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COLONEL INSPECTS CADETS



Photo: Amber Gooding, Contact Staff

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, inspects the cadets during the final graduation parade for the Trenton Air Cadet Summer Training, held Friday, August 17, 2007 on the main parade square. See Page 5 for more photos.

Sometimes smaller is better

by 2Lt Jennifer Jones

TRENTON- When 8 Wing/CFB Trenton's renowned Four Hundred and Twenty-fourth Transport and Rescue Squadron (424 T&R Sqn) has a successful day, the result is often the preservation of one or more human lives.

The aircrews and rescue coordinators behind the scenes agree that this type of outcome certainly makes the job more than just a little worthwhile. The success of Search and Rescue (SAR) missions is significantly attributed to the high moti-

vation and hard work of all involved rescue personnel, but also to the aircraft those rescuers arrive in. Though smaller than 424 Squadron's fixed wing assets, the role of helicopters in SAR, currently four CH-146 Griffons, substantially contributes to the success of rescues in more than just a small way.

424 (T&R) Squadron was stood up at 8 Wing/CFB Trenton in 1968, and has flown the H21 Vertol (1968-1970), CH-113 Labrador (1968-1970, 1985-2004), the CH-113A Voyageur (1975-1977), and the CH-135 Twin Huey (1976-1985).

The CH-149 Cormorant replaced the Labrador in 2004, which has since been temporarily replaced by the Griffons, normally army green but currently painted in bold yellow and red SAR colours. This year alone, 145 SAR missions have already been conducted, 83 of which having deployed the Griffon.

Sometimes, the benefits of having a helicopter at the site of a rescue makes the difference between a successful SAR mission and a failure. "It's your way out basically; if you don't have a helicopter, you don't have an

See Helicopters, Page 9



Photo: Pte Isabel Lavallée-Raby, 8 Wing Imaging

424 Transport and Rescue Squadron members receive an appreciation gift August 15 from Lieutenants (Navy) Nathan Brown and Terri-Leigh Saunders, HMCS Ontario Public Affairs Officer (Naval cadets), to thank them for the effort they put into saving 30 cadets on one of the tall ships that had caught fire recently. From left to right: Capt Tim Seibert; Lt (N) Brown; LCol Chuck Collings, Commanding Officer of 424 Squadron; Lt(N) Saunders; Maj Shawn Duffy; Capt Jac Poirier and Rob Clarke. On July 13, the cadets were aboard one of the tall ships contracted out for naval cadet summer training, STV Fair Jeanne, when a fire caught in the engine room. Seven Coast Guard vessels were called (some American) as well as a 424 Griffon and a Hercules on standby. The boats ended up taking the cadets back to shore, but one cadet was actually airlifted up into the Griffon off of one of the coast guard boats. Both officers came from Kingston to thank the squadron for their efforts.

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10 Hangar barber to hang up clippers

After 35 years of operations as squadron barber at the Barber Shop in 8 Wing/CFB Trenton's 10 Hangar, master barber and stylist John Morton has decided to hang up his clippers due to health reasons.

John is stepping down effective September 10 and handing over the reins to his beautiful niece, Kelly Horseley, who will carry on the tradition at 10 Hangar.

Kelly brings with her many years of experience cutting hair, has worked in the Trenton area, and understands the needs of military family hair care.

Kelly thanks all her clients and friends for encouraging her to go out on her own, and is looking forward to her new role as squadron barber at 10 Hangar.

"My family and I thank you for 35 wonderful years, for the many memories, and the joy of knowing each and every one of you. When I first came to 10 Hangar I was honoured to be asked to go to Alert as the first professional barber to cut our troops hair there on many



Photo: Contact staff

John Morton is retiring after 35 years as the 10 Hangar barber. His niece, Kelly Horseley, will be taking his place.

occasions. I was hoping to finish my career by going off to Afghanistan to cut our troops hair there for a six-month tour, but because of health reasons this dream may not be fulfilled. So again, thank you all, it's been a hoot! And I know you will support Kelly as

you have supported me...besides, she is a lot prettier. Kelly can be reached at 613-392-0522.

Thank you, my friends. God bless and keep safe. Be thinking of you all."

*Yours,
John Trevor Morton*

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



The Yukon Galley Staff and student augmentation staff, who were a great help in making this summer's TACSTC a true success.

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PARA RESCUE ASSOCIATION of CANADA-- REUNION 2007

To celebrate 63 years of Para Rescue, 8 Wing Trenton will host the Para Rescue Association of Canada 23 - 26 Aug 07. On behalf of the Reunion Committee: Welcome to all Para Rescue men and women to Reunion 07. Schedule of events as follows:

SCHEDULE OF EVENTS

Friday	09:00 -16:00 hrs	Golf CFB Trenton Golf Club
Friday	09:00 - 15:00 hrs	County Wine & Shopping Tour <i>Pick-up 09:00 hrs at Yukon Lodge</i>
Friday	16:00 - 24:00 hrs	Registration and Meet & Greet Baker Island
Friday	17:00- 1800 hrs	424 Squadron Air Demo Baker Island
Saturday	08:30 - 15:00 hrs <i>(Photo I.D. Required)</i>	Gananoque Casino <i>Pick-up 08:30 hrs at Yukon Lodge</i>
Saturday Tour	09:00 - 15:00 hrs	County Wine & Shopping <i>Pick-up 09:00 hrs at Yukon Lodge</i>
Saturday	18:00 - 19:00 hrs	Cocktails Astra Lounge
Saturday	19:00 - 24:00 hrs	Reunion Banquet Astra Lounge
Sunday	07:00 - 09:00 hrs	Farewell Breakfast Yukon Galley
Sunday	09:30 -11:00 hrs	2007 AGM Yukon Galley
Sunday	11:30 -13:00 hrs	RCAF Museum Tour RCAF Museum
Sunday	13:00 -14:00 hrs	Cairn Rededication RCAF Museum

Require assistance? Call the Reunion 2007 Hotline
@ 613-922-9805

Para Rescue - A Brief History

Organized Air-Sea Rescue had its inception and probably its period of greatest development in the midst of a war which was inflicting upon the world the greatest destruction of life and property of all time. When Japan invaded the Aleutian Islands in June 1942 and thereafter with sightings of Japanese submarines off the Vancouver Island coast, the USAF and RCAF were frantically rushing bombers to the Alaska theatre. Young, inexperienced pilots were called upon to fly over forbidding northern territory. Mechanical failures and a lack of navigational aids caused many an aircraft to force land in the uninhabited north, thus hundreds of airman were left stranded and needlessly suffered because help could not reach them in their time of need.

It was soon realized that a special flight of trained personnel was needed for Search and Rescue missions. In 1943 Wilfred (WOP) May, a WWI veteran and experienced bush pilot, organized an Air Rescue Team. The team was trained to respond to aircraft crashes and parachute to the site to administer first aid. These trained personnel made up one of the first parachute rescue teams in the world.

Two of the team members, Owen Hargreaves and Scotty Thompson, were sent to Missoula, Montana for extensive training under the guidance of the US Forestry Services who trained "Smoke Jumpers" to parachute to remote areas to fight forest fires. The genesis of the RCAF Para Rescue began in this atmosphere. In 1947, the International Civil Aviation Organization (ICAO) mandated that the RCAF was to be responsible for all Search and Rescue within Canada and surrounding territorial waters.

The Air-Sea Rescue Service, universally recognized as vital to the war effort, would ultimately prove highly significant in postwar peace.

It is emphasized that Para Rescue / Search and Rescue Technicians (SAR TECHs) are only a part of the overall larger team. Aircrew and ground crew alike are highly dedicated professionals who maintain the aircraft and skilfully fly the planes in order to maximize the chances of SAR Tech intervention. SAR is a team effort.

The Canadian Forces (Air Force) is the overall authority for Air-Sea Rescue within Canada and today's Search and Rescue organisation has grown to provide the Canadian public with an elite rescue service respected worldwide. No civilian organization has the depth of resources to immediately respond to a distress call in any part of our vast country or the oceans surrounding. With a combined responsibility of 15,540,000 square kilometres, Search and Rescue in Canada is a demanding and daunting task. Aircraft fly SAR Techs to scenes of distress and manoeuvre to deliver them to the site, whether by parachute from fixed wing aircraft or by hoist from helicopters, in any terrain or into the oceans, often under extreme environmental conditions.

In 1968 SAR Techs were awarded the Red Beret in recognition of their operational status in SAR Units.

The Para Rescue / SAR Tech motto "That Others May Live" is one that all who wear the Red Beret are proud to uphold, risking life and limb to save those in need.

Search & Rescue UPDATE

424 Squadron's Search and Rescue was tasked 12 times since the last article. The Griffon was involved in five missions and the Hercules was responsible for seven. Last Thursday, the CC-130 was tasked by JRCC to proceed to Trois Rivières to assist an airborne aircraft lost in Instrument Meteorological Conditions (IMC). However, the mission was stood down en route.

The next day, the Hercules was required to assist in searching for an ELT signal that was reported near St. Hubert. The signal was located near Montreal and notified to St. Hubert tower who was able to coordinate with a training Griffon to investigate. The source of the signal was eventually located at Mascauche airport from an aircraft that had inadvertently activated the distress signal. Upon returning to Trenton, the Hercules was re-tasked for a possible person in the water near Pelee Island. While transiting to this location, the Hercules was then re-tasked again to investigate two youths in a kayak in distress as well as two persons stranded on a disabled vessel on Bass Lake. Both parties were located by the crew and orbited overhead until an OPP boat was launched to deal with the situation.

On Saturday, the Griffon was tasked to do a shore crawl in the Parry Sound Harbour to look for an overdue 19-foot fishing boat with two persons on board. The crew spotted a submerged boat with both persons safe on shore. Another boat in the area was directed on scene to assist.

The Hercules was assigned a mission on Monday while airborne for a reported ELT signal near Borden. Upon arrival, the signal was not strong enough to home and indicated erroneous readings. The tasking was stood down by JRCC after no distress was evident. In the same day, the Griffon was tasked to search for a 22-foot sail boat that was overdue in the Prescott area. While transiting, JRCC advised that the vessel had been located. Later that evening, the Hercules was tasked while training in the local area to provide flare illumination for a Griffon tasking. A hoist was required from a vessel in distress that was caught in a heavy swell near Long Point Bay. The Griffon was on scene by the time the crew arrived and thus immediately began a continuous illumination for hoisting four persons off the vessel. All persons were taken to the Hamilton airport with no injuries.

Until next time, stay safe.

Missions for 2007: 147 Missions for Aug.: 27 Persons rescued: 20

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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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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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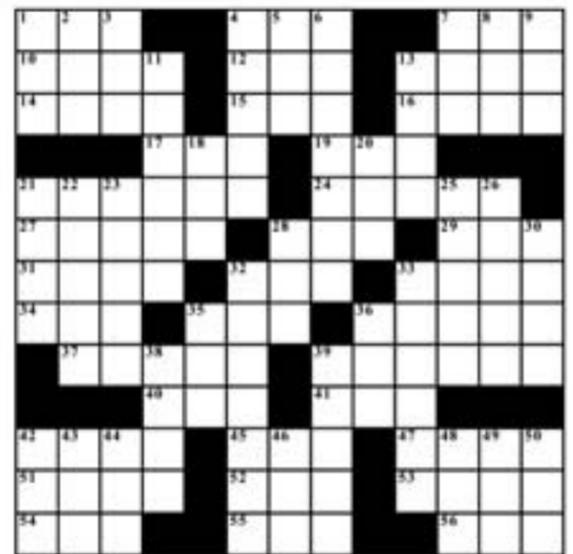
By Bernice Rosella and James Kilner

ACROSS

- 1 Bat wood
- 4 Mr. Sheep
- 7 Foot part
- 10 Freshwater fish
- 12 Get by
- 13 Wheel aloft
- 14 Austen Heroine
- 15 MacTavish topper
- 16 Ancient instrument
- 17 _____ Lanka
- 19 Parents and teachers org.
- 21 Scottish loch monster
- 24 The wealthy
- 27 Supply tools
- 28 Eggleton or Linkletter
- 29 Palmas or Cruces preceeder
- 31 Graphic symbol
- 32 Be in arrears
- 33 Gob
- 34 Matheson or George
- 35 Mature
- 36 British Columbia sea serpent
- 37 Oblivion
- 39 Olive's man
- 40 Cleopatra pal
- 41 Cyber service bus.
- 42 Putative pony
- 45 Wood sorrel
- 47 Every
- 51 Neighbour of Ontario
- 52 TV's Corner _____
- 53 Nostril
- 54 Last of a series
- 55 Crumb
- 56 Pirates' portion

DOWN

- 1 Bishop or Beurling
- 2 Diffident
- 3 Ben _____



- 4 Knot again
- 5 Letters denoting alias
- 6 Lake Memphremagog
- 7 Plaything
- 8 Scullers concern
- 9 Poet's before
- 11 Great Lakes monster
- 13 Middle European
- 18 Off engraved letters
- 20 Intertwine
- 21 Dweeb
- 22 Even
- 23 Muslim sect
- 25 Evade
- 26 Granular
- 28 Wonder
- 30 Scottish Isle
- 32 Okanagan lake monster
- 33 Occur
- 35 Braking sys.
- 36 Lettuce
- 38 Man
- 39 Ireland's Lough Ree monster
- 42 Turk's topper
- 43 Mineral
- 44 Assist
- 46 Bricklin or Essex
- 48 Swiss river
- 49 French wine designation
- 50 Skirt feature



This Week in Contact

1977 – Three Nova Scotia members of the Canadian Armed Forces have been commended for exceptional performance by General J.A. Dextraze, Chief of the Defence Staff. Captain Nelson B. Gesner, of Granville was cited for his exceptionally good aircraft handling and co-ordinating the activities of his crew during the rescue of 17 survivors of a crashed civilian Twin Otter aircraft. Sergeant Charles H. Clements, 32, of Sydney was commended for his outstanding performance during two rescue operations to give medical assistance to survivors of the sunken fishing vessel Marble Isle and his assistance in the rescue efforts of civilians on the crashed Twin Otter aircraft. Corporal Robert S. Harris, 33, of Bear River was commended for his quick action extinguishing a fire in a truck carrying high explosives during a night exercise at CFB Shilo.

1987 – Two majors contemplated their postings, both concluding that the grass looked greener on the other's yard and agreed, in principle, to switch jobs. After the requisite amount of cajoling to the Career Manager, their dreams came true. Major Bill Legue left ATGHQ SOLO, becoming CO 2 AMU and Major Bill Maier left AMU to take over duties at ATGHQ SOLO, with the turnover formalized during a Change of Command Ceremony.

1997 – The Dolphins Swim Team concluded an incredibly successful year. The team is home to some of Canada's fastest age group swimmers, with five swimmers making the top 25 national rankings for their respective age groups. Due to the team's performance in the previous season, the Dolphins advanced into a higher calibre, Division Two, of swimming.

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



Cadets graduate with a successful summer behind them



Chief of Reserves and Cadets, Major-General H.M. Petras, CMM, CD, welcomes those in attendance and congratulates all cadet's on a very successful summer, and a flawless parade, both of which showcased their determination and commitment.



Trenton Cadet Training Centre Warrant Officer 1st Class P. Searle salutes the Reviewing Officer, MGen H.M. Petras, CMM, CD, during the final cadet graduation ceremony on August 17, which was held on the parade square.



Photos: Amber Gooding, Contact Staff

Cadets are shown replacing their beret's during the Lord's prayer, prior to the arrival of Colonel M. Hood, Commander, 8 Wing/CFB Trenton and Major (Ret'd) C. Verge, CD, chairperson of the Air Cadet League of Canada, Ontario Provincial Committee.



Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, inspects the cadets on parade on Friday, August 17, 2007.



Members of the cadet Colour Party stand at the ready during the ceremony.

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SOLDIER ON GOLF TOURNEY



Photo: Submitted

Well known Canadian actor Harvey Atkin (far right), was one of many celebrities to take part in the first-ever Soldier On Celebrity Golf Tournament at the 8 Wing/ CFB Trenton golf course on August 22, 2007. See next week's newspaper for more coverage, including results.

HAVE YOU EVER WANTED TO TRY SCUBA DIVING?
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RecPlex (Includes Arena and Outdoor Pool)

Regular Members	Ordinary Members
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Youth (6 - 17-years-old): \$35	Youth (6 - 17-years-old): \$60
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Family: \$100	Family: \$180

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Youth (6 - 17-years-old): \$45	Youth (6 - 17-years-old): \$80
Single (18+): \$60	Single (18+): \$100
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Sports



What's happening at the Community Rec Association

Red Cross Swim Lessons - Fall Session

Registration for 8 Wing Community begins Saturday, August 25, 2007 from 10 a.m. until noon at the RecPlex. Registration continues from August 26 to September 8 during regular hours of operation.

Registration for the general public begins Sunday, September 9, 2007 from noon to 3 p.m. at the Gymnasium located on the south side of the base during the Annual Recreation & Leisure Show.

Registration for all continues from September 10 to 21 at the RecPlex according to the Recreation Association hours of operation.

Morning Aquafit

Monday, Wednesday, Fridays - September 24 to December 21 (No classes on Monday October 8).

Three Classes to Choose from:

- Class 1 - 7:45 - 8:30 a.m. (shallow water class)
- Class 2 - 8:40 - 9:25 a.m. (deep water class)
- Class 3 - 9:35 - 10:20 a.m. (deep water class)

\$65 - Military personnel and CRA members - \$70 - Military community non-members - \$75 - general public.

Registration for 8 Wing military comm-

unity (proof of qualification required) - Thursday August 30 from 10 a.m. - 8 p.m. Registration for the general public is Thursday, September 6 from 10 a.m. - 8 p.m.

Senior Lane

Monday, Wednesdays, Fridays - September 24 to December 21. Register for one of these timings: 7:05 to 8:05 a.m. (12 spots available); 8:10 to 9:10 a.m. (12 spots available); 9:15 to 10:15 am - FREE - for Rec Assn members - \$65 - Military Community non-members - \$70 - General Public.

Registration military community (proof of qualification required) - Friday, August 31 from 10 a.m. to 8 p.m. General public, Wednesday, September 5 from 10 a.m. to 8 p.m.

PSP Facility Memberships

New memberships go on sale starting Monday August 27 at 0830 hrs.

Annual Recreation & Leisure Show

Sunday, September 9, from noon to 3 p.m. at the Gym.

More than 50 not-for-profit clubs and organizations will be in attendance. Come see

what 8 Wing and the surrounding community have to offer. If you are involved in a not-for-profit club or activity and would like to book a table, please call the PSP Community Recreation Director at extension 2349.

Bronze Cross and Standard First Aid

Emphasis is placed on the candidate's ability to respond to a variety of aquatic emergencies using principles of teamwork and emergency procedures. Bronze Cross is a prerequisite for NLS. Candidates must be 14 years of age and have successfully completed Bronze Medallion + Emergency First Aid. Saturday, August 25 - 9:00 a.m. - 4:00 p.m.; Monday, August 27 to Thursday, August 30 - 8:00 a.m. - 2:00 p.m. Exam date: Friday, August 31 - 8:00 a.m. - 1:00 p.m. Military and CRA members - \$130 - Military community Non-members - \$140 - General public - \$150. Manual fees extra if required. (Manuals used are the same as Bronze Medallion)

Pottery & Ceramics Studio

Watch for upcoming details on this new venture. The Rec

Association will soon be offering studio time for experienced potters and ceramicists. Call 2349 for details.

Summer Shinny Hockey

One final week of shinny will be offered for players from Tyke to the Midget level. August 27 - 31. Cost is \$30 for members of the military community, \$38 for the General Public. Full hockey gear required. Register at the RecPlex.

Kayaking for Kicks NEW LOCATION

A three-hour adventure on the Bay of Quinte! Take this Intro Course and then enjoy renting the kayaks available at the Gym on the south side. All equipment supplied. Small groups. Great for families. Includes Wet Exit and Re-entry Certificate (issued if wet exit and re-entry performed). Youth 12 years of age and over may take the course if accompanied by a parent. \$50 Military or CRA members; \$55 Military community non-members; \$60 General public. Location: 177 Main St, Wellington. Register at the RecPlex to take advantage of the REDUCED cost of the course! (A \$60 regular value!) Upcoming Dates:

Wednesday, September 5 from 5:30 to 8:30 p.m., Thursday, September 20 from 5:30 to 8:30 p.m. Friday, September 28 from 5:30 to 8:30 p.m.

DJ Street Dance

Enjoy the music of Wired for Sound DJ. Come out and have some fun and meet the new kids on the block.

MFRC Parking lot. - Saturday August 25, 2007. 7:00 - 11:00 p.m. - \$5/person - Ages 9-18 years.

Martial Arts Registration

The 8 Wing Trenton Martial Arts Club is currently into its 35th year on base. It operates seven days a week and provides traditional instruction in 10 martial disciplines for military personnel and their dependents.

The teaching staff of male and female Black Belts is certified by the Kai Shin Karate Association and the Canadian Jiu Jitsu Council. The Club is located beneath the Sergeant's Mess on Oxford St. on the South Side.

In depth instructions is provided in the following martial arts - Karate, Jiu Jitsu, Kickboxing, Women's Self Defense, Tai Chi, Chi Kung, My Jong Law Horn Kung

Fu, Hsing I, Weaponry and Children's Martial Arts. The Club is fully equipped with mats, training bags, sparring equipment and training weapons.

Previous experience is not a requirement. You may try out two weeks of classes before registering. Class times vary throughout the week. Please call our office at 4133 for a schedule.

To register, visit our booth on Leisure Day, Sunday Sept. 9 at the South Side Rec Centre between 12:00 and 15:00 or drop by at the Club during class times.

RV Storage Compound Rental Procedure

Contract renewals will continue at the RecPlex until Wednesday, August 29, for those individuals whose contract was paid in full as of June 30. For new renters, space will open up beginning Thursday August 30 beginning at 0830 hrs at the RecPlex. Cost is \$ 5 or \$ 7/month plus GST depending on your category. Cash or cheque only. The RV Compound is open to all members of the military community. It is not open to the general public. For information contact the Rec Association at 613-392-2811 ext 3361.



Inquire now about lessons beginning this September

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Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Legion Br. 110 from the hour of:

8:00 a.m - 4:00 p.m
Tuesday, Sept. 4, 2007

Anyone wishing more information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage and get some valuable advice concerning your problems.

For An Appointment Call
Branch 110, Trenton
613-392-0331 9:00 a.m - 4:00 p.m
Monday -Friday



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Wed. Aug 22nd 10:00am - 5:00pm
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Studio: 49 Leopold St. Trenton
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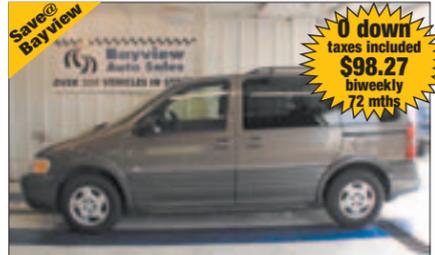
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5970SD. Fresh in off GMAC lease! Black! Only 56,000 kms! Auto., loaded w/pwr. everything! Amazing shape! Off lease.
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2004 CHEV COLORADO CREW CAB Z71 4X4



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5972SD. Arctic White! With fender flares, only 50,000 kms! Automatic, loaded w/every power option. Amazing shape. Off GMAC lease!
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6072. Smart Buy! Only 65,000 kms. Fresh in off GMAC lease, loaded up with air, CD, locks, cruise, tilt, privacy glass & more!
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5991SD. Wow!! Only 31,000 kms. Automatic, loaded up w/pwr. everything. Like new, off GMAC lease. Must see!
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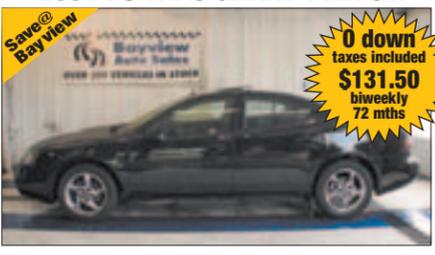
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WOW! Power heated memory leather! Power sunroof! Loaded with every option available, only 50,000 kms! Amazing condition. Fresh in off GMAC lease.
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5889. Black and supercharged! Pwr. heated leather, competition package! Pwr. sunroof, high polish rims, heads up display & much more! Amazing shape. Fresh in off GMAC lease. Only 47,000 kms.
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6064. 4 door, automatic, loaded w/every power option! Only 38,000 kms. Amazing condition. Off lease!
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6069. 4 door, automatic, loaded w/full power group. Only 57,000 kms. Fresh in off GMAC lease!
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6048. Great value! 5 speed, air conditioning, locks, cruise, tilt and more. 84,000 kms. Only
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2004 CHEV IMPALA LS



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5857. Sharp!! Leather heated seats, power sunroof, loaded w/every option available, amazing condition. Off GMAC lease. 81,000 kms.
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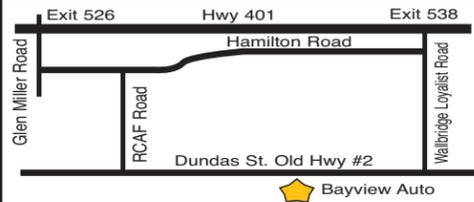


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Mess Dinner held after arrival ceremony for first Globemaster III

Following the Sunday afternoon arrival ceremony to welcome the first C-17 Globemaster III, members of 8 Wing Trenton joined the Chief of the Air Staff, Lieutenant-General Angus Watt and Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, at a

Mess Dinner. The mess dinner was held to commemorate the induction of the C-17 into the Air Mobility family and the reactivation of 429 (Transport) Squadron. Also in attendance were former commanders of Air Transport Group, Wing Commanders, and

Commanding Officers. Presentations included the return of the "Bateman Bison" to Lieutenant-Colonel Dave Lowthian, 429 Squadron CO, for placement in squadron lines and a 1944 429 Squadron Christmas picture that had been given to the former Chief of

the Air Staff, Lieutenant-General Steve Lucas, and presented by the new Chief of the Air Staff. Diners dined while being serenaded by the ever capable 8 Wing Concert Band. Port was piped by WO Alderman, all bedecked in traditional dress. LGen Watt was

the guest speaker of the evening and really just presented his vision for the future of the Air Force with the assistance of not only the new airframes but the men and women that make it all work. His speech was not without a bit of nostalgia given the history of the evening when he read a

passage from the '50 Years of Trenton' book on how to start your plane. Looking back into our past, reflecting on the present and projecting to the future seemed to be the theme of the evening's festivities. A good time was had by all in attendance.



Presentation of the "Batavian Bison." Foreground: Brigadier-General (Ret'd) G. Cloutier, Lieutenant-General S. Lucas, Brigadier-General (Ret'd) J. Brace. Background: Lieutenant-Colonel D. Lowthian, CO, 429 Squadron, and Colonel M. Hood, Commander, 8 Wing/CFB Trenton.



429 Squadron alumni:- Lieutenant-Colonel (Ret'd) K. McCrimmon, Major-General (Ret'd) M. Terreau, Mrs. G. Hewson, Brigadier-General (Ret'd) J. Brace, Lieutenant-Colonel (Ret'd) K. Pfander, Lieutenant-Colonel (Ret'd) E. Carscadden, Colonel M. Hood, Commander, 8 Wing/CFB Trenton.



Photos: Cpl Frieda Van Putten, 8 Wing Imaging
The serving and retired military personnel who attended the Mess Dinner following the C-17 arrival ceremony, on Sunday, August 12, 2007.

Helicopters are a huge SAR asset, Continued from Page 1

extraction", says Sergeant Bruno Michaud, who has spent the last 12 years employed as a SAR technician (SAR-Tech) across Canada. "If you ask people what the first thing they think about is when they're being rescued, it's the hope that they will see a rescue helicopter in the sky heading their way". Although the CC-130 Hercules is faster, has a farther flying range, and can fit more equipment including medical gear than the CH-146 Griffon, the latter can access crash sites which are inaccessible to fixed-wing aircraft. The beauty of a helicopter lies in its ability to hover and hoist, which enables SAR-Techs to lower

themselves directly into a crash site and deliver an immediate first aid response. Even when dropped into densely forested areas, they have the equipment, including chain-saws, to make the space required if necessary for a helicopter to land if casualties cannot be moved to a second pickup location. A SAR-Tech can deploy from either type of aircraft, but can only be picked up by helicopters, something both the techs and victim(s) can appreciate while shivering in ice-cold ocean water for example. Furthermore, travelling at a slower rate than the Hercules, aircrew aboard the Griffon get a very thorough look at the terrain below while searching for crashes or

wrecks. Captain Chris Herten has been a Canadian Forces helicopter pilot for the last 13 years, with flying experience on Griffons, Twin Hueys and Cormorants. "Generally the helicopter is called when there are very few other options and that puts you in a position where you're generally flying at night or in bad weather, trying to get somebody out of a bad situation. The Hercules gives the satisfaction to somebody that he or she has been found, the helicopter lets them know that they're about to be rescued." This week, Capt Herten was the aircraft commander on a Griffon rescue over Lake Erie,

where the Coast Guard on board a vessel nearby a boat in distress contacted the Joint Rescue Coordination Centre in Trenton to suggest that a helicopter would be the only shot at a rescue. In true SAR fashion, teamwork was the answer. With assistance from a Hercules providing top cover with radio communication support and dropping flares to provide the helicopter crew with better illumination, this rescue suggestion saved the lives of four people. After hoisting two SAR-Techs directly into the water to swim to the small boat, Capt Herten and crew decided that lowering them directly into it would be a far better option, considering the water's three-

metre-high waves in high wind weather in which, according to the aircrew, "the boat was bobbing like a cork in a bathtub." Master Corporal Steve Haines, a SAR-Tech of four years, was hoisted down to the boat where he and Sergeant Michaud- on his own hoist- proceeded to airlift a family of four into the Griffon. MCpl Haines strongly believes that "not having a helicopter would be a huge disadvantage to this SAR unit and others across Canada". The grateful rescued family members can undoubtedly attest to that fact as well, and more than likely, all cherish the sound of rotary blades as music to their ears!

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\$17,995 **\$156**
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HWY 7.8L/100 KM (36 MPG)[†]
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MSRP: \$34,995** for Azera GLS
Azera Limited shown

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REBATE
PROGRAM**

The Hyundai names, logos, product names, features names, badges and slogans are trade marks owned by Hyundai Auto Canada Corp. and are used under license. **MSRP for models shown: 2007 Sonata GLS \$27,995; Azera GLS \$33,195; Accent 3-DR Sport \$16,195. MSRP prices exclude Delivery and Destination charges. †EPA-estimated fuel economy. ‡MSRP. Excludes license fees, insurance, registration and all taxes. Delivery and Destination charges include freight, P.D.E., dealer admin fees and a 1% ... of gas. Hyundai financing available O.A.C. from Hyundai Financial Services on the 2007 Sonata GL 2.4L, Azera GL 2.4L, Accent 3-DR Sport 1.8L. Total lease obligation is \$15,000. *Leasing often available O.A.C. from Hyundai Financial Services. Total lease obligation is \$10,135 for Sonata GLS 1.8L for Elantra GLS 2007 for Azera GLS 2007 for Accent 3.0 security deposit required. 20,000 km allowance per year applies. Additional charges of \$0.10/km. Lease offers include Delivery and Destination and lease acquisition fee (DSAF). Lease offers exclude applicable license fees, insurance, registration, PPSA (950) and taxes. All offers expire August 31, 2007 and may not be combined with any other offer. See dealer for details. Dealers are free to set individual prices. Government star ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (www.safercar.gov). The 5-star safety rating applies to all trim levels of the 2007 Sonata. The XM name and logo are registered trade marks of XM Satellite Radio Inc. Above conditions may apply to the Graduate Rebate Program. See dealer for details. For a full review visit Consumer Guide online at http://consumerguide.com. Consumer Guide is a registered trademark of Publications International, Ltd. Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance for 5 yr. Strategic Vision's 2007 Vehicle Experience Study™ surveyed 27,780 Dec. 2006 new vehicle buyers after the first 90 days of ownership. *While questions last.



HOROSCOPES

Weekly Astrology by Christine Davison

August 26 – September 1

ARIES (March 21-April 19): At the beginning of the week you may see the results of your recent activities and hard work. If you have been trying to outsmart the competition then you will find out now if you have won the prize you were seeking. Show your lover how sensitive you can be and how deeply you appreciate them. This is a creative week.

TAURUS (April 20-May 20): An answer to last week's problem may present itself to you at some point this week. Ask the advice of family members and spend time dealing with issues that involve your home. Next week will begin a highly social, busy and intellectually stimulating period. Take time this week to relax; indulge in sensual pursuits.

GEMINI (May 21-June 20): Your busy mind and hands will get little rest this week and even less so afterwards for quite awhile to come. This is a highly social time for Geminis who may make many new friends and acquaintances over the next few days. Tuesday may show the results of previous hard work; a relationship may blossom early on in the week.

CANCER (June 21-July 22): Your focus over the past little while has overwhelmingly been upon financial issues. If you have been trying to find a more satisfying career that would make use of your wonderful talents, then this week may show promising leads and/ or concrete results. Listen to advice from a wiser and more experienced individual.

LEO (July 23-Aug. 22): The focus remains upon you this week, Leo, though not for much longer. Don't worry, you'll still be as popular as ever and may find some added freedom to pursue your true goals and interests now that the spotlight is beginning to shine on someone new. Relationships begun two weeks ago may now begin to change direction.

VIRGO (Aug. 23-Sept. 22): This is an unusually playful, romantic and pleasant time for Virgos who may have a tingling feeling like something good is about to happen. The hard work/ conscientious efforts are paying off like you'd never dreamed possible. An old flame from your past might be coming to visit; there may be unfinished business.

LIBRA (Sept. 23-Oct. 22): This is a wonderfully social time for Librans who are looking to turn over a new leaf and make new friends/ meet new acquaintances. If you behave in a conservative manner then you may befriend a particular someone who you've long wished to know better. The start of the week will see your previous hard work pay off.

SCORPIO (Oct. 23-Nov. 21): This could be an intensely beautiful time for Scorpios if you decide to embrace change and aren't afraid to share your talents with a larger audience. On the other hand, you may find a private matter that was begun two weeks ago may become public knowledge on either Monday or Tuesday. Keep secrets / act conservatively.

SAGITTARIUS (Nov. 22-Dec. 21): Take time this week to focus upon educational pursuits and future travel plans. Opportunities that present themselves over the course of the next few days should be seized once they appear. Next week brings a change of mind, a change of heart and perhaps a change in itinerary. Projects show results, Monday.

CAPRICORN (Dec. 22-Jan. 19): There are changes needed where your maternal relationships are concerned. You may find yourself developing co-dependent or obsessive partnerships and unions over the next little while. If you truly love someone, then you will try to stay in a committed relationship with them where there is an equal give-and-take.

AQUARIUS (Jan. 20-Feb. 18): You may feel as if everyone is on the same emotional wave-length as you are this week. If you wish to influence others or gain favour, then Monday or Tuesday may be the time to ask for loans or broach controversial subjects. This is a uniquely romantic week for Aquarians. Someone adores your eccentricities.

PISCES (Feb. 19-March 20): Whatever is on your mind and important to you will also be on the mind of many others and important to them as well. Obstacles will be cleared from your path and the paths of those you care about. There is much you can do to help out a co-worker in need, but be careful that they do not become overly dependent upon you.

Astrological queries can be directed to Christine at www.moonsignastrology.ca

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

Not In My Backyard! by Dale Taylor



WHAT ARE YOU DOING?
I'M STALKING THAT SQUIRREL.

REALLY!? WHERE?
SHHH! OVER THERE!

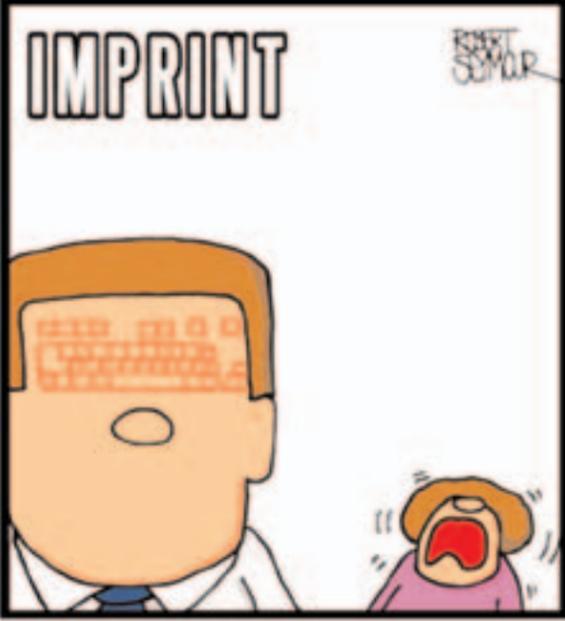
BAR-RAR WOOF! BAR ROOF!!

SUBTLETY THY NAME IS DOG.

©1998 DALE TAYLOR

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TOUGH day at WORK?

ESSENTIAL SCUM

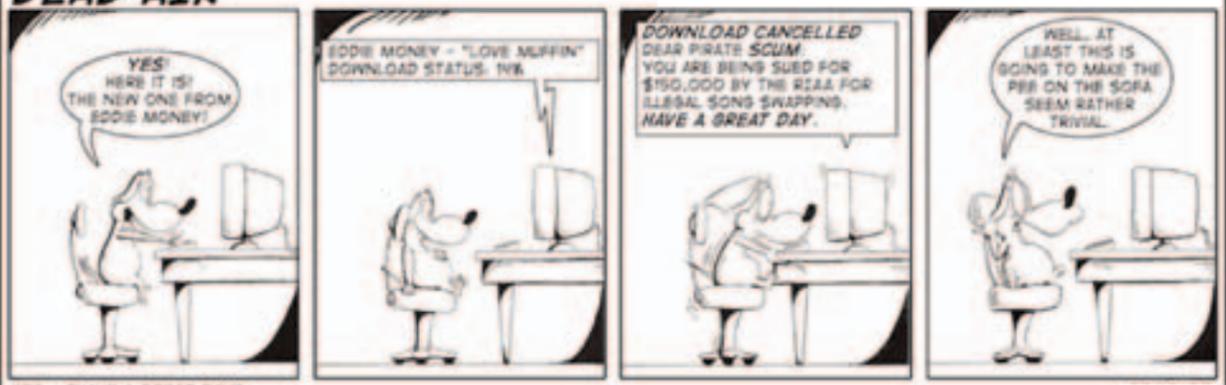
Rules for Duffers



These's no point in wasting a perfectly good day!

©2005 E.L. Cheney

DEAD AIR



YES! HERE IT IS! THE NEW ONE FROM EDDIE MONEY!

EDDIE MONEY - "LOVE MUFFIN" DOWNLOAD STATUS: N/A

DOWNLOAD CANCELLED DEAR PIRATE SCUM YOU ARE BEING SUED FOR \$150,000 BY THE RIAA FOR ILLEGAL SONG SWAPPING. HAVE A GREAT DAY.

WELL, AT LEAST THIS IS GOING TO MAKE THE PEE ON THE SOFA SEEM RATHER TRIVIAL.

#37 - "HAVE A GREAT DAY"



Community Events

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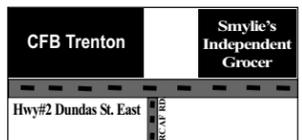


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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

37th ACS SYMPOSIUM

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).

The Canadian Red Cross, Quinte Branch, will be holding a Red Cross Babysitting Courses on Tuesday, August 28 from 9 a.m. to 5 p.m., at the Quinte Branch Red Cross Office, located in the lower unit of McNabb Towers, at 344 Front Street in Belleville. Registration is required. Space is limited. Those interested are asked to call 613-966-0730.

Sunday Service

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.

UNDE LOCAL 637, in conjunction with PSAC, invites all laborious persons to its annual LABOUR DAY BBQ

WHERE: Junior Ranks Mess BBQ pit

WHEN: 30 AUG 07

TIME: 11:30 - 13:00

WHY: To acknowledge one year of hard work by all 8 Wing personnel

COST: Free!!

A 50/50 United Way draw will also be held.



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.

Reunion of Military Dependants who attended Medley River School in Cold Lake Alberta

August 11, 2007

A reunion for all students who attended Medley River Elementary School in Cold Lake, Alberta is being planned for July 4-6 2008 in Cold Lake Alberta.

The reunion committee is looking for anyone who attended or worked at the school throughout its over 20-year history to be added to the Alumni Database.

As the school was for military dependants, this has become a nation-wide, even global, search. Any help from the public in locating alumni is greatly appreciated.

Area tours, fun, food, catching up with old friends and making new ones, and the opening of the time capsule are all on the agenda for the weekend. The time capsule was created at the schools' closing ceremonies in 1988. The buildings were torn down a few years later.

Alumni are asked to contact the reunion committee at mrs88@cprav.net or 902.584.3612 and provide their name, when attended and contact info.

Opportunities exist for businesses and organizations to get involved through advertising, promotion, donations, sponsorship and many other means.

For more information, please contact the Reunion Chair, Justine MacDonald, at mrs88@cprav.net.

Full contact info: Medley River School 1988

c/o Justine MacDonald, Reunion Chair

Box 12, Lawrencetown

Annapolis County, NS

B0S 1M0, Canada

Phone: 902-584-3612 Email: <http://mrs88.cprav.net>

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.

Health

Health Promotion in the Canadian Forces
**STRENGTHENING
 THE FORCES**
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

Manage your stress... Laugh a little!

Stress is a part of our lives. It always has been and always will be. Life happens! We need to accept that. What we can do is learn how to deal with the stress in our lives. Learn how to improve the way we cope.

Healthy coping skills are better options for obvious reasons. Deep breathing, progressive muscle relaxation, and mental imagery are a few techniques that help us deal with the stress response. The stress response is the physical process your body goes through when it is reacting to a something you perceive as stressful, the "fight or flight" reaction. You know that heart pounding, shaky feeling after a near hit in traffic...

Another way to cope with stress is to laugh. Who doesn't like to laugh? According to the Heart and Stroke Foundation, studies com-

pleted at some respected schools of medicine have found that laughter actually decreases stress hormone levels in the blood and improves the immune system. Other benefits come from the physical effects of laughing; it increases in heart rate, breathing, and circulation. The Heart and Stroke Foundation says that 100 laughs gives you the same physical benefits as 15 minutes on the stationary bike!

While you may not be able to laugh after a near hit in traffic, make an effort to fit humour in somewhere, rent a funny movie, watch a comedian, hang out with people who make you laugh, or watch a good TV show.

For more information on Health Promotion, contact Kendra Lafleur, HPD local 3767, or Lisa Pitt AA, local 3768.

Kids' Food & Fun Day

Hastings and Prince Edward Counties -Who knew vegetables could be a big part of the fun? Oprah won't be there but okra might.

The Kids Food & Fun Day at the Belleville Farmers' Market takes place Saturday, August 25 from 9 to 11 a.m. The market square is behind Belleville City Hall. Parents, grandparents and caregivers can bring their kids to this free, action-packed, fun-filled morning for families. Children can take part in a colouring contest, zucchini car races, and a teddy bear check-up by a nurse. They can also enjoy making veggie people, meeting Daffy, the Daffy Daffodil and more.

Once again this year, children can pick up free colouring books and take part in a family fun fitness activity. They

can also taste-test a delicious recipe made from local produce supplied by the Belleville Farmers' Market Association. New this year is the puppet show, *Escape from Plunko Junko*, by Quinte Stage Productions. Come and enjoy all the free entertainment and take home tips for healthy living.

The event is sponsored by LifeWorks, a network of individuals, community groups and organizations interested in promoting healthy living within Hastings and Prince Edward Counties. "This is the second year that Lifeworks partners are organizing activities for children," says Ashley Rutherford, LifeWorks coordinator.

"We promote healthy living through three key messages - eat well, be active and

be smoke-free."

The colouring contest entry forms can be picked up prior to the event at the following Belleville locations: Bridging the Gap, Canadian Cancer Society, the Lung Association, Heart and Stroke Foundation of Ontario and the Hastings & Prince Edward Counties Health Unit. Children can also take part in the colouring contest on the day of the event. Entries will only be accepted on Saturday, August 25, 2007, from 9 to 11 a.m. at the LifeWorks Display at the Belleville Farmers' Market. A draw will be held to select a colouring contest winner in each of the three age groups: two to four, five to seven and eight to ten. Each contest winner will receive a pail full of prizes.

Silent auction at CFB Trenton Medical Clinic

24 CF Health Svcs Centre has a team participating in the CIBC Run for the Cure in support of breast cancer research. The 5k or 1k walk or run event is taking place on Sunday, September 30th at St-Lawrence College in Kingston.

We have approximately 20 clinic staff and friends who are pledging, some of whom are breast cancer survivors. To help with fundraising, MCpl Kate Ryan suggested that we hold a silent auction. With support from friends and co-workers, she approached several local businesses and requested donations of goods and services. She ensured that items were brought to the clinic and organized the display in the Clinic foyer. While on leave this week, she is at the Clinic to ensure that the auction runs smoothly.

As of Tuesday, August 21, bids are at a total of \$2160. Keep them coming! Thank you, Kate, you are an inspiration. Thanks to all the local organizations who have contributed.

For a complete list, please go to: <http://trenton.mil.ca/lodger/MedSqnr/whatsnew.htm>
Elaine Burke (3593)



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 Sunday Sept. 2nd 11am - 8pm \$4.00 Entry fee
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Safety footwear keeps toes intact



Submitted by
Don Heans,
Wing General Safety
Officer

Safety footwear is required on many jobs.

Falling objects are just one of the many dangers present in the workplace. Feet can also be crushed by rolling objects. Puncture wounds and cuts can be caused by stepping on sharp objects. Chemical spills, hot and cold temperatures and electrical shock are among other hazards. Even materials, that can spread infections can be a threat to foot safety. Safe workplaces and safe work practices are the best guarantee against injuries.

Personal Protective Equipment (PPE) for the feet gives an added measure of protection. The best known type of safety footwear is the standard

safety boot. It has reinforcement in the toe, traditionally made of steel, to protect against injuries caused by compression, impact and sharp objects. The sole is also reinforced to prevent puncture injuries. The high top protects the ankle from impact, cuts, and twisting types of injuries. These boots may be insulated against temperature extremes. Soles may be made of materials to grip walking surfaces, and other features may be available to protect against specific hazards.

Other types of safety footwear are available to protect against a variety of hazards. Some are made to protect against electric shock. Others are conductive to prevent the build-up of static electricity which can spark an explosion. Special insulation protects against temperature extremes, such as wooden-soled shoes for walking on hot surfaces. Some special types of PPE protect the ankles and shins. Others are designed for quick-release so you can pull off a boot if a spark or molten material enters it. Certain types of footwear are made to keep the feet safe from infection.

Some standard excuses for not wearing safety shoes are these: They are too heavy, too ugly, too hot, too cold, too expensive or too uncomfortable. But safety footwear is getting easier to live with all the time. New materials are lighter. Safety shoes are available now in a variety of styles ranging from the classic safety boots to athletic-type shoes, men's and women's dress shoes and western boots. Women's sizes, as well as the less common sizes, are becoming increasingly easy to find.

Like all forms of PPE, safety footwear doesn't do any good if you don't use it. Your safety supervisor can tell you what kind of foot protection you need and where to obtain it. Make an effort to get a good fit to ensure that you wear the shoes regularly. It is important that you maintain your safety shoes for maximum protection, and check for wear and defects which would affect its ability to protect you.

The small amount of effort and the slight extra expense which safety footwear may involve is certainly worth the protection which it provides.

Tips to avoid being workstation wounded

(NC)-If you work regularly at a computer, guess how many key-strokes you hit each day. The answer - 50,000 to 200,000. That's lots of hours at a desk, repetitive motion, and chances that you'll strain or injure your arm, hand, fingers, shoulder, neck or back.

We don't think of being a desk jockey as a contact sport. Yet improper posture, poor work space design, and physical exertion can lead to nerve, muscle, tendon and ligament damage. In a Microsoft Canada survey, half of respondents had experienced discomfort or pain while using a computer.

How can you avoid being one of the workstation wounded? The Canadian Orthopaedic Foundation offers these tips.

Start with the right ergonomics. A comfortable chair, large enough to change positions, with adjustable armrests that position elbows near your waist. Angle the back slightly backwards, to reduce strain on the spine and ligaments. You should be able to sit back (no slouching or leaning), and keep your feet flat on the ground or on a foot rest.

Keyboard at elbow height, with your monitor in front of you, an

arm's length away and with the top third at eye level.

Pick a mouse that feels relatively flat and keep it on the same level as the keyboard.

When typing, the best position is "neutral" - knuckles, wrist and top of forearm in a straight line.

Along with the correct ergonomics, a simple injury prevention strategy is the 20-20 rule - a 20 second break every 20 minutes.

"Do a different task, get up and move around doing neck, shoulder, elbow, and wrist stretches," says Dr. Stewart Wright of the division of orthopaedic surgery, at Toronto's Sunnybrook Health Sciences Centre.

Pay attention to pain, aches, numbness or tingling. If breaks and re-positioning your work area don't help, talk to your doctor.

"Repetitive motion injuries happen over time, so a minor strain today could eventually become chronic," says Angelique Berg, executive director of the Canadian Orthopaedic Foundation. "Make daily, preventative measures part of your job to stay pain-free at work."

More on keeping your bones and joints healthy is available online at www.canorth.org.



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Monday Mixed	6:30p.m.	Wednesday Match	6:30p.m.
Tuesday Seniors	1:00p.m.	Thursday Ladies	12:30p.m.
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Tuesday Mixed	6:15p.m.	Thursday Mixed	6:30p.m.
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SENIOR	14-18	Saturday 1:30 pm	3	\$7.50

* Age as of Dec.31/07 ** Shoe Rental & GST included

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Starting Date: September 8



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Central Region Gliding School holds graduation parade



The Central Region Gliding School held a Wings Parade for the Power Pilot Scholarship, Glider Pilot Scholarship Course and Introduction to Aviation Course at CFB Mountainview on August 17, 2007. Pictured above are members of the school on parade.



The Colour Party on parade at the Central Region Gliding School Graduation, held on August 17, 2007.



Major General H.M. Petras, the Chief of the Reserve and Cadets, inspects the cadets on parade.



Glider Pilot Scholarship Top Overall Recipient was Cadet Swan (right) , presented by Major General H.M. Patras ,the Chief of Reserves and Cadets.



Cadet Weigel presents Major General H. M. Petras, the Chief of Reserves and Cadets, with a thank-you gift from the Central Region Gliding School.



Cadet Weigel's general salute during the graduation parade.

Photos courtesy of: Corporal Frieda Van Putten, 8 Wing Imaging

UNDE LOCAL 637

in conjunction with PSAC, invites all laborious persons to its annual

LABOUR DAY BBQ

WHERE: Junior Ranks Mess BBQ pit
WHEN: 30 AUG 07
TIME: 11:30 - 13:00

WHY: To acknowledge one year of hard work by all 8 Wing personnel
COST: Free!!

A 50/50 United Way draw will also be held.

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