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Bisons to stand tall, and stampede, once again

by Andrea Steiner
Managing Editor

The Bisons will stampede once again at 8 Wing/CFB Trenton.

429 Transport (Bison) Squadron is slated to be reactivated July 18, beginning with the Standing up of the Colours Ceremony at the National Air Force Museum of Canada at 1300 hours, followed directly by a reactivation parade on the ramp at the 2 Air Movements Squadron passenger terminal.

The squadron was disbanded almost two years ago to the day—July 8, 2005—and its personnel were reassigned, many to 436 Squadron. The Commanding Officer at the time was none other than Colonel Mike Hood, Commander, 8 Wing/CFB Trenton.

“It is a great honour to be a wing commander reactivating a new squadron in the Air Force, and it is especially poignant as I was the Squadron CO when it was at the top of its game,” said Col Hood.

This time around, however, 429 Squadron personnel will not be flying the familiar CC-130 Hercules aircraft, but rather the soon-to-arrive C-17 Globemaster IIIs.

“There is a great sense of optimism with where the Air Force is going, with air mobility leading the way. With the reactivation of 429 Squadron and the arrival of

the C-17 Globemaster IIIs, it is something that we can all take pride in,” noted Col Hood.

Dignitaries scheduled for attendance next week include General Rick Hillier, Chief of the Defence Staff, and Lieutenant-General Steve Lucas, Chief of the Air Staff. It is quite fitting that LGen Lucas will serve as Presiding Officer for the July 18 ceremony, just as he did for the deactivation ceremony in 2005.

Lieutenant-Colonel Dave Lowthian, who comes to Trenton from Canadian Expeditionary Forces Command in Ottawa, will assume command of 429 Squadron.

“For me to be appointed as Commanding Officer is indeed a great honour, and as a former member of 429 Squadron (1996-2000), it is even more so, said LCol Lowthian.

“The arrival of the C-17s will give us a greater ability to reach across Canada and to all four corners of the world, and we will be much more responsive,” he said.

Once at full strength, 429 Squadron is expected to comprise approximately 160 personnel, including air crew, technicians and support staff.

429 Squadron has a long and proud history.

429 (Bomber) Squadron was formed at RCAF Station Eastmoor on November 7, 1942. The squadron flew operational



bombing missions utilizing Wellington Mk III and Mk X aircraft, later adding such aircraft as the Halifax Mk III and Mk V and the Lancaster Mk I and Mk III. The squadron was disbanded in 1946.

429 (Tactical Transport) Squadron was formed in St-Hubert, Quebec on June 21, 1967. Equipped with Buffalo aircraft, the squadron’s roles included operational

ground and aircrew training, tactical transport and support, airborne land forces training, search and rescue assistance, and light transport tasks. A detachment of 429 Squadron supported land force operations at CFB Namao, Alberta, beginning in July of 1968. The squadron was again disbanded in September of 1971.

On April 1, 1972, after a decision to combine Canadian Forces Air Navigation School (CFANS) Flying Squadron and the Instrument Check Pilot (ICP) School, 429 (Composite) Squadron was formed at Winnipeg, Manitoba. The squadron was part of Training Command and its primary roles included training for the ICP School and CFANS. In addition, the squadron had secondary roles in search and rescue, aeromedical evacuation, and transport tasking. Aircraft flown by the composite squadron were the C-47 Dakota, CC-130 Hercules and CT-114 Tutor.

In August 1981, after reorganization of Air Command, command and control of 429 Squadron shifted to Air Transport Group. Hercules aircraft were utilized exclusively to support CFANS training and transport tasking.

In August 1991, the squadron moved to Trenton where personnel flew the CC-130 Hercules as a strategic and tactical transport aircraft.

Good day 8 Wing, from sunny Camp Mirage!

by Major Suzanne Raby
OC MSS

Personnel from 8 Mission Support Squadron (8 MSS) have now been deployed for one month, enjoying the never-ending sun, heat and sand. The main body of 8 MSS arrived on June 2, 2007, with a second and third chalk coming in mid-June.

Since Camp Mirage’s TO&E does not mirror the MSS structure, upon arrival, administration and finance were peeled off. The remainder of the team, with the addition of our chaplains and medical personnel, form the Support Services Company with a strength

of 94 personnel.

We were thrown right into the thick of things, as the week of the arrival of the last chalk saw a high number of VIPs transiting through Camp Mirage on their way to Kandahar (KAF) for the CDS Campaign Plan meetings.

On the heels of this very important visit, we started planning the support arrangements for the Army’s Relief in Place. Our role will be to meet every plane, ensure that transiting personnel are aware of the restrictions on the camp, provide them with the appropriate equipment, and feed and accommodate them prior to their continuation on to KAF.

This is accompanied by intense heat and time pressures: the supply staff have measured the temperature in the sea containers and it gets up to 70°C inside.

There is also new construction taking place here: a building to house the Relief in Place was re-designed, and new accommodations are being put in for transient personnel.

One of the most difficult times for our people has been the repatriation of our fallen comrades. For every repat, Camp Mirage holds a formal ceremony with honour guard for the arrival and departure.

We have also forward-deployed some of our personnel to Kandahar

– some for the entire tour, and others for lesser periods of time.

For Canada Day, the kitchen staff and our entertainment committee put on a super bash – we had a special breakfast with all the fixings, and a truly five-star dining experience for our supper – steak and lobster, crab legs, baked potatoes and corn on the cob, all followed by many sumptuous desserts and a chocolate fountain. There were many activities, including volleyball, ball hockey, card games, bingo, and the famous dunk tank which the engineers graciously volunteered to fill with water they chilled to 4C. I believe everyone enjoyed the water splashed around,

given it must have been in the mid 40s! Our members greatly appreciated the care packages that 8 Wing sent for that special day; it touched many people to know that we are not forgotten.

Our folks are now trying to get some well-deserved R&R in before the Relief in Place starts - that will be a month and a half with no breaks. Finally, we had one surprise promotion, MWO Sylvain Bernard (CIS) was promoted to that rank on July 8.

Morale is very high and personnel remain keen to participate in the Theatre Support Element of Joint Task Force – Afghanistan. We abide by our motto: WE DELIVER!

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A message from the Wing Commander

Now that I have had some time to reflect on my first days as Wing Commander, I want to express my sincere thanks to the fine men and women of 8 Wing/CFB Trenton who helped to make the Change of Command Parade a memorable and successful day.

As I looked out on the parade I knew that I was assuming command of a dedicated and competent team, one that embraces the important Air Force values of professionalism and excellence.

The 8 Wing mission – to provide flexible airlift forces, SAR and deployable support serving Canada's interests world-wide – remains the critical enabler to a transforming Canadian Forces. And I would simply echo the 1 Canadian Air Division Commander, Lieutenant-General Bouchard, who praised the Wing and those on parade for the fine work they accomplish each and every day.

I would also thank those

esteemed guests who had served here previously in a command capacity.

While the focus of the Wing is squarely on new capabilities shortly to arrive in Trenton and the incredible sense of optimism surrounding a resurgent Air Mobility Force, your presence lent an important sense of honour and heritage to the day, for which I am grateful.

We have a proud heritage here at 8 Wing that must be embraced, so that it can help shape our flight path forward.

Past Commanding Officers of Air Transport Group included Major-General Terreau and Brigadier-General Brace, while CFB Trenton was well represented by previous commanders including Lieutenant-General Dumais, Major-General Paisley, Brigadier-General Deschamps, and Colonel Russell.

Thanks again to all who helped make the day a success. I look forward to getting out into your unit lines in the coming



Colonel Mike Hood

days and weeks to both thank you personally, and see your great work firsthand.

Sincerely,

Colonel Mike Hood
Commander
8 Wing/CFB Trenton

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Pictured here is Cpl Anson Martin, Electrical Generating Systems (EGS) Tech of 86 Airfield Systems and Utilities (86 ASU) completing the final electrical connections for a Secondary Distribution Unit which is part of the new Air Force 250-man deployable camp. Designed for the Air Force by members of 86 ASU and 1 Canadian Air Division, the camp is transportable in sea containers and includes all necessary facilities for an extended deployment. The camp and its electrical backbone has been used for training MSS personnel deploying to TFA / TSE for the last three rotations as well as the recent Op Pontoon, BC Flood Relief.

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From the Management and staff of Personnel Support Programs



RETIRED LABRADOR TREATED TO ANNUAL WASH AND WAX



Photo: Submitted

On Friday July 6, personnel from 424 Transport and Rescue Squadron, and family members, turned out at the RCAF Memorial Air Park for the annual wash-down and wax of the Labrador 315.

Search & Rescue UPDATE



424 Squadron Tigers had another busy week with a total of six missions since the last article.

The first mission involved the CC-130 Hercules being tasked with an ELT search in the downtown Toronto area. The search homed the signal to the Sick Kids Hospital. No distress was observed and the mission was thus stood down.

On Friday, JRCC tasked the Hercules and Griffon to locate and assist a crashed aircraft 80 nm north of Bagotville. The crew was able to locate the crash site by following the ELT signal. Three SAR-Techs dropped supplies and parachuted to assist with the evacuation of the two survivors. The two casualties had minor injuries and were taken to the medical facility in Roberval.

The next mission required a joint operation again with both the Hercules and Griffon to search for a possible person in the water near Turkey Point on Lake Erie. Nothing was seen and the mission was called off. Later that day, the Hercules was tasked to assist with a Cessna 172 crash north of Quebec City. The Bagotville Griffon arrived on scene first and extracted two uninjured survivors and transported them to the Quebec Airport.

Until next time, stay safe.

Missions for 2007: 99 Missions for July: 8 Persons rescued: 9

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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.
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- 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 #.
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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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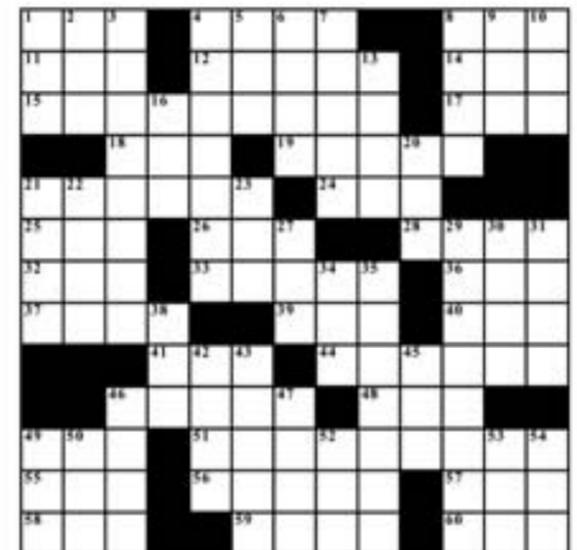
By Bernice Rosella and James Kilner

ACROSS

- 1 Building site
- 4 Bone or list preceeder
- 8 With it
- 11 Swiss waterway
- 12 Loafs
- 14 Black _____
- 15 British Columbia community
- 17 Lighted
- 18 Lily or Lillian, familiarly
- 19 1971 Athlete of the Year Debbie
- 21 Priest's podium
- 24 Irish dissidents org.
- 25 Tropical cuckoo
- 26 Macaws
- 28 Youth development org.
- 32 Greek letter
- 33 With New, New Brunswick community
- 36 Energy unit
- 37 Amounts
- 39 Buddy
- 40 Grassy plain
- 41 Stumblebum
- 44 Vacuum cleaner
- 46 With Lake, Saskatchewan community
- 48 _____ Lanka
- 49 Flightless one
- 51 Fatal hit
- 55 Hawaiian handout
- 56 Weird
- 57 Zodiacal constellation
- 58 Ford nameplate
- 59 Bugle call
- 60 Before, poetically

DOWN

- 1 Hunter's mutt
- 2 Dory device



- 3 Ontario's flower
- 4 With Fort, a part of Thunder Bay
- 5 Dictator Amin
- 6 Something thick
- 7 Richard, for one
- 8 With Port, place in Prince Edward Island
- 9 Here, to Yves
- 10 Favourite
- 13 Arouse
- 16 Sass
- 20 Song
- 21 Dabs
- 22 Tree sloth
- 23 Prefix denoting three
- 27 Matterhorn, for one
- 29 Saskatchewan community
- 30 Plains indian
- 31 Gelation agent
- 34 Tra follower
- 35 Slogs
- 38 French coin
- 42 Adjutant
- 43 Flotilla
- 45 Globe
- 46 Pound note
- 47 Pasternak heroine
- 49 Annex
- 50 Encountered
- 52 Hint
- 53 Poet's over
- 54 Misery



This Week in Contact

1977 – Boxtop commences as Air Transport is tasked to airlift almost 800 short tons of construction material from Thule, Greenland to CFS Alert in the Northwest Territories. Both 435 and 436 squadrons of Edmonton and Trenton respectively will be actively engaged in carrying on this 24-hour-a-day operation. The base will be involved by supplying personnel from the Meteorological Section; Base Operations; ATCCCTO (for communications and radar); BAMEO (employing 54 duty personnel); Base Transport; Land Maintenance equipment; CE and Base Supply for all the necessary clothing. The squadron forms into four crews for this particular Boxtop and also supplies manpower for the necessary operations.

1987 – Brigadier-General K.O. Simonson completed his last mission as Commander of Air Transport Group. Having served as a CC-130 pilot for over five years, he accumulated almost 1000 flying hours on the trusty Hercules. Crewed with BGen Simonson on his last flight were Master Warrant Officer Cote and Major Nodwell.

1997 – Aircraft Repair Organization of 8 Aircraft Maintenance Squadron hosted the third Annual Charity Golf Tournament in support of Camp Trillium. The first teams were off at 0630 hrs with the last team finishing their round of golf at 1300 hrs. The rounds of golf raised \$2,350, bringing the total donation from 8 AMS Charity Golf Tournament to \$4,800.

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



8 ACCS welcomes new CO, Major W.S.F. Norquay



Photos: Cpl Frieda Van Putten, 8 Wing Imaging

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, inspects the parade as Presiding Officer during the Change of Command Parade for 8 Air Communication and Control Squadron on July 5, 2007. Major W.S.F. Norquay assumed command from LCol P. Vadon.



Incoming Commanding Officer, Major W.S.F. Norquay, addresses those in attendance at the Change of Command Parade for 8 Air Communication and Control Squadron on Thursday, July 5, 2007.



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THE REEL EXPERTS

Photo: Amber Gooding



Summer holidays now are in full-swing for thousands of Quinte area students after finishing another long year of school. With long summer days and some free time to enjoy outdoors, 10-year-old Shelby (left) and her 7-year-old brother Avery, enjoyed the beautiful sunshine while they cast a few lines near the 8 Wing/CFB Trenton Yacht Club on July 10.

Amazing Race

Join us on August 24, at 10 a.m. at the RecPlex Gym for the Amazing Race, with a new, longer route and more clues. This event is open to those between the ages of 11 and 18 years old.

Cost: \$20/team of two (includes food and buff).

Pre-registration is required no later than August 20 at 4 p.m. (pre-race packages given out at registration). Register at the MFRC or RecPlex reception desk.

No motorized vehicles please!

Reptile Show

Join us on Friday, July 27, at RecPlex Gym and enjoy the Indian River Reptile Show.

Learn how reptiles live, what they eat, where they come from and maybe even get a chance to touch them.

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Cost: \$275 for members of the military community; \$375 for the general public. Cost includes sweaters, socks, ball caps and lunch. There is a 10 per cent discount for each additional family member and/or a second week of school.

Residence is available for out-of-town participants. Register today at the RecPlex.

8 Wing/CFB Trenton golf play-down

The 8 Wing/CFB Trenton Golf Play-down will be held at the CFB Trenton Golf Course.

Tee off time will be at 1400 hrs, on Wednesday, August 8, Thursday, August 9 and Friday, August 10, 2007, to select a wing/base golf team that will go on to represent 8 Wing/CFB Trenton at the Ontario Region Golf Championship hosted by CFB Meaford.

A handicap lower than 15 for men's and 20 for women's is required to compete in this play down.

The top 12 competitors will advance

to day two. The competition is open to all CF, class B and C reserves members.

Drive and Putt your way to the Ontario Region Golf Championship held at CFB Meaford, September 9 to 13, 2007.

Five men and one women will make up the 8 Wing/CFB Trenton Golf Team.

To register or to obtain more information please contact Shirley Martin at local 3467 or the Military Sports Coordinator, Dan Cormier, at local 3373 no later than July 27, 2007.

Power skating: A gal's affair

Join us from August 6 to 9, from 6 to 8 p.m. at the RCAF Arena for this all-ladies, all-ages event. Develop skating and puck skills; learn body control/positioning; and maximize efficiency while minimizing effort. Full hockey gear is required. Limited space for this program. Cost: Military and CRA members, \$55; military community non-members, \$60; general public, \$70. Register at the RecPlex.

Red Cross Swim Lessons

Session 3 will take place Monday to Friday, from August 13 to 24. Registration for the 8 Wing community continues from Wednesday, August 1 to Monday, August 6 at the RecPlex during regular hours of operation. Registration for the general public will take place on August 7, from 5 to 7 p.m. at the RecPlex.

Registration for all continues from Wednesday, August 8 to Sunday, August 12, during regular hours of operation.

Golf Passes

Golf passes are \$27, for 18 holes of golf, at the CFB Trenton Golf Course. Passes may be purchased at the RecPlex. Limit: one pass per member or two with proper ID. Passes are available to military personnel and CRA members.

Cancellation

The afternoon Rec Swim is cancelled on July 17, from 1 to 4 p.m. due to operational requirements.

Trip to hockey's hall of fame

Have you ever seen the Stanley Cup up close? Well this is your chance to go to the Hockey Hall of Fame and learn about the roots of hockey and see the ultimate prize...the Stanley Cup.

You can even get your picture taken with the cup and try out some of their many interactive activities.

This trip will take place on Wednesday, July 18, 2007. The bus will

depart from the south side Gym at 9 a.m., and is scheduled to return to the south side Gym at approximately 6:00 p.m.

Cost is \$30 per person. This trip is for youth ages 12 and older. Cost includes bus and admission.

This even is chaperoned by adult volunteers. Please be advised that limited space is available.

Summer Shiny Hockey

Three weeks of shiny hockey will be offered at the RCAF Flyers Arena. This program is designed for players from the tyke to midget levels. The weeks are as follows: July 30 to August 3; August 20 to August 24; and August 27 to August 31.

Cost is as follows: \$30 for military community; \$38 for the general public.

Full hockey equipment is required.

Please register at the RecPlex, located at 21 Namao Dr East, for desired session(s).

Sports of All Sorts camp

No books, no homework, no math. Nothing but sports! Are you 13 to 15 years old and looking for summer fun? Do you like sports? This is your chance to get together with friends, develop skills and take part in some friendly competitions.

A featured sport will be highlighted each week while still playing a variety of other sports and activities.

Don't miss our awesome weekly bus trip to top it all off. Our coaches are chosen because of their knowledge and desire to see you have fun.

The camp will take place from 9 a.m. to 4 p.m. at the south side Gym.

Soccer Mania will take place from July 9 to 13; Hockey Heaven will take place from July 16 to 20; Baseball Bonanza will take place from July 23 to 27; Summer Sports will take place from July 30 to Aug. 3; Hardcore Sports will take place from August 7 to 10; More Baseball Bonanza will take place from Aug 20 to 24.

Cost: \$50/week for CRA member; \$55/week for military community non-member; \$60/week for the general public.

There is a discount for the second participant (same family only). Space is limited, so register now! Register at the RecPlex, 21 Namao Dr East.

Albatross Pool

The outdoor pool is now open for Rec swims, seven days a week from 1 to 6 p.m., and on holidays from 1 to 4 p.m.

Rec swims are free for military personnel and CRA RecPlex and combination membership holders.

There is a drop-in fee of \$1 for military community members and \$2 for the general public.

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 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: July 19, 8:30 to 11:30 a.m.; July 19, 1 to 4 p.m.; Aug. 9, 5:30 to 8:30 p.m.; 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.

Location: Bernie Gray Kayaking, 383 Dundas St. W., Belleville. Please register at the RecPlex to take advantage of the reduced cost (a \$60 regular value).

Provincial Parks Passes

The Rec Association has day passes that can be used at North Beach, Presqu'ile, Sandbanks and The Outlet provincial parks. Passes available to military personnel and CRA members. Cost: \$6. Passes are signed out and to be returned to the RecPlex.

2007 Oddball Olympics

Are you between the ages of 11 and 16 years old? If so, join us on July 26, for the Oddball Olympics, from 2 to 4 p.m. at the RecPlex gym and field.

Cost is just \$20 per team of 4 to 6 people.

Events for the day include Blind Bowling, Team Ski Event, Toilet

Flush Relay, Ping Pong Soccer and Hand Free Obstacle Course.

Pre-registration is required for this event.

Please register at the MFRC Reception desk, located at 50 Rivers Drive, or at the RecPlex Reception desk, located at 21 Namao Drive.

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. Call local 2349 for details.

RecPlex Summer Hours of Operation

Summer hours at the RecPlex began on June 30. Pick up a facility schedule at the RecPlex or online at www.cfbtrenton.com

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Six fallen soldiers return to Canada via 8 Wing



Photo: Cpl David Cribb, 8 Wing Imaging

The Bearer Party from 2 Canadian Mechanized Brigade Group carry Corporal Cole Bartsch's flag-draped casket to the awaiting hearse. Cpl Bartsch was a member of the 3rd Battalion, Princess Patricia's Canadian Light Infantry (3 PPCLI), based at Canadian Forces Base Edmonton.



Photo: Pte Isabel Lavalée-Raby, 8 Wing Imaging

The Bearer Party from 2 Canadian Mechanized Brigade Group, CFB Petawawa, await the flag draped casket of Captain Matthew Dawe, a member of the 3rd Battalion, Princess Patricia's Canadian Light Infantry (3 PPCLI), based at Canadian Forces Base Edmonton, as it is lowered from the CC-150 Polar aircraft.

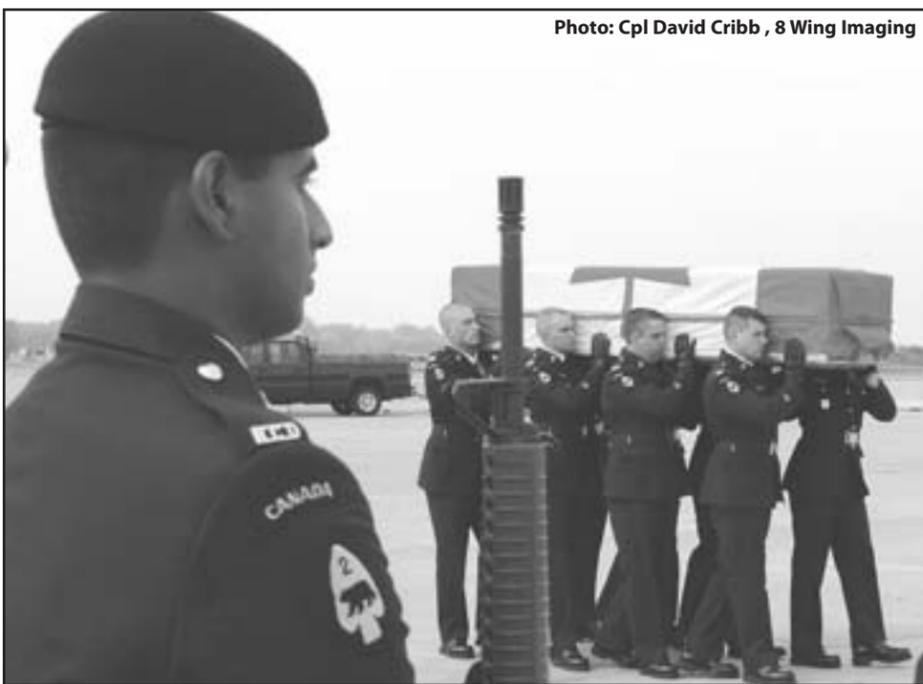


Photo: Cpl David Cribb, 8 Wing Imaging

The Bearer Party from 2 Canadian Mechanized Brigade Group carry Master Corporal Colin Bason's flag-draped casket to the awaiting hearse. MCpl Bason was a reservist from The Royal Westminster Regiment based in New Westminster, B.C.



Photo: Cpl David Cribb, 8 Wing Imaging

The Bearer Party from 2 Canadian Mechanized Brigade Group carry Private Lane Watkins' flag-draped casket to the awaiting hearse during a Repatriation Ceremony at 8 Wing/CFB Trenton. Pte Watkins was a member of the 3rd Battalion, Princess Patricia's Canadian Light Infantry (3 PPCLI).



Photo: Cpl David Cribb, 8 Wing Imaging

The Bearer Party from 2 Canadian Mechanized Brigade Group carry Corporal Jordan Anderson's flag-draped casket to the awaiting hearse during a Repatriation Ceremony at 8 Wing/CFB Trenton. Cpl Anderson was a member of the 3rd Battalion, Princess Patricia's Canadian Light Infantry (3 PPCLI).



Photo: Cpl David Cribb, 8 Wing Imaging

The Bearer Party from 2 Canadian Mechanized Brigade Group carry Captain Jefferson Francis' flag-draped casket to the awaiting hearse. Capt Francis was a member of 1st Regiment Royal Canadian Horse Artillery, based in Shilo, Man.



LCol Volstad takes reins as new CO of 412 (T) Squadron



Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, served as Presiding Officer at the Change of Command Parade for 412 Transport Squadron on July 4, 2007 in Ottawa. Lieutenant-Colonel Eric Volstad (right) assumed command from LCol Dave Dagenais (left).



Photos: Private Alexandre Paquin, CFSU(O) Photo Services

A group picture taken following the Change of Command Ceremony for 412 Transport Squadron, held July 4 at the squadron hangar at the Ottawa Airport.

NEW CO FOR 436 SQUADRON



Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, served as Presiding Officer at the 436 Tactical Transport Squadron Change of Command Parade on June 28, 2007. Lieutenant-Colonel Frank Martineau (right) assumed command of the "Canucks Unlimited" from Lieutenant-Colonel Rob Coulthard (left).



Photos: Cpl David Cribb, 8 Wing Imaging

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, inspects the members of 436 Squadron on parade.

INCOMING CAS PROMOTED



Photo: DND

The man who will lead Canada's Air Force in a matter of weeks has been promoted to Lieutenant-General by General Rick Hillier, Chief of the Defence Staff (CDS). Lieutenant-General Angus Watt will become the new Chief of the Air Staff (CAS) during a Change of Command ceremony at the Canada Aviation Museum on July 26. He was recently promoted during a brief ceremony at National Defence Headquarters in Ottawa. LGen Watt, a CH-124 Sea King pilot, is a seasoned, senior Air Force Officer with several staff and operational tours under his belt, including most recently as the Deputy Commander (Air) for the NATO International Security Assistance Force (ISAF) in Afghanistan. Congratulations LGen Watt! Pictured above from left to right, are: CDS Gen Rick Hillier (left) and the current CAS LGen Steve Lucas (right) congratulate LGen Angus Watt (centre).

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Typhoon pilots take to the skies and fly again...glider-style

By: Matt Graveline
PAO, Regional Gliding School

Six Typhoon pilots from the Second World War visited the Regional Gliding School (Central) on June 19 to relive old memories and to share their love of aviation with the officers and the instructor candidates of the school.

The veterans came with the Typhoon Association, an organization which promotes the Hawker Typhoon aircraft as a serious fighter during the Second World War.

"All we hear about is the Spitfire and the Hurricane but the Typhoon doesn't get much mention," said Veteran Harry Hardy.

The men arrived first at CFD Mountain View where Lieutenant-Colonel Van Haastrecht, Regional Cadet Air Operations Officer, showed them around the Second World War era hangar. But many of the veterans were not as interested in asking questions about the hangar as they were in asking questions about the school.

They looked more at the cockpits of the Schweizer 2-33 gliders and Bellanca Scouts sitting in their bays.

Then they were able to see the aircraft in action as they went out to the flight line at the Picton airport, observing the three-week instructor course of the school.

The officers and instructor candidates are going through the 286 flights it will take to certify the 13 candidates.

Among the six veterans there were three Distinguished Flying Cross winners; Harry Hardy, Robert Spooner and Ken Hanna.

All three are veterans of dozens of sorties during heavy fighting in 1944 and 1945. Between all six, the men have a wealth of experience to pass onto the fairly new cadet pilots.

As the two generations of pilots mingled along the flight line, sharing tips and tales of their experience in the air, the veterans were treated to a different type of flight then they were used to.

The school's young pilots took the veterans up in their Schweizer 2-33s.

For former fighter pilots who are used to having 2,000 horsepower of thrust at their control to be at the mercy of thermal columns was much different experience.

"There is definitely a different speed aspect," said Hanna. "You can drop the



Photo: Submitted

Typhoon pilot John Flintoft, (right), is briefed by Flight Sergeant Denver Conahan, on the function of the glider prior to take off.

nose so easily. But the lads are certainly well trained for anything."

The Typhoon pilots finished their tour

in Ottawa and are already planning and looking forward to heading on a tour of western Canada next year.

Attention Readers:
The Contact Office will be closed from
July 23 - August 6 for summer vacation
Please note, there will be no papers for these two weeks.
We will re-open on August 7.
Thank you

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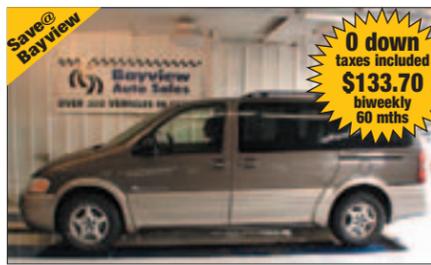


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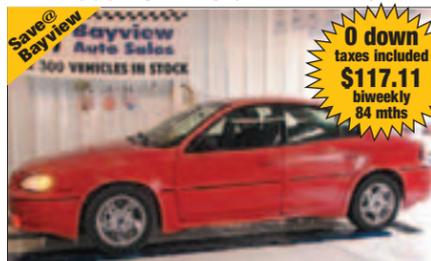


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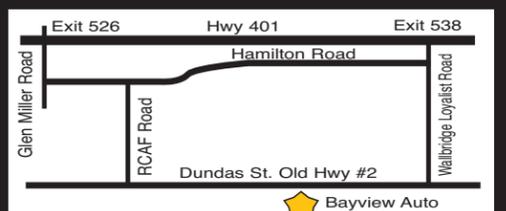
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HOROSCOPES

Weekly Astrology by Christine Davison

June 24 - June 30

ARIES (March 21-April 19): You may be tempted by fine foods and wines this week and may need to engage in a little bit more physical activity than you would normally, to compensate. You may be a great asset to others and will help them achieve great things. If you are overly critical, then conflict may result this weekend. Be patient.

TAURUS (April 20-May 20): Avoid pain and conflict caused by over idealizing a romantic partner. It's alright to fantasize about your lover, but it's not alright to pretend they are something they are not and hold them to artificially high standards. You would do well to explore your creative potential this week. You're an artist at heart.

GEMINI (May 21-June 20): You are proud of your house and family and they are proud of you and the work you do around the home, as well. The maternal-side of your family may require some of your added attention, this week. Watch that little problems with your home and relatives don't escalate into larger ones as the weekend approaches.

CANCER (June 21-July 22): Don't be surprised if someone gives you a gift of a game or book this week. You often impress your friends and close family with your intellectual prowess and ability to organize complicated social events. You'll share a relaxed and intuitive understanding with your siblings. Avoid intense moments on Saturday.

LEO (July 23-Aug. 22): Try to spend some time beautifying yourself and your surroundings. Generous gifts and compliments will be given and received by and with a romantic admirer. Try to keep things even handed and even tempered and potential conflicts can be avoided this weekend. You'll enjoy watching your investments grow.

VIRGO (Aug. 23-Sept. 22): You need to feel as if you have the complete and undivided attention of any potential admirers or lovers this week. Try to keep a level head and give a loved one the benefit of the doubt. The weekend may begin in a fair and equitable way; make sure that little tiffs/ upsets don't turn into nagging/ conflict, Saturday.

LIBRA (Sept. 23-Oct. 22): You need to find a place that will bring you peace, quiet and solitude. Don't allow for shyness and/or a need for secrecy to prevent you from showing your true feelings towards your lover. Spend time with friends and family this week, or you may be in danger of becoming isolated for awhile. Good luck will soon follow.

SCORPIO (Oct. 23-Nov. 21): This is a week to celebrate good times and the love of sincere friends and acquaintances. Someone may ask you to join a committee or lend your support to a worthy cause. You have a genuine desire to please and many community members will greatly benefit from your efforts. Do not covet what others have on Saturday.

SAGITTARIUS (Nov. 22-Dec. 21): This week may be more about your partner and your work, than about you in general. Your popularity amongst colleagues and supervisors alike has gained you support and recognition in your chosen career. If your significant other requires your help with their own job, then you should lend them a hand.

CAPRICORN (Dec. 22-Jan. 19): Your mind may be drawn back to your college days or times of carefree youth. Is there a particularly person who draws your attention and admiration there, or perhaps overseas? You may be surprised at what you learn through travel and broadening your mind. There is an excellent chance that you may move to find love.

AQUARIUS (Jan. 20-Feb. 18): You may find yourself in a fortunate position this week, where money is involved. The maternal-side of your family may come into focus and might involve secret meetings and hidden information. You need to create a beautiful, peaceful environment for you and your loved ones to enjoy. Passions flare on Saturday/ Sunday.

PISCES (Feb. 19-March 20): You may feel as if you've found Mr. or Ms. Right, and from what may be garnered from this week's astrological aspects to Pisces, this may in fact be true; try to take things slow. Hearts will wait; true love is a sweet, steady and patient thing. You deserve harmony, sensuality and good communication. Haste makes waste.

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

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DEAD AIR BY DAVE JOHNSON



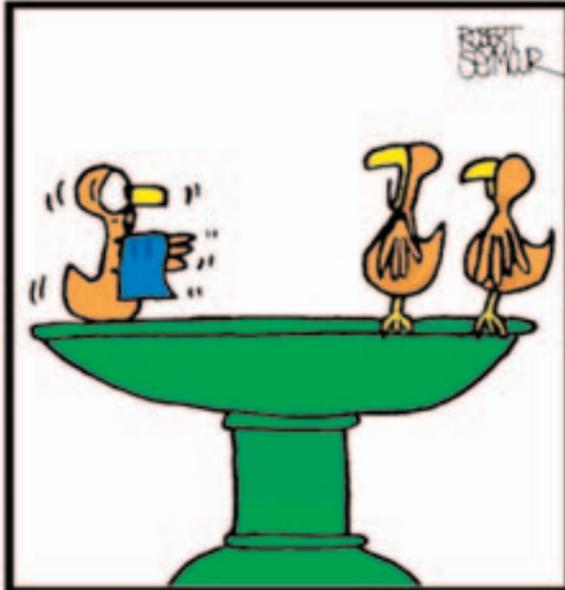
...AND WHAT I TYPE HERE, DALE CAN READ WHILE HE IS ON THE AIR, LIKE NEWS AND STUFF.

COOL! CAN I TRY IT?

AND A NOTE TO ALL YOU COMMUTERS OUT THERE... 405 IS AN ABSOLUTE MESS, DUE TO A LARGE BLOCKAGE IN MY SHORTS.

IN RELATED NEWS, THE STATION IS GOING TO BE HIRING A NEW PRODUCER, AND I'VE GOT A FREE DOG TO GIVE AWAY.

DuJour



MIND IF WE GET A DRINK BEFORE YOU BATHE IN IT?

Stuff!

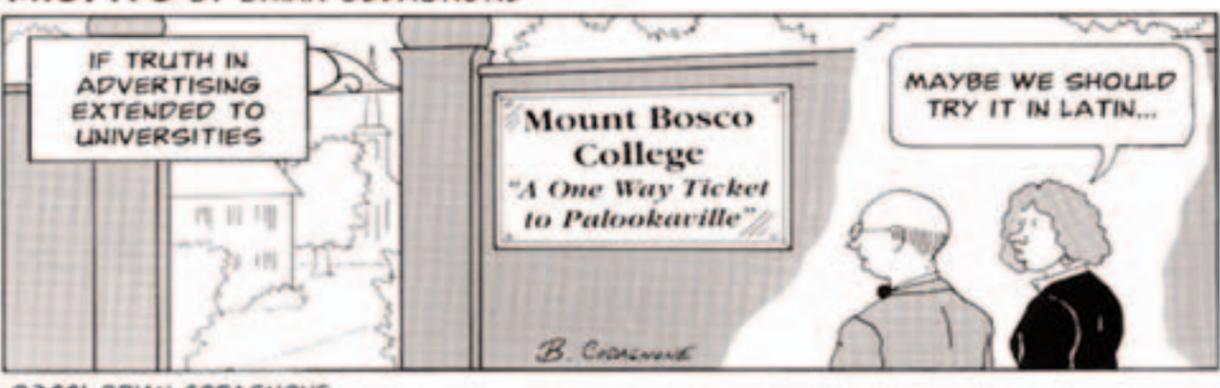


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Beats me!

When artists lose their sense of humor!

MISFITS BY BRIAN CODAGNONE



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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.



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Administrative Assistant/Adjointe administrative – Mrs. Manon Pilon Ext 2490
 UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS - Capt Catherine Morrison, Capt Mike Adamecyk
 As support staff: Rev. Jim Craig (P) and Fr Julien R. Beaulieu (RC priest)

Civilian Officiating Clergypersons/personnel de soutien: Rév. Jim Craig (P), le père Julien R. Beaulieu (prêtre CR), membre du clergé civil.

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 Chapel Life Co-ordinator
 Julien Régis Beaulieu
 Responsable de la communauté,
 Coordinateur de vie de chapelle

MASS
 Sunday Mass (English) 1015 hrs / Messe Dominicale: 11h30

CONFESSION
 At all times

PARISH ORGANIZATIONS - Parish Council third Thurs 1900 hrs

PARISH ORGANIZATIONS (Continued)
 Knights of Columbus first Thurs 1900 hrs
 CWL second Tues 1900 hrs
 Chorale Merc 1900 hrs / Choir Tues 1900 hrs

ST CLEMENT ASTRA (P)
 Chapel Life Co-ordinator - Padre Mike Adamecyk

WORSHIP SERVICE
 Sunday Divine Worship 0900 hrs
 Holy Communion - First Sunday of the month

PARISH ORGANIZATIONS - Chapel Guild Last Tues 1930 hrs

SACRAMENT OF RECONCILIATION/SACREMENT DU PARDON: Please, make an appointment with a Roman Catholic priest through our Admin Assistant, ext: 2490 / S.V.P. prendre un rendez-vous avec un prêtre catholique à travers l'adjointe administrative, au 2490.

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 After working hours, for emergency 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 appeler la téléphoniste de la base au 613-392-2811 et demandez l'aumônier en devoir.

NOTICE/AVIS

It is now possible to have the Club Xtra points that are earned on all your purchases at CANEX go to the Chaplain Emergency Fund. Simply ask to have the points placed on the Chaplains' card. The Chaplain Emergency Fund is used to assist our military families during times of family crises. / Vous pouvez dès maintenant, lors de vos achats au Canex, donner vos points Club Xtra au Fonds d'urgence des aumôniers. Vous n'avez qu'à mentionner que vous désirez donner vos points sur la carte des Aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales.

16th Annual Country Music Reunion and Jamboree

August *02, 03, 04 and 05, 2007
 Centennial Park in Trenton

* Gates open on August 2, at noon for "Early Birds"

Legends, pioneers and new frontiers.
A reunion of the artists and history of Canada's country music.

Cost for this event it broken down as follows:

- Day Pass: \$15.00 (per person)
- Weekend Walk-in Pass: \$35.00 (4 day pass, no camping)
- Weekend Pass: \$50.00 (3 day pass)
- Children (14 and under) - Free

The Classic Country Music Reunion (C.C.M.R) is a non-profit organization founded in 1992, dedicated to the promotion of Canadian Country Music and the artists that perform this music. Over the past fifteen years C.C.M.R has reunited artists from yesterday and promoted artist from today's mainstream; and introduced new Canadian talent to the fans. On our stage you will hear the legends that have molded country music in Canada. You will hear everything from Bluegrass and Country to Comedy as Lorne Hachey keeps it hopping.



The Streets Are Paved With Savings

SIDEWALK SALE DAYS

July 19, 20 & 21

WE'RE HAVING A PARTY!

As in the past, we are closing the streets, lining up great entertainment and unveiling bargains you won't believe... but this year we have added a few surprises for you! Don't you dare miss the DBIA's annual Sidewalk Sale.

Sparky the Fire Dog
Shriner Clowns

Phil the Recycle Bin
Face Painting
plus much more!

Farmers' Market
Thursday & Saturday at the Front St. Parking Lot

SIDEWALK SALE STAGE ENTERTAINMENT

Thursday, July 19

10:30 am - 11:00 am Opening ceremonies - Mayor John Williams and Chairperson, Maggie George

11:00 am - 1:00 pm Time Line

1:00 pm - 2:00 pm Bridging the Gap - Puppets

2:00 pm - 3:00 pm Bridging the Gap - Stage Skit

3:00 pm - 4:00 pm Voices in Concert - Amanda Ignas

4:00 pm - 5:00 pm Classic Country Music Reunion Preview

5:00 pm - 6:00 pm The Petes

6:00 pm - 7:00 pm Quinte Bay Cloggers

7:00 pm - 9:00 pm Sarah Cripps



Fun, Food & Bargains for all!

For more information
613-394-4318
or www.downtowntrenton.ca

Friday, July 20

11:00 am - 12:00 pm Comfort Zone

12:00 pm - 1:00 pm Andy Forgie

1:00 pm - 3:00 pm Negative Attraction

3:00 pm - 4:00 pm Push

4:00 pm - 5:00 pm Cold Creek Cloggers

5:00 pm - 6:00 pm Tweed Twangers

6:00 pm - 8:00 pm Scoundrel

8:00 pm - 11:00 pm Breakdown

Saturday, July 21

10:30 am - 11:30 pm Crossroads

11:30 am - 12:30 pm Sweet Adelines

12:30 pm - 2:30 pm Jaded

2:30 pm - 4:30 pm Trenton Old Time Fiddlers

Sound - Matt Goodman Equipment - Riverside Music



Sunday Service

Join us to worship,
 every Sunday
 at 10:30 a.m.
 at the
 Orchard View
 Baptist Church.

Orchard View
 Baptist Church
 is located at
 178 Lester Road,
 in Trenton.

This service
 is led by
 Pastor
 Raymond A. Wilson,
 D Min.

LED BY THE SPIRIT
 FED BY THE WORLD

News

STAFF CADETS READY TO TRAIN



Photos: Amber Gooding

A total of 92 Cadets received their ranks for the summer after completing the eight-day Pre-Employment Course. The graduation ceremony was held on July 6 at the Trenton Air Cadet Summer Training Centre.



Staff Cadet Diana Miscolci salutes LCol J.O. Marcel Parisien at the beginning of the graduation ceremony.



Staff cadets salute LCol J.O. Marcel Parisien as they parade around the square.



LCol J.O. Marcel Parisien conducts an inspection of the Staff Cadets prior to receiving their ranks for the summer.



Staff Cadet Patrick Searle received the rank of Warrant Officer First Class, from LCol Hank Nieuwland, CO, and CWO Martine Dupuis, Training Centre WO.



Staff Cadets of the Trenton General Service Band play at a variety of military and civilian parades and functions.

Meet Your Neighbours Evening

Saturday July 21st, 2007

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Attention Readers

The Contact office will be closed from July 23 - August 6 for summer vacation. Please note, there will be no papers for these two weeks. We will re-open on August 7. Thank You.



Safety in a backyard pool



Submitted by
Don Heans,
Wing General Safety
Officer

Children, summer and water are a trio made to be together. But this trio can also be a deadly combination, especially if you or your neighbours own a pool.

Few of us realize just how risky backyard pools are.

Pools and hot tubs are responsible for many drowning accidents involving children.

Consider these poolside safety rules to guard your children against serious or fatal injury:

Children are fascinated by water and will go to extraordinary extremes to get to it.

Check your municipal by-laws for minimum fencing requirements around backyard pools and hot tubs.

Generally, fences should be at least 5 feet

(1.5 m) high and without footholds.

Gate closures should be self closing and locks should be installed high enough up from the fence to keep children from reaching them.

Consider multiple barriers between children and the pool.

An extra fence, locked door or other barrier between the child and the pool may give you enough time to discover the child missing and intercept a potential drowning incident.

Water alarms installed in pools, which react when the water is disturbed, are also available.

Establish and enforce water safety rules.

Make sure a responsible adult is present when the pool is in use.

Have reaching and throwing water safety aids on both sides of the pool.

Always remember to have a first aid kit handy and appropriately stocked with supplies.

Have a poolside telephone so you don't have to leave "even for a second" to answer calls.

Don't leave toys by

or in the pool to tempt youngsters close to the pool side to try and get them, or get to them.

Treat wading pools as you would a full size swimming pool.

Empty them immediately after use. Children need very little water to drown. Never leave them unattended.

Watch your children at all times when they are in the pool.

Invest the time to take a lifesaving course and become familiar and comfortable with the process and procedures of water rescue.

Enroll yourself and your children in a water safety and swimming course - but don't allow such swimming lessons to give you a false sense of security.

Most children, like most adults, will panic and forget what they've learned if they run into problems in the water. And, most importantly, think of the pool as a dangerous place and respect the associated risks and hazards.

A moment's inattention is all it takes for a drowning accident to happen.

Be prepared by being aware of potential poolside dangers.

Health Promotion in the Canadian Forces
STRENGTHENING
THE FORCES



HEALTHY HABITS THIS SUMMER

As we shed layers in the summer months, many of us tend to be more aware of our weight – either maintaining it or trying to lose it.

Weight management is all about balancing your energy in (calories from food) with energy out (resting energy expenditure and physical activity).

For example, to burn the calories from a half-cup (125mL) of vanilla ice cream, you have to walk for about 30 minutes. The calories from an apple only require about 10 minutes of activity to use up.

To help you maintain a healthy weight and fend off those extra pounds over the summer, follow these smart steps.

Eat Healthy

Quench your thirst first. Dehydration, especially during the summer heat, can sometimes cause hunger pangs.

Before reaching for a calorie-heavy snack or taking seconds at a meal, drink a glass of water instead.

Eat your vegetables and fruit. These foods are full of nutrients, low in calories and a good source of fibre, which makes you feel full.

Include a variety of vegetables at every meal and fresh fruit for desserts and snacks.

Be Aware of Portion Distortion. With the trend toward large portions, we may unknowingly eat more than our bodies actually need.

For example, one average commercial size bagel totals about 3 to 4 servings of

grain products. That represents half of the daily recommended number of servings of grain products for adults from only one food item.

Be Physically Active

To reach and maintain a healthy weight, you must balance healthy eating with regular physical activity – it's the winning combination. Adults require 30 to 60 minutes a day, most days of the week.

Remember that when the number of calories you eat is greater than the physical activity you get, the leftovers – literally – are stored as fat.

Set Realistic Weight Goals

Modifying behaviour does not happen over night. Set both short term and long term goals and take small steps toward a healthier lifestyle.

By eating healthy, you don't have to force yourself to eat foods that you don't like or give up old-time favourites.

Allow yourself small indulgences occasionally as long as you choose healthier foods most often. Remember: fad diets don't work.

Source: *The Heart and Stroke Foundation*

For more information, please contact Health Promotion Director, Kendra Lafleur, at local 3767 or Health Promotion Administrative Assistant, Lisa Pitt at local 3768. You may also visit the 8 Wing Health Promotion office at 177 Hercules St., Bldg 119.

Four-sided fencing around home pools saves kids' lives

(NC)-A new survey from Safe Kids Canada reveals that Canadian parents believe if their child has taken swimming lessons, fences and gates around home pools are not needed.

But swimming lessons alone are not enough.

Research shows that a pool with four-sided fencing which block kids from getting to the pool from the house can save lives.

A fence that goes around all four sides of the pool can prevent up to seven out of 10 drownings in children under the age of five.

Between 1994 and 2003, nearly half of all drownings and near-drownings for children under the age of 14 occurred in home swimming pools.

Keeping kids safe around pools should be a top priority for parents and caregivers this summer.

"In Canada, most municipalities require home pools to be closed off by a three-sided fence, but this is not enough," says Allyson Hewitt, executive director of

Safe Kids Canada, the national injury prevention program of The Hospital for Sick Children. "Children should not be able to get to the pool directly from the house."

Current by-laws in Canada state that all home pools must be fenced.

Often, homeowners put up three sides of fencing and use their house as the fourth side.

While this protects people outside the home from getting into the pool, children inside the home are not properly protected.

To protect children, homeowners need a four-sided fence that goes all around the pool and has a self-closing, self-latching gate.

Safe Kids Canada is urging Canadians to help enact municipal by-laws requiring a 1.2 m (4 ft.) high four-sided fence with a self-closing, self-latching gate around all home swimming pools.

Not only should in-ground and above-ground



pools be fenced, even inflatable pools should have four-sided fencing.

Pool fences and gates should be designed to stop kids from climbing and the latch should be installed out of a young child's reach.

Parents who want to find

out about their local by-law and advocate for change to the laws in their area, can start by contacting their local councillor.

Advice on how to change by-laws is available on the Safe Kids Canada Web site: www.safekidscanada.ca or by

calling 1-888-SAFE-TIPS (723-3847).

To learn more about drowning prevention, call Safe Kids Canada at 1-888-SAFE-TIPS or visit www.safekidscanada.ca.

Courtesy D&D Technologies

Showcase

Showcase



Lt J. Martin
received a promotion to that rank,
presented by LCol C. Fortier, WLEO.



Cpl T. Clark
received a promotion to that rank,
presented by
LCol C. Fortier, WLEO.



MCpl P. Budden
received a promotion to that rank,
presented by
LCol C. Fortier, WLEO.



Sgt L. Verrault
received a promotion to that
rank, presented by
LCol C. Fortier, WLEO.



Sgt G. Brunelle
received the South-West Asia
Service Medal, presented by
LCol C. Fortier, WLEO.



Cpl G. St. George
received the ISAF Medal,
presented by
LCol C. Fortier, WLEO.



Cpl S. Clarke
received the Special Service
Medal, presented by
LCol C. Fortier, WLEO.



Cpl M. Nicholson
received his CD, presented by
LCol C. Fortier, WLEO.



Cpl J. Szubzba
received his CD1, presented by
LCol C. Fortier, WLEO.



Cpl B. Lewis
received his CD1, presented by
LCol C. Fortier, WLEO.



**Cpl C. Letandre
MacKay**
received her CD1, presented by
LCol C. Fortier, WLEO.



Sgt J. Armstrong
received her CD1, presented by
LCol C. Fortier, WLEO.



WO Y. Damphousse
received his CD1, presented by
LCol C. Fortier, WLEO.



Maj H. Kennedy
received a promotion to that rank, presented by Maj G. Jones,
DCO 424 Sqn, and LCol C. Collings, CO 424 Sqn.



Sgt V. Butt
received a promotion to that
rank, presented by Maj G. Jones,
DCO 424 Sqn, and LCol C.
Collings, CO 424 Sqn.



MCpl J. Arsenault
received a promotion to that rank, presented by
Maj G. Jones, DCO 424 Sqn and MWO M. Maltais, SAR Tech
Lead.



MCpl E. Fontaine
received a promotion to that
rank, presented by Maj G. Jones,
DCO 424 Sqn and MWO M.
Maltais, SAR Tech Lead.



Sgt L. Bibby
received a promotion to that
rank, presented by Maj G. Jones,
DCO 424 Sqn and MWO M.
Maltais, SAR Tech Lead.

Congratulations! Félicitations!

Showcase

Showcase



MS E. Newman
received a promotion to that rank, presented by
LCol D. Miller, W Admin O, and MWO B. Doggett,
W Admin SWO.



MCpl L. McCutcheon
received a promotion to that rank, presented by
Maj C. Kap, CFASC CO, and MWO B. Doggett,
W Admin SWO.



MCpl D. Taylor
received a promotion to that rank, presented by
Capt N. Schur, ARMFC, and WO B. Frank, ARMFC ASWO.



MWO T. Poper
received a promotion to that rank, presented by
LCol F. Allen, ATESS CO, and CWO J. Girodat, SCWO ATESS.



Sgt B. Courchesne
received a promotion to that rank,
presented by
LCol F. Allen, ATESS CO, and
CWO J. Girodat, SCWO ATESS.



MWO P. Fiander
received a promotion to that rank, presented by
LCol F. Allen, ATESS CO.



Maj D. Pattison
received a promotion to that
rank, presented by
LCol F. Allen, ATESS CO.



Sgt D. Willis
received a promotion to that
rank, presented by
LCol F. Allen, ATESS CO.



Sgt W. Young
received a promotion to that rank,
presented by
LCol F. Allen, ATESS CO.



MCpl D. Turgeon
received a promotion to that rank, presented by
Maj S. Morin, CCISFC.



MCpl M. England
received a promotion to that rank, presented by
Maj S. Morin, CCISFC, and CWO J. Holloway, CCISFC.



MCpl S. Sibley
received a promotion to that
rank, presented by Maj S.
Morin, CCISFC, and CWO J.
Holloway, CCISFC.

Congratulations! Félicitations!

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P	U	L	P	I	T		I	R	A				
A	N	I		A	R	A			Y	M	C	A	
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L	T	D			T	A	P	S		E	R	E	



Spray paint has become a very useful home décor tool

(NC)-Not all home improvement projects are difficult, expensive and messy.

Quick fix-ups can make a striking difference around the home and yard - without creating a big mess and a lot of disruption.

Innovation is making home improvement more convenient.

Consider an afternoon project like using spray paint to return a worn and weary surface to its original beauty.

A task like this is even easier today because of advances in chemistry.

Krylon Interior/Exterior Paint's new, expanded colour palette combines the ease of spray painting with a remarkable range of versatile shades that reflect today's tastes and trends.

Fresh, new hues deliver dramatic appeal to everything from furniture to flower pots, while tried-and-true popular colours promise attractive good looks for every item on your "spruce up" list.

Krylon Fusion, available in decorator colours and textured finishes, is the first spray paint to bond securely to plastic with no priming or sanding, so even plastic items such as flower pots and resin patio furniture can be transformed into coordinated room accents.

Krylon H2O Latex makes scrubbing paint-stained hands with specialty cleaners a thing of the past,

because this spray paint washes up with soap and water.

Named for its water-based formulation, Krylon H2O dries in only 15 minutes.

It creates a smooth, hard, beautiful finish on surfaces such as wood, metal, wicker and more.

When dry, the durable finish is water and chip-resistant, so it lasts whether the item painted is put to use indoors or out.

The spray paint is also easier on the environment. It contributes 55 per cent less to smog pollution than most solvent-based spray paints.

"Advanced chemistry ensures that H2O Latex provides long-lasting beauty and resistance to chips and nicks, but while wet, it washes off the skin easily with soap and water," says Mark Ksiezzyk, senior product manager, Krylon Retail Products. "It's also very low in odour so it's more pleasant to use than other spray paints."

Best known for quality and innovation, Krylon spray paints are available throughout Canada at Canadian Tire, Home Hardware, Rona, Reno Depot, Walmart, Kent and many other hardware and home centre stores.

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