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Groundbreaking for new 8 Wing Air Traffic Control tower



Photo: Cpl David Hardwick, 8 Wing Imaging

BGen Eldren Thuen, Deputy Commander Mission Support, lifts the first spade of sod, officially marking the start of construction on the new control tower at 8 Wing Trenton. Also pictured are Maj Donnie Munroe, WATCO (left) and LCol David Murphy, Acting Wing Commander and A3 OPS O (right).

by Amber Gooding
Contact Staff

A sod turning ceremony was held on August 29, to mark the beginning of construction on 8 Wing/CFB Trenton's new Air Traffic Control tower.

The new tower will be located on North Perimeter Road, on the far north side of the base, just past the Engine Test Cell building and just before the entrance of the 8 Wing/CFB Trenton Golf Course.

The new location was chosen based on runways and flight patterns of the many aircraft that travel to and from Trenton on a daily basis.

Where the tower is currently located, there are runways to the north, air pattern traffic to the south and the air traffic controllers are constantly having to look

back and forth when it should in fact be a panorama in front of them. The new location puts air traffic controllers in the centre of all activity.

The bid for construction of the tower was won by Trenton-based Mirtren Contractors Limited.

The cost of the project is estimated at \$10.2 million and is expected to be completed in the winter of 2008, with a projected occupancy date of spring 2009.

Brigadier-General E.B. Thuen, Deputy Commander Mission Support at 1 Canadian Air Division in Winnipeg, was on-site today to offer a few thoughts about this leg of 8 Wing/CFB Trenton's revitalization process.

"Trenton is the place to be, where things are happening," said BGen Thuen. "The new tower will

enhance the effectiveness of Air Traffic Control with the new location and by replacing outdated technology and equipment."

The current tower, aside from being housed in the lower right hand corner of the north side of the base, is aging and no longer meets current or future operational requirements. The new tower, which is being built in accordance with NAV Canada standards, will accommodate the needs of air traffic control. The existing tower will be demolished once vacated.

NAV Canada is Canada's private, non-share capital corporation that owns and operates Canada's civil Air Navigation Service (ANS). With operations coast to coast, NAV Canada provides Canada's air traffic control, flight information, weather briefings, aeronau-

tical information, airport advisory services and electronic aids to navigation.

The need to ensure safe air operations, upgrade Trenton's aging infrastructure, and support the newly acquired aircrafts has necessitated a significant number of infrastructure improvements and additions to be implemented at 8 Wing/CFB Trenton.

Construction of the new Air Traffic Control tower is part of two 'firsts' of many projects planned for 8 Wing/CFB Trenton over the next few years. The reconstruction of two existing taxiways and an expansion of the northeast ramp space will also take place to provide four parking areas in preparation for the new CC-177 Globemaster IIIs that will be permanently based out of 8 Wing/CFB Trenton.

Historic first CC-177 Globemaster III operational mission

by Maj Andy Coxhead

In its first-ever operational role, Canada's new CC-177 Globemaster III delivered more than 32 tonnes of humanitarian aid to the victims of Hurricane Dean in Jamaica on August 23, 2007.

"It's an historic day," said Major Jean Maisonneuve, the Aircraft Commander. "This first 32 tonnes of aid begins a legacy of helping others that will perhaps total over hundreds of millions of pounds over the lifetime of the aircraft."

This historic first mission, carrying jerrycans, pails and tarpaulins, left Trenton around 3:00 pm on August 23 and arrived back in Trenton completely

unloaded some 12 hours later.

"Five thousand families will be helped by the supplies 429 Squadron has delivered today," said Denis Kingsley, High Commissioner of Canada to Jamaica, who met the aircraft on arrival in Jamaica.

"The capacity to get the requested aid here in a timely manner was and is crucial. Bringing what is needed and asked for by those in need are fundamental humanitarian aid efforts and Canada and the CF have risen admirably to the challenge."

For those folks who have been working in the world of air mobility, this was just another day.

"When you work in air

mobility, all you have to do is watch the international news to map out what you are going to be doing in the coming days," said Maj John Latulippe, First Officer. "We were preparing for this mission long before we were officially tasked and requested to do it."

Canada took possession of the first of four CC-177 Globemaster IIIs less than two weeks before this historic mission, on August 9, 2007.

The strategic airlift capacity of the C-17 will ensure the Canadian Forces can quickly move heavy equipment, supplies, humanitarian aid, or passengers over long distances, when and where needed in Canada or overseas.



Photo: Sgt Kevin Mac Aulay, Combat Camera

Members of 429 Squadron, Mobile Air Movements (MAM) 8 Wing\CFB Trenton, and Jamaican Red Cross workers unload humanitarian aid provided by the Canadian International Development Agency (CIDA) and the Canadian Red Cross at the Kingston, Jamaica Airport.

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Second Language Training Program

ADM (HR-Civ) DGLPD

Did you know that DND offers a second language training (SLT) program for civilian employees?

DND's Corporate Second Language Training Program is funded and managed by the Director General Learning and Professional Development (DGLPD). It is an organization within ADM (HR-CIV) which offers developmental, skill maintenance and exam preparation courses in both Official Languages to indeterminate civilian employees who need to build their bilingual capabilities.

Training is offered not only in the National Capital Region but also on bases across the country.

There are three part-time training sessions per year; each training session lasts 10 weeks, with two three-hour classes per week. Full-time training is delivered throughout the year.

Are you interested in participating in the SLT program? If so, you need to be nominated to the program by your organization via DGLPD's call letter, which was sent out in early July 2007. Make your interest known by including second language training on your Personal Learning Plan, by discussing your interests with your manager, and by consulting with your training coordinator.

Participating in the SLT program requires a serious commitment from both the employee and

the manager. Depending on the employee's initial skill level, acquiring proficiency in a second language can take over half of a year on a full-time basis, and several years on a part-time basis.

Also, learning a second language is more than just taking classes, it is finding ways to use it in your daily life through talking, reading and writing. If you have the time, the energy and the support from your manager, maybe now is the time to learn a new language!

For information regarding the SLT program, please contact Sylvia Raider, SLT Program Manager by email at Raider.SR@forces.gc.ca. or by phone at 613-996-3493.

Le programme de formation en langue seconde

SMA (RH-Civ) DGAPP

Saviez-vous que le MDN offre un programme de formation en langue seconde pour les employés civils?

Le Programme ministériel de formation en langue seconde du MDN est financé et administré par le Directeur général - Apprentissage et perfectionnement professionnel (DGAPP). C'est un groupe qui relève du SMA (RH-CIV) et qui offre des cours de perfectionnement, de maintien des acquis et de préparation aux examens dans les deux langues officielles à des employés civils occupant un poste de durée indéterminée qui ont besoin de perfectionner leurs capacités dans leur deuxième langue.

La formation est offerte non seulement dans la région de la capitale nationale mais aussi dans

les bases partout au pays. Il y a trois séances de formation à temps partiel par année, soit deux cours de trois heures par semaine, pendant dix semaines. La formation à temps plein est offerte toute l'année.

Vous aimeriez participer au programme de formation en langue seconde? Si oui, il vous faut être recommandé pour le programme par votre organisation en utilisant la lettre d'appel envoyée au début du mois de juillet 2007. Manifestez votre intérêt en inscrivant la formation en langue seconde dans votre plan d'apprentissage personnel, en discutant de vos intérêts avec votre gestionnaire et en consultant votre coordonnateur de formation.

La participation à un programme de formation en langue seconde exige un engagement sérieux de la part de l'employé et

du gestionnaire. Selon le niveau initial de l'employé, la maîtrise d'une deuxième langue peut prendre plus de six mois à temps plein et quelques années à temps partiel.

L'apprentissage d'une deuxième langue est également plus qu'un simple cours; il faut trouver des façons de l'utiliser dans sa vie quotidienne en parlant, en lisant et en écrivant dans l'autre langue. Si vous avez le temps, l'énergie et le soutien de votre gestionnaire, il est peut-être temps d'apprendre une nouvelle langue!

Pour obtenir d'autres renseignements concernant le programme de formation en langue seconde, communiquez avec Sylvia Raider, gestionnaire du programme de formation en langue seconde, par courriel, à l'adresse Raider.SR@forces.gc.ca, ou par téléphone, au 613-996-3493.

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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Cpl Vince Travers, a technician with the WTISS MACS (Military Aeronautical Communication System) Maintenance Team, adjusts the radio teletype modem on operator console # 2 at the receiver site. The MACS Receiver Site is located in Carrying Place, south of Trenton, and the remote transmitter site is located at Point Petrie. The MACS operators and technicians keep communication channels open for any CF flight requiring flight following (tracking), weather information, landline patches, communication services, as well as providing information to civilian aircraft as required. Just another unique service supplied by 8WTISS, your communication specialists.

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Search & Rescue UPDATE

424 Squadron's Search and Rescue was tasked eight times since the last article. The Griffon was involved in five missions and the Hercules was responsible for three.

Late Friday evening, the Griffon was tasked to search for a missing person on Burnt Island near Killarney Provincial Park. The weather was poor initially when the crew arrived on scene. Two SAR-Techs were inserted after the person was found waving a flag. The individual was then hoisted and handed over to the OPP.

The next day, the Griffon was tasked to go back to the Killarney area to search for an overdue boat. The crew was forced to land in Muskoka due to a heavy frontal line of thunderstorms. The weather did not improve and the ceiling and visibility dropped quickly which made a search impossible. Rescue 419 was forced to return to Trenton.

On the weekend, the Griffon was required to search an area south of Consecon for two missing swimmers. Nothing was found after conducting a thorough shore crawl and search of the open water. Later that day, the Hercules was tasked to search for an overdue aircraft in the Saginaw Bay Area. The US Coast Guard tasked the crew to return back to Trenton after no sign of the target aircraft was detected.

The Hercules was then tasked again on Monday to investigate an ELT in the Brockville area. An electronic search was conducted by an expanding square at 10,000 feet. Nothing was heard or picked up.

The next day, the Griffon was required to investigate a possible person-in-water on the lower Niagara River. The tasked area was effectively covered with illumination from the moon, however, nothing was found.

Early in the morning on Wednesday, the Hercules was tasked for a search for an overdue helicopter near Cochrane. Local authorities found the target aircraft before the crew arrived on scene.

Until next time, stay safe.

Missions for 2007: 155 Missions for Aug.: 35 Persons rescued: 24

VISITING FROM NEW ZEALAND



ATESS hosted visitors from New Zealand August 20-21, 2007 as part of the Canada-New Zealand exchange (CANZEX) for the purposes of investigating how we do business with carbon fibre and other composites and what capabilities ATESS / the Canadian Forces (CF) have. As a third line facility experienced with prototyping, designing, modifying, and developing parts and equipment, ATESS was able to share and compare how we do business with the Royal New Zealand Air Force (RNZAF). Although the RNZAF is a smaller air force, there were many similarities and much information that was shared. In the very near future, the RNZAF will be bringing the NH90 helicopter on line, which uses mostly composite structure. The CF are also very interested in our composite abilities as the CC-177 has many composite parts which will require ATESS expertise as well. With the progression to more aircraft using composite structures, the composite capabilities of ATESS, and other air forces, will become more highly required.

The Canada - New Zealand Exchange (CANZEX) is a short visit program to promote cooperation and understanding between the participants, through a variety of activities. Each nation annually evaluates its needs based on training and information-sharing opportunities offered by the other nation. The program is managed by a National Coordinating Authority (NCA) with assistance by representatives in the ECs and some L1 organizations. For further information contact the NCA: LCdr Susan Chapman, SO International Training 2, at SJS/Director Training and Lessons Learned; Chapman.SM@forces.gc.ca.

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The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel M.J. Hood, CD, Commander, 8 Wing / CFB Trenton.

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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

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

Letters to the Editor:

Internet: Steiner.AL@forces.gc.ca

Intranet: Steiner.AL@CFBTrenton@Trenton

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.



A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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LETTER

I would like to pass on to the Trenton Military community my thanks and appreciation.

On August 13 I picked up my kids from the MFRC Daycare and proceeded out to the parking lot to find that my car wouldn't start. As I was on the phone with CAA, which I had purchased only one week prior to cover me while my husband was deployed, my son's day care provider stopped to entertain my kids and another gentleman tried to boost my car.

The car started briefly and I was able to drive it 300 metres before it died again and I was forced to phone CAA. During the 50 minutes that I waited at the intersection of Breadner Rd and Curtis Rd (PMQ area) for the tow truck to arrive, 16 different cars stopped to see if they could help either with a lift, cell phone or place to stay and wait. I should also mention that I was not in uniform.

I just wanted to express my gratitude to all that stopped to offer their help and let them know that the gesture was greatly appreciated and recognized.

Thank you,

MJ McLean
 Lt
 HCA

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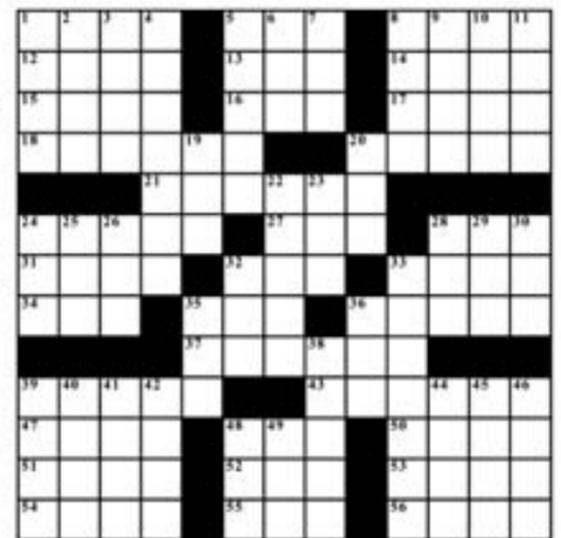
By Bernice Rosella and James Kilner

ACROSS

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- 8 Mid-east flat bread
- 12 Canadian orca in the news
- 13 Record, in a way
- 14 Yea verily
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- 16 Actress Farrow, and others
- 17 Process wool
- 18 Famous Canadian groundhog
- 20 Famous Canadian hamster
- 21 Persona non grata
- 24 Famous Canadian orca
- 27 Soda
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- 31 Word before majesty
- 32 Implore
- 33 The Littlest _____ (famous Canadian dog)
- 34 Mouth, slangily
- 35 Write
- 36 Grimaces
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- 39 Unfresh
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- 47 Conductor
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- 9 Eastern ruler
- 10 Condition
- 11 Sarlos, to family and friends
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- 20 With it
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- 23 Fen
- 24 Sneaky
- 25 New Zealand popinjay
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- 33 Yellow jackets
- 35 Chart genre
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- 48 Famous Prime Ministerial pooch
- 49 Word often followed by "to a"



This Week in Contact

1977 - Shortly before noon on August 31, a group of insurgents attempting to overthrow the government used a mortar to destroy an aircraft trying to take off in a counter-move to defeat the rebels. The incident took place before scores of onlookers who watched as both plane and pilot met a fiery end. Fortunately, the action was not part of an attempt to overthrow our government, but was an action from a Hollywood released movie titled "COUP D'ETAT."

1987 - 8 Wing/CFB Trenton hosted the 1987 Ontario Region Tennis Championships, with the home-based team comprised of four men and two women representing the base. All matches were pro-set to nine and were held on 8 Wing's three main tennis courts, which at the time were located behind the south side Rec Centre (today's south side Gymnasium).

1997 - One of the scariest situations to happen to young parents is to find that one of their children is missing, which is exactly what one Middleton Park couple was facing. Within minutes, several neighbours and friends conducted a thorough search of the immediate areas with no luck. With a quick response from the Military Police, Wing Fire Hall and several residences to render assistance, the search was extended and with just over one hour into the ordeal a small voice came from a corner of a tent trailer and the child was found. She had been taking a nap and was rubbing the 'sleep away from her eyes' when she was located.

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



8 Wing's very own speed racer at Brighton Speedway

by 2Lt Marc Velasco,
Public Affairs Officer

Warrant Officer (WO) Patrick Monsigneur has the need for speed. It runs in his blood. His father also raced as a hobby and so the WO grew up around the pits.

This past weekend WO Monsigneur competed at Brighton Speedway in the Crabby Joe's 07 car for the Canadian Modified (IMCA) Series. It is his second year of racing in this series and sixth since he got involved in his passion. Last year he won the series rookie of the year.

This weekend's race was staged as "The Race for the Cure" in support of the Canadian Cancer Society and the Canadian Forces Soldier On Program. Their goal this year is to raise \$10,000.

WO Monsigneur is always looking for different agencies to support and the Canadian Cancer Society already has an established relationship with the track. Support for the Soldier On Program came about while WO Monsigneur was on his ILQ course and he thought it to be a worthwhile cause.

The program, still in its infancy, has been designed to support soldiers seriously injured during conflict by providing prosthetic and athletic equipment and training to allow these personnel to compete in sports.

As for the race itself, the Crabby Joe's 07 car was able to complete 36 laps of



WO Patrick Monsigneur, seen here with the Crabby Joe's 07 car for the Canadian Modified (IMCA) Series, is a regular competitor at the Brighton Speedway.

a 40-lap race after suffering a damaged bolt on the front suspension. Despite the mechanical troubles, WO Monsigneur was still able to compete with the top 10 front runners.

That is the type of season it has been for this speed racer, suffering several mechanical failures throughout the season. A testament to his skill on the race track, WO Monsigneur won the only race he has finished this season. He puts partial blame on the absence of the team owner

and manager, his wife, WO Carol Monsigneur, who is currently deployed to Camp Mirage with the Military Support Squadron (MSS). "Her not being on the team has been a detriment," comments WO Pat Monsigneur.

WO Monsigneur looks forward to 8 Wing's participation at next year's "Race for the Cure."

You can find him at the race track every Saturday from September 8 - 22. Come on out to Brighton Speedway and show your



WO Patrick Monsigneur

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RecPlex Hours of Operation Effective September 22, 2007

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

Monday to Friday: 8:30 a.m. to 9 p.m.
 Saturday: *8:30 a.m. to 8:30 p.m.
 *Only open at 8:30 am during the Fall, Winter and Spring session of Red Cross Swim Lessons. Otherwise open at noon.
 Sundays and Holidays: Noon to 4:30 p.m.

For more information please call 392-2811 ext 3361.

PSP Facility Memberships
New Memberships went on sale on Monday, August 27, and can be purchased at the RecPlex.

Community Recreation Association 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 6:30p.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's 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

Upcoming pool closure for annual maintenance

The RecPlex Pools will be closed for annual maintenance during the period Tuesday, September 4, until Thursday, September 20, inclusive. Rec Swims will resume on Saturday, September 22.

The following schedule is the Reduced Facility Hours of Operation. During the period of annual maintenance from September 4 to 20, the facility will be operating at slightly reduced hours as follows:

- Weekdays from 8:30 am to 8 p.m.
- Saturdays from noon to 8 p.m.
- Sundays from noon to 4:00 p.m.

During the shut-down period, facility memberships may be purchased as follows:

- Weekdays from 9 a.m. to 7:00 p.m.;
- Saturdays from 12:30 p.m. to 7:30 p.m.;
- Sundays from 12:30 p.m. to 3:30 p.m.

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 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.

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Fitness, Sports & Recreation

Military Lane Swim

As of Labour Day weekend, thru until September 24, Military Lane Swim will be offered at the Outdoor Albatross Pool

The indoor pool will be closed for annual maintenance on September 4.

During this time Military Lane Swim will be offered Mondays, Wednesdays and Fridays, at the outdoor pool from 1200 to 1300 hrs.

Attention: Aviation enthusiasts

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

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

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

You may also obtain more information online at <http://pages.Google.com/CFBTrentonAviationClub>.

Red Cross swim lessons

Registration for 8 Wing community began on Saturday, August 25, at the RecPlex and will continue from August 26 to September 8, during regular hours of operation.

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

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

Rec and Leisure Show

This year's Annual Recreation and Leisure Show will take place on Sunday, September 9, 2007. The show will take place from noon until 3 p.m. at the Gym.

There will be over 50 not-for-profit clubs and organizations in attendance. Come out and see what 8 Wing/CFB Trenton and the surrounding community have to offer.

If you are involved in a not-for-profit club or activity and are interested in booking a table for display, please contact the Personnel Support Programs (PSP) Community Recreation Director at 613-392-2811 ext. 2349.

POTTERY AND CERAMICS STUDIO

Watch for upcoming details on this new venture. The Rec Association will soon be offering studio time for experienced potters and ceramicists. Please call 613-392-2811 local 2349 for more details.

Kayaking for Kicks

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

Take this introduction course and enjoy renting kayaks at the south side Gym.

All equipment is supplied.

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

Youth 12 years of age and over may take the course if accompanied by a parent.

Course dates: Sept.

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

Cost is as follows: \$50, military community/CRA members; \$55, military community non-members; \$60, general public.

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

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

Morning Aquafit classes

Morning Aquafit will take place on Mondays, Wednesdays and Fridays, from September 24 to December 21.

Please note, there will not be any classes held on Monday, October 8, 2007.

There are three classes to choose from. Class One will run from 7:45 to 8:30 a.m. (which is a shallow water class); Class Two will run from 8:40 to 9:25 a.m. (which is a deep water class); and Class Three will run from 9:35 to 10:20 a.m. (which is also a deep water class).

Cost is as follows: \$65 for military personnel and CRA members; \$70 for military community non-members; and \$75 for the general public

Registration for 8 Wing military community, (proof of qualification required at time of registration), began on Thursday, August 30, from 10 a.m. to 8 p.m.

Registration for the general public will take place on Thursday, September 6, from 10 a.m. to 8 p.m.

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

PSP Facility Memberships

1 September 2007 - 31 August 2008

Gymnasium (Includes Arena)

Regular Members	Ordinary Members
Infant (6 months - 5-years-old): Free	Infant (6 months - 5-years-old): Free
Youth (6 - 17-years-old): \$35	Youth (6 - 17-years-old): \$45
Single (18+): \$40	Single (18+): \$60
Family: \$90	Family: \$140

RecPlex (Includes Arena and Outdoor Pool)

Regular Members	Ordinary Members
Infant (6 months - 5-years-old): \$12	Infant (6 months - 5-years-old): \$20
Youth (6 - 17-years-old): \$35	Youth (6 - 17-years-old): \$60
Single (18+): \$45	Single (18+): \$70
Family: \$100	Family: \$180

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

Regular Members	Ordinary Members
Infant (6 months - 5-years-old): \$12	Infant (6 months - 5-years-old): \$20
Youth (6 - 17-years-old): \$45	Youth (6 - 17-years-old): \$80
Single (18+): \$60	Single (18+): \$100
Family: \$130	Family: \$245

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

2007/2008 Associate Membership Rates

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

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

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

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

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

Please note: Anyone who does not meet the criteria of a Regular or Ordinary member is considered an Associate member. Membership is subject to the approval of the Wing Commander.

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Vimy Award recipient selected

Conference of Defence Associations Institute (CDAI) OTTAWA, ON (Aug 29, 2007) - General Ray Henault, Chairman of the NATO Military Committee has been selected by Canada's Conference of Defence Associations Institute (CDAI) as the 2007 Vimy Award recipient for his contribution to defence and security issues.

Tuesday's announcement cited Gen Henault as a "distinguished Canadian who has exhibited the highest standards of leadership throughout his career of service to Canada."

The award will be presented by Canada's Governor General Michaëlle Jean on Friday, 16 November, 2007, at a ceremony in Ottawa.

"I am both honoured and humbled by this prestigious award," said Gen Henault. "To have my name added to the list of those very distinguished people who have already received the Vimy Award, is personally very rewarding."

"Canada has been well served by this outstanding officer and leader, and so too has the Alliance," said

Jaap de Hoop Scheffer, NATO's Secretary General. "This is well-deserved recognition of his service career, particularly the past two years as Chairman of the Military Committee, NATO's most senior officer, during a time when the Alliance's operational tempo has been extremely high."

The Vimy Award is meant to commemorate and honor the courage of the Canadian World War I soldiers who, in capturing Vimy Ridge on that Easter Monday in 1917, also captured the imagination of Canadians.

Gen Henault was elected Chairman of the NATO Military Committee in November 2004 and assumed that position at NATO Headquarters in Brussels in June 2005.

The Vimy Award is an annual event conducted by the CDAI Institute since 1991 to remind Canadians of their proud heritage, by annually honoring one Canadian whose contributions to the security and preservation of democracy in this country, have embodied the spirit of Vimy Ridge.

CF Alternative Training Program launches with Algonquin College

OTTAWA, ON (August 28, 2007) - The Canadian Forces, in partnership with Algonquin College, officially launched the Geomatics Technician program, part of the Canadian Forces Alternative Training Delivery (ATD) program, on Wednesday, August 29, 2007, on the College's Woodroffe Campus.

Major-General J.P.Y.D. Gosselin, Commandant of the Canadian Defence Academy and Robert Gillett, President of Algonquin College, were on hand for the launch of this unique partnership.

Over the course of the next year, approximately 33 military students will attend Algonquin College's School for Military Mapping, developed exclusively for CF personnel, for Geomatic technicians entry-level training.

This initiative will allow the Geomatics trade to double the number of graduates in one year.

This unique partnership of the Canadian Forces and Algonquin College is the first of its kind in Canada and one part of the ATD program that will allow the CF to meet production requirements and facilitate the delivery of entry-level occupation training.

In addition to increasing the outflow of qualified entry-level personnel to the field, the use of community colleges will allow the CF to increase advanced training for personnel already in the system.

Le programme de diversification des modes de prestation de la formation des FC conclut un partenariat avec le Collège Algonquin

OTTAWA, ON (le 28 août 2007) - Les Forces canadiennes, en partenariat avec le Collège Algonquin, lancera officiellement le programme de technicien en géomatique, qui fait partie du programme de diversification des modes de prestation de la formation des Forces canadiennes, à 14 h le mercredi 29 août 2007, au campus Woodroffe du Collège.

Le Major-général J.P.Y.D. Gosselin, commandant de l'Académie canadienne de la Défense, et Robert Gillett, président du Collège Algonquin, étaient sur place pour le lancement de ce partenariat unique.

Au cours de la prochaine année, environ 33 étudiants militaires iront à l'École de cartographie militaire du Collège Algonquin, créée exclusivement pour le personnel des FC, afin de recevoir une formation de débutant de technicien en géomatique.

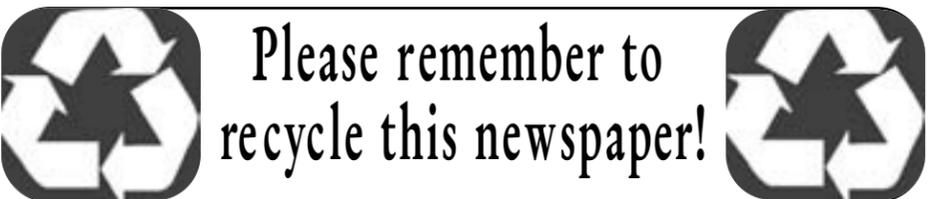
Cette initiative permettra de doubler le nombre de diplômés en géomatique en une année.

Ce partenariat unique des Forces canadiennes et du Collège Algonquin est le premier du genre au Canada. Il fait partie intégrante du programme de diversification des modes de prestation de la formation qui permettra aux FC de satisfaire aux exigences en matière de production et facilitera la prestation de formation professionnelle dans la catégorie débutant.

En plus d'augmenter le nombre de personnel débutant qualifié sur le terrain, le recours aux collèges communautaires permettra aux FC d'accroître la formation avancée pour le personnel déjà dans le système.



General Raymond Henault, Chairman of the NATO Military Committee, has been selected by the CDAI as the 2007 Vimy Award recipient.



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Photo: Submitted

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Calling all Beavers, Cubs and Scouts

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

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

Canada to participate in NATO live air exercise Sept. 3-14

NATO - Allied Air Component Command HQ Ramstein

Exercise BOLD AVENGER 2007 (BAR 07) is a NATO live air exercise taking place at Ørland Main Air Station (MAS), Norway, during the period 3-14 September 2007, with live flying between 3-8 and 10-13 September 2007.

BAR 07 will involve air forces from 13 NATO member nations: Canada, Belgium, the Czech Republic, France, Germany, Greece, Norway, Poland, Romania, Spain, Turkey, the United Kingdom and the United States of America.

The exercise is designed to provide



Photo: Sgt Frank Hudec, Combat Camera

training opportunities for all participating units in tactical air operations in a joint training environment involving over 100 aircraft, including combat, tanker and airborne early warning aircraft and about 1,450 personnel.

The Commander, Allied Air Component Command Headquarters Ramstein, General William T. Hobbins, USA AF, will conduct BAR 07. The Exercise Director will be Major General Jac

Jansen, NLD AF, the Exercise Co-Director will be Colonel Stig Nilsson, NOR AF.

The exercise area will be limited to Norway and specific parts of the North Sea. No exercise flying will take place on Sundays. Operations will take place during the daytime, and there will be some night flying during the period 10-12 September 2007. Aircraft will fly no lower than 350 feet above ground level in selected areas during the

exercise.

Based upon a fictitious scenario within the NATO Response Force (NRF) concept, the exercise is designed to reflect incidents that could call upon the involvement of NATO. The goal of BAR 07 is to exercise and train tactics and procedures associated with the employment of air power in order to increase the proficiency and level of standardization and interoperability in the field of air operations.

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SOLDIER ON GOLF TOURNAMENT A SUCCESS



Mr. Denholm Blair (far left), from the JNBC Company, Mr. Sandy Hawley, Mrs. Olive Blair, and Mr. Johnny Bower (far right), legendary Maple Leaf goalie and Hockey Hall of Famer participated in the first ever Soldier On Celebrity Gold Tournament to raise money for the Soldier On program.



Photos: Submitted

Mr. Dave Devall, Honourary Colonel for 436 Sqn and well-known meteorologist, and Mr. Denholm Blair, JNBC Coy pause for a moment during the Soldier On Celebrity Golf Tournament which was held at the 8 Wing/CFB Trenton Golf Course on August 22, 2007.



LCol Robert Blair (far left), Canadian Forces Aerospace Warfare Centre Deputy Commanding Officer, Mr. Harvey Atkin, famous Canadian actor, Mr. Mark Hebscher, co-host of Global TV's Sportline, and Mr. Denholm Blair, enjoy the festivities at Crabby Joe's after a day of golf.

CADETS DONATE MONEY TO CHARITY

Photo: Sgt Chan P.



LCol Hank Nieuwland, Commanding Officer of the Trenton Air Cadet Summer Training Centre, presented a cheque to Colonel Mike Hood (right), Commander, 8 Wing/CFB Trenton, for \$1,600 on Friday August 17, 2007 at the final graduation parade. This amount of money was raised via the cadets' weekly barbecues, from which all proceeds were donated to the United Way.

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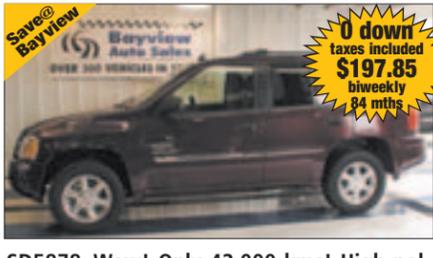
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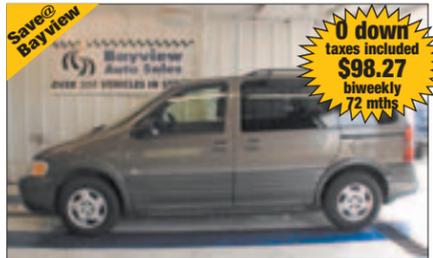
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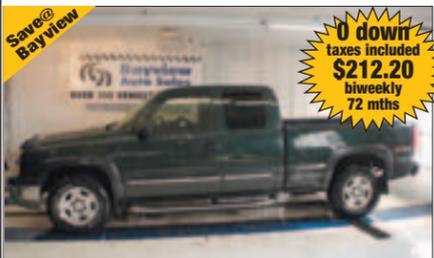
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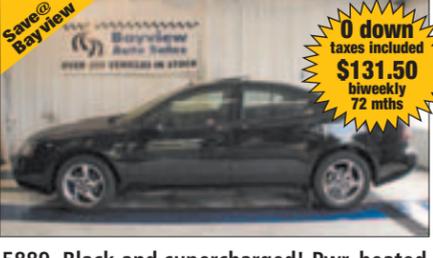
2004 CHEVY AVALANCHE Z71



0 down taxes included
\$246.36
 biweekly 72 mths

WOW! Power heated memory leather! Power sunroof! Loaded with every option available, only 50,000 kms! Amazing condition. Fresh in off GMAC lease.
\$25,995 certified

2004 PONTIAC GRAND PRIX GTP



0 down taxes included
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 biweekly 72 mths

5889. Black and supercharged! Pwr. heated leather, competition package! Pwr. sunroof, high polish rims, heads up display & much more! Amazing shape. Fresh in off GMAC lease. Only 47,000 kms.
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2005 GMC ENVOY XL 4X4



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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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2003 PONTIAC SUNFIRE



0 down taxes included
\$91.32
 biweekly 60 mths

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

2003 SATURN ION LEVEL 2



0 down taxes included
\$80.83
 biweekly 60 mths

6048. Great value! 5 speed, air conditioning, locks, cruise, tilt and more. 84,000 kms. Only
\$6,995 certified

2004 CHEV IMPALA LS



0 down taxes included
\$126.75
 biweekly 72 mths

5857. Sharp!! Leather heated seats, power sunroof, loaded w/every option available, amazing condition. Off GMAC lease. 81,000 kms.
\$12,495 certified

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



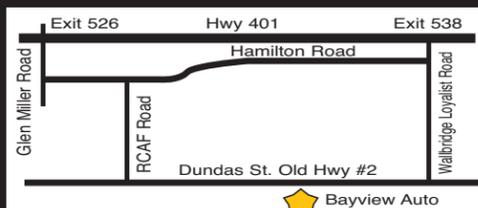
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HOROSCOPES

Weekly Astrology by Christine Davison

September 2 – September 8

ARIES (March 21-April 19): This is the week for you to be as bold and impulsive as you would like to be. Don't worry what other people might say. As long as you aren't hurting anyone then you should feel free to do whatever you want, whenever you want and with whomever you want. Don't let a naysayer influence your desires or your decisions.

TAURUS (April 20-May 20): There is a very good chance that friends in need may ask you for your advice and assistance over-and-over again, this week. Feel free to help out whenever and wherever you can, but be wary that you aren't falling into some sort of emotional trap. Make sure friends are true and that kindness is a two-way street

GEMINI (May 21-June 20): Try to spend as much time as possible with your loved ones at home this week, Gemini. There is a strength and security there that you can find in no other place on earth. If you've been considering repairs around the house and yard then this might be the perfect week to look into gardening and do-it-yourself projects.

CANCER (June 21-July 22): You may figure out a strange and unexpected situation involving siblings or other close family members at some point this week. If you've been trying to spend time with a brother or sister then the 'secret' may be the reason they've been so aloof or unavailable. Be prepared for some interesting news and gossip.

LEO (July 23-Aug. 22): You are the most popular person you know, and rightly so! Your charm, beauty and shining smile may help win over many friends and even many more hearts. You may feel as if a weight has been taken off of your shoulders. This is your time now, Leo; the beginning of a new era. Feel free to realise your creative potential.

VIRGO (Aug. 23-Sept. 22): Others sometimes view you as the most together person that they know. You are the block parent and the mother hen. Everyone comes to you for advice and encouragement. You are wise, courageous, knowledgeable and a truly empathetic person. The world is a better place because we have wonderful, supportive Virgo's like you.

LIBRA (Sept. 23-Oct. 22): This might be the best time to come clean if you've been hiding the truth from someone you know and who cares deeply for you. There may be something of a religious or spiritual lean to a question that requires answering or a situation that needs resolving. You're a good person and will know what to do.

SCORPIO (Oct. 23-Nov. 21): This is an unusually busy week again for you Scorpios, though it may not be with the sort of company you'd usually wish to be surrounded by. You may feel trapped at times and/ or heavily restricted in opinion and movement in others. You'll be free of these conservative sorts and this confining situation by next week.

SAGITTARIUS (Nov. 22-Dec. 21): Don't overlook a wall-flower or shy sort of person if you are looking to make new friends or potential romantic partners. You may be surprised at how wild and wonderful someone may be just under the surface if you take the time to explore their depths. Take a deep breath and take things slowly; be confident.

CAPRICORN (Dec. 22-Jan. 19): The actions of an old friend may surprise you in pleasant ways. If you've learned to expect certain things from a conservative old acquaintance, then their behaviour this week may be shocking to the point of scandalous! Whatever happens between you and your friends, will be interesting and never boring!

AQUARIUS (Jan. 20-Feb. 18): This may be a slower and perhaps, a mellow and more laidback time for Aquarians. Try to take things easy over the next week or so. There's no rush and little that requires your attention or efforts. This might be the perfect opportunity to begin a vacation or begin that project/ novel you've long dreamed of starting.

PISCES (Feb. 19-March 20): This week may be all about juggling more than one task at once. If you've been dating more than one person at a time, then you may wish to be upfront about what's going on with everyone who may be involved. A lover may become a friend, instead.

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

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Not In My Backyard! by Dale Taylor



HI-HO! MY NEW GRANDSONS!
I'M DOPEY.
I'M GRUMPY.
I'M SLEEPY.

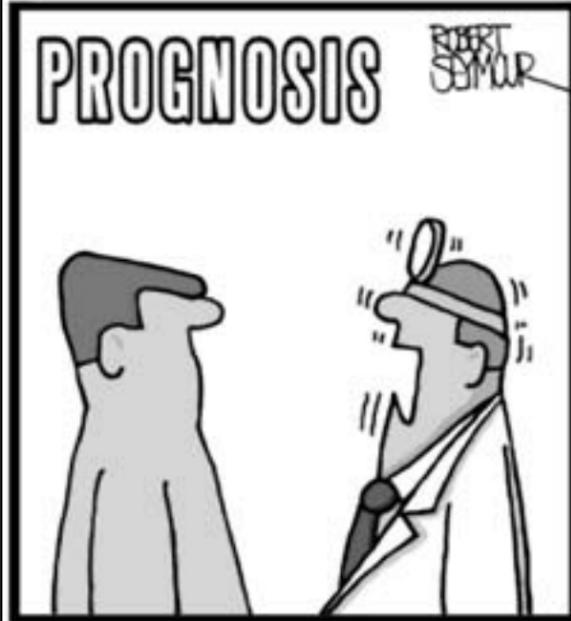
HOW NICE. YOU'VE BEEN NAMED AFTER THE SEVEN DWARFS.

NO, GRANDPA, WE ARE NAMED AFTER YOU!

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DuJour

PROGNOSIS ROBERT SEMUR



Mind paying CASH?

Rules for Duffers



19¢ HOT SNACK BAR

"I call it the 'Double-Bogie' burger! Eat just one and you're way over par!"

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WE ARE NOT GETTING ANOTHER DOG.

FINE, THEN FROM THIS MOMENT FORWARD, I NO LONGER SPEAK. WE'LL JUST SEE HOW YOU LIKE LIVING IN SILENCE.

EXACTLY TWELVE SECONDS LATER...

HAVE YOU LOST WEIGHT?



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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](tel:613-965-7490) or email to steiner.al@forces.gc.ca, at least 10 days prior to your event. Call [613-392-2811](tel: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).

Digital Photography Course

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

To view Smylie's complete Community Room Calendar please visit www.yourindependentgrocer.ca.

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.

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.



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.

PLANNING TO GET MARRIED?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplains' Offices at 613.392.2811 ext. 2490 to begin the pre-nuptial process six months prior to the wedding day.

That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day. This is applicable to all members falling under Military Ordinariate Jurisdiction; that means for all CF personnel and DND employees who are RC. The latter have the choice between their Wing Chaplains' Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and to the church of your wedding).

If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

VOUS PLANIFIEZ DE VOUS MARIER?

Si vous projetez vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, le parti catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si le parti catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

Il importe également de prendre note que si le dossier pré-nuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date : voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.

Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padre de votre confession religieuse le plus tôt possible.

Special occasion honours a special relationship

by Lieutenant Aaron Scherle, CSOR

CFB PETAWAWA – Members of the Canadian Special Operations Regiment literally dropped in out of the blue on August 10 to celebrate their unit's past and show off some of its present capabilities as it enters its second year. The special occasion marked the unit's newest members' completion of the Special Operations Basic Qualification course (SOBQ) on the first anniversary of its standing-up in front of several hundred family members and dignitaries and the day's honoured guests – veterans of the First Special Service Force (the Devil's Brigade) – Canadian special forces' predecessor – who were visiting on the occasion of their association's 61st anniversary.

Clear skies and light winds at Drop Zone Anzio provided optimal conditions for CSOR personnel to demonstrate some of the skills they have honed since the unit was stood-up on the same spot a year earlier. Spectator attention was fixed skyward as a CC-130 Hercules from 8 Wing Trenton swooped in low-and-slow to dispatch members of the regiment along with a handful of American special forces colleagues (signifying the FSSF's bi-national composition) and the parade's reviewing officer, Major-General Stuart Beare, Commander Land Force Doctrine and Training Systems.

Safely on the ground, the 80-odd parachutists cleared the drop zone to form-up on parade, while behind them a demonstration attack commenced. As four Canadian Special Forces Humvees suppressed a notional enemy contact with their mounted .50 calibre machine guns, spectators listened over the PA system as a CSOR Joint Terminal Attack Controller (JTAC) guided two CF-18 fighter jets from 3 Wing Bagotville to the

scene. The dialogue between the JTAC and the pilots was nearly as rapid as the suppressing fire from the .50s as the two jets appeared and made several ear-splitting passes to destroy the contact with simulated bomb blasts and cannon fire.

As the jets roared back to base, four CH-146 Griffon helicopters from Petawawa-based 427 Special Operations Aviation Squadron (427 SOAS) appeared over the tree-line and inserted the parade's remaining participants by means of rappel and fast-rope.

As thrilling as the demonstrations were for family members in attendance, many of the skills were unremarkably familiar for veterans of the First Special Service Force, the famous Canadian-American special forces unit that was stood-up in 1942 for service in the Second World War – and whose members earned the famed "Devil's Brigade" moniker for their ability to appear out of the darkness like "black devils" (on account of their camouflaged faces) and wreak havoc on German forces at the Anzio beachhead before stealthily disappearing back into the night. CSOR provides the Canadian Forces with the ability to deploy personnel with similarly agile capabilities whenever and wherever they are needed, and the familial bond with its famous predecessor is a tremendous source of pride for the members of CSOR.

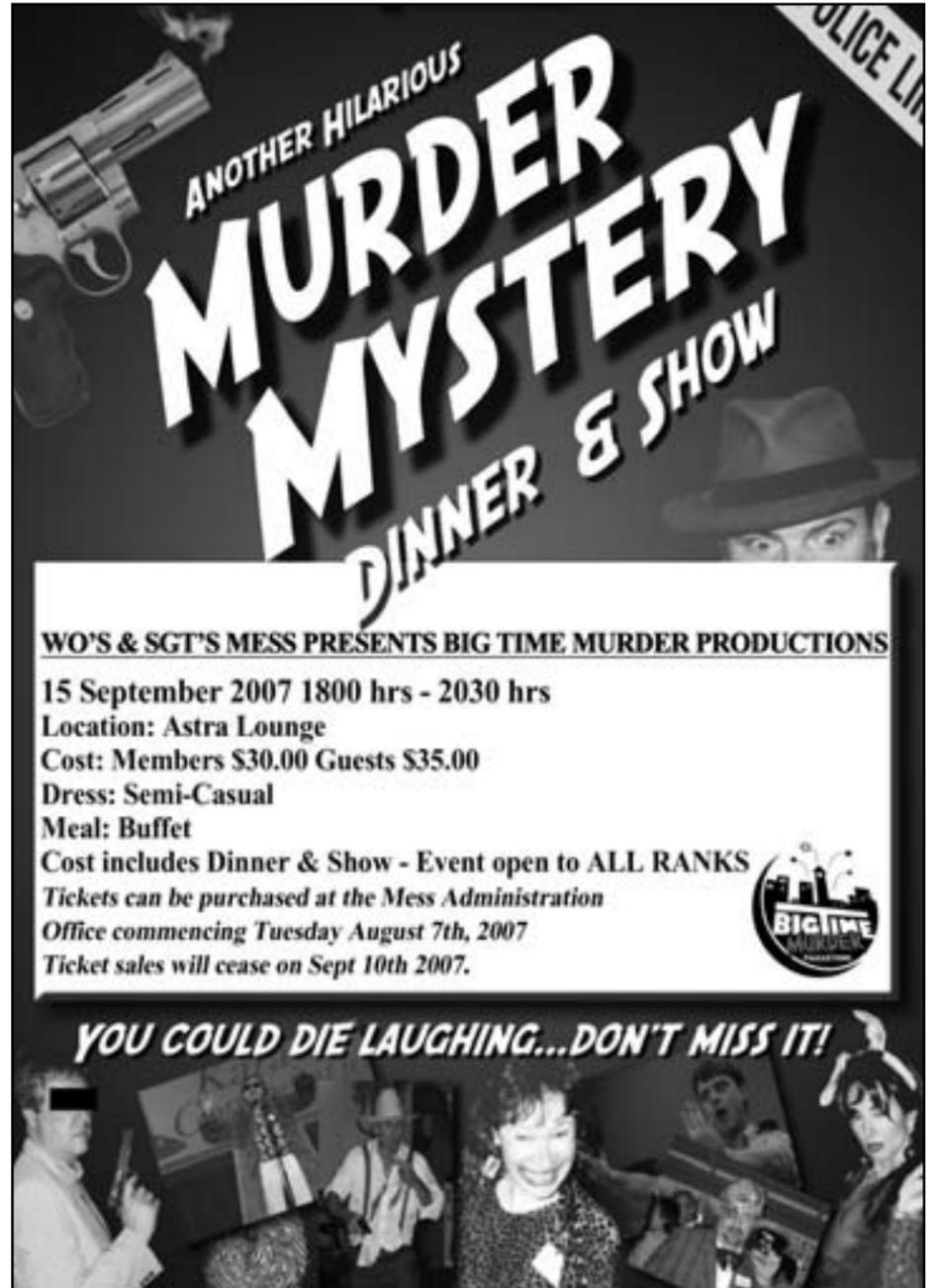
Special forces commanders in attendance recalled the FSSF's legendary accomplishments and instructed the assembled soldiers to be mindful of whose footsteps they are following in. "Members of the FSSF have set the bar high, and you will be expected to carry on that proud tradition," said CANSOFCOM Deputy-Commander Colonel Bernd Horn, who also reminded his personnel that their pride must be tempered

by "quiet professionalism" and that hubris and arrogance must never cloud their conduct.

Several of the FSSF veterans presented the SOBQ graduates with regimental coins and congratulated them for carrying on the traditions of the Devil's Brigade. Said Eric, an Air Force captain and engineer who joined CSOR for a new challenge: "You could see it in [the veterans'] eyes, they are really proud of us." Major-General Beare framed the graduates' accomplishment by explaining how, in conjunction with the rest of the Canadian Forces, CSOR is a "war winning part of a war winning package." Maj.-Gen. Beare remarked how, with the assistance of focused combat effort from a unit like CSOR, the CF can help stabilize a country like Afghanistan so that reconstruction and rehabilitation can proceed uninterrupted. Recalling changes he observed in one region of Afghanistan over the course of a year, he explained that the CF "is all about going from bullets flying to kites flying," as Afghan children were doing in what had been a combat zone just months prior.

"I am encouraged by the progress we have made during our first year in existence. All the personnel on parade today – including our newest members – the family and community members in attendance and our honoured guests indicate to me that CSOR is on the right track in terms of organization, capability and visibility, and I am confident that we are proving our relevance and value not just to the rest of the CF, but to all Canadians," said CSOR Commanding Officer Lieutenant-Colonel Jamie Hammond.

By honouring its past, the Canadian Special Operations Regiment finds inspiration as it heads into its second year and establishes itself within the CF and the consciousness of Canadians.



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15 September 2007 1800 hrs - 2030 hrs
Location: Astra Lounge
Cost: Members \$30.00 Guests \$35.00
Dress: Semi-Casual
Meal: Buffet
Cost includes Dinner & Show - Event open to ALL RANKS
Tickets can be purchased at the Mess Administration
Office commencing Tuesday August 7th, 2007
Ticket sales will cease on Sept 10th 2007.

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YOGA

Lunchtime classes offered at the Family Resource Centre by yoga instructor Kellie Dearman. These 45-minute classes will run from 12:05-12:50 on Tuesday and Thursdays and will focus on building strength and flexibility and learning to fully relax. Each session will run for 7 weeks, and will be subject to minimum number of registrants. Price is \$40 for one day a week, or \$70 for both. Sessions must be paid for by the beginning of the first class. You will need to bring your own yoga mat. A rubbery mat is recommended to avoid slipping.

Fall Sessions

Tuesday September 11- Tuesday October 23
 Thursday September 13 - Thursday October 25
 Contact Kellie Dearman to register by phone or email:
 613-395-4977
 info@awareyoga.com
 For more information about yoga go to:
 www.awareyoga.com

YOGA

Des cours de Yoga seront offerts au Centre de ressources pour les familles des militaires de Trenton, à l'heure du midi. L'institutrice sera Kellie Dearman. Ces classes d'une durée de 45 minutes, de 12 h 05 à 12 h 50 auront lieu les mardis et les jeudis; l'emphase sera mise sur le renforcement des muscles, la flexibilité et la façon d'apprendre à se détendre complètement. Chacune des sessions est de 7 semaines et un nombre minimum de participants est requis pour que le cours soit donné.

Le coût est de 40,00\$ pour un jour par semaine et de 70,00\$ si vous suivez le cours de 2 jours par semaine.

Les frais du cours doivent être payés avant le début du 1er cours. Vous devez apporter votre propre tapis de yoga. Nous recommandons un tapis en caoutchouc afin d'éviter les glissements.

Session d'automne

Du mardi 11 septembre au 23 octobre
 Du jeudi 13 septembre au 25 octobre
 Pour les inscriptions, veuillez communiquer avec Kellie Dearman :
 613-395-4977 ou info@awreyoga.com
 Pour plus de détails concernant le yoga, consultez le site : www.awareyoga.com

GARDERIE ÉDUCATIVE en français et en anglais

Nous sommes heureux de pouvoir offrir à nouveau les programmes de garderie éducative pour les enfants âgés de 2 ½ à 4 ans. Les sessions sont de septembre à décembre 2007, de 9 h à 11 h 30. Le coût est de 14,00\$ par cours. Les enfants auront l'occasion d'expérimenter avec les couleurs, les formes, les chiffres et les lettres; ceci dans le choix de langue de leurs parents! Les enfants seront impliqués dans différents types d'activités qui aident à promouvoir l'autonomie, la motricité, les compétences de langage, favorisant ainsi le développement de leur créativité et de leur imagination. Il reste encore des places disponibles pour ces programmes.

French and English NURSERY SCHOOL

We are also pleased to see the return of our French and English Nursery School Programs for ages 2.5-4 year olds. Session one is from September to December 2007 from 9:00 to 11:30 am. The cost is \$14.00 per class. This program will give children an opportunity to work on their colours, shapes, number and letter recognition in the parent's language of choice! The children will be engaged in various activities that will help promote their self help, small motor skills, large motor skills, language skills as well as to develop and evolve their creativity and imaginations. There are still available spaces for both programs.



Your MFRC is proud to announce its second Wine Tour of beautiful Prince Edward County

Reserve now, the last tour sold out!

**Saturday,
 September 29, 2007
 9:00 - 4:30**

Families whose military member is away on deployment will have priority until September 5.

Payment must be made upon registration.
 \$45 / person

(Childcare is available for \$4/per hour/per child, reserve at registration time.)
 Once again, in order to keep prices down, we will be touring via school bus. You will receive tasting at the Black River Cheese Factory, at all 4 wineries as well as a full gourmet sit down lunch at Carmela Estates Winery.

Lots of prizes and fun!

INFORMATION 613-965-3575

Votre CRFM est heureux d'annoncer sa 2e Tournée des vignobles de Prince Edward County

Réservez maintenant, les places furent toutes vendues pour la dernière tournée!

**Le samedi,
 29 septembre 2007
 9h00 à 16h30**

Les familles dont un membre militaire est déployé on priorité jusqu'au 5 septembre.

Le paiement est dû au moment de l'inscription 45\$ / personne
 (Le service de garderie est disponible pour 4\$/ de l'heure/par enfant, réservez au moment de l'inscription)

De nouveau, pour garder le coût le plus bas possible, nous voyagerons en autobus scolaire. Vous aurez des dégustations à Black River Cheese Factory, aux 4 vignobles ainsi qu'un repas gastronomique à Carmela Estates Winery.

Beaucoup de prix et du plaisir!
INFORMATION 613-965-3575



Get tickets at reduced price at the MFRC
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Senior, Children, 3+ & less than 48" tall ----- \$21.00
 Adults (3-59 years & over 48" tall) ----- \$32.00

Sénior, Enfants, 3+ & moins de 48" hauteur --- 21,00\$
 Adultes (3-59 ans & plus que 48" hauteur) -----32,00\$

Please read our newsletter "Touching Base" or visit www.trentonmfrf.cfbtrenton.com for more information
 S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez www.trentonmfrf.cfbtrenton.com

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Are you headed for a burnout?



Submitted by
Don Heans,
Wing General Safety
Officer

Enthusiasm and hard work are highly valued in the workplace. But a single-minded concern with the job is actually counter-productive.

Workers who are wrapped up in the job around the clock eventually burn out, suffering from the physical and emotional consequences of excessive stress.

Workaholics reach a point when they are no longer effective or efficient. They are not able to do quality work.

A severely stressed employee cannot work safely or make good decisions.

Are you a workaholic? See if you recognize these traits in yourself:

Are you always rushing? Do you walk and talk fast and get impatient with people who take their time?

Do family and friends complain you are not available to them because you are always

working?

Do you frequently take work home?

Are you unable to relax? Do you lie awake at night thinking about work?

Do you have an emotional need to work constantly? Does the idea of time off make you uncomfortable?

Are you a perfectionist? Do you expect others to be perfect too?

Do you feel no one can do the work as well as you? Do you try to do several things at once?

Do you skip meals to work, or eat meals at your work station? Do you skip exercise so you can work?

Do you suffer from physical symptoms of stress? These may include digestive problems, fatigue, pounding heart, trembling, headaches, nervous tics and other problems.

What can you do to overcome workaholism?

Burnout is a serious condition from which it takes a long time to recover.

Learn the symptoms so you can recognize them early.

Try to do everything a little more slowly. Besides working at a more reasonable pace, try to walk, talk, drive and eat more slowly.

Take a good look at your organizational and time management habits. You may find you

are wasting time on unnecessary tasks, repairing sloppy work or looking for lost information or tools.

Spend some time each day planning your work. Learn to zero in on the most productive activities.

Do the most important things first and try to work regular hours.

Many workaholics find they can get their work done during the regular shift if they make a goal of leaving at quitting time.

Take the time for stress-reducing and health enhancing activities and get regular exercise.

Schedule your exercise into your daily planner and plan around it. Sit down to leisurely meals. Get to bed on time.

Book regular time off. Use evenings, weekends and vacations for enjoying other aspects of your life.

Define boundaries between your personal life and your work life. Spend social time with people who don't have anything to do with your job.

Your employer appreciates dedication to work, but when this dedication turns into a work addiction, nobody benefits.

Keep a balance between your work and personal life.

Don't put your family ahead of your own health

(NC)-Carol Feener has a full life - a wife and mother of three children - she is devoted to her family. Carol first started experiencing the aches and pains of rheumatoid arthritis (RA) at a time in her life when she was busy putting her family and work commitments ahead of her own health. She lived with extreme fatigue and the crippling pain of tender and swollen joints for more than three years before being diagnosed with severe RA.

"My heart was broken. My hands were so badly crippled that I could not take care of my family. In my house, the caregiver role was reversed - my husband and children had to take on the day to day responsibilities of taking care of me and our home. I was unable to function. I could not dress or feed myself and often times, I had trouble walking," says Carol.

Six years ago, Carol was introduced to a newer class of treatments called biologic therapies. Like any medication, individual response varies, but in Carol's case, since starting this treatment, Carol's life has improved dramatically. Many days for Carol are virtually pain free and she works closely

with her rheumatologist to ensure her body continues to stay this way.

"Since the first injection of Enbrel, I noticed a difference and with each day it's only getting better. This treatment gave me my life back. I was able to fulfill a lifelong dream of making my daughter's wedding dress. Seeing my daughter in the wedding dress I made her with my own hands was one of the best days of my life. A person can't survive this disease without the support of their loved ones - I am so lucky to have my family," says Carol.

Carol hopes to help improve the lives of Canadians living with RA, both by building awareness about the importance of early diagnosis and advocating for optimal treatment. Carol adds, "Don't give up - rheumatoid arthritis is a manageable disease, especially if you educate yourself on the symptoms and treatments available."

If you think you or a loved one may have rheumatoid arthritis, talk to your doctor about treatments available; your healthcare professional can work with you to determine the best treatment plan.



TOP FUEL FOR TOP PERFORMANCE

What you eat makes a difference! If you are interested in obtaining information and tools you need for balancing your energy requirements in varied situations throughout your life, Health Promotion is offering a Top Fuel for Top Performance course on October 11 and again on October 18.

For more information or to register, please contact Lisa Pitt by phone at local 3768 or by email at pitt.l@forces.gc.ca

BUTT OUT - SELF HELP

Butt Out is a Canadian Forces Smoking Cessation Program. Butt Out can help you identify your personal reasons for smoking, then help you develop and practice substitutes for smoking that do the same good things for you, without the negative long-term effects that smoking gives you. This Self-Help Program runs continuously.

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The natural path to stress relief

(NC)-Here's the situation: You just finished explaining to your not-so-understanding boss that you lost a major client when the mechanic calls to let you know your transmission needs \$2,000 worth of repairs, which can't be completed until the Monday after your planned weekend getaway, during which you were going to try and reignite the dimming fire of your recent romance with Mr. Perfect.

For most of us, such a day would prompt an immediate beeline for a bag of chips or the vat of ice cream you've been saving for just such an occasion. While the ultra sweet and savoury snacks might seem like the cure for stress, they are anything but. In fact, foods high in sugar or sodium can not only leave you feeling lethargic, but will inevitably increase your waistline, which can lead to more stress!

As we all know, stress is a killer. In addition to reducing your overall energy level, stress causes headaches and leads to severe muscle tension. Internally, stress increases the number of free radicals - unstable molecules in your body that alter the functioning of other cells - weakening your immune system.

However, real anti-stress food does exist. Foods with high antioxidant content help reduce the number of free radicals, bolstering the immune system and protecting you from illness.

Mother Nature has created a number of foods that naturally reduce stress levels - everything from fruits and vegeta-

bles to dairy and cereal products.

For fruit lovers, blueberries are a great source of antioxidants. The recently popularized pomegranate has an abundance of antioxidants, as do products using natural green tea extracts. Those with a penchant for dairy can look to the natural composition of yogurt as their source of natural stress relief.

You can double up on your antioxidant power by combining these ingredients. For example, throwing some blueberries and almonds into your yogurt is a great way to make an immune-strengthening trio.

To further reduce your stress, you could try coupling complementary products with a new yogurt from Yoplait that has additional probiotic cultures scientifically proven to strengthen your level of immunity. Yoptimal immuni+ contains BB-12 and LA-5, as well as a number of extracts containing powerful antioxidants called polyphenols.

Probiotics are living micro-organisms that feed the good bacteria in the human body, balancing it with usually overabundant bad bacteria - which are increased further during stress.

By coupling your consumption of probiotics with antioxidants - which repair damaged cells in the body - you can relieve your stress while building your immune system. And a strong immune system means less time off work and less time away from Mr. Perfect.

For more info, log onto yoptimal.ca.

eHealth benefiting Ontario patients

(NC)-The head of the organization that's overseeing the national switch of the health care system's records from paper to computer says Ontario is leading the way in one key area.

Richard Alvarez, President of Canada Health Infoway, says Ontario has possibly the foremost telehealth network in the world, connecting patients with clinicians hundreds of kilometers away.

"Ontario has the opportunity to make great strides on the eHealth front in the coming years," said Alvarez. "Not only will eHealth result in better patient outcomes, it will uncover efficiencies that will save billions of dollars."

Ontario also has medication profiles in place for its senior citizens. So if they arrive at a hospital emergency room, that information can be retrieved electronically in an instant.

But Alvarez says much more needs to be done to get health care out from under a mountain of paper. One thing that makes it so difficult, he says, is Ontario's vast size and population.

Infoway's aim is to have half of all Canadians equipped with an electronic health record within three years, and the rest within eight years. That means your complete medical history - from blood tests to prescriptions - would be available to any authorized health care provider who needs it.

Alvarez says having information on computer saves money and saves lives.

Showcase

Showcase



Sgt F. White

received the CC150 Polaris Top Student Award, CC150 Polaris Loadmaster Crse Certificate and Loadmaster wings, presented by Maj C. Conway, DCO 426 Sqn.



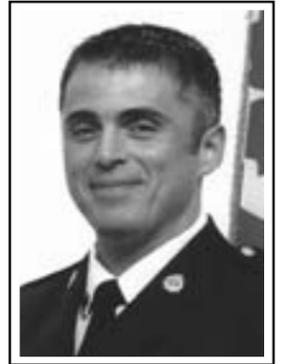
MCpl D. Langelier

received the CC150 Polaris Loadmaster Crse Certificate and Loadmaster wings, presented by Maj C. Conway, DCO 426 Sqn.



Sgt D. Gauthier

received the CC150 Polaris Loadmaster Crse Certificate and Loadmaster wings, presented by Maj C. Conway, DCO 426 Sqn.



Sgt J. Mackinnon

received the CC150 Polaris Loadmaster Crse Certificate and Loadmaster wings, presented by Maj C. Conway, DCO 426 Sqn.



Capt M. Bennett

received his CD1, presented by LCol D. Cochrane, CO 426 Sqn.



Capt M. Baril

received his CD1, presented by LCol D. Cochrane, CO 426 Sqn.



Capt C. Garrett

received her CD, presented by LCol D. Cochrane, CO 426 Sqn.



Sgt K. Marazzo

received his CD2, presented by LCol D. Cochrane, CO 426 Sqn.



Sgt D. Buchan

received his CD1, presented by LCol D. Cochrane, CO 426 Sqn.



WO N. Overton

received the 426 Sqn Service Person of the Quarter Award, presented by LCol D. Cochrane, CO 426 Sqn.



MCpl J. Fortin

received a promotion to that rank, presented by Lt C. Garrison and WO T. Shire, 8AMS.



WO N. Smith

received a promotion to that rank, presented by LCol F. Allen, CO ATESS, SCWO L. Vallis, ATESS.



Cpl T. Easton

received a promotion to that rank, presented by Maj K. Schramm, OC WTISS and MWO S. Hulan ISMWO WTISS.

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Understanding real estate lawyer fees

(NC)-Whether you're buying or selling a home, it's a certainty that you'll need a lawyer to help you with the legal issues. To get the best service from your lawyer, a good first step is learning about how they bill.

"Lawyers bill in different ways, so to find a lawyer who best suits your needs it helps to understand how they bill," says Kathleen Waters, a real estate lawyer and vice-president of TitlePLUS title insurance.

The first component of a lawyer's fee is for the actual, billable work undertaken on your behalf, such as searches and inquiries the lawyer carries out to determine the ownership of the property.

The buyer is also billed for disbursements, such as government fees to register the transfer (deed) and charge (mortgage), search costs and other expenses that the lawyer

incurs.

Different real estate lawyers use different fee structures. Some lawyers bill by the hour. Other lawyers will quote a flat-rate or all-inclusive fee.

"Once you find a lawyer that's a good fit, set up a meeting. Some lawyers offer a free initial consultation - take advantage of it," says Waters.

Let the lawyer know that you would like to discuss billing before entering into a retainer. Ask for a written estimate of fees and disbursements, and discuss potential contingencies. But keep in mind that legal work can be unpredictable, and unexpected issues may arise which may increase the total.

If operating under a fixed price agreement, ask what services it includes, and about any separate or extra charges. For example, you

may want to have your lawyer review the agreement of purchase and sale before signing it. You may also want your lawyer to draft clauses for it.

If you are unsure about something, ask for clarification. Remember, your real estate lawyer is there to assist you.

Another useful resource is the TitlePLUS Real Simple Real Estate Guide, available for free at www.titleplus.ca. The guide includes checklists, calculators (to help you determine how much you can afford to borrow, for example), as well as information on a lawyer's role and closing costs of a real estate transaction. It also has a link to a suggested fee schedule for solicitors prepared by the Working Group on Lawyers and Real Estate, an umbrella group representing real estate lawyers and law associations.

School's in! Create a study sanctuary



school day."

New and potential homeowners should keep in mind that it's best to have effective noise control solutions built into your home. It's cost effective and less time consuming to plan ahead and customize noise control throughout your home.

To help reduce noise and distraction, try installing Owens Corning QuietZone acoustic insulation, in interior walls, floors and ceilings. Your child will appreciate the reduced noise transmission. Also, use acoustic caulking and solid core doors to help minimize noise transmission.

Here are some other tips to help ensure your child's room is study-friendly:

- Seal drafts around windows
- Seal electrical outlets
- Make sure there is good general lighting in the room
- Purchase a desk lamp for the desk
- Choose a desk that meets the study needs of your child
- Separate play areas from work areas

(NC)-Kick off the new school year on the right foot. With each year come excitement, new challenges and maybe even some anxiety. Children not only need a good learning environment at school, but also need a comfortable place to do their homework to focus and get the grades they deserve.

"Kids can be easily distracted while doing homework and parents may help minimize distractions and disruptions by insulating their children's study areas from both outside and inside noise," says Andy Goyda, an insulation expert at Owens Corning Canada. "Minimizing the amount of unwanted noise will help your child stay on task and be better prepared for each

By creating a work space with fewer distractions, your children can concentrate on their homework and excel during the school year. For more information on study/bedroom insulation, call 1-800-GET-PINK or visit www.owenscorning.ca.

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