 Wing and the surrounding community have to offer.

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## WORKING THEIR MAGIC ON THE BBQ



Photo: Amber Gooding, Contact Staff

Barry Turner, left, and Preben Hansen work their magic on the grills of the 2007 Union of National Defence Employees (UNDE) and the Public Service Alliance of Canada (PSAC) Labour Day weekend barbecue with more than 400 8 Wing/CFB Trenton employees in attendance to enjoy some burgers and sausages. The barbecue also helped to raise money for the 2007 Government of Canada Workplace Charitable Campaign at 8 Wing/CFB Trenton with a 50/50 draw, with money from the tickets going to the charitable campaign.

## Wing Commander's Annual Charity Golf Tournament

What better event than the Wing Commander's Annual Charity Golf tournament to kick off this year's GCWCC United Way campaign! Make sure you write it down on your calendar. This important day will be held on September 12, 2007 at the CFB Trenton Golf Club.

This charitable event is open to all military and DND personnel and will definitely be a great occasion to show your support to your local community. There will also be prizes for closest ball to the pin and a putting contest. Numerous items will be put for auction and there will be a 50/50 draw during the event. The cost is \$65 and includes prizes, steak dinner and gift bag for each participant.

Beginners or avid players who wish to participate can contact Shirley Martin at local 3467 or Apollo Athanasopoulos at 2289. Hurry up! You only have until Sept. 10 to register and be part of one of the 40 teams.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Personnel from 81 AEF are erecting the roof system on a house in Flinton Ontario, for Habitat for Humanity. Our crew is made up of eight personnel from 81 AEF: Sgt M<sup>c</sup>Carville, MCpl Garrett, MCpl Ewing, Cpl Rood, Cpl Merritt, Cpl Simonsen, Cpl Leblanc and Cpl Shellington. Pictured here, from left to right on the scaffold, are: Cpl Rood, Cpl Merritt, MCpl Garrett, MCpl Ewing, and Cpl Simonsen on the ground assisting to prepare the scaffold.

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# Vast training assistance from south of the border

by 2Lt Annie Morin

The arrival of the CC-177 at 8 Wing/CFB Trenton has brought significant change to daily operations, as already the strikingly present aircraft has completed trips that normally take several chucks in just one.

This considerable improvement in operational efficiency is in large part attributed to vast assistance from south of the border. The Mobile Training Team (MTT) located at McChord AFB, WA., consists of 10 American members who are "providing classroom instruction on C-17 maintenance systems, ... hands-on guidance on aircraft inspections, servicing and troubleshooting system malfunctions" to 429 Squadron maintainers says SMSgt Doug Levesque, Detachment Chief for the 373 Training Squadron Detachment 12 (373 TRS/DET 12).

This summer, the MTT members have

made their way up to Trenton to continue their instruction.

The first part of the team arrived in Trenton on July 30 and will stay until Sept 14 to "assist 429 Squadron with the stand-up of the squadron and in particular the "Bed Down" of [the] new C-17 aircraft" says SMSgt Levesque.

The Program Management Office (PMO) in Ottawa approached SMSgt Levesque's detachment over a year ago in order to have a training program created for the 429 Squadron maintainers. The result was a program developed and tailored for the Canadian Forces including a course for the aviation technician (AVN), avionics technician (AVS) and a maintenance manager course. All this done in record time!

When asked about their time in Canada, SMSgt Levesque says, "We've had a wonderful time here so far; 429 Squadron has taken us in

Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging



United States Air Force's instructors for the CC-177-701 Globemaster from left to right, front row, then back row: MSgt Les Schneider, SSgt Brad Lykins, TSgt Chris Prestero, TSgt Troy Barber, TSgt Ed De Leon, TSgt Mike Roberts, TSgt Brian Hobson, SSgt Mark Medeiros, SMSgt Doug Levesque, SSgt Paul Baumann.

and made us feel like an integral part of their squadron and 8 Wing has been a gracious host. We've received a warm

reception from the local community as well and have tried to adapt to the culture by saying "eh..."

By far, the most enjoyment we've had here is seeing the training we provided back in the States come to

fruition here on Trenton's ramp. The maintainers of 429 Squadron are making it happen!"

## Search & Rescue UPDATE

424 Squadron's SAR crews flew a total of 10 missions since the last article.

The first mission had both our Herc and Griffon tasked to the Cochrane, ON area for an overdue helicopter. Both crews were released from the search before arriving in the search area.

Next tasking was again for both aircraft. This time they were tasked to look for an overdue 24-ft vessel near Kingston. Once again our crews were stood down prior to arriving.

Our Herc crew was next up for an overdue Cessna 172 traveling between Baie Comeau and Mont Tremblant, QC. This search was called off when the pilot contacted JRCC Halifax to say he was safe and that he neglected to close his flight plan when he landed.

The following day our Griffon crew was asked to help the US Coast Guard with a search for a person in the water near Hill Island, NY. A 12-foot boat was located with its engine running and no one on board. The assigned search area was covered and the crew was released. A diver from the OPP located the object of the search.

The next two call-outs, one for a overdue "Sea Doo" near Midland, ON and the other for an overdue vessel in western Lake Ontario, were stood down as the crew arrived at the hangar. In both cases the object of the search turned up safe and well.

424 Squadron had a CC-130 crew in the St. John's area on a SAR trainer when they were asked by JRCC Halifax to look for a disabled sailing vessel named "Unforgiven" with a 47-year-old man on board. The vessel was located, communication was established, and it was learned that the vessel's sails were destroyed and its engine was out. This sailor was from the UK and he had been at sea for six weeks. He had very little food and water left and his sailboat was not equipped with a life raft. He did not have an emergency locator beacon nor did he have an "emersion suit." He had to wait another eight hours but was finally located by the Coast guard and towed in to somewhere in Newfoundland.

Lastly our Herc was tasked to aid the US Coast Guard in western Lake Erie to look for an overdue 21-foot vessel north of Cleveland. The crew flew a total of just over 11 hours and unfortunately found nothing. They were released and returned to Trenton.

Until next time, stay safe.

Missions for 2007: 164 Missions for Aug/Sep.: 38/6 Persons rescued: 25

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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 M.J. Hood, CD, Commander, 8 Wing / CFB Trenton.

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### Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (leblanc.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) or as "text only" on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.  
*Jpeg-Maximum (8X10), 300 dpi*

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

• **ARTICLES MUST BE RECEIVED BY TUESDAY AT NOON PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

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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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# Canadiana Crossword

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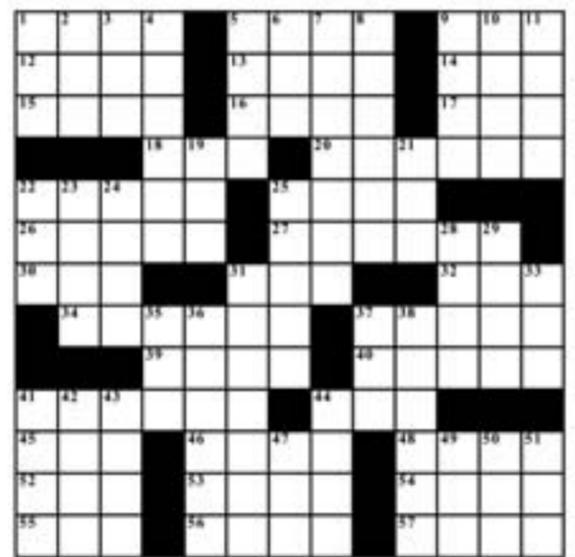
By Bernice Rosella and James Kilber

### ACROSS

- 1 Ritzy hotels
- 5 Oasis
- 9 Protrude
- 12 New Zealander, slangily
- 13 Emerald Isle
- 14 Cuckoo
- 15 Bellow
- 16 Set an example
- 17 Racket
- 18 Brewery vessel
- 20 A half
- 22 Fisherman's stash
- 25 5th wedding anniversary gift
- 26 30th wedding anniversary gift
- 27 Join up
- 30 In a
- 31 Bachelor's apartment
- 32 Sailor's affirmative
- 34 4th wedding anniversary gift
- 37 Saffron
- 39 Triumphs
- 40 35th wedding anniversary gift
- 41 Seraphim
- 44 Topper
- 45 Constellation between Cancer and Virgo
- 46 Stead
- 48 Bars
- 52 Mousse
- 53 Above
- 54 Tritons
- 55 Supplement
- 56 Proceed
- 57 Raize

### DOWN

- 1 Firmament
- 2 Pastry
- 3 Cobbling tool



- 4 25th wedding anniversary gift
- 5 Bruise
- 6 Part of the verb to be
- 7 75th wedding anniversary gift
- 8 Inside a building
- 9 With coral, 35th wedding anniversary gift
- 10 Military formation
- 11 Wee
- 19 Every
- 21 Wedding words
- 22 Srs. income source
- 23 Reduce, as a sail
- 24 British peer
- 25 Tires
- 28 Cowardly lion portrayer
- 29 Constellation near Cygnus
- 31 Contemplative
- 33 Conger
- 35 Is obliged
- 36 9th wedding anniversary gift
- 37 Wood sorrel
- 38 7th wedding anniversary gift
- 41 Aquatic organisms
- 42 Require
- 43 50th wedding anniversary gift
- 44 Coagulated substance
- 47 Poetic even
- 49 ET conveyance, maybe
- 50 Heat meas.
- 51 Frederickton to St. John dir.



## This Week in Contact

1977 – Colonel John De Chastelain of Calgary, Alberta has been promoted to Brigadier-General and appointed commandant of Royal Military College in Kingston. Now commander of the Canadian Contingent to the United Nations in Cyprus and deputy chief of staff of UN forces there, he succeeds BGen William W. Turner of Winnipeg, Manitoba, who is retiring. Colonel De Chastelain graduated from RMC in 1960 and began his service with 2nd Battalion's commanding officer.

1987 – One of 436 (T) Squadron's finest achieved a milestone in his illustrious career. "Somewhere" over the North Atlantic, Captain Ken Musson logged hour number 10,000. Contrary to the widely-held belief that Ken spent his first several years of his military career awaiting the invention of the airplane, Ken in fact received his RCAF Pilot's wings in January 1956. Those who somehow manage to achieve the magic 10,000 hours of flying time are indeed a rare breed and needless to say, it's an accomplishment worthy of celebration.

1997 – PSP Perspectives first issue was launched. The brand new magazine was designed to keep readers in touch with personnel support programs across the CF. The first issue was released in the summer of 1997. This upbeat magazine is published quarterly and will oversee all PSP programs, including fitness, recreation and family support. The magazine provides a platform to recognize and share individual achievements within the military community.

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



# Canada Post offers free letter delivery to deployed troops

**Canada Post**  
**OTTAWA (August 30, 2007)** — Canada Post announced today it will begin providing free delivery of letters from family and friends to Canadian troops deployed in Afghanistan and elsewhere overseas effective October 26, 2007 until the start of 2009. At that time, Canada Post and the Department of National Defence will jointly evaluate the program.

Canada Post also announced it will again provide free parcel service for family and friends of deployed Canadian troops for the coming 2007 holiday season. The program, which will run from

October 26, 2007 to January 11, 2008, means Canada Post will deliver parcels free of charge to Canadian troops in Afghanistan and elsewhere overseas. At the end of this period, Canada Post and the Department of National Defence will jointly evaluate the program, as was the case last year with the parcel delivery program.

“We know how important mail from home is to the men and women serving overseas under very difficult conditions. Starting October 26, family and friends will be able to send letters free of charge to the deployed soldiers. This is our way of showing our continued support for our

troops and their families,” said Moya Greene, president and Chief Executive Officer of Canada Post.

“We began discussions with the Department of National Defence following last year’s successful holiday season program to determine the feasibility of repeating this important initiative again this year. One of the measures of the program’s success is the fact that the Royal Mail in the United Kingdom recently announced they will institute a similar program for their troops,” she said.

“As Minister responsible for Canada Post, I strongly support this initiative. The words of encouragement written by families and friends to men and

women deployed overseas is a very special form of support. I hope that many Canadian families will take advantage of this possibility,” said Lawrence Cannon, Minister of Transport, Infrastructure and Communities.

With capacity limitations on military aircraft carrying supplies and munitions to deployed forces, this offer is restricted to family and friends of the deployed service men and women serving overseas in war zones. That includes members of the Canadian Forces serving in Afghanistan, Bosnia-Herzegovina, Sinai and Jerusalem. Troops serving on any of the deployed Her Majesty’s Canadian Ships

are also included in the offer.

“I congratulate Canada Post for this excellent initiative to offer free mail service all year to family members and friends of troops deployed in combat zones,” said the Honourable Peter MacKay, Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency. “Canada’s New Government strongly supports our men and women in uniform, and we welcome this very positive initiative to help our troops overseas remain connected with their loved ones in Canada.”

To ensure the proper customs declaration form

and addressing information, the letters and parcels will need to be deposited at one of Canada Post’s more than 6,600 full service retail outlets across the country (letters and packages dropped in regular street letter boxes will not qualify). They will then be forwarded to Canadian Forces Bases in Halifax, Nova Scotia, Victoria, British Columbia and Belleville, Ontario. Once delivered to the military bases, the Department of National Defence will take charge of the letters and parcels and ensure their delivery overseas.

All mail must be addressed to a specific soldier, including rank and mission information.

# Postes Canada offrira la livraison gratuite des lettres aux troupes

**Postes Canada**  
**OTTAWA (le 30 août 2007)** — Postes Canada a annoncé aujourd’hui qu’elle offrira la livraison gratuite des lettres des parents et amis aux troupes en déploiement en Afghanistan et ailleurs à l’étranger à compter du 26 octobre prochain et jusqu’au début de 2009. À la fin de cette période, Postes Canada et le ministère de la Défense nationale évalueront conjointement le programme.

Postes Canada a également annoncé qu’elle offrira de nouveau un service gratuit de colis aux parents et amis des troupes canadiennes en déploiement pendant la période des Fêtes de 2007. Le programme, qui se prolongera du 26 octobre prochain jusqu’au 11 janvier 2008, signifie que Postes Canada livrera gratuitement les colis aux troupes canadiennes en Afghanistan et

ailleurs à l’étranger. À la fin de cette période, Postes Canada et le ministère de la Défense nationale évalueront conjointement le programme, comme cela s’est fait pour le programme de livraison des colis de l’an dernier.

« Nous savons que le courrier expédié de la maison compte beaucoup pour les hommes et les femmes qui sont en service à l’étranger dans des conditions très difficiles. À compter du 26 octobre, les parents et amis pourront envoyer des lettres sans frais aux soldats en déploiement. C’est notre façon à nous de démontrer notre appui constant à nos troupes et leurs familles », a soutenu Moya Greene, présidente-directrice générale de Postes Canada.

« Nous avons commencé nos discussions avec le ministère de la Défense nationale dès la fin du programme bien accueilli de l’an dernier afin de déterminer la

faisabilité de réitérer cette importante initiative encore cette année. Le fait que la Royal Mail au Royaume-Uni ait annoncé récemment qu’elle offrirait un programme semblable pour ses troupes est l’une des mesures de succès de notre programme », a-t-elle ajouté.

« À titre de ministre responsable de Postes Canada, j’appuie vivement cette initiative. Les mots d’encouragement écrits par les familles et les amis des hommes et des femmes déployés à l’étranger constituent une forme très spéciale d’appui. J’espère que plusieurs familles canadiennes profiteront de cette possibilité », a soutenu Lawrence Cannon, ministre des Transports, de l’Infrastructure et des Collectivités.

En raison des limites de capacité dans les avions militaires qui apportent les fournitures et les munitions aux troupes en

déploiement, cette offre est limitée aux parents et amis des hommes et des femmes en service dans les zones de guerre à l’étranger. Cela comprend les membres des Forces canadiennes en Afghanistan, en Bosnie-Herzégovine, au Sinaï et à Jérusalem. L’offre comprend aussi le service à tous les Navires canadiens de Sa Majesté.

« Je félicite Postes Canada pour cette excellente initiative d’offrir le service gratuit de courrier aux familles et aux amis des troupes déployées dans les zones de combat pendant toute l’année, » a ajouté l’honorable Peter MacKay, ministre de la Défense nationale et ministre de l’Agence de promotion économique du Canada atlantique. « Le nouveau gouvernement du Canada appuie fortement nos hommes et nos femmes en uniforme et nous apprécions cette initiative très positive visant à aider nos troupes à l’étranger à demeurer

en contact avec leurs êtres chers ici au Canada. »

En vue de s’assurer que le formulaire de déclaration en douane utilisé et que les renseignements relatifs à l’adressage sont exacts, les lettres et les colis doivent être déposés à un des 6 600 comptoirs postaux de Postes Canada offrant des services complets au pays (les lettres et les colis déposés dans une boîte aux lettres publique ne seront pas admissibles). Ces articles seront ensuite envoyés aux bases des Forces canadiennes à Halifax (en Nouvelle-Écosse), Victoria (en Colombie-Britannique) et Belleville (en Ontario). Une fois les colis livrés aux bases militaires, le ministère de la Défense nationale se chargera d’assurer la livraison des lettres et des colis à l’étranger. Tout article de courrier doit être adressé à un soldat précis et comprendre les renseignements sur son rang et sa mission.

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Bronze Medallion is the first step toward a National Lifeguard Certification and is a prerequisite for the Bronze Cross Award.

The course will take place on Friday, October 19, and Friday, October 26, from 5:00 to 9:00 p.m.;

Saturday, October 20, and Saturday, October 27 from 9:00 a.m. to 3:00 p.m.; Sunday, October 21, from 9:00 a.m. to 1:00 p.m. The exam date is set for Sunday, October 28, from 9:00 a.m. to 1:00 p.m.

Please note that 100 per cent attendance for all classes is mandatory. There is a pre-requisite for this course. Participants must be at least 13 years of age.

Cost is as follows: \$120 for military and CRA members; \$130 for military community non-members; and \$150 for the general public.

There is an additional \$35 fee for the Lifesaving Manual, and a \$15 fee for the First Aid Manual.

**Power Skating for Kids**

Power skating provides co-ed instruction covering power development, power strides, starting, stopping, lateral mobility and power drills.

This program will benefit kids who play hockey. Skaters must be at least 5-years-old, be able to skate forwards, backwards and be able to come to a stop without running into the boards.

Skaters will be broken up into groups depending on age, skills and ability.

The course will take place for 10 weeks, from October 1 and December 10, on Monday evenings from 5:00 to 5:50 p.m.

Please note, there will not be a class on Thanksgiving (Monday, October 8).

Cost is \$55 for military and CRA members; \$60 for military community non-members; and \$70 for the general public.

Full hockey equipment is required, including sticks and mouth guards.

**Women's Hockey Team**

Have you always wanted to play hockey but don't know how? No problem! This is the perfect opportunity.

The 8 Wing/CFB Trenton Women's Hockey Team is looking for new players. Military members, either beginners or avid players, are welcome to come out and join the team.

Practices are held each Tuesday and Thursday from 3 p.m. to 4:30 p.m. at the RCAF arena.

Also, hockey equipment can be provided at no cost.

For more information, please contact Bryan Pearce at 613-392-2811 ext. 4110.

**Pre-school Stomp and Romp**

This pre-school program is for ages two to five years old.

Come and enjoy a fun exercise program with your children, with an introduction to stretches, gymnastics and dance, followed by free-time with lots of great play equipment.

Cost is \$15 for CRA members; \$20 for military community non-members; and \$25 for the general public. There is also a drop-in option at a cost of \$4/week.

Stomp and Romp will take place Thursday mornings, from October 11 to December 13, from 10 to 11 a.m., for a total of 10 weeks.



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**RecPlex Hoops Program**

The Hoops Program helps kids to understand the game of basketball and develop skills. The program is good for the beginner right up to advanced. There will be 25 minutes of skill development and a scrimmage consisting of two 15 minute halves. The Hoops Program will take place on Tuesdays from October 9 to December 11 in the RecPlex Gym, for a total of 10 weeks.

Players eight to 10 years of age will play from 6 to 7:15 p.m., and players ages 11 to 13 will play from 7:15 to 8:30 p.m.

Cost is \$30 for CRA members; \$35 for military community non-members; and \$45 for the general public. Cost includes a t-shirt. Pre-registration is required.

**Are you an aviation enthusiast?**

A new club is being formed and we are inviting all aviation enthusiasts to come and be a part of it.

The club will consist of social events, ground school, flight simulations and much more.

For more information, or to join the club, please contact Second-Lieutenant Danny Vanderbyl by email at [dvanderbyl@gmail.com](mailto:dvanderbyl@gmail.com) or by phone at 613-243-4702.

For more information visit <http://dvanderbyl.googlepages.com/CFBTrentonAviationClub>

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# Fitness, Sports & Recreation

## CF Athletic Training Program

The Canadian Forces (CF) Athletic Trainer Program's mandate is to provide medical care and prevent injuries to the athletes involved in competitions within the CF Sports Program.

This program has been developed on a three-tiered system.

Trainers will begin at the regional level then advance to the national level and possibly the international level with the CISM (Conseil international du sport militaire) Program.

The CF National Sports Program is on a recruiting drive for volunteers to join the team of athletic trainers that provide athletic training support in sports medicine related issues for all CF National Sports Championships held at the CFB Borden National Sports Centre and other loca-

tions across the CF.

The basic prerequisites for the National Athletic Trainer Program are First Aid/soon to be First Responder, athletic taping, experience in sports, first aid/CPR Training and qualifications, pass their physical fitness evaluation yearly, and member must have supervisor's support and approval.

All personnel interested in joining the team are asked to send a detailed résumé stating qualifications and experience to Captain Mike Kristy, Acting Athletic Trainer Coordinator, at [mkristy@rogers.com](mailto:mkristy@rogers.com) no later than November 7, 2007. Please remember to carbon copy (cc) the Chief Athletic Trainer, Chief Warrant Officer Bob Sylvestre, at [sylvestre.r@forces.gc.ca](mailto:sylvestre.r@forces.gc.ca).

## Associate Membership Rates

The following 8 Wing Associate membership rates are broken down by three-month periods, between September 1, 2007 until August 31, 2008.

A Gymnasium membership, which includes cardio and weight room, the gym and squash courts, at a cost of \$540 for one year; \$415 for nine months; \$290 for six months; and \$160 for three months.

A RecPlex membership, which includes indoor and outdoor pool, mini-gym and cardio room is \$360 for one year; \$285 for nine months; \$200 for six months; and \$110 for three months.

A Combination membership, which includes all of the above, is \$660 for one year; \$500 for nine months; \$350 for six months; and \$200 for three months.

All memberships may be purchased at the RecPlex, Monday through Friday from 9 a.m. to 5 p.m. and on Saturdays from 9 a.m. until noon.

*Please note that anyone who does not meet the criteria outlined for Regular or Ordinary member is considered to be an Associate member.*

*Memberships are subject to the approval of the Wing Commander.*

## Kayaking for Kicks

Kayaking for Kicks is a three-hour adventure on the Bay of Quinte!

Take this introduction course and enjoy renting the kayaks which are available at the south side Gymnasium.

All equipment required for the course is supplied.

This course is great for small groups and families, and also includes a wet exit and re-entry certificate, which is issued once performed.

Youth 12 years of age and over may take the course if accompa-

nied by a parent.

Course dates: Sept. 20, 5:30 to 8:30 p.m.; Sept. 28, 5:30 to 8:30 p.m.

Cost of the course is as follows: \$50 for military community and CRA members; \$55 for military community non-members; and \$60 for the general public.

Please note that there is a new location for this course, which is located at 177 Main Street, Wellington.

Please register at the RecPlex to take advantage of the reduced cost (a \$60 value).

## Evening aquafit

Evening Aquafit classes will take place on Tuesdays and Thursdays, from 7:30 to 8:30 p.m. beginning on October 2 and running through until December 20.

Cost is as follows: \$40 for military and CRA members; \$45 for military community non-members; and \$55 for the general public.

There is a drop-in fee option, space permitting, at a cost of \$4 per class for military community with ID and \$5 per class for the general public.

## Base hockey league meetings

It's that time of year again. The 2007/2008 hockey season is almost upon us. The 8 Wing/CFB Trenton Hockey leagues are open to CF Military, DND and NPF full time employees.

The Wing Hockey League (WHL) will commence on Sunday, September 30, and play every Sunday, Tuesday, Wednesday and Thursday evenings. The League organizational meeting will be held at 1000 hrs on Friday, September 14, at the Gymnasium Conference room. All interested team reps are to attend.

The Noon Hour Hockey League (NHL) will commence on Monday, October 1, and play during the noon hours at a cost \$80.00 per player.

Player registration for the NHL will be held from September 9 to September 21, from 0800 to 1130 and again from 1300 to 1530 hrs Monday through Friday, and Sunday, September 9 from 1200 to 1500 hrs at the Recreation and Leisure show, which will be held at The Gymnasium.

For further information, please contact Dan Cormier, Military Sports Coordinator, at local 3373.

## PSP Facility Memberships

1 September 2007 - 31 August 2008

### Gymnasium (Includes Arena)

#### Regular Members

Infant (6 months - 5-years-old): Free  
Youth (6 - 17-years-old): \$35  
Single (18+): \$40  
Family: \$90

#### Ordinary Members

Infant (6 months - 5-years-old): Free  
Youth (6 - 17-years-old): \$45  
Single (18+): \$60  
Family: \$140

### RecPlex (Includes Arena and Outdoor Pool)

#### Regular Members

Infant (6 months - 5-years-old): \$12  
Youth (6 - 17-years-old): \$35  
Single (18+): \$45  
Family: \$100

#### Ordinary Members

Infant (6 months - 5-years-old): \$20  
Youth (6 - 17-years-old): \$60  
Single (18+): \$70  
Family: \$180

### Combination (Includes Gym, RecPlex, Arena and Outdoor Pool)

#### Regular Members

Infant (6 months - 5-years-old): \$12  
Youth (6 - 17-years-old): \$45  
Single (18+): \$60  
Family: \$130

#### Ordinary Members

Infant (6 months - 5-years-old): \$20  
Youth (6 - 17-years-old): \$80  
Single (18+): \$100  
Family: \$245

Membership Upgrade: \$5 plus GST = \$5.30  
Replacement for lost membership: \$10 plus GST = \$10.60

New memberships went on sale August 27, 2007.

## RecPlex Hours of Operation Effective September 22, 2007

The following information is in regards to the RecPlex hours of operation and is effective as of September 22, 2007.

Monday to Friday: 8:30 a.m. to 9 p.m.

Saturday: \*8:30 a.m. to 8:30 p.m.

\*Only open at 8:30 am during the Fall, Winter and Spring session of Red Cross Swim Lessons. Otherwise open at noon.

Sundays and Holidays: Noon to 4:30 p.m.

For more information please call 392-2811 ext 3361.

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Safety

# Think safety when recycling



Submitted by  
**Don Heans,**  
Wing General Safety  
Officer

Recycling certain items in your home may be the responsible thing to do for the environment, but if various items are not properly stored, it may not be the safest thing to do for you.

Accumulations of materials which you are saving to be recycled can create a number of hazardous situations, both in and around the home, as well as in your workplace.

Following these simple guidelines listed below will help to ensure you are taking all the proper steps, for you, your family, co-

workers and of course, the environment.

**Piles Of Paper:** Excessive amounts of paper and/or cardboard can create a fire hazard in any environment.

They are easily ignited, and the fuel they provide can quickly turn a small fire into a big one. Do not store paper and cardboard near sources of ignitions such as a pilot light.

Do not store paper, or any other combustibles near fire escape routes, such as doorways or staircases.

**Clutter Caution:** Clutter can cause injuries from falls, so make sure to store recyclables where people will not trip over them.

Always try to keep down the accumulations of junk that end up laying around, by making frequent trips to the recycling centre for disposal.

**Hazardous Materials:** Unused hazardous materials, such as solvents, pesticides and

motor oil, for example, should not go into the ground, the garbage collection or the sewer system.

For your safety, they shouldn't sit around too long awaiting disposal either.

For wastes accumulated around the home, keep them correctly labeled and well out of the reach of children.

You may take them to the community hazardous waste collection area, or any other appropriate facilities, as soon as possible to ensure your safety, and the safety of those around you.

When you are dealing with wastes on the job, make sure you educate yourself and follow your company's policies and procedures as it relates to hazardous waste materials.

Deciding to recycle is a great step in the right direction in helping the environment.

Just be sure to keep safety in mind and you will be doing yourself a great favour as well.

# Strengthening Canadian communities

(NC)-Child safety is everyone's concern. For the Mounted Police Foundation it is the prime focus of their activities in conjunction with partners as varied as Wal-Mart, the RCMP, local and provincial police, and community groups.

The Foundation is also now diligently addressing child safety with the Canadian Crime Stoppers Association, which is part of the international organization dedicated to combating crime and keeping our streets safe in partnership with communities, the media and law enforcement agencies.

The appalling statistic of 67,266 Canadian children that went missing in 2004 launched the introduction of the Mounted Police Foundation Child Safety Identification Kit, and since then they have produced 1 1/2 million Child ID Kits. Taking the initiative for national distribution have been all 276 Wal-Mart stores across Canada, Ontario Crime Stoppers offices, and organizations such as Girl Guides and Scouts groups, community centres, daycare centres, family resource centres, all RCMP Divisions and the OPP. Ottawa Carleton Catholic School Board, local and provincial MPPs, Canadian Border Services Agency, and Canadian Embassy officials also actively support the program. More information is online at [www.mountedpolicefnd.org/childsafety](http://www.mountedpolicefnd.org/childsafety).

Vijay Morancie, Youth Strategies Coordinator with RCMP "E" Division Community Policing Services in

Surrey, B.C. describes the MPF Child Identification Kit as "a useful tool to aid in the search for a missing child. We distribute the kit throughout the year at training and community events to increase awareness of its availability and importance."

The MPF, a not-for-profit registered charity, identifies its main source of revenue as the royalties derived from its management of the Royal Canadian Mounted Police image licensing program. As the Master Licensee, the Foundation licences Canadian manufacturers to produce and market recognized 'official products' that depict the RCMP logo and/or image. These products are made available across Canada and around the world.

By investing in community and youth development, the MPF helps develop programs to support RCMP community policing, child safety, drug awareness, anti-bullying, crime prevention, and victim assistance groups. Key Foundation supporters from the private sector include Wal-Mart, St. Joseph Communications, Motorola, Rogers, Microsoft, RBC Dominion Securities and WestJet.

The Kit is, in essence, a passport of each child's identity including photograph, fingerprints, blood type and a DNA hair sample. Kept by the parents, the information should be updated annually - a child's birthday is a timely and memorable date.

If the information should be needed, the kit will save valuable time. It also serves as a measure of comfort and security to parents.

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27 OCT 07 - HALLOWEEN PARTY						
2 NOV 07 - HARVEST CANDLELIGHT DINNER						
2	3	4	5	6	7	8
				TGIT STEAK NIGHT And fries!	Sandwich Bar 11:30 - 13:15	
9	10	11	12	13	14	15
			Ladies Club Wine, Cheese, and Cheesecake	TGIT Wings and Fries	Sandwich Bar 11:30 - 13:15	
16	17	18	19	20	21	22
			Tri Mess Golf Tournament Hosted by JR MESS	TGIT Chinese Food	Sandwich Bar 11:30 - 13:15	
23	24	25	26	27	28	29
				TGIT Fish and Chips	Sandwich Bar 11:30 - 13:15 WINE AND CHEESE	
30						



## Time to take the first step toward active living

*Health Canada* – According to Health Canada, 63 per cent of Canadians are not active enough to achieve the health benefits they need from physical activity.

Without such activity, people face a greater risk of premature death, heart disease, obesity, high blood pressure, adult-onset diabetes, osteoporosis, stroke, depression and colon cancer.

People need to be active to be healthy. With an increasing number of modern conveniences available to us, we have unfortunately become a largely sedentary society.

While the thought of becoming physically active can sometimes seem like a lot of work, it doesn't have to be.

Consider this: scientists say that we need an accumulated total of 60 minutes of physical activity every day to stay healthy or improve our health.

We are awake for about 15 to 19 hours a day, but we only have to be active for one hour - and that 60 minutes of activity doesn't have to be done all at once. We can add up our activities, 10 minutes at a time, to reach that daily total.

Some of the benefits associated with regular physical activity include better health, improved fitness and weight control, better posture and balance, better self-esteem, stronger muscles and bones, more energy, greater relaxation, reduced stress, and continued independent living.

With these benefits in mind it is the perfect time for all of us to get

moving.

To help us in our efforts, here are some simple tips to safely build physical activity into our daily lives:

Make a commitment to be active and find the time – mark it on your calendar or agenda.

Choose activities that you enjoy – choose a variety and range of activities.

Consult with your doctor before starting an exercise program.

Start slowly and build your activity level up gradually.

Always move at your own pace, take regular breaks, dress appropriately and drink lots of fluids.

Take a friend along for company, motivation and support.

Make being active a part of a family outing or daily routine.

Walk, bike, run or rollerblade to the mailbox or the corner store instead of driving.

Get off the bus a stop or two early and walk the rest of the way, or park your car farther away from your building.

Go for a walk or participate in another form of physical activity during your lunch or work breaks.

Where ever possible, take the stairs instead of the elevator.

Take advantage of the wonderful program and services offered through the PSP Fitness and Sports Centres and Community Recreation department.

Source: *Health Canada*, [www.hc-sc.gc.ca/hppb/paguide/quiz.html](http://www.hc-sc.gc.ca/hppb/paguide/quiz.html)

Health Promotion in the Canadian Forces

STRENGTHENING  
THE FORCES



For more information on active living and physical activity, please contact your local PSP Fitness and Sports Centres or your *Strengthening the Forces* Health Promotion Office.



## Faites le premier pas vers une vie active

*Santé Canada* – Selon Santé Canada, 63% des Canadiens ne sont pas assez actifs pour ressentir les bienfaits de l'activité physique.

Or, qui dit inactivité, dit risque accru de décès prématuré, de cardiopathie, d'obésité, d'hypertension artérielle, de diabète de type II, d'ostéoporose, d'accident vasculaire cérébral, de dépression et de cancer du côlon. Il faut bouger pour être en bonne santé.

Avec le confort croissant de la vie moderne, nous sommes malheureusement devenus une société essentiellement sédentaire.

Si la pensée de devenir physiquement actif peut parfois évoquer un effort énorme, tel n'est pas nécessairement le cas.

Aux dires des scientifiques, nous avons besoin d'un total cumulatif de 60 minutes d'activité physique par jour pour conserver ou améliorer notre santé.

Nous sommes éveillés environ 15 à 19 heures par jour, mais il suffit de bouger pendant UNE HEURE, et cette période peut être répartie tout au long de la journée, à raison de 10 minutes à la fois seulement, le temps s'additionnant pour atteindre le total recommandé de 60 minutes par jour.

Parmi les bienfaits associés à la pratique régulière de l'activité physique figurent une amélioration de la santé, de la condition physique, de la surveillance du poids, de la posture et de l'équilibre et de l'estime de soi, le renforcement des muscles et des os, l'augmentation du niveau d'énergie et du niveau de relaxation, la diminution du stress et le maintien de l'autonomie.

Si l'on songe à tous ces avantages et comme l'été approche à grands pas, ne devrions-nous pas tous profiter de

l'occasion pour commencer à bouger!

Pour faciliter nos efforts, voici quelques façons simples d'intégrer en toute sécurité l'activité physique à notre vie quotidienne :

Engagez-vous à consacrer du temps à l'activité physique. Prévoyez cette activité dans votre horaire.

Choisissez des activités diverses qui vous procurent du plaisir.

Consultez votre médecin avant d'entreprendre un programme d'exercice.

Démarrez lentement et augmentez graduellement votre niveau d'activité.

Allez-y à votre rythme; faites régulièrement des pauses; portez les vêtements appropriés et hydratez-vous abondamment.

Exercez-vous en compagnie d'un(e) ami(e). C'est plus motivant!

Intégrez l'activité physique à vos sorties familiales ou à votre vie quotidienne.

Prenez l'habitude de vous rendre à la boîte aux lettres ou à l'épicerie à pied, à vélo ou en patins à roues alignées plutôt qu'en voiture.

Descendez de l'autobus à quelques arrêts de votre destination et faites le reste du trajet à pied, ou garez votre voiture plus loin de votre lieu de travail.

Allez marcher ou participez à une autre forme d'activité physique pendant votre pause-repas ou votre pause-café.

Dans la mesure du possible, prenez l'escalier au lieu de l'ascenseur.

Profitez du programme et des services remarquables offerts par les centres de conditionnement physique et de sport et le service de loisirs communautaires d'Énergiser les Forces.

Source: *Santé Canada*, [www.hc-sc.gc.ca/hppb/paguide/quiz.html](http://www.hc-sc.gc.ca/hppb/paguide/quiz.html)

Pour en savoir plus long sur la vie active et l'activité physique, veuillez communiquer avec le centre de conditionnement physique et de sport de votre PSP local ou le Bureau de promotion de la santé d'Énergiser les Forces.



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# Trophy awarded to 2 Air Mov Squadron

Continued from Page 1

portation system without 2 Air Movements Squadron personnel's (or their MAMS team's) hands all over it. This squadron is a valued part of the Air Mobility team and their contribution in terms of Air Mobility Operational Support is recognized by this award. I'm sure the members of

the squadron are very proud of the award and the recognition amongst their colleagues in air transportation."

Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer, nominated the squadron for the prestigious award. In her submission to the AFAC, she states:

"As Canada's hub for air mobility operations, 8 Wing Trenton is Canada's major port of embarkation/disembarkation for all personnel, freight and mail that is sent or received for all Canadian Forces operations at home and abroad."

LCol Miller noted that in 2006 alone, the

Traffic Technicians at the squadron saw dramatic increases in activity, handling 1726 or 15 per cent more aircraft than in 2005 and processing more than 19 million pounds of freight, an increase of 25 per cent from the previous year.

"Additionally, they processed 32,384 passen-

gers, a staggering increase of 40 per cent from 2005. Quite simply, the members of 2 Air Movements Squadron built every piece of freight, loaded every piece of baggage, greeted every passenger, and touched every cargo and passenger aircraft transiting 8 Wing during this record-breaking year."

LCol Miller had high praise for the members of the squadron.

"The outstanding work performed by these Traffic Techs was done amidst period of minimal manning, created due to high deployment rate and training demands, and can be attributed to strong esprit de corps, a sound foundation of professional knowledge and an unwavering focus on the operational imperative."

The AFAC has stated the following in reference to this year's recipient of the Gordon R. McGregor Memorial Trophy:

*"2 Air Movements Squadron is recognized for outstanding achievement and contributions in the field of Air Transport. The Squadron's superlative customer service and resolute focus on the operational imperative did not waiver in light of tremendous increases to the operational tempo and the demand associated with Canada's shifting national priorities and her participation in the campaign against terrorism. With a mandate to provide support to Air Mobility Operations in domestic and deployed theatres, the members of 2 Air Movements Squadron's professionalism and exacting professional knowledge, dedication to the mission, and commitment to their team contributed greatly to the sustained success of Canadian Air Mobility Operations."*



Photo: Capt Nicole Meszaros, 8 Wing Public Affairs

Sergeant April Roach and Captain Brandon Sing, both deployed members of 2 Air Movements Squadron, lift mail for soldiers in Afghanistan onto a pallet in Camp Mirage on October 27, 2006.

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CFB Trenton**

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**Contact**



**PLEASE, IF YOU DRINK...DON'T DRIVE!**

Approximately 70,000 Canadians are impacted by impaired drivers each year.

On average just under 4 Canadians are killed every day.

**Contact**





# Corporal Tammy Kline literally gives the gift of life

by Captain Scott Spurr  
PAO, 14 Wing  
Greenwood

In December of 2005, Corporal (Cpl) Tammy Kline received a phone call that would not only change her life, but also the life of a young man in Pickering, Ontario.

Fourteen years ago while she was living in Ottawa, Cpl Kline was donating blood and was approached by a representative from the Canadian Blood Services (CBS) who asked her if she would be interested in becoming a bone marrow donor, which helps give cancer patients a new lease on life.

Cpl Kline watched a series of videos and then decided to become a donor and after several tests her name went on the Unrelated Bone Marrow Registry which contains both national and international donors.

## The Call

A call then came

from the Canadian Blood Services in Ottawa fourteen years later inquiring whether Cpl Kline would still like to donate some of her bone marrow. She was shocked when she received the call, but immediately said "yes" that she would still like to be a donor. It was only afterwards that Cpl Kline found out just how rare it is to be a good match for someone else. It is like finding a needle in a haystack, or winning the lottery.

Another series of tests had to be performed in order to make sure that Cpl Kline was completely healthy and after passing all of them she was then scheduled to have some of her bone marrow extracted on March 9, 2006 in a three-hour procedure at the Queen Elizabeth II Hospital in Halifax. The date of the extraction would prove to be important as it turned out to be the recipient's 18th birthday!

## No Idea

Throughout the whole donor procedure, the donor and the recipient are not allowed to know who the other is, or even from what country they are from until a year has passed from the date of the transplant. So, Cpl Kline had no idea that she was donating her bone marrow on the day of the recipient's birthday.

## Quarantined

Cpl Kline's bone marrow was then flown to Pickering, Ontario where the recipient, David Rines, was waiting for it. In order for David to prepare for the transplant, he had to live in a quarantined room free of all human contact and outside air for about three months in order to have his immune system purged. If he caught any cold, or flu, it could have killed him.

David received Cpl

Kline's bone marrow on his birthday and shortly after started to feel better, but he still had to stay in the hospital for another five months in order to give his immune system time to improve. In July of 2006 he was finally allowed out of the hospital.

## A Normal Life?

The most critical time for rejection of the bone marrow is within the first year and if a patient survives up to five years without the cancer coming back then they will probably live a full and normal life.

Both the donor and the recipient were allowed to exchange letters about a week, or so after the procedure through the CBS, but they could not reveal their names, or even their sex until a year had passed. Cpl Kline and David started immediately to correspond and on March 9, 2007, the CBS sent forms out to both

David and the Cpl Kline to see if they would like to know who the other was. They both agreed and a series of phone calls and emails followed, as well as a life-long friendship.

## Finally!

On July 16, 2007 Cpl Kline managed to catch a CC-130 Hercules flight to Trenton, Ontario where she made the short trip to Pickering to meet David and his mother, Karen Howchin-Rines. When they finally met it was almost indescribable for Cpl Kline as she stated: "It's hard for me to comprehend it and the way my mother explained it was that if your daughter needed a transplant that thanking someone for their donation would never be enough."

David's mother could not thank Cpl Kline enough for her generous gift and over the next few days of the visit they re-lived the

experience of the donation and what it meant for David and his family.

David plans on visiting Cpl Kline this August so that he can also see the Buskers in Halifax and he is just so happy that he has been given a second chance.

Cpl Kline stills remains on the donor list and says, "I would certainly do it again. It was a great experience with very little inconvenience to me just a few days of discomfort and to see the outcome that this can actually work and hopefully he has a second chance at life."

For both David and Cpl. Kline this proved to be an extremely positive experience that gave David a second chance at life and created a friendship that will last a life time. Cpl. Kline strongly encourages anyone who is thinking about becoming a donor to do so because after all, the end result is indeed the gift of life!



## Annual Chili Luncheon

### The United Way of Quinte

invites you for a delicious chili luncheon on

**September 11, 2007 11 am to 2 pm  
at the Royal Canadian Legion.**

For \$5, you can hang a sign on your office door and let everyone know that you'll be out to lunch for a great cause!

*This event is the official launch of the  
United Way of Quinte 2007 Campaign.*

Tickets are available at Lottie Jones Florist or can be purchased at the door. The chili, prepared by the women's auxiliary will be served at the Royal Canadian Legion, located at 19 Quinte St., Trenton.



## Take a Boating Course this winter

The RCAF Trenton Power & Sail Squadron, which operates out of the CFB Trenton Yacht Club, will be offering boating courses this fall and winter.

The courses offered will include:

**The Boating Course** which is taught every Monday evening from September 24th until the end of February 2008.

**The Piloting Course** - an advanced course for those who have already completed the Boating Course - will also be taught starting on Wednesday October 17th. The Course is 12 Wednesday evenings in duration.

Other courses to be offered are the

**Marine Maintenance Course** and the **Marine Radio Seminar**.

The Marine Maintenance Course will run from October until Christmas at a night to be decided. The VHF Marine Radio Seminar is a three-day seminar to be run at the end of February 2008.

Persons interested in any of these courses are asked to contact the Squadron Training Officer, at 613-392-0927 or

e-mail [keith.bottoms@sympatico.ca](mailto:keith.bottoms@sympatico.ca) for further information.

Or visit the Squadron Web site at <http://rcafcps-ecp.org/> for details of these Courses.

**In the cold of winter, think summer,  
by registering for a boating course this fall.**

Registration Night, Monday 17th September beginning at 7:00 pm at the CFB Trenton Yacht Club.



# HOROSCOPES

Weekly Astrology by Christine Davison

September 9 – September 15

**ARIES** (March 21-April 19): A co-worker or friend who had needed your assistance or a shoulder to cry upon may be developing deeper feelings towards you. If you do not feel the same way towards this person, then it may be prudent to let them know before the heart you had once meant to heal ends up being hurt all over again.

**TAURUS** (April 20-May 20): A project begun half-heartedly or in haste may end up taking up more time away from your children than you had planned for. Try to keep plans flexible for the rest of the week and put work first if need be. Try to make time after the weekend to enjoy fun and creative activities with those that you love.

**GEMINI** (May 21-June 20): You may make new acquaintances or friends this week while working on a project with a sibling. If you've been considering settling down and starting a family then this might be a good time to begin making long-term plans with a partner who is as serious and committed to the future as you are.

**CANCER** (June 21-July 22): Chance meetings may prove fortunate ones indeed, this week, Cancer. Try to begin new projects or put pen to paper on Sunday or Monday. As the week goes on you'll see your ideas slowly coming to life. Try to avoid hurt feelings or conflicts this weekend. Jealousy rarely helps anyone.

**LEO** (July 23-Aug. 22): This week may bring a mixture of business and pleasure. You may meet someone who inspires you to be at your best on either Sunday or Monday. A new partnership begun around this time may prove to be as business savvy as it is friendly. Watch that others do not become jealous or covet what you have this weekend.

**VIRGO** (Aug. 23-Sept. 22): The beginning of this week may be a far busier time than you may have originally planned for. Try to make some leeway for visits, unexpected events or interesting happenings. As the week passes, you may find that possessive or jealous feelings occupy your thoughts needlessly. Your lover is faithful.

**LIBRA** (Sept. 23-Oct. 22): You may feel as if your eyes have been suddenly opened to endless possibilities or whole new ways of being around Sunday or Monday. You have the power now to change your path in life. This may be a highly spiritual week, full of religious and philosophical questions. Always follow your feelings.

**SCORPIO** (Oct. 23-Nov. 21): Something that was begun at the beginning of this week may need to be revisited as the next few days' progress. You may end up meeting a special someone if you go out with your friends. This new person may enjoy many of the same interests that you do. Ward off possessive tendencies this weekend.

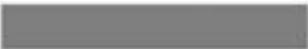
**SAGITTARIUS** (Nov. 22-Dec. 21): This week could be the beginning of something beautiful. If you've been waiting for a moment in the sun, then this is it. Your hard work and talents will be recognised and rewarded. If you approach someone for a raise or some form of benefit on Monday then you may very well see your desires met.

**CAPRICORN** (Dec. 22-Jan. 19): This is the perfect time for Capricorns to begin a new course of studies or to look into starting classes very soon. This may begin a whole new way of seeing the world for you. You may end up making new friends. Don't overdo it this weekend or you may end up becoming involved in a lover's feud.

**AQUARIUS** (Jan. 20-Feb. 18): Try to take things slowly this week if you are beginning a romance with a new lover. Conversations that are started on Monday may be well remembered and revisited by Friday; try to keep promises or you may have an emotional situation on your hands by Saturday. This is a highly passionate week for Aquarians.

**PISCES** (Feb. 19-March 20): This week may be a bit of an emotional rollercoaster ride for Pisces. If you love someone then try to calm things down and savour the moments you have with one another instead of rushing things too quickly. Passions may turn into conflict or jealous feelings this weekend. This love is real.

Astrological queries can be directed to Christine at [www.moonsignastrology.ca](http://www.moonsignastrology.ca)

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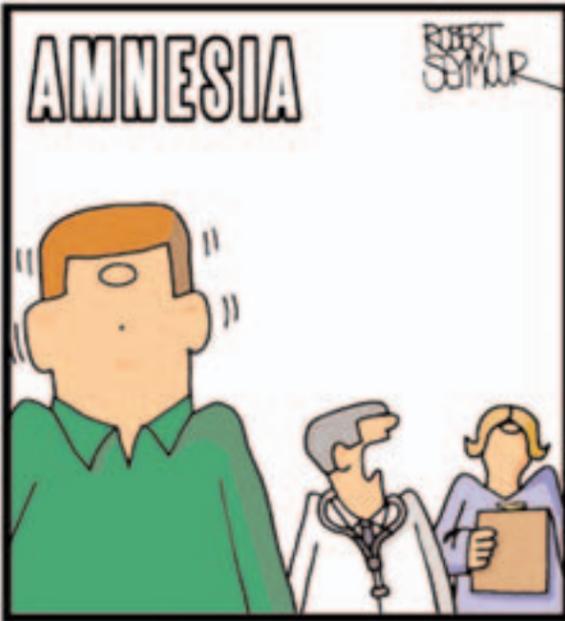
**Not In My Backyard! by Dale Taylor**



Panel 1: I FIND DIGGING IN THE DIRT DISGUSTING!  
Panel 2: YOU SHOULD TRY IT. IT'S REALLY QUITE FUN!  
Panel 3: I FIND IT QUITE BENEATH ME!  
Panel 4: WELL, I FIND ME BENEATH IT!

DuJour

**AMNESIA** ROBERT SCHMIDT



Implanted ID chip crashed...

**Stuff!**



Never jog on a horse trail after a rain!

**MISFITS BY BRIAN CODAGNONE**



OTTO BINDERNOGGLE WAS A PIONEER IN THE FIELD OF "VINTAGE FOOD"

ME IN '63

IT'S TRUE! BACK IN 1963 I MADE A WHOLE BUNCH OF SANDWICHES AND STUCK 'EM IN THE BASEMENT FREEZER! I FIGURED THAT PEOPLE IN THE FUTURE WOULD WANT TO KNOW WHAT IT WAS LIKE TO EAT BACK THEN!

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# Community Events

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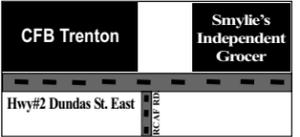
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

### 37th ACS SYMPOSIUM

This is for all former Canadian Forces Metals, Refinishing, Machining MOC trades personnel and or former and presently serving members of the Aircraft Structures Trade are cordially invited to attend the 37th ACS Symposium at 8 Wing Trenton 12-14 Sep 2007. Tentative schedule as follows:

- 2007-09-12: 0745 hrs - 1600 hrs - Symposium related guest speakers and sales demos
- 2007-09-13: 0745 hrs - 1130 hrs - Symposium related guest speakers and sales demo
- 2007-09-13: 1300 hrs - 1400 hrs - Stone dedication
- 2007-09-13: 1400 hrs- 1500 hrs - Proposed C-17 orientation
- 2007-09-13: 1730 hrs - 2400 hrs - Meet and greet @ Bakers Island
- 2007-09-14: 0800 hrs- 1500 hrs - Annual golf / euchre tournament

For more information please contact MWO Proulx (2007 chairman) 613-392-2811 (ext 2853) or Retirees point of contact Mr Mike Hackbart 613-827-7726 (csn).

### Picton Model Railroaders 19th Annual Train Show

**September 15, from 10 a.m. to 5 p.m.**  
**September 16, from 10 a.m. to 4 p.m.**



As a salute to our Armed Forces, the club is offering free admission to any members of the military who attend the show on Sunday, September 16.

This year's show will be the biggest and best yet, featuring a number of new displays and vendors. Along with many model train displays, there will be a pond with operating radio controlled boats and model aircraft on display.

Bring the family out and enjoy this world of miniature displays depicting the history and the present days of railroading.

The show will be held in the Prince Edward Curling Club, located at the Picton Fairgrounds (Main Street). For more information, please call Jack at 613-476-3721 or Frank at 613-476-4503.

### Rainbow Dance Fundraising Event

Join us on September 29 at the Bohemian Penguin Banquet Hall, located at 399 Front Street in Belleville. The doors will open at 9 p.m. and the dance will last until 2 a.m. Admission is \$8.00 per person.

*This event is sponsored by Free to Be and the Metropolitan Community Church.*

### Sunday Service

Join us, and worship with us every Sunday at 10:30 a.m. at the Orchard View Baptist Church, located at 178 Lester Road, in Trenton. This service is led by Pastor Raymond A. Wilson, D Min.



### CHAPLAIN SERVICES SERVICES OFFERTS PAR L'AUMÔNERIE

Wing Chaplain- LCdr Steve Merriman -Aumônier de l'Escadre

Administrative Assistant - Mrs. Manon Pilon - Adjointe administrative 613-392-2811 x. 2490

#### Unit Chaplains / Aumôniers des unités

LCdr Padre Steve Merriman, P; Capt Padre Mike Adamczyk, P;  
Agent de pastorale CR Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate

#### Support staff -- Personnel de soutien

Rev. Jim Craig, P; Fr Julien R. Beaulieu, RC;  
Both are Civilian Officiating Clergymen

#### WORSHIP SERVICES

**Our Lady of Peace(RC)**  
Christian community - communauté  
**Notre-Dame-de-la-Paix (CR)**  
Chapel Life Co-ordinator  
Julien Régis Beaulieu  
Co-ordinateur de Vie de Chapelle

#### Mass

Sunday Mass (English): 1015 hrs  
Messe Dominicale: 1130 hrs  
Monday and Wednesday at 11h50

**Confession:** Please, contact the WChaplains' receptionist to get in touch with a RC priest prior to coming over.

**Réconciliation:** Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.

**Chapel organizations (RC)**  
Chapel Pastoral Council:  
TBA 1900hrs  
Knights of Columbus: first Thursday, 1900hrs  
CWL: second Tuesday, 1900hrs  
Chorale: mercredi, 19h00  
Choir: Tuesday, 1900hrs

#### St. Clement Astra (P)

Protestant Community  
Chapel Life Co-ordinator  
Padre Mike Adamczyk

#### WORSHIP SERVICE

Sunday Divine Worship: 0900 hrs  
Holy Communion First Sunday of the month

**PARISH ORGANIZATIONS (P)**  
Chapel Guild: last Tuesday, 1930 hrs

#### Duty Chaplain/Aumônier en devoir

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

### Digital Photography Course

Join this free class at Smylie's Independent Grocer and learn how to get the most out of your digital camera and the digital photofinishing equipment. The class will take place on Monday, September 17, from 6:30 to 8:30 p.m. Register at the Customer Service Counter at Smylie's. Please note that there is a maximum of 10 participants, so register early!

To view Smylie's complete Community Room Calendar please visit  
[www.yourindependentgrocer.ca](http://www.yourindependentgrocer.ca).

### SACRAMENT OF BAPTISM

1- The sacrament of Baptism is celebrated once a month, most of the time on the last Sunday (4<sup>th</sup>), in early afternoon. With supporting documents, exemption might be possible for parents who are being called to an unexpected military service outside of the country. The following are scheduled for the next few months: 29 July, 26 August, 23 Sept, 28 Oct, 25 Nov; for December: TBD.

2- A pre-baptismal session is mandatory for both parents; however, Godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if chosen godparents cannot attend.

3- Parents have the choice among the following prep sessions: 8 Aug, 12 Sept, 10 Oct, 14 Nov, December: TBD. Time of the prep meeting is TBD for each month.

4- Registration should be done two months ahead or ASAP; pick up resource documents must be done three weeks prior. Please call ASAP the Wing Chap's Office Assistant at x. 2490 to begin the process.

### SACREMENT DU BAPTÊME

1- Le sacrement du baptême a lieu une fois par mois, en général le dernier dimanche du calendrier (ou le 4<sup>e</sup>), et ce au tout début de l'après-midi. Sous présentation de pièces justificatives, exception à cette normalité pourrait être accordée dans certains cas où l'un des parents est appelé, de manière inattendue, à participer à un service militaire commandé à l'étranger. Voici donc les dates des célébrations pour les prochains mois: les 29 juillet, le 26 d'août, 23 sept, 28 oct., 25 nov; pour le mois de décembre: AED.

2- Une session pré-baptismale est obligatoire pour les deux parents; cependant, les parrains sont invités à y participer. Au moins un des parrains doit être CR. Il est possible de désigner des mandataires si les parrains ne peuvent pas être présents.

3- Les parents ont le choix de l'une des sessions pré-baptismales suivantes : le 8 août, 12 septembre, 10 octobre et le 14 novembre; l'heure : AED.

4- L'inscription doit être complétée dès que possible (deux mois) et les documents de préparation ramassés à nos bureaux (3 semaines) avant de participer à la session pré-baptismale. SVP communiquez avec notre Assistante de bureau le plus tôt possible au poste 2490 pour entreprendre les démarches.

## Airshow book hits bookstores

August 31, 2007

Lieutenant-Colonel (Ret'd) Dan Dempsey has launched a book chronicling the distinguished history and proud legacy of Canada's aerial demonstration teams.

The book includes many rich first-hand accounts and outstanding collections of photos and artwork.

"A Tradition of Excellence - Canada's Airshow Team Heritage chronicles the development of Canadian air show teams that have been thrilling millions of air show spectators for over 88 years in Canada," says LCol (Ret'd) Dempsey. "It presents a unique historical per-

spective that has been significantly enhanced by personal accounts from dozens of former team members who performed with Canada's teams across North America and Western Europe...from the RCAF's Siskins, Blue Devils, Golden Hawks and Golden Centennaires to our world-renowned Canadian Forces Snowbirds of today."

LCol (Ret'd) Dempsey says that today's Snowbirds, now in their 37th year, represent a very special legacy in Canada that should be recognized by the public.

"Members of today's Snowbirds team shoulder a significant responsibility - one which is sublim-

inal, and thus unspoken, but which is very real," says LCol (Ret'd) Dempsey.

"For the Snowbirds, that responsibility is threefold. First, it is to execute the team's primary mission; specifically to demonstrate the professionalism of each member of the Canadian Forces. Second, it is one of stewardship; that is, to maintain the very high reputation established by those aircrew and ground crew members who have preceded them in the team's proud history. Finally, it is to preserve the tradition of excellence."

LCol Dempsey's book is available online at <http://www.canadasairshowheritage.com/>

## Lancement du livre "A Tradition of Excellence"

Le 31 août 2007

Le Lcol (ret) Dan Dempsey, qui était commandant des Snowbirds de 2002 à 2004, a publié un livre décrivant l'histoire particulière et le fier héritage des équipes de démonstration aérienne du Canada.

Le livre comprend de nombreux récits intéressants décrivant des expériences personnelles et une collection remarquable de photos et d'images d'œuvres d'art.

« A Tradition of Excellence, Canada's Airshow Team Heritage rend compte de l'évolution des équipes aériennes qui ont enthousiasmé des millions de spectateurs pendant plus de 88 ans au Canada », a affirmé le Lcol Dempsey. « Le livre présente une perspective

historique singulière enrichie par les récits personnels de douzaines d'anciens membres des équipes aériennes qui ont collaboré avec les équipes canadiennes partout en Amérique du Nord et en Europe occidentale... des Siskins, Blue Devils, Golden Hawks et Golden Centennaires de l'ARC jusqu'aux Snowbirds actuels des Forces canadiennes, reconnus à l'échelle internationale. »

Le Lcol Dempsey affirme que les Snowbirds d'aujourd'hui, qui en sont maintenant à leur 37e année, représentent un héritage précieux pour le Canada et devraient être reconnus par le public.

« Les membres de l'équipe actuelle des Snowbirds doivent assumer une responsabilité importante

- une responsabilité qui est implicite et qui passe donc inaperçue, mais qui est très réelle », a affirmé le Lcol Dempsey. « Pour les Snowbirds, cette responsabilité comporte trois volets. Le premier volet consiste à accomplir la mission principale de l'équipe, soit de témoigner du professionnalisme de chaque membre des Forces canadiennes. Le deuxième volet se rapporte à la conduite; l'équipe doit maintenir la réputation d'excellence établie par les anciens membres d'équipage d'aéronef et du personnel de piste. Le dernier volet vise à préserver la tradition d'excellence. »

Le livre du Lcol Dempsey est disponible en ligne à l'adresse suivante : <http://www.canadasairshowheritage.com/>

## Calling all Beavers, Cubs and Scouts

Registration for Beavers, Cubs and Scouts will be taking place on Sunday, September 9, 2007, at the 8 Wing/CFB Trenton Annual Recreation and Leisure Show, which will be held at the south side Gymnasium, between 12 p.m. and 3 p.m.

For more information, please feel free to contact Rob Van Meer by phone at 613-965-6074.

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## Making "cool" school lunches for your kids

(NC) You can prevent your kids from trading away the nutritious lunch you packed by making them both pleased and proud to eat it themselves.

Dietitians tell us that having a child take ownership of his or her lunch is a definite recipe for success. So with your guidance on maintaining balance and nutrition and your child's viewpoint on taste and variety the results are bound to reach "cool lunch" status every time.

Here are a few tips to get you started:

Set the parameters: Aim to include servings from each of the four major food groups from Eating Well with Canada's Food Guide. If you need clarification, you can now direct your questions to the EatRight Ontario call centre. Make a toll-free call and speak personally to a registered dietitian at 1-877-510-5102 between 9:00 a.m. to 5:00 p.m., EST. This program a new partnership between the Ontario Ministry of Health Promotion and Dietitians of Canada offers credible nutrition information



free-of-charge to all residents in the province.

Let your child be the chef: Some children have never made their own lunch and may be thrilled to have the chance.

Get the creative juices flowing: Who says you can't add green olives to egg salad or add granola to a peanut butter sandwich? If it's a combination your child will actually eat, and it's within

reason nutritionally, give it a try. Here are some creative favourites:

- Try a cheese bagel topped with sliced ham, mustard and pickles, instead of an ordinary ham and cheese sandwich.

- Stuff pita bread with freshly cut vegetables and sliced turkey with a side of salad dressing.

- Make a 'mock' pizza

with an English muffin, tomato sauce, pepperoni, shredded cheese and favorite cut vegetables.

- Make your own fun and easy lunch by packing bite-sized cubes of meat and cheese with crackers in a reusable container.

- Add finishing touches such as a thermos filled with milk, 100 per cent fruit juice, or fruit with yogurt.

## Look forward to your next smart snack

(NC) With the right food choices, snacking can be a very smart idea.

In fact, dietitians tell us it's important to balance snacks with meals throughout the day. This combination makes the most of our metabolism and keeps our energy levels consistent.

Young children benefit especially from snacks, since they have smaller stomachs and often have trouble eating all the foods they need at a mealtime.

Smart snacking may need some planning however. Resisting the temptation for a less nutritious snack when you're on the go can be countered by packing better choices from home.

Dietitians suggest we avoid snacks high in calories, fat, sugar and salt and that includes buttered popcorn, cakes, candies, chips, chocolate, cookies, doughnuts, French fries, granola bars, and sugary beverages. If you would like to know



more about smart food choices, you are invited to make a toll-free call to speak personally to a registered dietitian. The EatRight Ontario call centre can be reached at 1-877-510-5102 between 9:00 a.m. to 5:00 p.m.,

EST. The program a new partnership between the Ontario Ministry of Health Promotion and Dietitians of Canada offers trustworthy nutrition information free-of-charge to all Ontario residents.



### Call for Board Membership

The Board of **Three Oaks Foundation** is seeking individuals interested in becoming Board Members. Meeting monthly, the Board of Directors provides leadership in establishing the priorities and direction of the shelter and counselling services provided to abused women and their children.

We are seeking applicants with a broad and **diverse range of community experience** and expertise. We encourage applications from past service users. Applicants from North and Centre Hastings, Belleville, Quinte West and Prince Edward County are welcome.

If you are interested in service on the Board of Three Oaks Foundation, please submit a resume and a letter of interest by September 21, 2007 to:

**The Nomination Committee**  
**Three Oaks Foundation**  
 PO Box 22162  
 Belleville, ON  
 K8N 5V7

Or e-mail [threeoaks@bellnet.ca](mailto:threeoaks@bellnet.ca)  
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# Showcase

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**MCpl J. Foley**

received a promotion to that rank, presented by CWO J. Girodat, 8 AMS, and LCol A. Agnew, CO 8 AMS.



**Cpl M. Burgess**

received a promotion to that rank, presented by MWO S. Budykin, and LCol A. Agnew, CO 8 AMS.



**Pte C. Holloway**

received a promotion to that rank, presented by MWO S. Budykin, and LCol A. Agnew, CO 8 AMS.



**WO C. Grinton**

received a promotion to that rank, presented by MWO R. Robertson, 8 AMS, and LCol A. Agnew, CO 8 AMS.



**Capt J. Armstrong**

received the South East Asia Medal, presented by LCol D. Murphy, CO WOPS.



**Maj J. McPhee**

received a promotion to that rank, presented by Col J. Cottingham, CO CFAWC.

## JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
Labour Day Mess Closed			Lab Lounge Meet & Greet DWIG Conference 1900 hrs	Lab Lounge Meet & Greet DWIG Conference 1900 hrs	TGIF TBA 1700 hrs	
9	10	11	12	13	14	15
	Lab Lounge Scuba Club 1830 hrs		Lab Lounge ACS Meet & Greet	Astra Lounge ACS Workshop 1600 hrs	TGIF TBA 1700 hrs	WO & SGTS Murder Mystery Dinner
16	17	18	19	20	21	22
	Astra 8 Wing Indoc day 0800-1600 hrs	Astra 8 Wing Indoc day 0800-1600 hrs	Astra Bob Jones Memorial Dart Tournament		TGIF TBA 1700 hrs Main Bar 8AMS/SOPSO BBQ	Lab Lounge Bob Jones Memorial Dart Tournament Meet & Greet 2100 hrs
23	24	25	26	27	28	29
					WISS BBQ TGIF TBA 1700 hrs	Astra Deegan Wedding Reception
30	<b>SEPTEMBER 2007</b>					

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
Labour Day Mess Closed			WCWO's SCWO's Conf Room	Wing Imaging TGIT Steak	Toonie Lunch Pizza & Caesar Salad Fireside Lng	
9	10	11	12	13	14	15
		Tool Control Seminar Games Room	ACS Symposium Main Lounge	ACS Symposium Main Lounge TGIT - Female Officer Food Buffet	Toonie Lunch Soup & Sand Fireside Lng	Murder Mystery Dinner Big Time Murder Productions 1800-2030
16	17	18	19	20	21	22
437 Family Day Fireside Lounge			WEXIC Honors & Awards Main Lounge	8 AMS Honors & Awards Main Lounge TGIT - Main Lng Spaghetti	Toonie Lunch Soup & Sand Fireside Lng	
23	24	25	26	27	28	29
		TRSET Conf Room WLEO Mixed Dining In Main Lounge	TRSET Conf Room	WCWO's Lunch Main Lounge TGIT - Main Lounge Finger Foods	TRSET Conf Room 436 Sgt Mess Dinner - Main Lounge	
30	 <b>October Events</b> 5 October - Final Golf Tourney 19 October - Oktoberfest					

Showcase

# Showcase



**Cpl J. Baird**  
received the Flight Systems Course 0701 Certificate, presented by Maj B. Malak, 426 Sqn.



**Cpl D. Prenzel**  
received the Flight Systems Course 0701 Certificate, presented by Maj B. Malak, 426 Sqn.



**Cpl M. Roy**  
received the Flight Systems Course 0701 Certificate, presented by Maj B. Malak, 426 Sqn.



**Cpl H. Belisles**  
received the Flight Systems Course 0701 Certificate, presented by Maj B. Malak, 426 Sqn.



**Cpl L. Nadeau**  
received the Flight Systems Course 0701 Certificate, presented by Maj B. Malak, 426 Sqn.



**Pte M. Chaperon**  
received the Flight Systems Course 0701 Certificate, presented by Maj B. Malak, 426 Sqn.



**Cpl D. Mclean**  
received the Flight Systems Course 0701 Certificate, presented by Maj B. Malak, 426 Sqn.



**Cpl D. Walbourne**  
received the Flight Systems Course 0701 Certificate, presented by Maj B. Malak, 426 Sqn.



**Cpl B. Maltais**  
received the Flight Systems Course 0701 Certificate, presented by Maj B. Malak, 426 Sqn.



**Cpl E. Demers**  
received the Propulsion Course 0701 Certificate and a Certificate for the Highest Academic Achievement, presented by LCol D. Cochrane, CO 426 Sqn.



**Cpl J. Amos**  
received the Propulsion Course 0701 Certificate, presented by LCol D. Cochrane, CO 426 Sqn.



**MCpl C. Mourez**  
received the Propulsion Course 0701 Certificate, presented by LCol D. Cochrane, CO 426 Sqn.



**Cpl J. Rogers**  
received the Propulsion Course 0701 Certificate, presented by LCol D. Cochrane, CO 426 Sqn.



**Cpl G. Lewis**  
received the Propulsion Course 0701 Certificate, presented by LCol D. Cochrane, CO 426 Sqn.



**Mrs Claudia Rees**  
received a Certificate of Recognition, presented by Maj K. Schramm OC WTISS



**WO J Forcier**  
received a Retirement Certificate, presented by Maj K. Schramm OC WTISS

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Y	E	L	L	L	E	A	D	D	I	N	
		V	A	T	M	O	I	E	T	Y	
C	R	E	E	L	W	O	O				
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L	E	O		L	I	E	U	P	U	B	S
G	E	L		O	V	E	R	E	F	T	S
A	D	D		W	E	N	D	R	O	U	E

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## Are you ready for smarter hardwood?

(NC)-Back in 1885, tongue-and-groove hardwood flooring had just been invented. It was an immediate sensation, and a revelation in home décor. It looked great when installed, so some problems were overlooked, like finicky installation and time-consuming care and maintenance.

That was over 120 years ago. What about hardwood floors today? Have there been any improvements to the original?

The answer, definitely, is yes. Hardwood floors have come a long way since then.

Modern technology has improved on the century-old idea of strip hardwood flooring and made it better. It's called engineered hardwood.

Improvements start with environmental responsibility and an optimal use of natural resources. Precision cutting and modern assembly techniques save trees by minimizing hardwood consumption.

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In the home, a lingering problem with traditional hardwood was its inability to resist indoor humidity as it changed from season to season.

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Top quality engineered hardwood floors use a precisely engineered high-density wood core for stability underneath a generous "wear layer" of elegant, rich hardwood.

This design resists gaps and dents and optimizes surface performance, keeping the floor "looking smart" for decades.

An innovative flooring company, TORLYS of Mississauga, Ontario, (torlys.com) has taken engineered hardwood to a new level with its recently developed "smart hardwood".

Using the strongest-possible joint in flooring today - the patented "Uniclic" - TORLYS hardwood installations don't involve messy glues, chemicals or fumes, or nails of any kind. The result is a remarkably beautiful yet stable floor, and because the click joint process is reversible, the floor can be re-used up to three times under warranty.

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## Furnaces that reduce carbon footprints

(NC)-Canadian homeowners are doing more to lessen their impact on the environment. With new technologies and innovations becoming available, the opportunities are endless - even extending to home furnaces.

"It's important to evaluate how much or how little your home heating system is contributing to your environmental impact," says Mark Deneau, marketing representative of ECR International, an Ontario-based manufacturer of high-efficiency heating and air conditioning products. "New heating technology is allowing us all to make positive choices for the environment."

Innovations such as two-stage design, higher-efficiency operation and variable speed blower motors give a homeowner the opportunity to reduce their furnace's fuel and energy consumption, and lessen its carbon emissions.

For much of the year a conventional single-stage furnace runs at a high stage only - no matter what the heating needs - and consumes the greatest amount of fuel. The new two-stage design allows a furnace to run on two levels: the high-

stage level on bitterly cold days (only 20 per cent of the year), and the low-stage level for the rest of the time, consuming less fuel and reducing carbon emissions.

A furnace's efficiency is measured by its Annual Fuel Utilization Efficiency (AFUE) rating. The higher a furnace's AFUE, the less fuel it uses, resulting in lower bills and fewer environmentally-harmful emissions. Many furnaces that are 25 years old or more have an efficiency rating of only 55 to 65 per cent. By replacing a 55 per cent AFUE furnace with a 95 per cent AFUE model like ECR's Olsen UltraComfort G95V ([www.olsenhvac.com](http://www.olsenhvac.com)), homeowners could realize significant savings over the life of the furnace.

A furnace that uses a variable speed blower motor has lower electrical costs than conventional models. A variable speed motor consumes, on average, only 240 watts of electricity on low-stage heat whereas a conventional motor can consume 600 watts.

"All Canadians have to heat their homes, but they can do it in a way that reduces their fuel consumption, carbon emissions and energy use while allowing them to enjoy lower heating bills."



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**\$197.85** biweekly 84 mths

5970SD. Fresh in off GMAC lease! Black! Only 56,000 kms! Auto., loaded w/pwr. everything! Amazing shape! Off lease.  
**\$22,995** certified

**2004 SATURN ION LEVEL 2**



**0 down** taxes included  
**\$105.49** biweekly 72 mths

6043. Fresh in off Saturn lease! Only 51,000 kms. Automatic w/every power option. Excellent cond. Off lease.  
**\$10,755** certified

**2004 CHEV COLORADO CREW CAB Z71 4X4**



**0 down** taxes included  
**\$212.20** biweekly 72 mths

5972SD. Arctic White! With fender flares, only 50,000 kms! Automatic, loaded w/every power option. Amazing shape. Off GMAC lease!  
**\$21,995** certified

**2006 GMC ENVOY**



**0 down** taxes included  
**\$185.14** biweekly 84 mths.

6115. Sharp! Fresh in off GMAC lease. 4X4, high polish rims, power sunroof, loaded with power everything inc. pwr. seat & more! 65,000 kms.  
**\$21,495** certified

**2005 CHEV CREW CAB SHORT BOX Z71 4X4**



**0 down** taxes included  
**\$206.33** biweekly 84 mths

6178SD. Fresh in off GMAC lease. 5.3, V8, loaded w/every pwr. option inc. power seat, Autotrac, 4WD & more. Only 72,000 kms.  
**\$23,995** certified

**2005 GMC ENVOY SLT**



**0 down** taxes included  
**\$210.56** biweekly 84 mths

Fresh in off GMAC lease! Only 40,500 kms. Pwr. heated memory leather, high polish wheels, pwr. sunroof, 4X4, loaded w/every pwr. option. Amazing cond. Must see. Balance of factory warranty!  
**\$24,495** certified

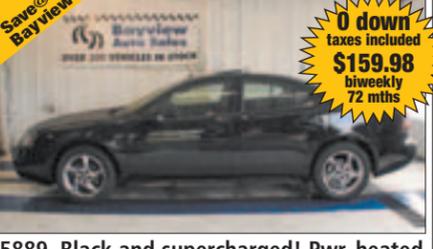
**2005 CHRYSLER PACIFICA TOURING**



**0 down** taxes included  
**\$163.96** biweekly 84 mths

6129. Only 38,000 kms! Loaded w/every power option inc. quad captains chairs, dual heat & A/C, pwr. seat, alloy wheels & much more! Balance of warranty!  
**\$18,995** certified

**2004 PONTIAC GRAND PRIX GTP**



**0 down** taxes included  
**\$159.98** biweekly 72 mths

5889. Black and supercharged! Pwr. heated leather, competition package! Pwr. sunroof, high polish rims, heads up display & much more! Amazing shape. Fresh in off GMAC lease. Only 47,000 kms.  
**\$16,495** certified

**2004 PONTIAC MONTANA EXTENDED**



**0 down** taxes included  
**\$107.77** biweekly 72 mths

6081. TV, DVD, loaded w/every power option inc. pwr. seat and pwr. door, excellent shape, off GMAC lease! 89,000 kms.  
**\$10,995** certified

**2003 PONTIAC SUNFIRE**



**0 down** taxes included  
**\$96.78** biweekly 60 mths

6064. 4 door, automatic, loaded w/every power option! Only 38,000 kms. Amazing condition. Off lease!  
**\$8,495** certified

**2003 PONTIAC SUNFIRE**



**0 down** taxes included  
**\$91.32** biweekly 60 mths

6069. 4 door, automatic, loaded w/full power group. Only 57,000 kms. Fresh in off GMAC lease!  
**\$7,995** certified

**2004 PONTIAC MONTANA EXTENDED**



**0 down** taxes included  
**\$122.01** biweekly 72 mths

6109. Fresh in off GMAC lease. Only 58,000 kms! TV, DVD, pwr. seat, 8 pass., dual heat & A/C and much more! Excellent shape. Off GMAC lease!  
**\$12,495** certified

**2004 FORD FREESTAR**



**0 down** taxes included  
**\$126.75** biweekly 72 mths

6133. Sharp! TV, DVD! Fresh in from Ford lease! Only 57,000 kms. Loaded w/every power option, inc. pwr. seat, quad captains chairs, dual heat & A/C & more!  
**\$12,995** certified

All payments based on bi-weekly payments: 2002 & 2003 - 60 mths; 2004 - 72 mths; 2005 & up - 84 mths. Admin., P.P.S.A. and taxes included. EG: \$10,000 + \$299 admin. + taxes \$1511.86 + \$65 P.P.S.A. = 14721.20 financed over 60 months at 8.95% = \$113.24 bi-weekly with a cost of borrowing of \$2915.34 on approved credit.  
 All cash deals are price plus administration + taxes. Rates current at time of print.



# Bayview Auto Sales

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**980 Old Hwy. #2, Trenton**  
 Fax 613-392-9692

## Sales, Service, Selection



ALL PAYMENTS BASED ON BI-WEEKLY PAYMENTS 2002/60 MONTHS, 2003/72 MONTHS, 2004-2005/84 MONTHS. ADMIN. P.P.S.A. & TAXES INCLUDED. EG: \$10,000.00 + \$299.00 ADMIN. + TAXES \$1,441.86 + \$68.00 P.P.S.A. = \$11,808.06 FINANCED OVER 60 MONTHS @ 8.40% = \$111.80 BI-WEEKLY O.A.C.