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• September 21, 2007 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 42 Issue Number 36 •

## Sergeant “Mac” MacGregor named Airperson of the Year



Photo: Andrea Steiner

Lieutenant-Colonel Dave Cochrane, Commanding Officer of 426 (T) Squadron, congratulates Sergeant Lindsay (Mac) MacGregor on being named the recipient of the Air Force Association of Canada's Air Marshall C. Roy Slemon Award for Airperson of the Year.

by Andrea Steiner  
 Managing Editor

A 27-year military member working here at 8 Wing/CFB Trenton has been named the recipient of the Air Force Association of Canada's (AFAC) Air Marshal C. Roy Slemon Award for Airperson of the Year.

Sergeant Lindsay “Mac” MacGregor, Chief Flight Engineer Instructor for the Basic Flight Engineer Course at 426 (T) Squadron, first learned of the honour on September 13, when Lieutenant-Colonel Dave Cochrane, Commanding Officer of 426 Squadron, delivered the good news in person.

Sgt MacGregor said he was quite thrilled to hear of the award.

“I was surprised; it was

quite humbling, actually. I would like to thank the AFAC for the honour and also thank the people I work with for thinking of me. It's certainly nice to be appreciated and thought enough of by the people I work with to be nominated.”

LCol Cochrane had nothing but high praise for the well known member of his squadron.

“Sgt MacGregor is an exceptional member of 426 (T) Squadron and most deserving of the recognition that comes with this prestigious Air Person of the Year Award. In addition to being an outstanding Flt Eng QL5A and CC-130 instructor, he is a significant bridge between the military's past and present through his considerable involvement with the Air Force Association of

Canada, as well as the 426 Squadron Association. His strong dedication and professionalism are key examples for those in the Air Force to follow. We're extremely proud of “Mac.” Well done from the Thunderbird family!”

Sgt MacGregor has quite a resume. A former cadet, he began his career in the Canadian Forces as an Air Frame Technician with 424 Transport and Rescue Squadron—his first flying tour was also with 424 Squadron. In his 27 years in the CF, he has been posted to Shearwater, Comox and Petawawa, in addition to Trenton and has served 19 of those years as an active Flight Engineer.

In addition to serving as Chief Instructor for the basic FE course, Sgt

See Airperson, Page 17

## A truly moving message of support for deployed personnel

by Luke Hendry  
 The Intelligencer

When Larry Josie wanted to create a moving message of support for Canadian soldiers, he meant it literally.

Now that message—a transport truck and trailer covered in troop-boosting artwork—travels from Cobourg to Montreal and back nearly every day.

Josie and his travelling mural rolled into this base for an hour-long public display Tuesday afternoon.

From 1965 to 1968, Josie served in Canada's Royal Canadian Dragoons regiment. His grandfather served in the Second World War.

So in 2005, Canada's official Year of the Veteran, Josie commissioned an artist to paint his

cab with messages and images related to the theme. There are large poppies and yellow ribbons plus pictures of soldiers from the last century's three major wars.

This year, Josie was thinking bigger. He hired Whitby artist Chris McGregor to cover the right and left sides of his trailer, as well as its rear doors, in vinyl murals reflecting the modern Canadian Forces.

“I just thought it'd be cool,” he said. “It was a big blank space, so why not?”

He said he gets the occasional honk of approval from other motorists on the road, though a few people have objected to what they perceive as his support of the Afghanistan war.

“It's not about that,” Josie said. “People don't understand.”

See Trucker, Page 11



Photo: Cpl Tom Parker, 8 Wing Imaging

Larry Josie, an independant trucker from Cobourg, Ontario, stands with his truck in the background which he has had painted to show his support to the soldiers in Afghanistan. Mr. Josie stopped by the Wing on September 18, 2007.

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# HAPPY BELATED BIRTHDAY!



Photo: Submitted

Personnel from Camp Mirage recently celebrated the birthday of Major Suzanne Raby, Officer Commanding, 8 Mission Support Squadron, in grand style.



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## FIRE PREVENTION WEEK 2007



The theme of this year's Fire Prevention Week is  
"Practice Your Escape Plan,"  
and will kick off officially on  
**October 9, 2007.**

Watch *The Contact* for more  
details in the coming weeks.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Major Dave Burley, Wing Supply & Foods Officer, and CWO Gordon Hudson, Supply Administration Officer, are sized for their new Cold Wet Weather Boots. Wing Supply Squadron will be sizing and issuing all personnel with the boots, socks, gloves and underwear in accordance with the new Clothing and Equipment Millennium Standard (CEMS). Personnel are to report to WSup, Bldg 162, 46 Portage Dr, enter through the main doors (southeast entrance) and follow the signs. Clothing Stores will be open for regular business, 1230-1500 hrs, during this same period. For kitting and emergency requirements, contact locals 7899 and 3886. Approximately 1700+ personnel are to be processed between September 10 and October 12, 2007.

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## ParaRescue wins silver medal

Three Search and Rescue Technicians from the Canadian Forces, under the team name "ParaRescue", recently competed in the Canadian National Parachuting Championships, which were held at Skydive Burnaby, located near Fort Erie, Ontario.

Hailing from 424 and 413 Search and Rescue Squadrons, Sergeant (Sgt) Lee Bibby (demonstrator), Sgt Glenn Hood (cameraman) and Master Corporal Eric Dinn (demonstrator) competed against parachutists from across the country to bid for a position on the national team.

The event is called "two-way sequential" in the canopy relative work or "CRW" discipline.

Canopy relative work differs from freefall parachuting in that all maneuvers are performed under open canopy.

In two-way sequential, teams are given four, sixty second jumps to complete.

Five different flight positions chosen at random by the judges are required to execute during each jump.

Points are then given out for each flight position that has been attained.

Flight positions are all performed under canopy and range from touching the sides of the

canopies with your feet to changing who is piloting the formation.

Variables such as wind, skill, angles, entanglements and other relating factors, can all affect the performance, and your overall score.

Originally, ParaRescue was intended to have a two-week training camp prior to the competitions in July.

However, only five days of practice were attained.

Modifications to parachutes had to be made after two days of training, in order to make flight positions easier to achieve.

Mr. Bill Pentney, an expert parachute rigger at Parachute Maintenance Depot was the only rigger qualified to complete the difficult modifications.

The team was still working out maneuvers up to the first competition jump.

But, "once you start", there's no looking back, says Dinn.

Within five hours scores were on the board and that's when ParaRescue had earned the silver medal.

ParaRescue is a military-built team. Training for each team member has been provided by the military throughout their careers...everything from military freefall courses, to membership on the Skyhawks

Parachute Demonstration Team, to Search and Rescue training.

The best equipment and coaching provided on the Skyhawks gave the solid foundation of the team's experience.

CRW competition is very equipment-specific and coaching is expensive and difficult to arrange.

Lyle Wadell, coach for both the Skyhawks and United States Navy Seal's team, the "Leapfrogs", has supported ParaRescue with coaching in both Arizona and on-site at the national championships. This is a generous offer, one of which is extraordinary in the parachuting world.

To date, ParaRescue members have each spent \$16,000 on equipment and training. Without military support and experience these costs would have doubled.

Currently, the team is trying to raise funds to compete at the 2008 World Parachuting Championships, which is scheduled to be held in March in Australia.

"Our goal is to represent the Canadian Forces at this world class competition and take the gold medal home," said Bibby.

"So that Others May Live" Rescue!



## CIVILIAN ATTIRE FRIDAYS

Government of Canada Workplace Charitable Campaign 2007

Break out your designer threads, brush up your Sunday salon, dust off your cowboy boots, and iron your Hawaiian shirt!

During the United Way Campaign, 20 Sep 07 to 01 Dec 05, military personnel will be permitted to wear civilian attire on Fridays for a \$3.00 contribution per Friday. Contributions are to be submitted to your Branch/Unit/Section United Way representatives.

*Participation in this initiative is at the discretion of unit Commanding Officers/Branch Heads and is subject to operational and safety requirements.*



## Search & Rescue UPDATE

424 Squadron's SAR crews had a very busy week in dealing with 12 missions since the last report.

The first mission tasked the CH-146 Griffon helicopter to assist the OPP marine unit in finding a missing person on Ferguson Lake. After numerous laps of the lake were completed, the hat of the missing person was spotted by the crew and later recovered by the OPP. The mission was stood down by RCC and finished by the OPP.

On the following day, the Griffon was launched again to search for a missing vessel near Hope Island. Nothing was found after completing a shore crawl and search pattern in the vicinity. That same day, the Hercules was tasked while conducting training near Montreal for an aircraft squawking 7700 on the transponder. After an airborne intercept of the aircraft, the crew was able to make radio contact and was told that their transponder was malfunctioning. The Hercules was then re-tasked for another mission while airborne to search for a missing para-sailor just north of Collingwood. This mission was conducted in conjunction with the Griffon standby crew and the Canadian Coast Guard vessel Cape Providence. After searching the designated area and finding no distress, the crew was released.

RCC tasked the Griffon on Sunday to provide assistance to the OPP in Havelock for a missing 75-year-old male. A sector search with NVGs was carried out and the OPP canine unit discovered the man. The medical condition of the man was poor and thus the Griffon was required to hoist the man to the local hospital. After this mission, RCC tasked the same crew to investigate a possible flare sighting near Port Hope. Nothing was seen.

The next day, both the Hercules and Griffon were tasked to search for a suspected plane crash near Dalrymple Lake after a farmer reported spotting a small aircraft having engine problems. After thoroughly searching the area, nothing was seen and thus the mission was stood down.

Until next time, stay safe.

Missions for 2007: 180

Missions for Sep.: 18

Persons rescued: 26

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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.

### The Contact Staff

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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.**

### Letters to the Editor:

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



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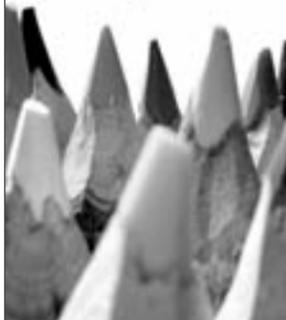
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# Canadiana Crossword

## He said She Said

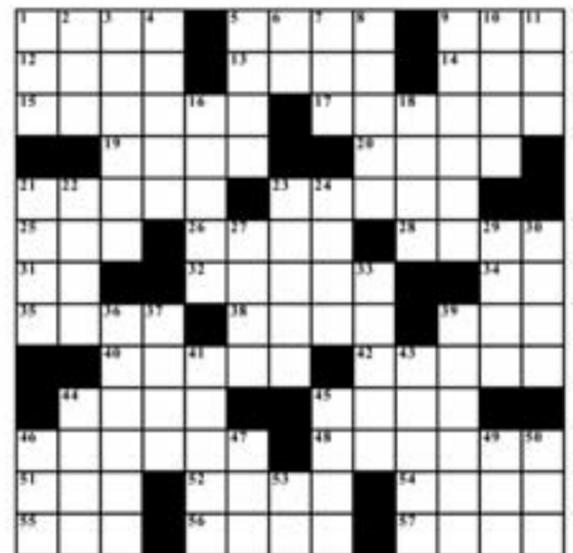
By Bernice Rosella and James Kilner

### ACROSS

- Periods in history
- He said \_\_\_\_\_ Lake, Alberta
- She said Harrison \_\_\_\_\_ Springs, British Columbia
- She said Richmond \_\_\_\_\_, Ontario
- Off Broadway award
- Go astray
- Ringed planet
- He said Annapolis \_\_\_\_\_, Nova Scotia
- Aces
- Radioactivity units
- She said \_\_\_\_\_ County, New Brunswick
- Knight's recitation
- Actress Lupino
- Love god
- Fret
- Have precoder
- Benders
- \_\_\_\_\_ and behold
- Compact
- On the main
- Status \_\_\_\_\_
- Solo
- Pianist Glenn
- Elitist
- \_\_\_\_\_ majesty
- She said \_\_\_\_\_, Newfoundland
- Belgian port
- Dined
- Dynamic leader?
- Prefix with Canadian or American
- In a
- Goose call
- Vipers

### DOWN

- Canadian verbal ties



- Coastline feature
- Manitoba community
- Threw forcefully
- Swindles
- M. Weir misfire
- Roman 54
- Loved ones
- Cycling gear
- Prospectors quarry
- Attempt
- Tune again
- Word before eat or go
- Scots' attire
- Notion
- He said \_\_\_\_\_ Bay, Labrador
- East, to Esteban
- Horse colour

- Jewish calendar month
- She said In \_\_\_\_\_, Manitoba
- Wise men
- Mien
- Walk wearily
- He said \_\_\_\_\_ County, Prince Edward Island
- Religion
- Italian city
- Satisfy
- He said Out \_\_\_\_\_, Saskatchewan
- Opening
- Early auto
- Layton's party
- Don's partner
- Health pro



## This Week in Contact

1977 – The SHOOTER Review, a really original dance band, came to 8 Wing/CFB Trenton to help the base firefighters raise funds for Muscular Dystrophy and also to liven things up for the start of a very busy month on the wing. SHOOTER has had the pleasure of performing with other such outstanding bands such as BTO, Styx, Slade and Hammersmith, as well as with Frankie Vali and the Four Seasons.

1987 – Brigadier-General (Ret'd) Campbell H. Mussells, DSO, OBE, DFC, CD RCAF, former Director of Exchange Service NDHQ, died at the National Defence Medical Centre Ottawa. He was 67-years-old. BGen (Ret'd) Mussells was born in Montreal and received his education at Westmount High School and McGill University. He joined the RCAF in 1940, and was trained as a pilot.

1997 – A re-engineering effort in Wing Construction Engineering culminated in a much more efficient and customer-oriented squadron. One of the most successful initiatives was revamping the Requirements Cell into a more responsive Facility Management function. 8 Wing was divided into three zones with one CE point of contact being responsible for the entire infrastructure in that zone. The goal was, and continued to be, to deliver cost effective work with an emphasis on customer satisfaction.

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



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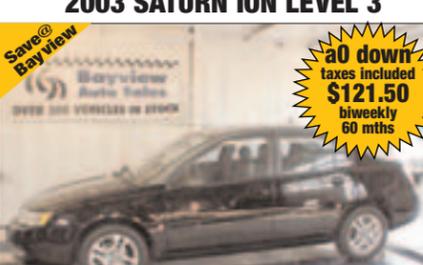
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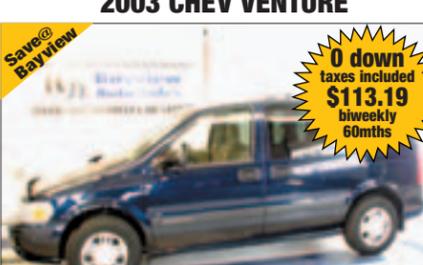
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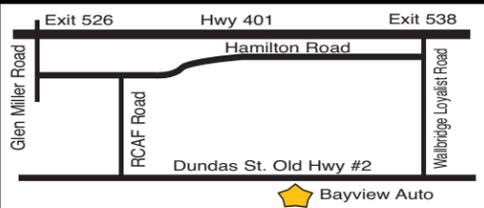


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**RecPlex Hours of Operation Effective September 22, 2007**

The following information is in regards to the RecPlex Hours of Operation, which 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 feel free to call 613-392-2811 ext 3361.

**Learn to Skate for Youngsters**

This program is great for youngsters between the ages of four and seven years old.

Learn to Skate for Youngsters is designed to provide a fun and safe skating experience for the beginner skater and is divided into four levels.

Skaters are evaluated weekly by their coach.

There are no formal "testing sessions" for learn to skate and it is not a hockey-oriented program.

Youngsters will receive instruction in proper skating technique and posture, coordination and balance, perfecting the skills of forward skating, backward skating,

turning and stopping.

The program will run from October 12 to December 14, 2007, on Fridays from 5 p.m. to 5:50 p.m.

Lesson times are from 5 to 5:25 p.m. and from 5:25 to 5:50 p.m. (with 25 minutes of instruction and 25 minutes of practice).

Cost is as follows: \$55 for CRA members; \$60 for military community non members; and \$70 for the general public

Please note: A helmet is required for children under 16 years of age, along with mittens or gloves.

Parents are required on the ice only if the child is unable to stand up on skates unassisted.

**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 to December 10, on Monday evenings from 5:00 to 5:50 p.m.

Please note there will not be a class on the Thanksgiving holiday (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.

**Learn to Skate: From 8 to 88**

Have you ever wanted to learn how to skate? Haven't laced up the skates in awhile and are feeling a little rusty? Why not come out and try this program designed for the older child, teen or adult, who may be a little shy to learn to skate.

Learn the fundamentals of the sport, improving balance, agility, turning, stopping and confidence.

The program includes a 40-minute lesson and 10 minutes of practice time. A helmet is recommended for children 10 years of age and under.

The program will run on Sundays from 3 to 3:50 p.m., from October 14 to December 16.

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

**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.

**ATTENTION:**  
 New memberships went on sale  
**August 27, 2007 and are now available at the RecPlex.**

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# Fitness, Sports & Recreation

## 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

## Associate Membership Rates

The following 8 Wing/CFB Trenton 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 the 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 both the 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 facilities listed in memberships above, is \$660 for one year; \$500 for nine months; \$350 for six months; and \$200 for three months.

Please note that all memberships may be purchased at the RecPlex, 21 Namao Drive, as follows: Monday through Friday from 9 a.m. to 5 p.m. and on Saturdays from 9 a.m. until noon.

## Twaddlers on Ice: Skating program

Twaddlers on Ice is a program designed for pre-school children to teach them the basic skills of skating in a fun and safe environment.

This program will run for 10 weeks, from October 2 to November 27, with instruction periods running from 10 to 11:20 a.m.

Instruction periods run from 10 to

10:20 a.m., from 10:30 to 10:50 a.m., and 11:00 to 11:20 a.m. (20 minutes of instruction and one hour of practice).

Cost is as follows: \$55 for CRA members; \$60 for military community non members; and \$70 for general public.

Please note: A helmet is recommended for all participants.

## Hockey Skills and Drills program

Have you ever wanted to learn how to skate? Haven't laced up the skates in a while and are feeling a little rusty? Why not come out and try the Hockey Skills and Drills program.

This program is designed for the older child, teen or adult who may be a little shy to learn to skate.

Learn the fundamentals of the sport to improve balance, agility, turning, stopping and gain confidence.

Each session includes a 40-minute lesson and 10 minutes of practice time.

A helmet is recommended for children 10 years of age and under.

The program will take place on Monday evenings, from 6 p.m. to 6:50 p.m., from October 15 to December 17, 2007.

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

Please note that there is a maximum of 20 participants for the Hockey Skills and Drills program.

## Bronze Medallion and Emergency First Aid

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness.

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.

## POTTERY AND CERAMICS STUDIO

Watch for upcoming details on this new venture.

The Rec Association will soon be offering studio time, which will be available for experienced potters and ceramicists.

Those interested in learning more may contact the Rec Association at 613-392-2811, local 2349.

## 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 8 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.

## Upcoming 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 available for this program, space permitting. The cost of the drop-in fee is \$4 per class for military community with ID and \$5 per class for the general public.

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## CRA Swim Schedule

The following contains information in regards to the RecPlex swim schedule, effective September 22, 2007.

**Military Fitness Lane Swims** will take place in the main pool, which is open Monday to Friday from 12:00 p.m. to 1 p.m.

**Adult Lane Swims** will take place in the main pool, which will be open Monday, Wednesday and Friday mornings from 5:30 a.m. to 7:00 a.m. and again from 10:30 a.m. to 11:30 a.m.; Monday to Friday from 3:30 p.m. to 4:30 p.m.; and on Saturday, Sunday and holidays from 3:00 p.m. to 4:00 p.m.

**Rec Swims** will take place in both pools, and will be open on Monday, Wednesday, and \*Friday evenings from 6:30 p.m. to 8:30 p.m. (Please note: On Friday evenings during the Rec Swim, the bug inflatable will be in the pool and it is super fun); Saturdays from 1:00 p.m. to 3:00 p.m. and again from 5:30 to 8:00 p.m.; and on Sundays and holidays from 1:00 p.m. to 3:00 p.m.

**Parent and Tot Swims** will take place in the warm-up pool and will be open Mondays, Wednesdays, and Fridays from 10:30 a.m. to 11:30 a.m. and again from 5:30 p.m. to 6:30 p.m.; Monday to Friday from 3:30 p.m. to 4:30 p.m.; and Saturdays, Sundays and holidays

from 3:00 p.m. to 4:00 p.m.

**Seniors Lane Swim**, for 55 years and older, will take place in the main pool, which will be open on Mondays, Wednesdays, and Fridays from 7:05 a.m. to 8:05 a.m., from 8:10 a.m. to 9:10 a.m., and from 9:15 a.m. to 10:15 a.m. Space is limited. Pre-registration is recommended.

**Therapy Swims** will take place in the warm-up pool (shared pool with parent and tot swims), and will be open Mondays, Wednesdays, and Fridays from 10:30 a.m. to 11:30 a.m.

Drop-in fee for non-members is as follows: Military community non-members, \$1 (six months to five-years-old), \$2 (six to 17-years-old), \$3 (18 years and older); general public \$2 (six months to five-years-old), \$3 (six to 17-years-old), \$4 (18 years and older).

Please note: Due to operational commitments, some timings may have to be cancelled on very short notice.

Please remember that the pool rules are in effect at all times.

Younger children may be required to pass a swim test in order to swim in the main pool.

For more information please call the RecPlex Recreation Association reception desk at 613-392-2811 ext. 3361.

## Attention: Volunteers needed

We are currently recruiting for volunteers to help out with this year's Wing Commander's Challenge.

The event is scheduled for Friday, September 28, 2007, at the sports fields, located on the south side of the base.

All interested volunteers who would be able to attend the event are asked to contact Tracy, Fitness Instructor, at local 7515.

The 2007 Wing Commander's Challenge: The Amazing Race, is a six-leg fitness challenge with an all new format. Hope to see you all there!

## If you play smart, you play for keeps

(NC)-How do hockey and football players of all ages play for keeps? By playing smart, playing to your abilities, and playing safe - they're all tied together, says Angeliq Berg, executive director of the Canadian Orthopaedic Foundation.

"By taking proper preparations and making good choices, players increase their enjoyment and safety," says Berg, "which means they can stay in the game."

Minimize your risks and maximize your fun with these tips from the Canadian Orthopaedic Foundation.

Take time for warm-ups before and cool-downs after the game, working on strength, flexibility and endurance exercises. It not only helps you to improve your abilities, but "The most important way to prevent injury is to be in good physical condition," says Dr. Jennifer Fletcher, an orthopaedic surgeon at Saint John Regional Hospital, New Brunswick.

Ensure that protective gear (helmet, pads, etc.) fits properly, especially as kids grow, and is in good condition. Use it in practices, and pickup games too. "These types of games are often when we see injuries, especially in older athletes," says Dr. Fletcher.

Learn proper techniques, whether knowing how to tackle in football, or keeping your head up in hockey. You'll improve your skills, and become more injury-resistant to boot.

Know the rules and show sportsmanship. Fair, clean games are more pleasant for everyone - and reduce the chance you'll end up with your arm in a sling or leg in a cast.

Before a game or practice, check the field or ice for damage or potential hazards. You don't want any adverse conditions that will affect either the game or your safety.

Injuries often occur when players are pushing beyond their limits. Don't try to be a hero by playing through the pain or fatigue. At times, choosing the bench is the smartest play, for yourself and your team.

If you're already injured, get the go-ahead from a health professional before returning to the game.

"It's impossible to eliminate injuries entirely," says Berg. "The goal should be to manage the risk, so you can keep your head, and the rest of your body, in the game."

More on keeping your bones and joints healthy is available online at [www.canorth.org](http://www.canorth.org).

## 2007 8 Wing/CFB Trenton Wing Commander's Challenge

Attention all 8 Wing/CFB Trenton personnel who are up for a challenge...the 2007 Wing Commander's Challenge: The Amazing Race.

The Amazing Race will take place on Friday, September 28, 2007, with an all new format.

Teams of six will compete in a six-leg fitness challenge.

This year's race will include a 4.5 km run, a 3.5 km rucksack march, a 5 km road bike ride, a 500 metre swim, followed by another 3.5 km run and a 100 metre casualty carry to finish off the race.

The race's start and finish line will be at the Sports Fields on the south side of the base. Team check-in must be done at 0815 hrs and the race will begin at 0900hrs. Please note that teams must pre-register in order to participate.

For more information, or to register, please feel free to contact Lisa Refausse, 8 Wing Fitness Coordinator, at local 3328.

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Wednesday, September 26th - Guest Brad Worden - Standard Life Mutual Funds

Wednesday October 3rd - Guest Matt Singer - Ethical Mutual Funds

Thursday October 25th - Guest Darrell Currah - Mackenzie Financial

All seminars will be held at 293 Sidney Street, Belleville

Each seminar will commence at 6:00 pm and will likely end about 7:30 pm

To register, please call reception at 613-966-4111

Space is limited, please register early.

Topics include: market commentaries and tax efficient investing, socially responsible investing, and international investing.

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# Wing Commander's Charity Golf Tournament a true success



Photo: Cpl David Hardwick, 8 Wing Imaging

**Congratulations to the winning team (2C) at the 2007 Wing Commander's Charity Golf Tournament. Pictured here, from left to right, are: MCpl Sandy Mcleod, ATESS; Colonel Michael Hood, Commander, 8 Wing/CFB Trenton; MWO Tom Fagan, ATESS; MCpl Norm Harriette, ATESS; Capt Sylvain Collard, United Way Co-Chair, and MCpl Guy Labrecque, ATESS. The team won the tournament with a tie-breaking putt-off.**

by Lt Annie Morin

Sunny but not too hot, September 12th was the perfect day for the Wing Commander's Annual Charity Golf Tournament.

Beginners and avid players came out to play a great game of golf where the profits were donated to United Way. Thanks to the efforts of the event's organizer, Apollo Athanasopoulos, the tournament has raised an impressive \$9,200 with 118 people in attendance. The sponsors and great participation from the Wing were also key elements in the success of this event.

Throughout its season, the Government of Canada Workplace Charitable Campaign has many events that will hopefully raise a lot of money for a great cause: United Way. The next event on the calendar is the Wing Commander's Challenge on the 28th Sept. Hurry in and register your team! For more information contact Lisa at 613-392-2811 ext 3328.

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 <b>2002 ACCENT GS</b> <small>Auto, air conditioning, 72,000 kms #P5483</small> <b>\$6,988</b>	 <b>2004 ACCENT GS</b> <small>3 dr, 4 cyl, auto, air, Pwr, PL, CD, # P5446</small> <b>\$7,895</b>	 <b>2003 ACCENT GL</b> <small>4 cyl, auto, air, PW, PL, CD, 71,000 kms #P5547</small> <b>\$8,495</b>	 <b>2002 ACCENT 3 DR GS</b> <small>4 cyl, 5 spd, air, CD, 1R, only 28,000 km. P5044</small> <b>\$7,995</b>	 <b>2002 ACCENT 3 DR GS</b> <small>4 cyl, 5 spd., cassette, 70,000 kms #P5045</small> <b>\$5,995</b>

\* Denotes former daily rental. Vehicles may not be exactly as shown. All vehicles listed are used. All prices plus \$299.00 Admin Fee & applicable taxes. \*90 days no payments cost extra and interest for that deferral to be set up front by purchaser. All payments are approximate calculated at 8.9% and may change without notice. Eg. \$8,995 price plus \$299 Admin plus PST-GST + \$70 Bank Reg. = \$113.75 (rounded to \$113 in ad) for 60 mos. Cost of borrowing is \$2868.34. Payments for 72/96 or 72/84 in 72 months amortized over 96 or 84 months. 90% and balance of payments is required after 72 months. See dealer for details.

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Attention all 8 Wing/CFB Trenton personnel who are up for a challenge ... the 2007 Wing Commander's Challenge: The Amazing Race.

Teams of six will compete in a six-leg fitness challenge. For more information, or to register, please feel free to contact Lisa Refausse, 8 Wing Fitness Coordinator, at local 3328.

# Trucker visits 8 Wing, Cont'd from Page 1



Photo: Cpl Tom Parker, 8 Wing Imaging

He said it's intended as a morale-booster for people in the military, not a sign of approval for the war's politics.

Dozens of base staff and others walked around the trailer Tuesday, murmuring their approval, touching the images, and gathering in front of it for group photos, many of them including Josie.

"You really are our hero," said Maj. Verna Wirth as she shook Josie's hand.

"It means a lot to everybody."

"Canadians stand behind Canadians and always have," she added.

Major Aaron Spott commands Trenton's 2 Air Movements Squadron, which has staff stationed around the world. Maj Spott himself just returned from Sudan.

"It's very impressive," he said of the mural. "We always know the public supports you, but it's not so often you see a sign like this."

"Any time someone went out of their way it means that much more," he said, adding he and fellow troops are "very appreciative" of public support.

Asked how he felt about such comments, Josie smiled.

"It's great. I'm very proud."

He said he spent about \$6,000 on the trailer art alone; by the time he adds finishing touches such as chrome wheels, he said, it could hit \$10,000.

Josie said he's always looking for sponsors to cover such costs. Anyone interested in being a sponsor should call him at 905-372-4001.

He said he's also working on ordering small replicas of his trailer, and presented base staff with one.



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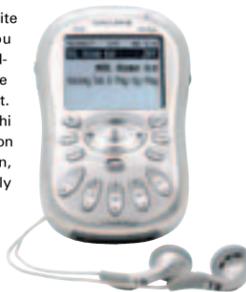
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MSRP: \$39,995\*\* for GLS - Limited model shown

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# HOROSCOPES

Weekly Astrology by Christine Davison

September 16 – September 22

**ARIES** (March 21-April 19): This is a highly passionate week for Aries. Try to remain calm despite suspicions or jealousy around the 27th. Money may come to you by surprise, without you having to earn it. You may find something of interest in esoteric texts or by reading astrology. Work will be completed far ahead of schedule.

**TAURUS** (April 20-May 20): Try to avoid suspicious tendencies or hurtful words on Thursday. Everything will be as right as rain and fully explained by Friday. The weekend will bring a passionate and romantic time. You know the true worth of a long-term committed relationship. Being in love is only natural for Taurus.

**GEMINI** (May 21-June 20): You may find that you are giving far more than you are receiving; if a relationship with an acquaintance or co-worker is drawing too much time, energy and attention away from yourself or other areas of your life, then it may be high time to let this person stand on their own two feet. Take care of yourself.

**CANCER** (June 21-July 22): A new lover or two may require more of your attention. Others see you as mysterious lately, and they like it. Try as you might, you won't be able to shake their interest. If you don't wish to date someone then you will have to be frank and come right out and tell them. Watch out for jealousy after Thursday.

**LEO** (July 23-Aug. 22): You need to take a break. You work unbelievably hard at everything you do in both your personal and in your professional life. Work done around the home may be completed by the 27th. Show off your house to friends and family this weekend; invite them over for mystery movies or intellectually challenging games.

**VIRGO** (Aug. 23-Sept. 22): You may find yourself becoming involved in the personal lives of your close family members this week. Listen to your intuition and follow the advice that dreams relay. You may amaze someone with your intelligence on Saturday. Try to avoid deceit or suspicious tendencies after the 27th. Friday brings a passionate time.

**LIBRA** (Sept. 23-Oct. 22): Carefully constructed plans may first appear to fall apart during the upcoming week, but don't worry as it is only an illusion. Friday brings renewed energy and purpose. Your intellect may help you in financial matters, especially on Saturday. You would do well in careers that utilized your passion and intellect.

**SCORPIO** (Oct. 23-Nov. 21): Others will agree with you and may emulate the way you talk, walk or behave over the next little while. Take it as a compliment. You may find projects are finished more quickly than expected around the 27th. Passions flare around the 28th. You are mysterious. Many may ask for your advice on esoteric matters.

**SAGITTARIUS** (Nov. 22-Dec. 21): You may find yourself making new acquaintances with spiritual or intellectual friends. If you began a project a few weeks ago, then the results may be manifesting themselves in ways you hadn't expected. Trust your intuition and listen to your conscience. Friday may bring passionate words and deeply felt emotions.

**CAPRICORN** (Dec. 22-Jan. 19): If you join a new organization or hobby, you can expect to be making many small trips over the course of the next few weeks. This is a busy time; it may only be small talk, but there'll be plenty of it! Structure your week around social events and activities. Thursday will bring new realizations. You'll feel complete.

**AQUARIUS** (Jan. 20-Feb. 18): You may greatly desire privacy this week, though will be hard-pressed to find it until after Saturday. Try to revel in this temporary fame and the rewards that it brings. Greater recognition could help you out in your career. You're a highly talented person and deserve proper rewards for your ingénué and noble efforts.

**PISCES** (Feb. 19-March 20): Be wary of self-deception around the 27th. Wait until the 28th before making decisions that pertain to travel or higher education. The weekend may bring jealous words or passionate feelings. This may be an emotional time full of ardour and the desire to visit far-off persons. Love will come to you; if you are patient.

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

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**GINGER & SHADOW** BY BARRY CORBETT

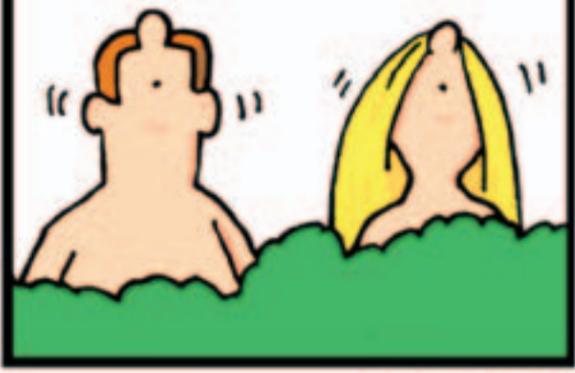


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**Rules for Duffers**



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"There's a golfer ... Get him!!!"

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



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MOM, OSCAR'S DIGGING OUT!!

...To FRAME ME!

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# Anniversary parade: Remembering the Battle of Britain

On Sunday, September 16, 2007, members of 8 Wing/CFB Trenton proudly stood on parade alongside several members of the 413 Wing of the Royal Canadian Air Force Association (RCAFA) and a detachment of the Royal Canadian Air Cadets to mark the 67th Anniversary of the Battle of Britain, held at 413 Wing Air Force Association just outside of the base.

After the fall of France in 1940, Hitler turned his attention to Germany's sole remaining enemy, Great Britain. His plans to invade Britain depended on crippling Britain's Royal Air Force, the resulting conflict was known as the Battle of Britain.

On September 15, more than 1,000 enemy aircraft carried out a day and night attack on London. It was a day of very heavy fighting and later became commemo-

rated as Battle of Britain Day. By the end of October the battle was over and Britain was safe. About 1,700 Luftwaffe bombers and fighters had been shot down in just a few months and Britain had lost more than 900 fighter planes. Nearly 500 British pilots and aircrew had also been killed.

**Right: From left to right, John Oliver, President of 423 Wing, Noel Fungi, immediate president of Ontario group of RCAFA, LCol Debbie Miller, 8 Wing Administration Officer, Rick Norlock, MP for Northumberland, Lou Rinaldi, MPP for Northumberland County, John Williams, Mayor of Quinte West, and Hugh MacKay, President of Royal Canadian Legion, Branch 110.**



Photos: Pte Isabel Lavallee-Raby, 8 Wing Imaging



Mr. Jerry Traize, representing the Commanding Officer of 173 Royal Canadian Air Cadets Squadron, lays a wreath to commemorate the Battle of Britain.



Members from 407 Royal Canadian Air Cadets Squadron lower the colours for the National Anthem during the 67th anniversary celebration of the Battle of Britain.

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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, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

**Round-Up for Research - Put your boss behind bars!**

The Kidney Foundation of Canada is looking to lasso in some local bosses and community leaders to participate, knowingly or unknowingly, in the annual western-themed fundraiser, Round-Up for Research.

The local event will be held at Trenton Town Hall, located at 55 King St., (the former jail!) on Friday October 26. Local law enforcement will "arrest" your boss based on a "crime" you or your colleagues suggest. Bosses spend an hour in the mock jail calling colleagues, business associates and friends to help raise their "bail" as set by our mischievous, fun-loving judge.

The bail money is donated to the Kidney Foundation in support of medical research, services for kidney patients in Eastern Ontario and organ donation awareness programs. There are 700 people in our area who receive services from the Kidney Foundation.

Round-Up for Research is a region-wide event. This year's goal is to raise \$200,000 across 20 Eastern Ontario communities competing for the glory of claiming to have the most jail-worthy bosses around. Quinte West and Prince Edward County are joining forces to beat out Belleville, whose event is being held at the Quinte Mall on October 12.

To have the posse arrest your boss, please call the event coordinator at 613-961-7939.

No time to attend on event day? No problem. We can throw your boss in "virtual jail". To learn more about this campaign, or virtual jail visit <http://www.kidney.ca/>

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**Friday, September 21, 2007**

**Legion Rally**  
**1300 - 1500hrs**  
**Behind Legion 110 next to City Hall.**

**Marks Work Warehouse Rally**  
**1600-1800hrs**  
**At Centennial Park Amphitheatre**



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

**WORSHIP SERVICES**

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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.

**MONTHLY BOOK SALE**

The Friends of Quinte West Public Library will be holding their monthly book sale on Saturday, September 29, from 9 a.m. to 1 p.m. at the Municipal Building, located at 22 Trent Street North in Frankford.

There's a great selection of books for all ages to enjoy.  
For more information, please contact Ann at 613-397-1680.

**Trenton Trimettes**

Join Trenton Trimettes, a support group that encourages weight loss through healthy eating and exercise. Guest speakers and exercises are also offered. The Trimettes meet Mondays at St. Clements Astra Chapel on Namao Drive from 7 to 8:30 p.m.

For more information, please call Sue at 613-394-3992 or Sheila at 613-392-0353.

**173 Royal Tiger Air Cadet Squadron**

Are you a young adult aged 12 to 18 years old wanting to join 173 Royal Tiger Air Cadet Squadron? We meet every Wednesday night from 6 p.m. to 9 p.m. at Trenton High School.

Air Cadets learn about the traditions of the Royal Canadian Air Force, and participate in flight-related activities. Gliding is one of the more popular aspects of the Air Cadets program and it provides a solid base for learning how to pilot more complicated aircraft. The Cadets have a chance to earn their civilian pilot licenses through the Air Cadet program.

The program also offers physical fitness, bush exercises and citizenship trips. They also learn about valuable life skills and important values like mutual respect, integrity and professionalism through lessons in navigation, theories of flight and aircrew survival. Physical fitness, drill and general cadet knowledge are also taught.

For more information please visit [www.173cadets.com](http://www.173cadets.com) or email [173\\_Air@Cadets.Net](mailto:173_Air@Cadets.Net).

This program is sponsored by the Department of National Defence and the Air Cadet League of Canada.

# Knowledge and caring: Keys to suicide prevention

by Maj Miguel Bourassa, Social Wellness Advisor, Strengthening the Forces, DGHS, NDHQ

Each year approximately 4,000 Canadians take their own life and many more try. Suicide cuts across all economic, social and ethnic boundaries. It is estimated that one in thirteen Canadians is affected by suicide and suicidal behaviour.

There are many commonly held misconceptions about suicide. Some people believe that suicidal behaviour is a way of gaining attention. Others think that there are no warning signs or that people who talk about suicide don't really intend to follow through. Another misunderstanding is that a person who attempts suicide and fails will never make another attempt. These and other myths can stand in the way of providing assistance for those who are at risk.

Nearly everyone thinks about suicide at some time in his or her life. These thoughts usually occur when they are experiencing a great deal of emotional or psychological pain. Some may perceive their situation as hopeless and feel a total loss of control. When individuals are experiencing this level of despair and considering suicide, they often send some of these warning signs:

- talking about suicide; preoccupation with death; withdrawal from friends; loss of interest in hobbies, school, work;
- giving away prized possessions;
- previous suicide attempts;
- loss of interest in personal appearance;
- increased use of alcohol or drugs;
- expressing hopelessness; and
- experiencing a humiliating situation or failure.

While no one can make another individual choose life, most suicidal individuals want to live. They are just unable to see alternatives to their problems. At such times, family members, friends and employers may be able to help.

Assistance includes reaching out to a relative, friend or colleague in need by being available, showing interest and support. Suicidal behaviour should never be handled in isolation. A family physician, the local mental health centre or distress line can help. For a link to the distress centres across Canada, please see the Canadian Association for Suicide Prevention at <http://www.suicideprevention.ca>.

Under the auspices of the Director General Health Services Health Promotion initiative, Strengthening the Forces,

personnel have been hired and trained to deliver suicide prevention training at all Bases and Wings throughout the Canadian Forces. This skills-based program offers prospective candidates the opportunity to learn concrete ways of identifying, intervening with, making a connection with people at risk and referring them to Mental Health authorities for further treatment and medical support as required. This program offers more than general awareness education on issues of suicide prevention. It offers a clearly conceptualized model on how to intervene with a person at risk of suicide and provides many opportunities for participants to practice the skills they learn over a two-day period. Feedback from the great majority of participants on completion of this workshop reveals an increased knowledge of suicide signs and a greater confidence and willingness to intervene with people who are experiencing emotional difficulties that can lead to suicidal thoughts or actual gestures.

Armed with knowledge and caring, the scourge of suicide can be dealt with in a compassionate way.

For more information on the ASIST course, contact the Health Promotion office at local 3768.

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## Be safe with these chainsaw safety tips



Submitted by Don Heans, Wing General Safety Officer

Chainsaws pack a lot of power. They can cause serious, even fatal, cutting injuries.

Many of us use chain saws on a regular basis at work, or off the job for weekend wood-cutting projects. Don't take chain

saws for granted; always stay alert. Here are a few reminders for chainsaw safety in the woods, at work and at home:

Get familiar with the manual.

Keep the cutting chain in good condition, sharpened and under the proper tension. If the saw chain keeps moving when the engine idles, adjust the idle or clutch so it will stop. If it won't stop, don't use the chainsaw until it has been repaired.

Don't fill a gasoline chainsaw while the engine is hot. Keep the saw and fuel away from flame and any other ignition sources. Keep the saw clean and free of dirt,

sawdust and spilled fuel.

Don't work with a chainsaw when you are tired, and never use a chainsaw or any power tool when you are under the influence of alcohol.

Work with a buddy who can help you in case of an accident.

Carry the chainsaw with the engine off. The chain bar should be pointed behind you, with the muffler away from your body. Use a chain bar guard.

Avoid kickbacks. Keep the working area clear of branches and other obstructions. Never cut above shoulder height. Keep your body out of the path of the saw, including

the path it will follow after the cut is completed.

Never place a saw on your leg. Don't try to start a saw from this position. Keep two hands on a running saw.

Wear the recommended Personal Protective Equipment (PPE) when using a chainsaw. This will include heavy gloves, a hard hat, safety eyewear, ear protection and pants made of heavy material to prevent cuts.

Make sure you are fully informed before attempting to use a chain saw. Consult the manual, and take any offered safety training to prevent wood-cutting accidents.

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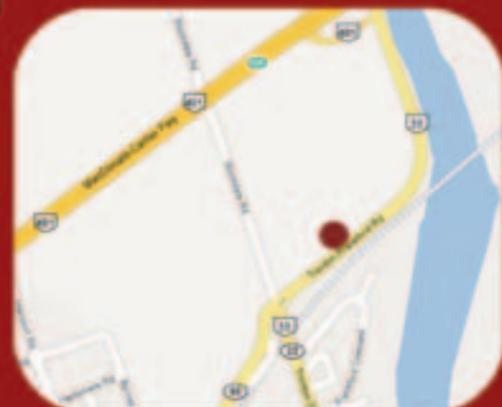
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# Airperson of the Year, Cont'd from P. 1

MacGregor is also an instructor with the CC-130 Combat Ready Course at 426 (T) Squadron. Not one to sit idle, he has also been the Liaison Officer for 401 (A.L. Edwards) Wing of the AFAC for the past 11 years, was formerly Liaison Officer for 598 Sabre Squadron, Royal Canadian Air Cadets, and is currently the vice-president of the Canadian Military Engineers Association. He is also very well known for his work in court-mounting medals for serving and retired military members.

Warrant Officer Pat Monsigneur was the man behind Sgt MacGregor's nomination.

"It was my distinct pleasure to nominate Sergeant MacGregor for this prestigious Canadian Forces award, and I am very happy that the executive of 426 (T) Squadron, 8 Wing and finally, the awards committee, has seen fit to support the nomination! I am confident that anyone who has dealt with "Mac" here in Trenton (and there are many) would instantly agree."

WO Monsigneur recalled first meeting Sgt MacGregor.

"When I met Mac in mid 2005 (as his new supervisor), I was immediately struck by his booming voice and his Air Force demeanour. It was plain to see that he was a leader within the instructional cadre of 426 (T) Squadron, but what I quickly discovered was that his Air Force involvement and indeed military involvement in an extended national

community was very broad indeed. His actions speak for themselves and his name is immediately recognized throughout the Wing. Be it court-mounting medals, or coordinating an Air Force reunion, this career airman always represents the core values of the Canadian Air Force. All considered, it was very easy to count his attributes and craft the nomination. An inspiration to all airmen and women, I invite you to read his nomination. Congratulations, Mac."

In his nomination of Sgt MacGregor, WO Monsigneur notes:

*Sergeant MacGregor embodies the Canadian Air Force ethos with an unwavering personal dedication that uniquely serves the organization in a highly professional and decidedly traditional manner. As a seasoned Air Crew member, this consummate Flight Engineer garners the highest respect from his peers with the Air Force community as well as his associates in off-duty military endeavours. During a dynamic period of transition within the Air Force, his contributions to force generation, continuity of operations and Wing morale have been nothing short of astounding. He demonstrates on every level his dedication to Air Force standards, traditions and raison d'être with gusto, creating a model of consummate airmanship."*

Sgt MacGregor will be presented with his award in Ottawa during the AFAC Annual General Meeting and Convention, set for October 12-14.

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# SAFETY FIRST...ALWAYS FIRST



Photo: CWO Jerome Girodat

8 AMS Commanding Officer, LCol Arthur Agnew, with outgoing CO LCol Bill Lewis, as they unveiled the Flight Line Safety Sign. The sign serves as a reminder to everyone approaching 10 Hangar that safety really is no accident. A sincere thank you to Master Corporal E. Gores for coordinating the efforts of each section within for the creation, and installation, including Wing Construction Engineering Squadron for their continued support and a good job at mounting it.

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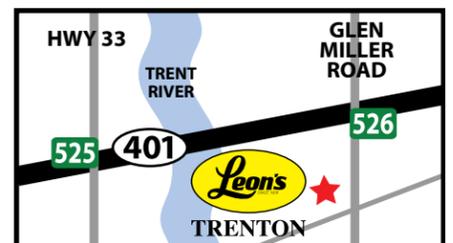
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