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• June 1, 2007 •

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Quick action by 424 Squadron saves downed duo

by 2Lt Aaron Scherle
8 Wing Public Affairs

The drone of Hercules engines and thud of helicopter rotors are familiar to anyone living near 8 Wing Trenton, but during the windy afternoon of Friday, May 25, these mundane sounds were music to the ears of two men after their Cessna floatplane crashed in woods near Val-d’Or, Quebec.

A workhorse CC-130 Hercules and a CH-146 Griffon helicopter from Trenton-based 424 Transport and Rescue Squadron blared towards the crash site and (in what must have been a miraculous crescendo for the crash vic-

tims) saved the pair from a grim situation.

When planes crash in woods they usually leave a conspicuous swath of broken trees, but the small Cessna appeared to have dropped almost vertically into the woods shortly after takeoff and – were it not for smoke from the ensuing fire – could have been difficult to find despite clear conditions. The downed pilot used a satellite phone to call for help, allowing him to provide his general location and communicate with 424 Squadron personnel en route; this assisted matters considerably and saved critical minutes.

In the Hercules’ cockpit, 424 Squadron’s

Commanding Officer, Lieutenant-Colonel Chuck Collings, navigated a direct route for pilot Major Camil Taillefer, while in the back the Search and Rescue Technician (SAR-Tech) Team Leader, Sergeant Conrad Cowan, relayed first aid advice to the waiting patients and gleaned a pretty good appreciation of the situation he and SAR Team Member Master Corporal Eric Perras were about to parachute into.

“Once I had an idea of their injuries, I advised the patient on manual first aid and told him to get them away from and upwind of the crash site,” says Sgt Cowan. “The wind was quite high, but because we

can steer our parachutes we were able to land on-target and this helped us get to the patients within that critical first hour following a crash,” he adds.

The two patients suffered a variety of lacerations and fractures, and one had an abdominal injury that could have been fatal were it not for the quick response. Expert medics, the SAR-Techs methodically assessed and readied the patients for extraction by the waiting Griffon. Holding the helicopter steady in the gusty winds kept pilot Maj Shawn Duffy’s hands full, but within minutes the patients were hoisted aboard and being sped to the hospital in Val-
See Two rescued, Page 2



Photo: 424 Squadron

The 424 Squadron Hercules’ shadow sweeps past the treatment scene.

On time, on target for 8 Wing personnel at Ex Maple Flag

by 2Lt Annie Morin

“Attention all personnel. This is the Control Tower. Maple Flag launch is now in progress. Control tower out.”

You shield your ears from the high pitch of jet engines, but they’re calmed by the deep droning hum of the turboprop aircraft. The slow and heavy lifters launch first to give them the time they need to be on time and on target.

In the last few years, Maple Flag has seen increased participation from ground forces as well as tactical airlift aircraft to provide a more realistic joint coalition type of exercise. Canada, Germany, New Zealand, France and the United States are all bringing transport aircraft like the CC-130 Hercules and the C-160 Transall to Maple Flag.

During the exercise, the transporters add a unique realism to the simulated coalition operations. With a battle space spanning from the ground up, the tactical transports help bridge the gap between the troops on the ground and the aircrew fighting for air superiority. The exercise allows for great interaction between all air assets that will contribute to the overall success of the mission.

“We liaise with SEAD (Suppression of Enemy Air Defence), OCA (Offensive Counter Air), AWACS (Airborne Early Warning and Control aircraft) and Strikers (Blue air force fighters doing air-to-ground mission) right from the start of the mission planning to ensure ground threats are neutralized, that we have some form of top cover on ingress as well as egress, effective communication



Photo: 2Lt Annie Morin, CFAWC

A CC-130 Hercules from 8 Wing Trenton begins to taxi for a cargo drop mission during Maple Flag 40. Aircrew from 436 and 426 Squadrons are participating in the exercise, while completing the Advanced Tactical Air Transport course. These missions provide training for both the aircrew and the soldiers at the Canadian Manoeuvring and Training Centre in Wainwright, Alberta.

plans are in place and the plan is deconflicted between different formations.” says Capt James Brown, Detachment Commander for the Canadian CC-130 Hercules contingent.

“Integration with a multinational task force, validation of our tactics and the maintenance of our Vanguard experience for the Canadian Forces CC-130 world” are all experiences gained by the tactical airlift crews during Maple Flag according to Capt Brown.

During Maple Flag, tactical airlift aircraft are given missions like tactical re-supply, generally in the form of airdrops, or air-landed missions to austere landing zones. They use simulated and live drop zones from the Cold Lake Air Weapon Range (CLAWR) as well as drop zones in Wainwright, Alberta, to accomplish their tasks. These missions reflect

situations that transporters could face in real operations.

This 4-week exercise provides an undisputed training value to Canadian transport crews. “Maple Flag is the primary venue for completion of the Advanced Tactical Air Transport (ATAT) course. Where else in Canada can you conduct missions with radar ground threats, Red air assets and be part of a mission package that could be 50 or so aircraft? A lot of coordination is involved in the planning process and many lessons are learned as the exercise unravels.” says Capt Brown, who carries the additional responsibility of ATAT course director.

Transport aircraft have finally landed after another successful mission. What lies ahead is more preparation, planning and meticulous coordination to stay on time on target.

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FALLEN SOLDIER RETURNS HOME



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Fallen soldier, Corporal Matthew McCully, a member of 2 Canadian Mechanized Brigade Group Headquarters and Signal Squadron (2 CMBG HQ & Sig Sqn), based in Petawawa, Ontario, returned to Canada May 28, 2007 via a CC-150 Polaris from 437 Transport Squadron. Present to pay their respects were Her Excellency, Michaëlle Jean, Governor General of Canada and Commander-in-Chief of the Canadian Forces; Minister of National Defence, the Honourable Gordon O'Connor; and General Rick Hillier, Chief of the Defence Staff. Corporal McCully was killed May 25, 2007, at approximately 8 a.m. Kandahar time, by an improvised explosive device, while conducting a joint Afghan-Canadian foot patrol close to the village of Nalgham, approximately 35 km west of Kandahar City.

Two rescued after crash, Cont'd from Page 1

d'Or. The whole mission – from the time the call for help was received to the time the patients were received at hospital – took approximately two hours – a very fast response considering the coordination involved in con-

ducting SAR in rugged Canadian wilderness, and a testament to skills honed through many hours of training.

“Being able to respond quickly in an emergency and save lives is the

ultimate validation for the hard training we do,” says LCol Collings. “I am glad rescue missions like this are infrequent, but take pride knowing that 424 Squadron is ready when the call comes.”

NEW OC TAKES HELM AT DRT SET



Major T.P. Lilienthal officially took the helm as Officer Commanding, Deployment Readiness Training - Standards and Evaluation Team (DRT SET), during a change of appointment ceremony on May 24, 2007. Pictured above, from left to right, are Major D.B. Jose, Lieutenant-Colonel B.T. Newlove, and Major T.P. Lilienthal. DRT SET is a unique section of 1 Canadian Air Division Detachment Trenton. It's mission is to facilitate air force deployment readiness through the standardization, evaluation, and validation of common individual deployment readiness training.

You are graciously invited to an Afternoon tea to commemorate Mrs. Carol Brown's 40 years of dancing. Join us for refreshments, share your memories and help us celebrate the anniversary of this distinguished lady.

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Arriver à destination à l'heure à l'exercice Maple Flag

par Second Lieutenant
Annie Morin
Maple Flag 40

« Attention à tout le personnel. Ici la tour de contrôle. L'exercice Maple Flag est maintenant en cours. Tour de contrôle terminé. »

Vous vous préparez au son strident des moteurs à réaction en vous protégeant les oreilles, mais vous entendez plutôt le vrombissement grave d'un avion à turbo-propulseurs.

Les appareils de transport, lourds et lents, partent en premier pour se donner le temps d'arriver à destination à l'heure.

Depuis quelques années, de plus en plus de forces de l'armée de terre et d'aéronefs de transport aérien tactique participent à l'exercice Maple Flag, donnant ainsi un exercice conjoint de coalition bien plus réaliste. Le Canada, l'Allemagne, la Nouvelle Zélande, la France et les États-Unis fournissent tous les aéronefs de transport comme le CC 130 Hercules et le C 160 Transall à l'exercice

Maple Flag. Pendant l'exercice, les aéronefs de transport ajoutent un réalisme particulier aux opérations simulées de la coalition. Vu que l'espace de combat s'étend du sol jusque dans les airs, les aéronefs de transport aident à réduire l'écart entre les troupes au sol et le personnel navigant luttant pour la supériorité aérienne. L'exercice permet une grande interaction entre toutes les ressources aériennes et ceci contribue au succès de l'ensemble de la mission.

« Nous communiquons avec les sections SEAD (Suppression de la défense antiaérienne ennemie), OCA (opérations offensives contre le potentiel aérien), AWACS (système aéroporté d'alerte et de contrôle et Strikers (chasseurs « bleus » de la Force aérienne effectuant des missions air sol) dès le début de la planification des missions pour s'assurer que les menaces au sol sont neutralisées et que nous avons une forme quelconque de couverture aérienne en



Photo: Cpl Igor Loutsouk, 4^e Escadre Cold Lake

Les bonnes choses viennent en groupe de trois. Le CC-130 Hercules, numéro 333, en approche finale suivant une mission tactique de transport aérien pendant l'exercice Maple Flag 40. L'exercice Maple Flag est le site primaire pour compléter l'Entraînement avancé à l'aérotransport tactique.

arrivant dans l'espace aérien de combat jusqu'au moment d'en sortir. On veut aussi s'assurer d'avoir en place des plans efficaces de communication et faire en sorte qu'il n'y ait pas de conflits entre les formations quant au plan global », explique le Capt James Brown, commandement de détachement pour le contingent canadien des CC 130 Hercules.

Selon lui, l'exercice Maple Flag permet aux équipages de transport

aérien tactique d'acquiescer de nombreuses expériences comme « l'intégration avec une force multinationale, la validation de nos tactiques et le maintien de l'expertise d'avant garde pour les CC 130 des Forces canadiennes ».

Pendant l'exercice Maple Flag, on attribue aux aéronefs de transport aérien tactique des missions comme le réapprovisionnement tactique, généralement sous forme de largages, ou des missions où les aéronefs

doivent se poser dans des zones austères. Pour exécuter leurs tâches, les participants de l'exercice utilisent alors des zones de largage simulées et réelles au polygone de tir aérien de Cold Lake, ainsi que des zones de largage à Wainwright (Alberta). Ces missions reflètent des situations auxquelles les aéronefs pourraient être confrontés dans le cadre d'opérations réelles.

L'exercice, qui dure quatre semaines, fournit un entraînement d'une

valeur incontestable aux équipages de transport du Canada. « Maple Flag est le moyen principal que l'on utilise pour offrir le cours de Formation professionnelle des techniciens de l'aéronautique (FPTA). Où ailleurs au Canada pourrions nous exécuter des missions comportant des menaces radar au sol et des ressources aériennes « rouges » et faire partie d'un ensemble comprenant jusqu'à 50 aéronefs? Il faut énormément de coordination pendant le processus de planification, et on apprend beaucoup de leçons à mesure que l'exercice se déroule », remarque le Capt Brown, qui assume la responsabilité supplémentaire de diriger le cours FPTA. Au terme d'une autre mission réussie, les aéronefs de transport aérien ont enfin atterri. Ce qui les attend : encore de la préparation, de la planification et de la coordination méticuleuse pour faire en sorte qu'ils continuent d'arriver à leurs destinations aux temps prévus.

Search & Rescue UPDATE



424 Squadron Tigers had six missions since our last article. The Hercules was assigned to four of the six taskings and the Griffon also participated in four missions.

The first mission was on Wednesday for an emergency onboard a vessel in Mexico Bay. Both the Herc and Griffon were dispatched, however, they were called off early after the vessel advised that there was no further distress.

The second tasking was also a joint mission with both aircraft were sent to respond to a confirmed crash in the vicinity of Val-d'Or, QC. The Herc located the downed aircraft and sent in two SAR-Techs to attend to the casualties—soon after, the Griffon arrived to hoist the two casualties.

On Sunday, the Herc was sent to investigate an ELT near Goderich. The Unicom personnel at the airport located the aircraft in a hangar and turned it off.

The next day a Herc was tasked in the Val-d'Or, QC area once again to intercept a C172 that was lost. The tasking was cancelled after the weather conditions improved and the aircraft was able to fly home safely.

While flying during a training scenario, the Griffon was tasked to the St Clotilde de Chateaugay, QC area to assist with hoisting a fire fighter who fell while rappelling into a 30' gorge. The casualty was transferred to the local EMT.

Finally on Tuesday, the Griffon was tasked to look for a possible downed aircraft in the Waterloo, ON area. A MAYDAY call was heard in the vicinity and soon after a search was coordinated, however, nothing was heard or seen.

Until next time, stay safe.

Missions for 2007: 50 Missions for May: 18 Persons rescued: 7



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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (leblanc.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) or as "text only" on a disc and accompanied by a hard copy of your article.
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• Please label all disks and hard copies with article name, contact person and phone numbers, date.

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

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LETTER

Dear Sir:
 I'm writing to you, to thank you and former base commanders for including Mckenzie Lake, Ontario in your flight plans during pilot training. In the early fifties, I can remember as a young boy watching what my dad explained to me were flying boxcars on training flights over our lake. They usually came in groups of three which caused much enjoyment to watch not only for me but for dad, as he served as a doctor in the air force during the war in England and Germany. Dad went to great lengths explaining what these aircraft were used for during the war and now pilots were using them for training purposes from CFB Trenton. The flights came down over the hills right on the deck and up at the far end of the lake.

In later years, I explained to both my daughters about these training missions only the planes now being used were Hercs. Now we're showing our granddaughter the planes as they fly over. Quite often most of these flights occur when we are up opening the cottage in early May or up hunting in October. One of our most enjoyable times occurred the same year dad was passing. We were sitting out in the verandah having a libation before bed (about 23:00) when we heard the roar of the Hercs coming from the south end of the lake. The cottage, which is located on the water's edge, gave us a bird's eye view when we went onto the deck to watch them flying directly towards the cottage. The three of us flashed our lights and the lead pilot of the three Hercs acknowledged our lights by turning his landing lights on and off. The sight and roar of the planes as they went upwards was thrilling for all of us. Dad remarked that this was one of his most enjoyable moments for watching the flights over the years.

I know that there is currently a movement by some cottage associations to have these flights redirected because of the noise and greenhouse gas emissions, however, any other cottage owner I've spoken to on Mckenzie Lake appreciate the importance of these flights and enjoy watching them fly over.

Sincerely
 George E. Duggan

Canadiana Crossword

Advice on Advice

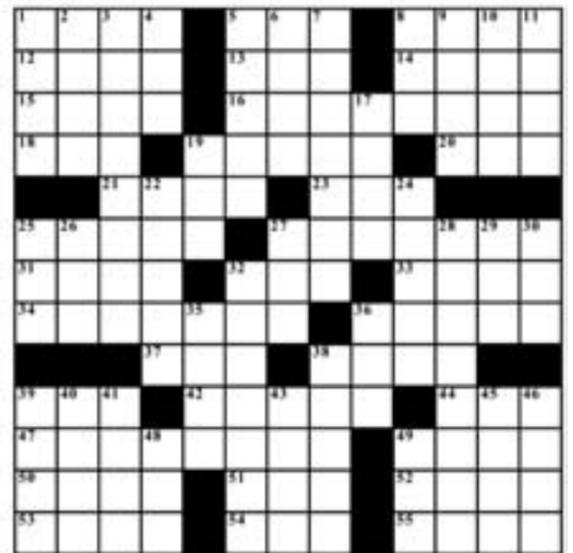
By Bernice Rosella and James Kilner

ACROSS

- 1 Itemize
- 5 Request
- 8 Sp. monetary units
- 12 Buffalo
- 13 Fish eggs
- 14 All, individually
- 15 Centre
- 16 Part 3 of today's quote
- 18 Cask
- 19 Pasta noodle
- 20 Nog
- 21 Embrace
- 23 Receptor
- 25 Nervous
- 27 Part 5 of today's quote
- 31 Department of ____ Def.
- 32 Lay magistrates, slangily
- 33 German river
- 34 Microbes
- 36 Donates
- 37 Tar's grog
- 38 Hairs
- 39 Monte Carlo or Bordeaux
- 42 Part 6 of today's quote
- 44 Canadian rlwy.
- 47 Part 4 of today's quote
- 49 Handsome, in Hautevive
- 50 Gelation agent
- 51 Camp bed
- 52 Assistant
- 53 Sulk
- 54 Petals
- 55 Despot

DOWN

- 1 Is without
- 2 Regarding
- 3 Part 2 of today's quote
- 4 Levy



- 5 Curved
- 6 ASAP
- 7 Dog houses
- 8 Smallest Prov.
- 9 Canvas cover, so to speak
- 10 Zenith
- 11 Rug genre
- 17 Terror
- 19 Layer
- 22 Author of today's quote
- 24 Lubricate again
- 25 Collection
- 26 Viet ____
- 27 Gorilla
- 28 Start of today's quote
- 29 Scottish river
- 30 1949 and 2004, abbr.
- 32 Exporter of 37 Across
- 35 Cask
- 36 Martini makings
- 38 Prefix denoting fivefold
- 39 Email trash
- 40 Cartoon character
- 41 Action oriented acronym
- 43 ____ Aid
- 45 Nothing, in Norilsk
- 46 Penitent
- 48 Temper
- 49 Cave dweller



This Week in Contact

1977 - CAE Electronics of Montreal was awarded a contract of more than \$20 million by Lockheed-California to build two CP-140 Aurora ground trainers. One of the trainers will be a flight deck simulator to train pilots, co-pilots and flight engineers in the normal emergency operation of Aurora's aircraft systems. The other is an operational mission simulator to train tactical crews in coordinated mission tactics and in the use of the aircraft's navigation, communication and sensor systems.

1987 - CFB Trenton's Armed Forces Day and the Quinte International Air Show took to the skies as a military/civil collaborative effort. Federal, provincial, municipal, commercial and charitable organizations worked hard to bring the first-class event to spectators throughout the community. The two action-packed days of family entertainment included (but was not exclusive to) the Acme Duck and Air Show, a Glider demo, Jerry Billings' Spitfire, the Skyhawks, Snowbirds and WWI and WWII flypast, and also featured hands-on ground displays.

1997 - CFB Trenton hosted the Canadian Aviation Art Association (CAAA) meeting which brought over 20 aviation artists throughout Canada to be represented at a public art display located at RCAF Memorial Museum. The theme of the art display was "Canadian Military Aviation from its beginnings to the present time." The CAAA's mandate is the advancement of aviation art and the use of art as a vehicle for the telling of Canada's aviation history.

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



Safety sensitive drug testing: Coming to a unit near you

By Lt(N) Pierrette LeDrew
A1 Programs 2

TRENTON – On 23 April 07, the Chief of the Defence Staff (CDS) directed his staff to resume drug testing for all Canadian Forces members employed in safety sensitive positions.

This will have a direct impact on many members of 8 Wing/CFB Trenton. Drug testing has already begun here, and is expected to increase significantly in the near future.

Since every position in Afghanistan is now considered safety sensitive, everyone deploying there, whether as a reservist or regular force member, will be subjected to this directive; they will have to provide a urine sample for testing when ordered to do so.

At the moment, this directive excludes anyone going to Camp

Mirage, anyone serving on a 56-day rotation, or anyone who augments forward for a finite period of time, such as Mobile Air Movement Sections personnel.

Being tested once does not exclude future testing. Individuals may be tested repeatedly.

Moreover, although testing will be done prior to deployment, it can be done anywhere, whether at the home unit, during pre-deployment training or in theatre. Positive results can have far-reaching consequences for individuals.

Although the results of safety sensitive drug testing cannot be used for disciplinary action, they can be used to remove members from pre-deployment training.

The results can be used to take administrative measures against a person as well. This can lead to the person being put on counselling and probation and possibly

released from the CF.

The CDS has the authority to declare any occupation or position as safety sensitive, as long as he believes that drug use by an individual on duty in such an occupation or position would jeopardize that person's safety as well as that of others.

Since service in Afghanistan requires members to be alert and of sound judgement, it is essential that they be drug-free.

In the coming months, this directive will be expanded to include anyone going to Camp Mirage, as well as anyone employed in the following safety-sensitive military occupations: pilot; air navigator; traffic technician; aircraft technician; flight engineer; aerospace engineer; aerospace controller; Logistics officer – air; search and rescue technician.

Hydrant Flow Testing

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and PMQ areas. These tests help to confirm and ensure that the water pressure servicing these areas is sufficient for firefighting operations.

Occupants may experience water discoloration, but they need not worry. Simply continue to run your water until the discoloration disappears.

The testing period will run from June 1, 2007 to September 30, 2007. If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

Essai d'écoulement des bornes-fontaines

Comme en années précédentes, le service d'incendie de la 8^e Escadre fera des essais d'écoulement annuels des bornes-fontaines de l'escadre et des aires de logements familiaux. Ces essais aident à confirmer que la pression d'eau de ces secteurs est suffisante pour les opérations de lutte contre les incendies. Les occupants peuvent peut-être constater une décoloration de l'eau, mais il n'y a pas à s'inquiéter. Continuez simplement à laisser couler l'eau jusqu'à ce que la décoloration disparaisse. La période d'essai sera du 1^{er} juin au 30 septembre 2007. Pour plus d'information, veuillez communiquer avec le service d'incendie au poste 3511.

Shave and score...in the continuous battle against Breast Cancer

by Sgt Robert Comeau
Army News

St-Hyacinthe, QUEBEC – Master Corporal Celine Picotin, Admin clerk from 8 Wing/CFB Trenton, drove to St-Hyacinthe, Quebec recently to help raise money for the Canadian Breast Cancer Foundation.

The five-hour drive was worthwhile. She lay down the challenge to her sister, Ginette Picotin, by saying: "I will shave my head only if you raise more than \$4,000.00."

Believe it or not, with all the excitement at the sports bar "La cage aux Sports," her sister accomplished the impossible and raised a grand total of more than \$6,000.00.

To add even more emotion to the event, former Canadian hockey play-

er France St-Louis, a silver medalist at the 1998 Olympics in Nagano, was there to cut and support the cause as well as say goodbye to her friend, Celine.

MCpl Celine Picotin is well known in the Trenton community. She is a hockey player for 8 Wing and a coach for the Quinte West Soccer Club.

On June 1, MCpl Picotin will be heading to Camp Mirage as a head cashier to accomplish another successful mission.

Good luck to you, MCpl Picotin!

Pictured right is former hockey player France St-Louis (left) presenting Master Corporal Celine Picotin with a signed ball cap after her head shave, which raised money for the Canadian Breast Cancer Foundation.



Photo: Sgt Robert Comeau, Army News

CF and Canadian Paralympic Committee launch 'Soldier On'

National Defence

OTTAWA, May 26, 2007 – The Honourable Gordon O'Connor, Minister of National Defence, and Carla Qualtrough, President of the Canadian Paralympic Committee, today announced the launch of the Soldier On program.

The Soldier On program is a joint initiative between the Canadian

Paralympic Committee and the Department of National Defence (DND) to develop together a program that will enhance, through sport, the quality of life of current and former Canadian Forces (CF) members who became disabled while serving in the CF. The needs of the CF members will be determined using a consultative approach during the Summit and afterwards.

"This is a fantastic opportunity for these individuals to continue active and healthy lifestyles," said Minister O'Connor. "We feel that Soldier On will make an important difference in their lives and those of their families."

The announcement was made during the Paralympic Sport Summit at Carleton University. The Summit brings together CF members

with a physical disability and Paralympic athletes to share their experiences. CF personnel will meet national Paralympic team coaches and rehabilitation experts and be introduced to seven Paralympic sports during hands-on sessions.

"The dedication of our Paralympians, equaled by the dedication of our wounded soldiers, is a wonderful thing to behold - working together, to help

those in uniform, is simply overwhelming in its inspiration for all of us," said General Rick Hillier, Chief of the Defence Staff.

The program will be integrated into the larger morale and welfare programs within the Personnel Support Programs Division of the Canadian Forces Personnel Support Agency.

"This will be an excit-

ing chance for the soldiers to not only gain exposure to these sports, but also to experience first hand the benefits and possibilities of sport for persons with a disability," said Mrs. Qualtrough. "Sport at all levels, from recreational to high performance, can help people with a physical disability on many levels - from enhancing rehabilitation to increasing their quality of life."

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Pleasure Craft Operator

As of September 2002, if you drive a powered boat under 4m in length, you need to get the Canadian Coast Guard Pleasure Craft Operator (PCO) card, regardless of what age you are.

This includes all dinghy and personal watercraft, such as Jet Skis or Sea-Doos.

Get Carded: Earn the PCO card by scoring 75 per cent on a basic boating safety knowledge test.

The CRA is a proctor site for the Boat Course.

Purchase a BOAT Study Guide and study at home. Make an appointment to take the test when you're ready, which takes an hour.

The Pleasure Craft Operator card is good for life and must be carried at all times while operating a powerboat.

Please note that the PCO certification service is offered to adults and youth, ages 12 to 16 years old.

Manual fee: \$15.
 Proctor service fee: \$25.

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. This event will take place from 2 to 4 p.m. at the RecPlex gym and field. Cost: \$20 per team of 4 to 6. Events include Blind Bowling, Team Ski Event,

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

Pre-registration is required. Register at the MFRC Reception desk, located at 50 Rivers Drive, or at the RecPlex Reception desk, located at 21 Namao Drive.

RV Storage Compound

All personnel are required to remove their items from the compound no later than July 1. Maintenance will begin soon after. Users must find their own alternate storage location for the entire month of July.

During the period of August 2 to August 13, inclusive, priority re-issue of spots in the compound will be for those individuals whose contract was paid in full up to and including June 30. Beginning August 14, rental space will open up to others. No early registrations will be accepted.

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Shinny Hockey

Three weeks of shinny hockey will be offered for players from the tyke to the midget level.

The weeks are as follows: Monday, July 30 to Friday, August 3; Monday, August 20 to Friday, August 24; and Monday, August 27 to Friday, August 31.

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

Please register at the RecPlex, located at 21 Namao Drive.

PSP Facility Memberships

1 June 2007 - 31 August 2007

Gymnasium (Includes Arena)

Regular Members

Infant (6 months - 5-years-old): Free
 Youth (6 - 17-years-old): \$17
 Single (18+): \$22
 Family: \$46

Ordinary Members

Infant (6 months - 5-years-old): Free
 Youth (6 - 17-years-old): \$22
 Single (18+): \$32
 Family: \$73

RecPlex (Includes Arena and Outdoor Pool)

Regular Members

Infant (6 months - 5-years-old): \$6
 Youth (6 - 17-years-old): \$19
 Single (18+): \$24
 Family: \$53

Ordinary Members

Infant (6 months - 5-years-old): \$10
 Youth (6 - 17-years-old): \$30
 Single (18+): \$37
 Family: \$92

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

Regular Members

Infant (6 months - 5-years-old): \$6
 Youth (6 - 17-years-old): \$24
 Single (18+): \$32
 Family: \$68

Ordinary Members

Infant (6 months - 5-years-old): \$10
 Youth (6 - 17-years-old): \$42
 Single (18+): \$53
 Family: \$126

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

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Sports



Fitness, Sports & Recreation

2007 Summer Kids Kamp

Summer is well on its way - are you ready for some summer fun? The CRA is already planning for a high energy, fun-filled summer of adventure and fun. If you are between 6 and 12 years of age and enjoy swimming, playing sports and making new friends, this is the place to be this summer.

The 2007 Kidz Kamp will be held at the RecPlex (located at 21 Namao Drive), Monday to Friday, from July 3, until August 24, from 8 a.m. to 4 p.m.

Registration for the military communi-

ty is ongoing. Registration for the general public will begin on June 4.

Cost for CRA members: \$78 for one child, \$141 for two children, \$184 for three children. Cost for military community non-members: \$83 for one child, \$151 for two children, \$199 for three children. Cost for the general public: \$88 for one child, \$161 for two children, \$214 for three children. Before and after care is available from 7 to 8 a.m. and 4 p.m. to 5 p.m. Cost: \$2/child/hour or part thereof.

2007 8 Wing Elite Hockey School

Join us for the 8 Wing Elite Hockey School from August 6 to August 10, for minor atom to minor midget levels. The Julie Robitaille Power Skating instructors will be back again to assist with this program. For the Select and House League levels, join us from August 13 to August 17. This school is for novice to minor midget players.

Cost for each school is as follows:

\$275 for members of the military community; \$375 for the general public.

The cost of the school also 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.

Rec Swim Cancelled: Please be advised that Rec Swimming from 1 to 3 p.m., is cancelled on June 2, due to training requirements.

Kayaking for Kicks course

Kayaking for Kicks is a three-hour adventure on the Bay of Quinte! Take this introduction course and enjoy renting the kayaks available at the south side Gymnasium.

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: June 7, 5:30 to 8:30 p.m.; June 20, 5:30 to 8:30 p.m.; July 7, 9 a.m. to 12 p.m.;

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: \$50 for military community/CRA members; \$55 for military community non-members; \$60 for 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).

School Bus Races at Brighton Speedway

Join us on Saturday, June 16, for the School Bus Races which are being held at Brighton Speedway.

This event is open to those between the ages of 13 and 18 years old.

The bus will leave the RecPlex at 5:00 p.m. and head to Brighton, and will return after last race is finished, which is approximately around 11 p.m.

Cost is just \$10 per per-

son. Pre-registration is required for this event.

Those interested in attending may register at the RecPlex or Military Family Resource Centre reception desks.

Trail Ride for Youth

Join us on Saturday, June 23, for the Trail Ride for Youth, which is a one-hour trail ride, fun in the sun and a barbecue lunch. Cost is \$50, and includes transportation to and from the stable. This package would cost \$75 if purchased separately. Shoes with a minimum of a 3/4" heel are required for trail ride. No running shoes.

The bus leaves the RecPlex at 9 a.m., returning at approximately 3 p.m. Pre-registration is required and can be done at the RecPlex or MFRC reception desks. For more information, please contact Debbie Schaap at 613-392-2811 ext. 2929.

Adult Mixed Bowling League

Looking for something to get you out of the house? Why not join the Thursday night Summertime Adult Mixed Bowling League? Call Astra Lanes Bowling for more information at 613-392-2811 ext. 3705.

Looking for new team members?

Surf and Turf teams need athletes: Please contact Race Headquarters at the gym ext 3328 if you have a team and need an athlete for a certain leg. We are forming a database of athletes needing to be placed.



Top Fuel For Top Performance

Health Promotion - 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 June 19 and June 26. For more information or to register, please call Lisa Pitt at local 3768.



Health Promotion, 177 Hercules St., Bldg 119

Kendra Lafleur, HP Director, local 3767

Lisa Pitt, HP Admin Assistant, local 3768

Much Music Video Dance

Join us on Saturday, June 2, at the south side gym for the Much Music Video Dance.

The dance is open to those aged 9 to 12 from 5 to 7:30 p.m. The dance will then open to 13 to 16-years-old from 8:15 to 11:00 p.m..

Cost is \$10 per person, to be paid at the door. Please note that this will be an adult-supervised event.

Golf Passes

Golf passes are now on sale for \$27, for 18 holes of golf, at the 8 Wing/CFB Trenton Golf Course.

Those interested in purchasing a pass may do so at the RecPlex, which is located at 21 Namao Drive, on the north side of the base.

Limit of one pass per member or two passes with the proper ID.

Passes are available to military personnel and CRA members.

Race day: Two weeks away

The 21st Annual Surf and Turf Race is just two weeks away. Teams are still rolling in for this year's annual sporting/fitness event. There's still time to register for this eight-leg, 60 km race. Teams of eight plus one volunteer are required to run, swim, bike, run, paddle for this year's extreme fitness event.

For more information please contact Lisa by phone at 3328 or via email at refausse.e@forces.gc.ca

Success in Fitness: Race Fever!

We profiled Warrant Officer Tony Hannam several weeks ago as a success in fitness. This past weekend was National Capital Race Weekend and WO Hannam ran a personal best time of 53:46 in the 10 km road race. In his age category he finished 80 out of 604 participants. Further, as a follow up to his profile, his most recent EXPRES test, he exempted - no problem! Congratulations WO Hannam!

More Kudos: Lieutenant Colonel Debbie Miller also participated in the Nation's Largest Half Marathon event. LCol Miller was one of 7700 participants who finished the 21 km road race. Congratulations LCol Miller!

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Plastic smoking receptacles can pose a real fire danger

There have been numerous incidents on the Wing involving plastic smoking receptacles left smoldering to the point of ignition.

The receptacles melt and fall against combustibles, posing an extreme fire risk and possible property loss.

The Fire Department recommends all smoking cans shall be at least three (3) metres away from buildings and emptied on a daily basis.

The Fire Department strongly recommends that all units purchase metal smoking receptacles to replace existing plastic receptacles.

They can be purchased through: Levitt Safety

Item description : Flammable waste cans \$66.04 NSN 7240-00-282-8411 Item No #JR09100

Please allow 10 days for delivery.



An innocent-looking plastic smoking receptacle.



What can happen when cigarettes are left to smolder.

The much safer type of metal smoking receptacle that the 8 Wing Fire Department is strongly recommending that all units use to minimize any fire hazard.



Boîtes à mégots

De nombreux incidents liés aux boîtes à mégots en plastique qui sont utilisées dans l'Escadre ont été signalés: ces boîtes sont parfois si brûlantes qu'elles mettent le feu aux objets combustibles contre lesquels elles sont appuyées: portes en bois, etc. Recommandations de la caserne de pompiers : Les unités hébergées sont fortement priées d'acheter des boîtes à mégots en

métal pour remplacer les boîtes en plastique.

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Home playground equipment tips



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

Sunny summer days and kids naturally go together. Is your backyard playground ready for the kids, or are you thinking of purchasing new equipment? Keep these safety tips in mind:

Check the swing seats of the playground equipment before you buy it. The seats should be made of soft material, not wood or metal.

Avoid equipment with "s" type hooks, sharp edges or rings between five and

10 inches. Rings of this size could trap a child's head.

Assemble home playground equipment following the manufacturer's instructions. If you are not sure of how to do it, talk to a professional.

Install playground equipment at least six feet from fences or walls.

Anchor the equipment firmly on the ground on a level surface. Do not install it over hard surfaces such as concrete or asphalt. Use a softer surface instead like sand, woodchips or bark. The surface should be able to cushion a fall.

Make sure to cap all screws and bolts. Check the equipment once a month for loose nuts and bolts.

Home playground equipment needs just as much safety attention as public park playground equipment. Make sure yours is safe for the kids this summer.

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Everyday heroes surmounting incredible challenges

WLE Branch

The Wing Logistics and Engineering (WLE) Branch is a combination of several support squadrons which provide basic support services to everyone at 8 Wing/CFB Trenton.

Generally speaking, the services provided by our Branch include the following: Wing Supply, Wing Transport, Wing Construction Engineering (including Fire Hall, 86 ASU and 81 AEF), Wing Foods, Wing Electrical and Mechanical Equipment, Wing Telecommunications and Information Systems, Wing Environment, Wing General Safety, as well as a newly formed Mission Support Squadron. This constitutes 807 personnel within the Branch made up of approximately 467 regular force, 80 reservists and 260 civilian employees.

Everyone of these professionals is dedicated and focused on the provisions of support requirements in order to maintain the operational tempo and objectives of this Wing and the Lodger Units we support.

We, as a Branch, understand the frustrations of Wing personnel when support requests are delayed, or even sometimes put on the back burner. As the Branch Chief, I am

amazed that despite being undermanned, this Branch still deploys some 25 per cent of our personnel on a regular basis either overseas, on incremental taskings or to Alert. For example; Wing Supply has a total strength of 66 military personnel yet at any one time they can provide only 48 to support Wing requirements. As well, EME is established for 46 military personnel on the AER but due to deployments, taskings, courses, etc., only 22 qualified mechanics are available to maintain the 700 vehicles and 8000 pieces of AMSE equipment belonging to the Wing.

WTISS not only regularly works below the Preferred Manning Level, but also has to maintain a high training tempo in order to keep up with ever-changing technology. Of the 108 positions identified at WCE, a normal compliment of 80 are available to facilitate Wing requirements. Wing Transport, with a total establishment of 92, can only provide on average, 71 for Wing support, and Wing Foods continues to be undermanned on a normal basis. With the impending Mission Support Squadron (MSS) deployment of 86 support trade personnel from 8 Wing to Camp Mirage in June 07 we anticipate even more shortfalls.

When personnel are unavail-

able for the every day taskings, delays are inevitable and regrettable. WLE Squadrons could not function at a workable level were it not for the reservists and civilians within the Branch who often exceed most expectations as they tackle your priority requirements. Collectively, the men and women of WLE Branch have a can do attitude, enabling us to surmount some incredible challenges on the resource front.

Having inundated you with all the figures, I hope you will take the time to appreciate the workloads that our Squadrons face within the Branch. We also understand we are not unique, as we are most certainly aware that all Squadrons and Units at the Wing face the same taskings dilemma and personnel shortfalls.

Be assured that the Wing Logistics and Engineering Branch is fully committed to, and will continue to provide the support required for the safe and effective success of all operations conducted by the flying operation at 8 Wing Trenton.

As we strive to remain your everyday support experts, we ask for your patience, understanding and flexibility as we all muddle through this together, one team with one objective - safe and effective mission accomplishment.

Female aviators reach beyond the sky

by Carmel Ecker
Lookout newspaper

Women working in the male-dominated field of aviation will have a chance to inspire each other at the 2007 Canadian Women in Aviation Conference being held in Victoria June 7 to 9.

About 150 women are expected to gather at the Harbour Towers Hotel and Suites for the biennial event that features female aviation experts and motivational speakers. Having a women-focused event offers a unique opportunity for women in this field, says conference chair Sergeant (Sgt) Stacey Haggar, an airborne electronic sensor operator (AESOP) at 443 Maritime Helicopter Squadron.

"Aviation is male-dominated. There are very few women that work together in the same location doing the same job. At this conference, you get to meet people and share stories."

Past conferences have left Sgt Haggar awestruck, having listened to the stories from pioneers such as Major (Maj) Dee Brasseur, who was one of the first two females to become F-18 fighter pilots in the world.

"She's very energetic. She's got passion for what she does and she's a very dedicated person," says Sgt

Haggar.

Maj Brasseur's planned speech for the June conference details her journey to becoming an F-18 pilot and her experience during a flight safety investigation of an F-18 crash in Inuvik, NWT, in 1990. Maj Brasseur's motivational words from previous speaking engagements gave this year's conference its theme: The Sky is NOT the Limit.

Each person should strive to meet their own goals, rather than allow themselves to be bound by other people's doubts or by social constraints, says Sgt Haggar. "It's about not letting limits be set for you."

Other speakers for this year include Maj Charity Weeden, currently posted to NORAD in Colorado Springs, who will speak about space travel, including advances in privately funded projects.

Motivational speaker and professional life coach Christina Sestan's talk is "Navigating from within." Lisa Soderquist, an avionics instructor at the Southern Alberta Institute of Technology, will speak about avionics for private pilots. Also taking the podium is Dr. Peggy Chabrian, president and founder of Women in Aviation International, which represents more than 7,000 people worldwide.

She is a pilot and a flight instructor qualified to fly several aircraft, including helicopters and sea planes.

With such accomplished women present, the conferences "are energizing. You meet all these people who've done amazing things," says Sgt Haggar. With a large number of military members participating as both attendees and speakers, women in the CF will find the conference helpful, she says. The networking portion will allow them to share common experiences and solutions to common problems.

"They'll walk away with knowledge they didn't have before, stories, validation, role models or how to be a role model." The participants' chance to share their stories is a key part of the conference, whether they are tales of success or struggle in their chosen field.

To register for the Canadian Women in Aviation Conference, download the registration form at www.cwia.ca. Anyone interested in attending the conference can apply to have their travel costs covered by contacting Nancy Ballman at 613-995-7207 or ballman.nf@forces.gc.ca. Talk to your supervisor about having your unit cover the conference fee.

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HOROSCOPES

Weekly Astrology by Christine Davison

June 3 - June 9

ARIES (March 21-April 19): Your relationship with your siblings and other close relatives this week may be a shining example of how a loving family should behave towards one another. Even bold Aries may feel a little bit shy during the first part of the week; don't worry as you'll become brave and confident long before the weekend approaches.

TAURUS (April 20-May 20): You may find that powerful people may wish to support you and your financial decisions. You make a natural leader as the week progresses and should remain self-assured of your own talents and abilities. Try sharing some of your new found wealth and prestige towards the weekend and your popularity will soon be on the rise.

GEMINI (May 21-June 20): Others will see you as a true individual this week. Romantic notions may intensify over the course of the next seven days. A celebration may be in store for many Gemini's this weekend. Others are as proud of your accomplishments as you are yourself. You have the courage of your convictions and the loyalty of friends.

CANCER (June 21-July 22): The week ahead will lend you the strength and energy you need to propel you forward to where you wish to be. Romantic relationships and familial ties may take on bittersweet tones during the first few days; the rest of the week will be a creative, social and jovial time. If a choice is to be made, you'll make the right one.

LEO (July 23-Aug. 22): Look to sudden and dramatic changes to take place amongst your acquaintances, club members or with someone you share a hobby with. Work that you do this week may help out others in charitable ways or even your community as a whole. You have protective friends in high places. Leos may find the week taking on romantic, creative and passionate tones after Wednesday.

VIRGO (Aug. 23-Sept. 22): You may feel somewhat torn this week between what you already have and what you wish to accomplish. Choices between family and career, or success and privacy may loom large. You'll make the right choice even if you're feeling slight trepidations towards the early part of the week. You will be brave and make the right decision.

LIBRA (Sept. 23-Oct. 22): This may be the perfect time to look into summer courses or if a parent, summer camps for younger members of the family. Overseas contacts and acquaintances may require nurturing and support early on in the week. As the week's end approaches you may find that sentiment has been replaced with passion where romance is concerned.

SCORPIO (Oct. 23-Nov. 21): Money may be found in hidden places or may come to you without you having to earn it. Esoteric or occult studies/events will be easily comprehended by you while remaining shrouded in mystery to others. As the week progresses you may find suspicion and doubt towards a lover replaced by warm and tender feelings.

SAGITTARIUS (Nov. 22-Dec. 21): You are often lucky in life, and this week, you are particularly lucky in love. The person you are now romantically linked to may be the most wonderful person you have ever had the pleasure to meet, let alone become involved with on a deeper level. If you truly want an open, warm and lasting relationship, then this may be the one.

CAPRICORN (Dec. 22-Jan. 19): Co-workers require your assistance and leadership to be able to perform their best. Loved ones may wish to spend warm, loving and nurturing moments with you. Sudden changes may occur around the workplace and decisions may need to be made on the behalf of others. Their success is your success.

AQUARIUS (Jan. 20-Feb. 18): You need to be in a profession that recognizes your true genius and capabilities. Your inventive intellect and progressive insights may be stifled by the conservative atmosphere that you are currently working under. There may be an unusual decision to make this week. Romance may be found with a Leo.

PISCES (Feb. 19-March 20): Where things may sometimes seem, hazy, uncontrollable or surreal, you can expect a sudden change and dramatic focus to come into play. Places where you have been asleep or lost in fantasy may suddenly become bright, clear and full of direction. Your family is your strength and harbour warm feelings towards you.

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

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DEAD AIR



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YEAH, THE SHOW IS CALLED "RED HOT ROOMIES" AND IT PUTS 8 PEOPLE TOGETHER IN A HOUSE, TO SEE HOW THEY INTERACT WITH ONE ANOTHER WHILE ON FILE. ON FILE?

THAT IS WHAT IT SAYS ON THIS ENTRY FORM. LET ME SEE THAT.

THIS SAYS "WHILE ON FIRE."

COOL! I'D WATCH THAT!

BY DAVE JOHNSON

DuJour



WHITENER

ROBERT SEMUR

NEW toothpaste?

Rules for Duffers



Some duffers never know when to give up!

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Not In My Backyard! by Dale Taylor



I TOLD YOU IT TAKES MORE THAN A PRETTY FACE TO MAKE IT IN TELEVISION.

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Community Events

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

Friends of the Trail Inc.
Mixed Scramble Tournament
at Oak Hills Golf Club
Sunday, June 10, 2007 at 1 p.m.

Cost: \$60.00 Per Person \$45.00 (Oak Hills members)
Cost includes green fees, cart, and dinner. Cost of dinner only is \$20.00.

The tournament is a two person scramble with a shot gun start. Fun and prizes for everyone, including a hole-in-one prize of a Pontiac Vibe sponsored by McCurdy Chevrolet-Pontiac-Buick-GMC Ltd.

Registration is required, and recommended to be done as early as possible. There is a maximum of 144 participants for this event.

Registration forms are available at Oak Hills Golf Club or online at <http://www.friendsofthetrail.ca/>. All proceeds will go to the development of the Lower Trent Trail. For more information please call 613-394-7127 or via email at mgdavis481@sympatico.ca.

Hope to see you there!



A.G.A. de l'ACFO Mille-Îles

Le mardi 5 juin à 19h se tiendra l'assemblée générale annuelle de l'ACFO Mille-Îles à l'École Madeleine-de-Roybon située au 2, avenue Montcalm à Kingston. Présentation des rapports d'activités et financiers de l'année 2006-2007 et présentation de la programmation 2007-2008. Quatre postes sont à pourvoir au conseil d'administration dont 2 à Kingston, 1 à Brockville et 1 poste conseiller jeunesse. Si l'avancement de la francophonie dans la région vous intéresse, cette assemblée vous concerne. C'est un rendez-vous. Info: 613-546-7863 ou sans frais au 1-800-561-4695

ACFO Mille-Îles will hold its AGM on Tuesday, June 5th at 7:00pm at Madeleine-de-Roybon Elementary School located 2, Montcalm Avenue in Kingston. Presentation of annual reports and planning for 2007-2008. For more information, please call 613-546-7863 or toll free at 1-800-561-4695.

New Anime Club for Trenton

TrentonAnime is a new fan-run club where people with an interest in Anime, Sci-fi, and Fantasy can meet, socialize and of course, watch Anime. A promotional showing will be held on June 2, at 6:00 p.m., at the Military Family Resource Centre (MFRC), at 50 Rivers Drive. Membership and registration is free. Weekly meetings will begin the following Saturday. For information, contact David Hardwick by e-mail at "TrentonAnime@hotmail.com".



CHAPLAIN SERVICES
SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre – Capt Padre Catherine Morrison
Administrative Assistant/Adjointe administrative – Mrs. Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
Capt Catherine Morrison, Capt Mike Adameczyk
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.

WORSHIP SERVICES

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR) Chapel Life Co-ordinator Julien Régis Beaulieu Responsable de la communauté, Coordinateur de vie de chapelle</p> <p>MASS Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p>CONFESSION At all times</p> <p>PARISH ORGANIZATIONS Parish Council third Thurs 1900 hrs</p>	<p>PARISH ORGANIZATIONS (Continued) Knights of Columbus first Thurs 1900 hrs CWL second Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs</p> <p>ST CLEMENT ASTRA (P) Chapel Life Co-ordinator Padre Mike Adameczyk</p> <p>WORSHIP SERVICE Sunday Divine Worship 1130 hrs Holy Communion - First Sunday of the month</p> <p>PARISH ORGANIZATIONS Chapel Guild Last Tues 1930 hrs</p>
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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.

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR

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.



B.E.S.T. RIDE IN CANADA

THE BIKERS EVERYWHERE SUPPORTING OUR TROOPS RIDE IN CANADA

The B.E.S.T. Ride in Canada is being held this July 15, in Cambridge, ON, at the Hespeler Legion (located at 26 Schofield St.).

Registration opens at 9 a.m., followed by a pre-ride safety brief and the first set of riders are scheduled to depart at 11 a.m. There will also be a barbecue and refreshments available, followed by live entertainment and the closing ceremonies.

Cost is \$20 per rider and \$10 per passenger. Pledge forms are available at <http://www.geocities.com/bestride-canada/>

This ride is in support of fallen comrades and other Canadian Forces personnel returning from combat.

Quinte Flywheels Antique Show

Join us on June 23 and 24, 2007, at the Ameliasburgh Community Grounds, for a great number of antiques, engines, tractors, cars and blacksmithing items. For more information please call 613-969-9516.

10th Annual County Poker Run

Join us on June 9, 2007, for the 200 km ride.
Cost is \$20 with all proceeds going to Camp Trillium (Garrett's Island).
Riders will depart from the Consec Legion at 11:30 a.m.
All riders welcome.
For more information, please call Rick at 613-392-7794.

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613-392-2811 ext: 3976

business • for sale • wanted • equipment • automobiles • child care • for rent • employment

Information

CLASSIFIED

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Advertisers should check their ad the first day it appears. The CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad wherein the error occurred.

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Heading West from Kingston, on a weekly rotational basis. Leaving Kingston at 0630 hrs and arriving at 8 Wing by 0730 hrs. departure from 8 Wing by 1630 hrs, every day until 23 September 2007. This schedule is to commence on the morning of Monday June 11, 2007. Please contact me, Victor Pascoal at Local 2079 for details and confirmation.

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High quality bungalow in prestigious boating community, Brighton Bay Estates. Main floor has 3 bdrms, full bath, living/dining, eat-in kitchen equipped with dishwasher. Lower area family room with gas fireplace, guest rooms, office, full bath, laundry room with washer & dryer. Garage, beautifully landscape yard. No pets, year lease, references, \$1200/mth, first & last req'd. Call Leah 613-849-0660



Crossword Answers

L	I	S	T	A	S	K	P	T	A	S
A	N	O	A	R	O	E	E	A	C	H
C	R	U	X	C	O	N	F	I	R	M
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H	O	L	D	E	A	R				
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P	O	S	I	T	I	O	N	B	E	A
A	G	A	R	C	O	T	A	I	D	E
M	O	P	E	A	L	A	T	S	A	R



Les FC et le Comité paralympique canadien lancent le programme « Soldat en mouvement »

Défense nationale

OTTAWA, le 26 mai 2007 – L'honorable Gordon O'Connor, ministre de la Défense nationale, et Carla Qualtrough, présidente du Comité paralympique canadien, ont annoncé aujourd'hui le lancement du programme Soldat en mouvement.

Soldat en mouvement est une initiative commune entre le Comité paralympique canadien et le ministère de la Défense nationale (MDN) conçue pour développer un programme afin d'améliorer, par le sport, la qualité de vie des membres des Forces canadiennes (FC), anciens et actuels, ayant été blessés pendant qu'ils étaient membres des FC. Un entretien consultatif sera tenu lors du Sommet et par la suite, afin de déterminer les besoins des membres des Forces canadiennes.

« Il s'agit d'une occasion formidable pour ces individus afin qu'ils puissent continuer à bénéficier d'un mode de vie actif et sain », a déclaré le ministre O'Connor. « Nous croyons que le programme Soldat en mouvement améliorera de manière importante leur vie et celle de leurs familles. »

L'annonce a été faite pendant le Sommet sur le sport paralympique à l'Université Carleton. Le Sommet rassemble les membres des FC qui ont

un handicap physique et des athlètes paralympiques afin de partager leurs expériences. Les membres des FC rencontreront des entraîneurs d'équipes paralympiques nationales et des spécialistes de la réadaptation, en plus d'être initiés à sept sports paralympiques dans le cadre de séances pratiques.

« Il est merveilleux de constater le dévouement de nos athlètes paralympiques, à l'instar de celui de nos soldats blessés. Le fait de travailler côte à côte pour aider ceux qui portent l'uniforme constitue tout simplement une incroyable inspiration pour nous tous », a déclaré le Général Hillier.

Le programme sera intégré aux programmes généraux de moral et de bien-être mis en œuvre au sein de la Division des programmes de soutien du personnel de l'Agence de soutien du personnel des Forces canadiennes.

« Il sera très intéressant pour les soldats non seulement d'être exposés à ces sports, mais aussi d'entendre et de voir directement les avantages et les possibilités qu'offrent ces sports aux personnes handicapées », a indiqué Mme Qualtrough. « Le sport à tous les niveaux, qu'il soit récréatif ou à rendement élevé, peut aider les personnes handicapées à de nombreux égards – notamment en améliorant la réadaptation et, par conséquent, hausser leur qualité de vie. »

Officers' Mess June 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
The Officers' Mess is now selling golf passes for \$26.00 for 18 holes. Please note that each member can purchase a maximum for 2 tickets per day to allow for everyone to take advantage of the tickets. This month the GRAND PRIZE to be given away at a TGIT will be a family season pass to Canada's Wonderland. NOTE: The Mess Secretary's office will be closed on Monday 02 July for the Canada Day Holiday.						1	2
					Sandwich Bar 1130 - 1315		
3	4	5	6	7	8	9	
		Ladies Club 1900	TGIT Yukon Galley Ribs and Fries	Sandwich Bar 1130 - 1315			
10	11	12	13	14	15	16	
			TGIT Goody's Pizza	Sandwich Bar 1130 - 1315	Downhomers Night		
17	18	19	20	21	22	23	
			TGIT Yukon Galley Chinese Food	Sandwich Bar 1130 - 1315			
24	25	26	27	28	29	30	
			TGIT PIZ ROAST	Sandwich Bar 1130 - 1315			

JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT	
TGIF's start at 1700 hrs \$4.00 Member/Guest Sports start at 1800 hrs						1	2
					TGIF BBQ Steak Sports Pool		
3	4	5	6	7	8	9	
	Lab Lounge Seaba Club BBQ			Astra Sports Breakfast & Awards	TGIF BBQ Steak Sports Euchre		
10	11	12	13	14	15	16	
		Lab Lounge Conference			TGIF BBQ Steak Sports Pool		
17	18	19	20	21	22	23	
					TGIF BBQ Steak Last Sports Night Euchre RAMSEY BBQ Lab Lge Conf.	Lab Lounge Conference	
24	25	26	27	28	29	30	
	ASTRA DFS Conference	ASTRA DFS Conference	ASTRA DFS Conference		TGIF BBQ Steak		

JUNE 2007

WO & SGTS' MESS

SUN	MON	TUE	WED	THU	FRI	SAT	
Bar Hours: Monday - Thursday 1130-1330 & 1500-1900 hrs Friday 1130-2100 hrs Saturday & Sunday 1200-1500 hrs Office Hours: Monday - Friday 0800-1600hrs For Bookings: (Wed Recept/Conferences/Private Parties) Call 613-392-2811 Locals 2438/2768						1	2
					Main Lounge WOPS Conference Fireside Lounge Soup & Sandwich 1130-1330 hrs TGIF BBQ Steak 1700 hrs	Main Lounge CFWFC Mess Dinner	
3	4	5	6	7	8	9	
	Fireside Lounge PMC Luncheon 1130 hrs		Main Lounge Spar Presentation & Meeting		Fireside Lounge Soup & Sandwich 1130-1330 hrs TGIF BBQ Steak 1700 hrs		
10	11	12	13	14	15	16	
			Main Lounge Honours & Awards	PMC Coffee Break 1000 hrs TGIF BBQ Steak 1500 hrs	Fireside Lounge Soup & Sandwich 1130-1330 hrs		
17	18	19	20	21	22	23	
Happy Father's Day			Main Lounge Rec Association	TGIF BBQ Steak 1500 hrs	Fireside Lounge Soup & Sandwich 1130-1330 hrs SNO'S Golf Tournament		
24	25	26	27	28	29	30	
	Conference Room Atrv 25 & 26			Games Room BBQ's Meeting TGIF BBQ Steak 1500 hrs	Fireside Lounge WCWO Lunch 1130-1330 hrs	Fireside Lounge Wedding Reception	

JUNE 2007



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Photo: Pete Fisher, SUN

The hearse carrying the remains of Corporal Matthew McCully, a member of 2 Canadian Mechanized Brigade Group Headquarters and Signal Squadron, passes under the Ontario Street bridge in Cobourg while people offering support and condolences to the family wave Canadian flags and firefighters activate their emergency equipment.

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