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## REPATRIATION CEREMONY



Photo: Cpl David Cribb, 8 Wing Imaging

The body of Master Corporal Darrell Jason Priede, a member of 3 Area Support Group, based at Canadian Forces Base Gagetown, New Brunswick, returned to 8 Wing/CFB Trenton June 4, 2007 via CC-150 Polaris. Present to pay their respects were the Minister of National Defence, the Honourable Gordon O'Connor, and General Rick Hillier, Chief of the Defence Staff. Four of the pallbearers at the repatriation ceremony were members of the 8 Wing Trenton Imaging Unit—MCpl Chris Connolly, Cpl David Hardwick, Cpl Frieda Van Putten, and Cpl Simon Duchesne.

## New name for museum

Brigadier-General Tom Lawson, Commander, 8 Wing/CFB Trenton, has authorized the decision of the Board of Directors to rename the RCAF Memorial Museum the “National Air Force Museum of Canada”. The name change will occur gradually and be completed by 1 April 2008.

This unanimous decision by the Board was made to accurately reflect the Mission of the Museum: “to collect, preserve, and display historical artefacts and archival material pertaining to the people, missions, and equipment of Canada’s Air Force.”

“The re-naming of this Museum is in keeping with its national status declared by the Chief of Air Staff in September of 1999. It is vitally important for our facility to encourage and recognize current and future serving Air Force members and to educate the youth of tomorrow” said Museum Board chairman LCol (Ret’d) Peter McCulloch. “Since 1914 with the formation of the Canadian Aviation Corps, there have been seven distinct Air Forces by name. Today the Air Force is known as Air Command. Our museum, given its national mandate, is responsible

to tell the Air Force story to the 50,000 visitors that pass through our doors annually. We believe that it is critical that our name accurately reflect these 93 years of history today and in the future. And, in keeping with the tremendous accomplishments of the Royal Canadian Air Force, we intend to re-name the Museum Air Park, The RCAF Memorial Air Park, to commemorate the proud 44 year history of the distinguished organization (1924 - 1968).”

As time progresses and the newly expanded facility is completed, many of the artefacts presently in storage will be put on display for the first time since they were acquired. Included in these new displays will be representations of Air Force operations in Europe, the Middle East and Asia that have been conducted since 1989.

The National Air Force Museum of Canada is Quinte’s largest tourist attraction. It is located at 220 RCAF Road in the City of Quinte West. Call 613-965-RCAF (7223).

For further information, please contact Chris Colton, Executive Director, National Air Force Museum of Canada, 613-965-2208.

## GM EMPLOYEE HONOURED



Photo: Submitted

Lieutenant-Colonel Debbie Miller, Acting Wing Commander, 8 Wing/CFB Trenton, presented a special Wing Commander’s Commendation to Graeme Hume on May 23, 2007 at the General Motors truck plant in Oshawa. It marked the first time ever that this distinction has been awarded to someone who is not an employee of 8 Wing Trenton. Hume was honoured for his initiative in selling Support Our Troops merchandise to GM employees and members of the general public. He has now sold more than \$25,000 worth of merchandise, including hats, t-shirts, lawn signs, teddy bears, and he has generated a combined profit for the Trenton and Petawawa Military Family Resource Centres of more than \$8,000. Thank you, Graeme for all your hard work and congratulations on receiving such a prodigious award.

## ON THEIR WAY OVERSEAS



Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging

8 Mission Support Squadron personnel deployed for operations on June 2, 2007. Joining friends and families to say farewell were Chief Warrant Officer Tom Secretan, 8 Wing CWO; Lieutenant-Colonel Carrie Fortier, Wing Logistics and Engineering Officer; and Chief Warrant Officer Charley Fleming, WLEO CWO. See more photos on Page 11.

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# Gulf War veterans receive special medal from Government of Kuwait

by Sgt Brad Phillips  
Army News

**TORONTO-Ontario** - Good things come to those who wait; well the wait was over 16 years but 59 serving and retired members of the Canadian Forces recently received recognition from the Government of Kuwait in the form of the Liberation of Kuwait Medal.

The medals were presented by His Excellency Musaed Rashed A. Al-Haroun, the Ambassador of Kuwait to Canada, and Brigadier-General Guy Thibault, Commander, Joint Task Force Central/Land Force Central Area. The medals were presented June 4 at the

LCol George Taylor Denison III Armoury in Toronto on behalf of the Government of Kuwait to thank and formally recognize the efforts of Canadian Forces members who played a part in the liberation of Kuwait.

The medals do come with a bit of controversy or at least a bit of a story. For years Gulf War Vets have heard that the medals were issued to a few members shortly after the War but would not be given to everyone who participated in Op Friction. Other stories that went around were the medals were lost or that there was indeed no medal at all for the Canadians. As it turns out, according to Capt C. Gauthier, the

Senior Policy Officer from Directorate of Honours and Recognition, "the Government of Canada never took delivery of the medals from Kuwait in the 1990s so they were not lost, just not received."

As the Liberation of Kuwait Medal is a foreign award it may be accepted as a memento but is not authorized for wear by the Government of Canada. MCpl Alain Larocque, an MSE Op from CFB Borden had these feelings on receiving the medal "I think that's very gracious from Kuwait after all these years, still thinking about us. It shows that they have not forgotten us."

His Excellency Musaed Rashed A. Al-Haroun was

very appreciative of the work that the Coalition and Canadians did during the war saying "We just wanted to say thank you to the people of Canada, thank you to the Government of Canada and you should be proud of your country. You have a beautiful country." The ambassador has already made a few stops across Canada to give out the medals and his journeys will take him to locations such as Halifax, Gaagetown, Montréal, Ottawa, Winnipeg, Cold Lake and Esquimalt.

For more information on this medal or to find out if you qualify to receive it go to the Directorate of History and Heritage website for more information.



Recipients of the Liberation of Kuwait Medal, including many from 8 Wing/CFB Trenton, gather with His Excellency Musaed Rashed A. Al-Haroun, Ambassador of Kuwait to Canada, and Brigadier-General G.R. Thibault, Commander of LFCA, for a group photo in the Officers' Mess at the Denison Armoury in Toronto.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Miss Aileen Ruckstuhl of Transport Squadron receives her 35 year certificate, signed by the Prime Minister. She was presented with her certificate and gift by OC Tn/EME Sqn, Capt H.J. MacCharles. Congratulations and thank you to Miss Aileen Ruckstuhl from everyone at Transport Squadron for her dedication, support and hard work over the years.

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# 8 Wing Cleans Up! The Wing Environmental Office encourages responsible waste disposal

by 2Lt Marc Velasco

As polar ice caps melt and carbon dioxide levels rise, it seems people everywhere are becoming more and more concerned with the environment.

At CFB Trenton, the Wing Environmental Office ensures 8 Wing is doing its part to handle waste responsibly. With no fewer than four disposal programs running continuously, CFB Trenton is seen as one of the leaders in waste disposal programs among CF facilities. "Trenton is one of the original green bases in the CF," comments the Wing Environmental Officer, Drew Craig.

"We have a zero waste policy in the office," Dot Serre explains, "the only waste is from carbon products like chip bags and wrappers." Dot is an assistant at the Wing Environmental Office. She produces a tiny black plastic cylinder, shaped

like a garbage can and no bigger than a Tim Horton's pot of coffee, explaining that it should contain all the garbage that needs to be discarded every day. "Tim Horton's coffee cups are not recyclable," she adds emphatically. In an effort to encourage people to recycle more and throw away less, these smaller garbage cans were introduced to the Wing several years ago.

"It is each employee's responsibility to take recyclable material to the bins," adds Ms. Serre. She stresses the importance of properly sorting recyclable materials as contamination may ruin a load and cause it to be thrown in the garbage. It is also important that recycle bins are not over-filled as this may result in extra fees imposed on the base by recycling companies - up to \$150 per extra pick-up!

Those little black cans and the associated recycling program are

just one of a variety of initiatives organized by the Environmental Office to ensure responsible disposal of waste. There is also the base compost, cell phone and printer cartridge disposal program as well as the annual tire drop off and PMQ large item pick-up drive. Ms. Serre explains the Wing is hoping to add disposal of computer and electronic equipment to their list of waste management items in the next month or two.

If you have any yard waste, the Wing compost site is accessible to all DND employees; it is located on the South side of the Wing, adjacent to the Cadet Camp. It is open Monday to Friday between 1200 - 1300 hrs. WCE Roads & Grounds runs the operation; most of the soil produced is used in the flowerbeds you see around the Wing. The site uses two 28-day in-vessel composters. Ms. Serre says that



Photo: Andrea Steiner

The 8 Wing compost site is located on the south side of the base and is equipped with two large compost units.

biodegradable yard waste from home is welcome at the site.

The tire drop-off was an initiative that started about five years ago when the West Nile Virus became a local concern. This year's event has been the most successful yet; 240 tires have been collected so far. This year also

marked the first PMQ large item pick-up, an idea that was brought about in order to minimize bulk waste in and around the PMQs. The Environmental Office hopes this will be the first of what they would like to turn into an annual event at the Wing.

The Wing

Environmental Office gives 8 Wing the ability to dispose of waste responsibly. It is up to each one of us on base to help by doing our part. For questions regarding recycling or waste disposal contact Dot Serre at the Wing Environmental Office at 613-392-2811 ext. 3295.

## Search & Rescue UPDATE



424 Squadron Tigers had three missions since our last article. The Hercules was assigned to one tasking and the Griffon was responsible for two.

The first mission was on Sunday for an ELT search in the Manitoulin Island area. After the Hercules arrived, it was determined that the signal was coming from a parked aircraft at the Goetz airport. The Minneapolis State Police were sent to resolve the issue.

The second tasking requested another ELT search in the Ottawa area. The Griffon was dispatched under IFR conditions with expectations that VFR weather would be present in the search area. However, the weather had deteriorated and the Griffon crew decided to land in Gatineau.

On Tuesday there was yet another tasking for the Griffon to investigate an ELT in the Toronto area. Nothing was detected upon arrival and the tasking was stood down by the Joint Rescue Coordination Centre.

Until next time, stay safe.

Missions for 2007: 53 Missions for June.: 3 Persons rescued: 7



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

Jpeg-Maximum (8X10), 300 dpi

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

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

### Letters to the Editor:

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Intranet: Steiner AL@CFBTrenton@Trenton

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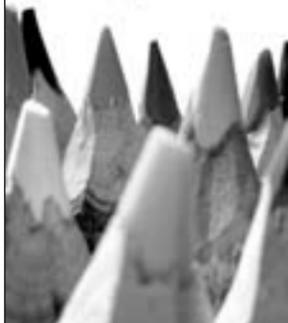
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# Canadiana Crossword

## Airport AKAs

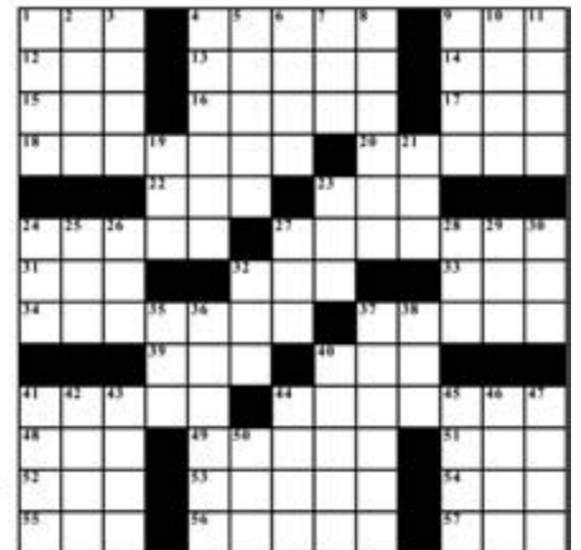
By Bernice Rosella and James Kilner

### ACROSS

- 1 Cave dweller
- 4 Dehaviland design
- 9 Criticize harshly
- 12 With pogo, Okanagan monster
- 13 The ones over there
- 14 \_\_\_ of reason
- 15 \_\_\_ Lanka
- 16 Sumptuous dessert
- 17 Regret
- 18 AKA YYC
- 20 Deked
- 22 Bract feature
- 23 Cribbage player's concern
- 24 Creator of Accord?
- 27 AKA YYZ
- 31 \_\_\_ Baba
- 32 Space
- 33 Ms Shropshire
- 34 AKA YAW
- 37 Everglades menace, slangily
- 39 Landed
- 40 Food fish
- 41 Wheel part
- 44 AKA YQM
- 48 Spigot
- 49 Got up
- 51 Soul, in St. Onge
- 52 Alexander Keith creation
- 53 Cup, in Calais
- 54 Atlantique or Pacifique
- 55 Hankering
- 56 Goose genus
- 57 Conclude

### DOWN

- 1 Pear
- 2 Taj Mahal site
- 3 Labour
- 4 AKA YOW



- 5 Spiny plant part
- 6 Diefenbaker or Harper
- 7 Is, in Iberville
- 8 Overcoat
- 9 Recreation area
- 10 Flu
- 11 Require
- 19 Peripatize
- 21 Back then
- 23 Sprite or Pepsi
- 24 Expletive expressing doubt
- 25 Talipot palm
- 26 None
- 27 Levy
- 28 After expenses
- 29 Duo
- 30 Over, poetically
- 32 Gangster's gun
- 35 Sort
- 36 Festival, in Fatima
- 37 AKA YQN
- 38 Circle part
- 40 Nene
- 41 Remain
- 42 Pallid
- 43 Frank
- 44 Bryophyte
- 45 Domesticated
- 46 Augury
- 47 Wonk
- 50 Take rays



## This Week in Contact

1977 – CC-130 Hercules of 435 Squadron Namao and 436 Squadron Trenton were diverted from normal duties this week to assist the World Health Organization (WHO) in combating a smallpox outbreak in the Somali Republic. The two Hercs reacted to an urgent request to transport six medically equipped Land Rovers from Copenhagen, Denmark, to Mogadishu in the Somali Republic, a distance of about 3,800 miles. The aircraft arrived in Copenhagen just hours after the Air Transport Operations Centre in Trenton learned of the requirement.

1987 – The Honourable Perrin Beatty, Minister of National Defence, presented the House of Commons the Government's Defence White Paper. The White Paper provides the government's response policy deficiencies. Some main elements of the report including improving the credibility of our NATO contribution, creating a fully capable, modern three overran navy, including the acquisition of nuclear powered submarines and a second bath of Canadian Patrol Frigates and revitalizing the reserves. Additionally, several measure were highlighted, that aim at broadening and strengthening the future Canadian Defence policy.

1997 – The 8 Wing Fire Department took to the streets of the PMQ area. Armed with nothing more than an empty boot and a special appearance by a clown, they proceeded to collect pennies to raise a few hundred dollars to aid in the research of Muscular Dystrophy. The 'meager objective' was blown out of the water when an all-time fundraising high was reached with a grand total of \$1,120.

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



# A revitalized Officers' Mess at 8 Wing/CFB Trenton

by Amber Gooding  
Contact Staff

The Officers' Mess has recently undergone many upgrades and renovations as part of a revitalization project.

With a new committee appointed in December 2006, and a revised and updated Mess Constitution in place as of April 2007, members of the Officers' Mess have witnessed many positive changes over the last few months – and are now able to frequent a much more enjoyable meeting place to be shared with ordinary, associate and honorary members.

One thing that hasn't changed is the purpose of the mess – to provide its members and 8 Wing/CFB Trenton with a common meeting ground and focal point for social and recreational functions; a home for living-in personnel; a facility for meals, lodging, entertainment as well as a venue for conducting meetings, conferences and official ceremonies; and as always, a suitable place for the display of memorabilia.

The many upgrades and renovations are as much aesthetically pleasing as they are functional.

The revitalization project began last year with the patio upgrade. From there a number of elements have been upgraded, implemented or replaced including \$40,000 worth of new furniture to help meet the quality of life standards.

Rooms that have received new furniture include the Oak Room, Upper Lounge, Meeting Room 3FI and the Billy Bishop Room, which will also house a series of aviation prints by artist Robert Bradford, which were presented to the mess this past March on behalf of the Canadian Forces Aerospace Warfare Centre's (CFAWC) Honorary Colonel Chris Terry.

The bar received 25 new stools and upgrades were made to the Crud (pool) table. Common-room fridges were also replaced for live-ins, and a storage room was constructed in the Upper

Photos: Amber Gooding



Lounge of the mess.

The first floor received new ceramic tile, the hallways have been painted and the wood framing the pictures of former Commanding Officers of the Wing was also refinished and returned for display.

There are plans in the works for upgrades to the first floor washrooms and the complete cleaning of VIP suites and other areas is ongoing, as well as repairs and painting of required areas of the building's exterior.

New audiovisual equipment was also purchased, including electronic message boards, all of which will be installed over the next few months, once the DWAN installation is completed.

The meeting grounds of the mess may look and even feel different, and those involved with the ongoing project hope it's a more inviting and overall pleasing and enjoyable environment for mess members to meet, conduct business, regroup and just kick back and relax in a setting designed specifically to meet the needs of Air Force officers.

**Top: The newly re-finished frames display the pictures of all former Commanding Officers.**

**Right: Personnel from 81 AEF continue with construction of the new lower patio, which is located behind the Officers' Mess.**



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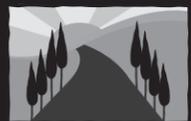
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# 436 Squadron welcomes back an original member

by Capt Tim Brodie

On May 4, 2007, 436 (Transport) Squadron welcomed home one of its founding fathers. Robert Bruce Witherspoon was a Service Policeman in 436 Squadron during WW II. Born 5 Sept 1920 in Toronto, Ontario, he enlisted in the RCAF on 30 July 1941 in Regina, Saskatchewan at the age of 19 years and was discharged in 1946 when 436 Squadron was repatriated to Canada.

He served our country for 55 months in Canada, England, India and Burma (Ramry Island). He was awarded the 1939/45 and Burma Stars, Defense, War and CVSM (with Clasp) Medals.

After the war he married and joined the Air Force Reserves. He had three daughters while going on to a sales career culminating in a call and service to the United Church ministry. He died relatively young at 56 on February 23, 1976 of tuberculosis brought about by a bone marrow disorder called aplastic



Photo: Submitted

**Lieutenant-Colonel Rob Coulthard, Commanding Officer of 436 Squadron, accepts the framed memento of Robert Bruce Witherspoon, presented by Captain Tim Brodie.**

anemia. Over two years ago, Corporal Witherspoon's daughter, Nancy, attended the 60th anniversary of 436 Squadron. So impressed was she by the camaraderie and esprit of the squadron that she was moved to donate her father's medals and ID discs.

Appropriately framed

and honoured, the medals and discs were presented by Capt Tim Brodie, on behalf of the 435/436 Burma Squadrons Association, to Lieutenant-Colonel Rob Coulthard, Commanding Officer of 436 Squadron, for safekeeping and display in perpetuity. The memorial Robert Witherspoon forms the

focal point for the conception and realization of the Burma Briefing Room within 436 Squadron and will look upon future plans and preparations for Canucks Unlimited operations.

To paraphrase a popular television show, "Welcome home Robert Witherspoon. Welcome home."

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<p><b>Auto Glass</b></p> <p>Doug's Auto Glass</p> <p>*Antique Auto Weatherstripping*</p> <p>9 Frankford Cres. Trenton          613-394-3142</p>	<p><b>Auto Service/Tires</b></p> <p>GOOD YEAR</p> <p>"YOUR COMPLETE AUTO SERVICE CENTRE"</p> <p>\$29<sup>00</sup></p> <p>Air Conditioning Service Check-up</p> <p>613-392-1354          303 Dundas St. W. Trenton</p>	<p><b>Building Material</b></p> <p>RONA CASHWAY</p> <p>"Buy Where The Builder Buys"</p> <p>House plans, engineered floors, kiln dried lumber, expert staff, etc.</p> <p>234 Glen Miller Rd          Trenton          613-394-3351</p>	<p><b>Cash Advance</b></p> <p>RapidCash</p> <ul style="list-style-type: none"> <li>• Pay day loans</li> <li>• Cheque cashing</li> <li>• Secured credit cards</li> <li>• Phone reconnect</li> </ul> <p>Mon/Tues 10:00-5:00          Wed/Thurs/Fri 10:00-6:00          Saturday 11:00-4:00</p> <p>263 Dundas St. East, Trenton          613-392-0441</p>	<p><b>Computer Service</b></p> <p>TECHNOBYTES COMPUTERS</p> <ul style="list-style-type: none"> <li>• Computer Repairs</li> <li>• Upgrades</li> <li>• Network Specialist</li> <li>• Consultant</li> </ul> <p>24 Dundas East, Trenton          Andre &amp; Kevin          613-394-1097  <a href="http://www.techbytescomputers.com">www.techbytescomputers.com</a></p>	<p><b>Custom Builder</b></p> <p>LUYMES Construction Ltd.          General Contractors</p> <p>Kitchen &amp; bathrooms, rec-rooms, additions, replacement windows, refacing kitchen fronts &amp; stairways, textured ceilings &amp; fireplaces.</p> <p>962-8795 848-9996          E-mail: <a href="mailto:luymes@reach.net">luymes@reach.net</a>          Free Estimates          In business since 1967  <a href="http://www.luymesconstruction.com">www.luymesconstruction.com</a></p>
<p><b>Haulage/Top Soil</b></p> <ul style="list-style-type: none"> <li>• TOP SOIL</li> <li>• DECORATIVE ROCKS</li> <li>• PLAY GROUND SAND</li> <li>• GRAVEL • LARGE OR SMALL - PICK UP OR DELIVERY • EQUIPMENT RENTALS</li> </ul> <p>SCOTT'S HAULAGE          17 Lester Road          613-392-3917</p>	<p><b>Mini Storage</b></p> <p>BIGFORD MINI STORAGE</p> <ul style="list-style-type: none"> <li>• Household &amp; Commercial 24/7 Access • 200 Units</li> <li>• Lighted Fenced In Secured Compound \$1.00/day</li> <li>• Storage Containers Delivered or On-site • \$95.00/Month</li> </ul> <p>• 5x5-\$30/mo • 5x10-\$55/mo • 10x10-\$70/mo          • 10x15-\$95/mo • 10x20-\$115/mo • 10x30-\$185/mo</p> <p>468 Bigford Road, Brighton          Conveniently located between Trenton &amp; Brighton          Most major credit cards accepted. Prices are per month + GST.          613-475-6500 or 1-877-475-6500</p>	<p><b>Roofing</b></p> <p>JONNY ROOFER</p> <ul style="list-style-type: none"> <li>• Fast Service for Roofing Repairs</li> <li>• Asphalt Shingles</li> <li>• Flat Roofing</li> </ul> <p>3 YEAR WRITTEN GUARANTEE          FULLY INSURED - FREE ESTIMATES</p> <p>Belleville • Trenton • Tweed          613-921-ROOF (7663)          1-877-694-ROOF          Jon McEwen Owner          Joy Taylor Business Manager</p>	<p><b>Swap &amp; Sell</b></p> <p>QUINTE WEST SWAP &amp; SELL</p> <ul style="list-style-type: none"> <li>• Bikes • Stereos • Tools • TVs</li> <li>• Game Systems • Movies • CDs</li> <li>• Guitars • Car Audio</li> <li>• Paint Ball Guns &amp; Supplies</li> </ul> <p>BUY-TRADE-LOAN</p> <p>391 Dundas St. W. Trenton (across from the High School)          613-392-5822          Open Daily 10-6          Sun 10-3</p>	<p><b>Tree Service</b></p> <p>Trenton Tree Service</p> <p>Tree Trimming &amp; Removal, Chipping &amp; Stumping</p> <ul style="list-style-type: none"> <li>• Free Estimates</li> <li>• Fully Insured</li> </ul> <p>A fair price for everyone          613-392-7415</p>	



# Fitness, Sports & Recreation

## 2007 Summer Kidz 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 com-

munity 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.

## 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 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, 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).

## 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 to others. Early registrations will not be accepted.

### Amazing Race: Youth event for ages 11 to 18

This event will take place on August 24 at 10 a.m. at the RecPlex, with a new, longer route and more clues. Cost: \$20 per team of two (includes food and buff) Pre-registration required by August 20 at 4:00 p.m. (pre-race packages given out at registration). Register at the MFRC or RecPlex reception desk. No motorized vehicles please!

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## Brighton School Bus Races

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 person. Pre-registration is required for this event. Those interested in attending may register at the RecPlex or MFRC reception desks.

## 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.

## Power skating: A gal's affair

Join us from August 6 to 9, from 6 to 8 p.m. at the RCAF Flyers Arena for this all-ladies, all-ages event. Develop skating and puck control skills; learn body control and positioning; and maximize your efficiency while minimizing effort.

Cost: Military and CRA members, \$55; military community non-members, \$60; general public, \$70.

Full hockey gear is required and there is limited space for this program.

Please register at the RecPlex, which is located at 21 Namao Drive E.

## 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

## 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.

## Golf Passes Available

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.

## 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.

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## Annual Surf n' Turf Race: One week away!



Photo: Contact archives

The 21st Annual Surf n' Turf Race is just one week away.

Teams are still rolling in for this year's annual sporting/fitness event and there is still time left to register if you wish to be a part of the fun.

Teams of eight, plus one volunteer, are required to run, swim, bike, run, and paddle through the extreme fitness event of

the year.

There are still teams that need athletes to help complete the eight-leg race.

Please contact Race Headquarters at the Gym (local 3328) if you have a team and need an athlete for a certain leg.

We have formed a database of athletes that need to be placed with a team in time for the race.

We are requesting some volunteers to help with race day. All volunteers will receive a race t-shirt and lunch.

We thank you all in advance for your time and consideration. It's greatly needed and always appreciated.

To volunteer please contact Todd at local 7160.

There will be a team

captains' meeting on June 13, from 1130 to 1230 hrs.

The meeting will take place at the south side Gymnasium and is open to team captains, volunteers and athletes who wish to attend.

For more information in regards to anything about this year's event, please contact Lisa by phone at local 3328 or at [refausse.e@forces.gc.ca](mailto:refausse.e@forces.gc.ca)

## It's the Sports of All Sorts summer camp

No books, no homework, no math. Nothing but sports! Are you 13 to 15 years old and looking for something to do this summer? Do you like sports?

This is your chance to get together with friends, develop your 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.

Each week will be action-packed. Don't miss our awesome weekly bus trip to top it all off. Our coaches are chosen because of their knowledge of sports and their desire to see you have fun.

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

Gymnasium.

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 is as follows: \$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.

## Shinny Hockey

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

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

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

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

## I/S GOLD LEAGUE NOW IN FULL SWING



Photo: Submitted

The I/S Golf Leagues season is off and running with nine teams fighting for top honours. Fitness and Sports Director, Denis Gaboury, is shown above teeing off to commence the first day of play. The Fitness and Sports Flight would like to take this opportunity to thank the Executive Committee President, Master Corporal Paul Kelly, and Vice President, Master Corporal Norm Harriet, for volunteering their time. Good luck to all golfers and remember to have fun and play fair.

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# Contact

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Please call **613-965-7248**  
Leave your name, address, phone number & age.

## 8AMS FAMILY DAY



The annual 8 Air Maintenance Squadron Family Day was held on Sunday, June 3, 2007 at 8 Wing/CFB Trenton. Many activities took place including flights on the Airbus and Hercs, a BBQ, face painting, balloon clown and inflatable castles, slides and an obstacle course. Members of 8 Air Maintenance Squadron and their families enjoyed lunch during the family day celebrations.



Master Corporal Bruce Byers (left) and Sergeant Tim Riutta (right), who helped organize the day-long event, helped serve up lunch.

Here's your opportunity to save lives.

Voici l'occasion pour vous de sauver des vies.

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Photos: Cpl Frieda Van Putten, 8 Wing Imaging



Captain Leo Phillips served as disc jockey, providing musical entertainment during the family day event.

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5492AD. Fresh in. Local trade! Only 70,000 kms! Automatic, 6 cyl., CD, tilt, & more! Amazing condition.  
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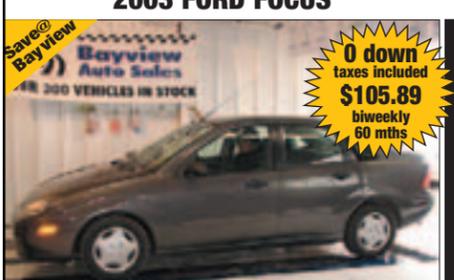


5627. GAS MISER! 5 speed, full power group inc. AC, CD & more! 95,000 kms. Fresh off lease!  
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5722. 7 passenger. Fresh off GMAC lease. Auto., loaded w/full power options. Only 73,000 kms! Excellent condition!  
**\$12,995** certified

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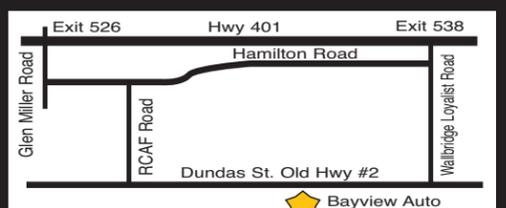
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## PERSONNEL HEAD OVERSEAS



Photos: Pte Isabel Lavallee-Raby, 8 Wing Imaging

8 Mission Support Squadron personnel deploy for operations on June 2, 2007. On hand to see them off were Chief Warrant Officer Tom Secretan, 8 Wing CWO; Lieutenant-Colonel Carrie Fortier, Wing Logistics and Engineering Officer; and Chief Warrant Officer Charley Fleming, WLEO CWO.



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# HOROSCOPES

Weekly Astrology by Christine Davison

June 10 - June 16

**ARIES** (March 21-April 19): Your natural confidence will be strengthened as the week progresses. If you focus on something large or long-term then you may be able to realize your dreams. Believe in yourself and your creative potential. A new relationship may begin around Thursday. Projects are best begun around the end of the week.

**TAURUS** (April 20-May 20): You may become involved with someone in power or who craves control. You may feel the need to transform or begin anew on Thursday or afterwards, but try to keep your eye on long-term goals and work steadily towards them. Your family may come to visit often. This weekend brings fun, flirtation and memorable times.

**GEMINI** (May 21-June 20): Flirting will garner you much attention, this week. Try to become involved with those who are as witty and fun as you are. You need to feel loved and cared for. By Thursday you may see how far your relationship may eventually go. Begin new projects after the 14th. A Cancer may harbour a secret crush towards you.

**CANCER** (June 21-July 22): Work is a very pleasant place to be this week. People will act kindly and generously towards you; someone may even catch your eye towards the end of the week. After Thursday you may wish to put some extra touches on that important new project. Reward yourself this weekend with social activities; don't be shy.

**LEO** (July 23-Aug. 22): The key to unlocking your success is to allow your creativity to flow freely. You'll begin to notice heads turning your way. Try to reciprocate nods of approval with acts of benevolence and generosity. If you remain free spirited and nurture your inner potential, then you may have a memorable time this weekend.

**VIRGO** (Aug. 23-Sept. 22): You may feel that your confidence and self-esteem is on the rise and mend this week. Relationships with friends and family can help you turn something into something special. This weekend is the time to hold a social gathering at your home. Encourage your friends to bring someone new. A Leo may flirt with you.

**LIBRA** (Sept. 23-Oct. 22): The faithfulness and loyalty that you show to your friends will be rewarded with a sense of camaraderie and heartfelt achievement. Work towards helping others with theirs and your own personal goals for this upcoming Thursday. Teamwork towards a mutual goal can make for stronger bonds of friendship. Trust intuition.

**SCORPIO** (Oct. 23-Nov. 21): Hard-work and networking can have a positive influence upon your income. What you do over the next few days may come to fruition before you know it. You are richer than you may realize. Pour extra energy into finances after Thursday and you'll feel far more secure over the weekend. Invest in conservative ventures.

**SAGITTARIUS** (Nov. 22-Dec. 21): Others are taking notice of you. Watch for your popularity to increase with each day of the week that passes. You will love to flirt and others will love to flirt back with you. The upcoming weekend will be an unbelievably social time and perhaps the start of a new friendship or romantic relationship.

**CAPRICORN** (Dec. 22-Jan. 19): This week may bring questions of a spiritual nature. Look to meditation and personal research to find the answers that you seek. Others admire how moral and conscientious you are. You are a philosopher and humanitarian at heart and a true friend.

**AQUARIUS** (Jan. 20-Feb. 18): Acquaintances may have a special project that they want you to come onboard with. Make sure you are there to help out whenever you have a moment. Things may prove their worth by the time the weekend rolls around. It's alright to feel shy, just as long as it doesn't prevent you from doing what you want to.

**PISCES** (Feb. 19-March 20): There are many who wish to be in your shoes this week. Love is something you can truly achieve if you keep it within your sights. Hazy feelings may seem a tad surreal early on in the week, though after Thursday you may find that your mind clears and you can focus once more upon what is really important to you now.

Astrological queries can be directed to Christine at

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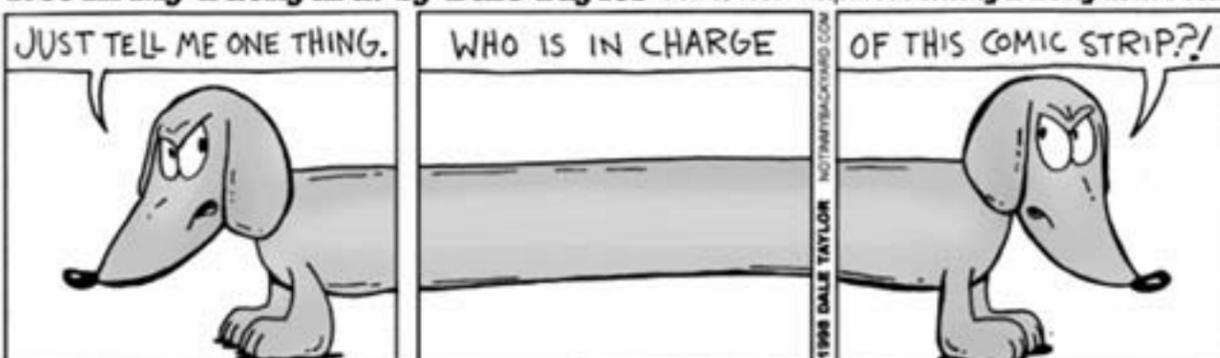
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of The Contact Comics.

**Not In My Backyard!** by Dale Taylor Dec. 8, 1998 <http://NotInMyBackyard.com>

JUST TELL ME ONE THING. WHO IS IN CHARGE OF THIS COMIC STRIP?!



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**DuJour**

**WIRED**



Back on caffeine?

**Stuff!**



Game Over!

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

HERE, OSCAR, I MADE YOU A NICE DAISY NECKLACE. NOW DON'T MOVE AND MESS UP YOUR NECKLACE. I MADE IT JUST FOR YOU! ARE YOU KIDDING? I'M NOT BUDGING. THIS IS THE ONLY EVIDENCE I HAVE THAT I DIDN'T DESTROY THE DAISIES.



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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 [steiner.al@forces.gc.ca](mailto:steiner.al@forces.gc.ca), at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

## BLOOD DONOR CLINIC

Here's your opportunity to save lives.

**A blood donor clinic will be held on base at the Cadets' Mess (located at 75 Yukon Road) on Tuesday, June 19, from 10:30 a.m. to 4:00 p.m.**

Call  
**1-888-2 DONATE**

**For more information or to book your appointment today.**

Share your vitality - it's in you to give.



**Canadian Blood Services**  
Soci t  canadienne du sang

## Quinte Flywheels Antique Show

Join us on June 23 and 24, at Ameliasburgh Community Grounds, for a great number of antiques, engines, tractors, cars and blacksmithing items.

To receive more information please feel free to call 613-969-9516.



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### CHAPLAIN SERVICES

#### SERVICES OFFERT PAR L'AUMONERIE

Wing Chaplain/ Aum nier de l'escadre – Capt Padre Catherine Morrison  
Administrative Assistant/Adjointe administrative – Mrs. Manon Pilon Ext 2490  
UNIT CHAPLAINS / AUMONNIERS DES UNITES

Capt Catherine Morrison, Capt Mike Adamczyk  
As support staff: Rev. Jim Craig (P) and Fr Julien R. Beaulieu (RC priest)  
Civilian Officiating Clergypersons/personnel de soutien: R v. Jim Craig (P), le p re Julien R. Beaulieu (pr tre CR), membre du clerg  civil.

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

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 pr tre catholique   travers l'adjointe administrative, au 2490.

**DUTY CHAPLAIN/ AUMONNIERS EN DEVOIR**  
After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. / Apr s les heures de travail, pour les urgences seulement, svp appeler la t l phoniste de la base au 613-392-2811 et demandez l'aum nier 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 d s maintenant, lors de vos achats au Canex, donner vos points Club Xtra au Fonds d'urgence des aum niers. Vous n'avez qu'  mentionner que vous d sirez donner vos points sur la carte des Aum niers. Les points seront utilis s pour aider les familles de nos militaires dans des moments de crises familiales.

## Strut For Strays 2007

### SAVE A STRAY - WALK TODAY

Join us on Saturday, June 23, for the Strut for Strays walkathon and pet waterfront festival.

This is a great day for animal lovers and their pets. The walk will start and finish at Victoria Park in Belleville.

Registration will begin at 9:00 a.m. Walk will commence at 10 a.m. Registration is \$10 and may be paid on the day of the event.

Each walker will receive the following with their registration fee: a bottle of water; bandanna for their dog; a restaurant coupon; free lunch ticket; and a grab bag for your pet loaded with treats!

100 per cent of proceeds will be used to spay or neuter and re-home abandoned and homeless animals. Contact Darlene at 613-966-0203 for more information or visit [www.fixedfurlife.com](http://www.fixedfurlife.com)



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.

**MFRC**



**INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575**

**Deployment Support / Wednesday Night Out**  
 June 13 - **Family Care Deployment Book** - It is really important to put all your family information and papers together when a partner is deployed. In this workshop we will show you how to organize all your important documents into one binder. So if any emergency should occur, you will be prepared!  
 June 20 - **Tole Painting** - Enjoy a night out! Come and paint military figurines for your garden or yard. Cut out and paints provided.  
 June 20 - **Card Making with Therese**  
 Call to find out what is coming up 613-965-3595 or 613-965-3575  
**A variety of activities coming up, please visit the MFRC website calendar [www.trentonmfr.cfbtrenton.com](http://www.trentonmfr.cfbtrenton.com)**

**Soutien au déploiement / Les sorties du mercredi soir.**  
 13 juin - **Album d'information familiale** - Il est très important de tout rassembler les informations et papiers concernant la famille d'un conjoint en déploiement. Cet atelier vous montrera comment organiser tous vos documents dans un cartable. Vous serez bien préparés en cas d'urgence.  
 20 juin - **Peinture sur métal** - Profitez d'une soirée de sortie! Venez peindre des figurines militaires pour votre jardin ou cour. Découpages et peinture sont fournis.  
 20 juin - Bricolage de cartes avec Thérèse  
 Téléphonnez pour savoir ce qui s'en vient comme activités, 613-965-3595 ou 613-965-3575  
**Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, [www.trentonmfr.cfbtrenton.com](http://www.trentonmfr.cfbtrenton.com)**

**TrentonAnime**  
 Hello and welcome to "TrentonAnime," the new anime club for Trenton, Belleville, and surrounding areas.  
 We are a new club just starting out and want to make this a venue where members of the local community with an interest in Anime, Sci-Fi, and Fantasy can meet, socialize and of course, watch Anime.  
**Showings will be held on Saturday nights, 6pm to 11pm** at the MFRC.  
 If you are interested in attending, or wish to receive more information, please feel free to e-mail us at "[TrentonAnime@hotmail.com](mailto:TrentonAnime@hotmail.com)" and we will add you to our mailing list.  
 David Hardwick, Trenton Anime Founder

**TrentonAnime**  
 Allô! Bienvenue au " TrentonAnime ", club d'animation de la région de Trenton, Belleville et des environs.  
 Notre club est tout nouveau et nous désirons créer un environnement où les membres de la communauté intéressés par l'animation, la science-fiction et le fantastique pourront se rencontrer, échanger et évidemment regarder des films d'animation.  
**Les projections se feront les samedi soirs de 18 à 23h** au CRFM. Si vous avez envie d'assister à cette projection ou désirez recevoir plus d'information, n'hésitez pas à nous envoyer un courriel à l'adresse suivante [TrentonAnime@hotmail.com](mailto:TrentonAnime@hotmail.com) et nous vous inscrirons sur notre liste d'envoi.  
 David Hardwick, Fondateur du TrentonAnime

**Canada's Wonderland** Get your tickets at reduced price at the MFRC  
 Achetez vos billets au CRFM à prix réduit  
 Senior, Children, 3+ & less than 48" tall ----- \$21.00  
 Until June 30, Adults ( 3-59 years & over 48" tall)----- \$33.00  
 Sénior, Enfants, 3+ & moins de 48" hauteur ----- 21,00\$  
 Jusqu'au 30 juin, Adules (3-59 ans & plus que 48" hauteur) ---- 33,00\$



The **Prince Edward County Wine Tour** on Saturday June 2nd was a huge success!  
 La **Tournée des vignobles du Conté Prince Edward**, le samedi 2 juin a été un succès!

**Youth Council**  
 The Youth Council participated in the launch of the [www.connectingcfy-outh.ca](http://www.connectingcfy-outh.ca). This site connects youth from all over. If you have not visited the site, it is worth checking out. The council meets at least once a month to plan activities and advise the staff on anything relevant to youth in the community. We need more members to sit on council; if you would like to participate, please contact us for further information. Next meeting on Wednesday, June 13, 2007 at 4pm.



**Conseil des jeunes**  
 Le Conseil des jeunes a pris part au lancement du site [www.connectingcfy-outh.ca](http://www.connectingcfy-outh.ca). Ce site rejoint les jeunes d'un peu partout. Si vous ne l'avez pas encore visité, ça vaut vraiment la peine de le faire. Les membres du comité se rencontrent au moins une fois par mois pour planifier les activités et informer le personnel de ce qui concerne les jeunes de la communauté. Nous avons besoin de plus de membres. Si vous êtes intéressés, veuillez communiquer avec nous pour plus d'information. La prochaine réunion est le mercredi 13 juin à 16h.

**Jasette francophone**  
 Aimeriez-vous rencontrer d'autres francophones dans un lieu et un temps qui sont juste pour vous ?  
 Etes-vous nouvellement arrivés dans la région ?  
 Aimeriez-vous partager vos idées avec d'autres?  
 Etes-vous une maman à la maison qui aimerait sortir au moins une fois par semaine ?  
**Ce groupe répond probablement à vos besoins**  
 Amenez vos jeunes enfants! En vous inscrivant à l'avance on vous offre un service de gardiennage.  
 Les rencontres sont les mardis de 13h30 à 15h au Bistro du Centre Siskin

Please read our newsletter "Touching Base" or visit [www.trentonmfr.cfbtrenton.com](http://www.trentonmfr.cfbtrenton.com) for more information  
 S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez [www.trentonmfr.cfbtrenton.com](http://www.trentonmfr.cfbtrenton.com)

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## For those who work in the water world



Submitted by  
Don Heans,  
Wing General Safety  
Officer

Safety shoes, hardhats, goggles, earplugs - these are the standard items of Personal Protective Equipment required for many jobs.

If you work around open water, you have to consider some other types of PPE, to keep you out of

the water and to keep you alive if you do fall in.

Protect yourself from drowning by following all safe work procedures and by having the correct protective equipment in place.

If you work around docks, ships, lagoons and dams, you will be protected by railings.

If you see any problem with the condition or the design of these guards, talk to your supervisor right away.

When you go to work on a job around water, locate these two lifesaving devices so you can reach them quickly in an emergency:

One is the life preserver ring, attached to a rope, which can be thrown in

water for someone to grab in an emergency.

Another is the ladder leading out of the water. These ladders should be located at intervals along the edge of the water.

Also helping to prevent you from ending up in the water is fall prevention and fall arrest equipment.

When working over water on jobs such as construction and painting you should be using this equipment correctly.

Another type of PPE to prevent falls into the water is the correct footwear.

Non-slip soles should be worn wherever there is danger of a fall from a dock or deck. In the forest industry, caulked boots are

worn for walking on log-booms.

When you are on board a watercraft, the kind of flotation gear you wear can make a difference in your survival.

A Personal Flotation Device (PFD) is made to keep you on top of the water.

A lifejacket is designed to keep your face out of the water in case you are unconscious.

You should talk to your supervisor about the correct gear to use for your particular on-board job.

If you work around the water, learn all you can about the equipment designed to keep you safe and dry. And learn to swim!

## Post-stroke spasticity affects the majority of stroke survivors

(NC)—Imagine how a stroke would impact your life. Damaging the brain, a stroke can have many different effects on the survivor's mental and physical capabilities including the development of spasticity.

In Canada, more than 300,000 people are currently living with the effects of stroke - and approximately 65 per cent of these survivors will develop spasticity.

Spasticity is the medical term for when muscles involuntarily "seize up", contracting and becoming tense when they shouldn't.

It's as if you were flexing the affected muscles but without meaning to, and without being able to stop.

The result is stiffness, rigidity and muscle pain. Spasticity can develop months after a stroke.

"Spasticity is a significant

issue because it prevents the patient from being able to function normally," says Dr. Lafontaine, neurologist and director of the Movement Disorders Clinic at McGill University. "If a patient's arm or leg does not move in the way it did before, the patient may need help to dress, walk or bathe. This can make day-to-day life a struggle."

Spasticity can present in different ways. Focal spasticity affects limited parts of the body such as just the lower leg or just the right hand. Generalized spasticity affects greater areas of the body or the entire body.

There are a range of therapies available that will reduce the spasticity, and in turn, make it easier for survivors to cope. Often, these treatments are given in combination for best results.

Common treatments used in

combination include: physiotherapy, occupational therapy, muscle-relaxing drugs and Botox.

If the spasticity is severe and does not respond to less invasive treatments, surgery may be recommended.

"Reducing spasticity can make a big difference for the patient's quality of life," says Dr. Lafontaine. "It may also help the caregiver who is assisting the patient with daily tasks, and hence, is affected almost to the same degree as the patient by this disability. The patient, the caregiver or the physiotherapist should articulate the problem to the patient's doctor or the healthcare team and ask for help."

For more information about post-stroke spasticity, please visit [www.strokerecoverycanada.com](http://www.strokerecoverycanada.com) to download a copy of the 2007 Caregiver's Guide to Stroke Recovery.

## 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<sup>e</sup> 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<sup>er</sup> juin au 30 septembre 2007. Pour plus d'information, veuillez communiquer avec le service d'incendie au poste 3511.

## Stroke Awareness Month

Every 10 minutes, someone in Canada suffers a stroke. Every year, 15,000 people do not survive, making strokes the third leading cause of death in this country.

In 71 per cent of cases, stroke causes physical and mental damage, which is often tragically debilitating. Only 29 per cent return to a normal life.

Today, this means that 300,000 people and their families are living with its devastating effects.

You can help the Heart and Stroke Foundation continue to get proven results in stroke care, through various efforts such as the Canadian Stroke Strategy, which provides Canadians with the best access to stroke care, regardless of where they live.

Advances like these save lives, save minds, and

save communities from losing valuable, active members of society.

The five signs: Stroke can be treated. That's why it is so important to recognize and respond to the warning signs.

Weakness: Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.

Trouble speaking: Sudden difficulty speaking or understanding or sudden confusion, even if temporary.

Vision problems: Sudden trouble with vision, even if temporary.

Headache: Sudden severe and unusual headache.

Dizziness: Sudden loss of balance, especially with any of the above signs.

Source: Heart & Stroke Foundation of Canada



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reservations recommended

**Call for reservations 613-394-4855**

Showcase

# Showcase



**Sgt J. McCrate**  
received his CD1,  
presented by Maj A. Snow, CO 24 CF Health Services.



**Cpl J. Fink**  
received his CD,  
presented by Maj A. Snow,  
CO 24 CF Health Services.



**Cpl D. Cunniff**  
received her CD,  
presented by Maj A. Snow,  
CO 24 CF Health Services.



**Cpl M. Carroll**  
received a promotion to that rank,  
presented by Maj C. Harris, CO 2 Air Mov. Sqn, and  
CWO J. Picard, SCWO 2 Air Mov. Sqn.



**MCpl A. Dunsmore**  
received a promotion to that rank,  
presented by Capt D. Butcher, and Capt N. Schur, ATESS.



**Sgt D. Rowe**  
received a promotion to that  
rank, presented by  
Capt D. Butcher, and  
Capt N. Schur, ATESS.



**Capt M. Dares**  
received a promotion to that rank,  
presented by LCol R. Coulthard, CO 436 Sqn.



**MCpl F. White**  
received a promotion to that rank,  
presented by LCol D. Miller, W Admin O, and  
MWO B. Doggett, W Admin SWO.



**MWO N. Overton**  
received a promotion to that rank, presented by his brother  
Col Overton, and LCol D. Cochrane, CO 426 Sqn.



**Maj J. Roy**  
received the 426 Sqn Plaque,  
presented by LCol D. Cochrane,  
CO 426 Sqn.



**Ms. Katherine Carruthers**  
received the 426 Sqn Scroll,  
presented by Maj C. Conway, 426 Sqn.

***Congratulations! Félicitations!***



## Eyes on the sky

by 2Lt Annie Morin  
Maple Flag Public  
Affairs

In a dark room only lit by the lights of their radar scope, the controllers and technicians of 42 Radar are ready behind their stations, waiting for the morning launch of Maple Flag to begin. One by one, the blue and red force aircraft are checking in, marking the debut of the first mission of the day.

42 Radar Squadron is a major contributor to Exercise Maple Flag. They have two main roles during the exercise. They provide ground control intercept (GCI) to red air, helping them locate the enemy since their airborne radars have only a forward-looking field of view. Their second role is to serve as back up for blue air in the event that the radar of the Airborne Warning and Control System (AWACS) is not functioning.

In some instances, 42

Sqn might only find out that the radar of the AWACS is not functioning only after the aircraft has taken off. "We have to be ready, at anyone's notice, to take over if the AWACS breaks," said Major Sean Boyle, Commanding Officer of 42 Radar.

Maple Flag also presents a training opportunity to controllers from other countries. This year, controllers from Germany, Singapore and one Belgian on exchange with the Royal Netherlands Air Force, are participating in the exercise. While being monitored by other controllers from 4 Wing, the participants are given the opportunity to train on a large scale exercise. "They get trained in a large force employment (LFE) exercises (...) that's the only one in Canada and only one of three or four in North America so it is a rare training opportunity," says Maj Boyle.

The exercise also pro-

vides controllers from 42 Radar with LFE experience with multi-national allies. Maj Boyle adds that this exercise is used to standardize their operations in the case they have to face another real-world NATO air campaign.

In addition to Maple Flag activities, the Cold Lake-based radar squadron is also busy with ongoing CF-18 Hornet flying training and day-to-day operations. Between the morning and the afternoon launches, there is a window of opportunity for the CF-18 to fly. "The Range is reserved only for the two launches of the day (...) outside that you'll see Hornets take off and do missions," says Maj Boyle.

The pace slows down, the morning launch is over but the controllers and technicians of 42 Radar only have a brief pause before the radio transmissions start again over the air.

## Honouring the same kind of courage

by Holly Bridges  
Air Force Writer

It may have been 90 years since Billy Bishop first cemented his place in history as a Canadian icon, however, his legacy continues today in the hearts and minds of Air Force personnel and its extended family. Each year, the Air Force Association of Canada (AFAC) recognizes Billy Bishop by holding its "Dawn Patrol Breakfast" in Ottawa.

The breakfast is designed to bring air power decision makers, representatives of Canada's aerospace industry and parliamentarians together in an informal setting to allow them an opportunity to pay homage to past and present heroes and heroines of Canada's Air Force(s).

This year, AFAC decid-

ed to honour modern-day aviation heroes, search and rescue technicians Sergeant Steve Bédard and Master Corporal Dan Villeneuve (recent Star of Courage and Medal of Bravery award recipients, respectively), as well as Sgt Duane Brazil, MCpl Kirk Noel and Corporal Trevor McDavid of 413 Search and Rescue Squadron who were killed during a training mission off the east coast in July 2006 aboard their CH-149 Cormorant.

"We know all about the heroes that have gone before us," says AFAC Executive Director Dean Black. "We treat those heroes as role models and icons to remind us of what each of us is capable of. So, when one of our generation comes along and demonstrates the same kind of courage, tenacity, leadership

and bravery as did those from an earlier generation, we like to show her or him off to the survivors of the Air Force of yesterday to demonstrate that what they taught us does indeed resonate with today's Air Force generation. It is part of the human spirit to do as well if not better-to contribute to raising the bar-to doggedly pursue excellence.

"That is what the Dawn Patrol Breakfast is all about today. In recounting the epic story of Billy Bishop's fateful dawn patrol that won him the Victoria Cross, we remind those present just how high the bar was set, during the Great War. Then we unveil some heroes from today to show that the Air Force of yesterday taught the Air Force of today some good lessons."

## Les yeux rivés au ciel

par 2Lt Annie Morin  
Bureau d'affaires publiques Maple Flag

Dans une pièce sombre éclairée à la seule lumière de leur écran radar, les contrôleurs et les techniciens du 42e Escadron radar (ER) sont assis à leurs postes tôt le matin, prêts à entreprendre les activités nécessaires au décollage des avions qui participeront à Maple Flag. Les pilotes des avions des forces bleue et rouge annoncent leur présence l'un après l'autre, marquant ainsi le début de la première mission de la journée.

Le 42e Escadron de contrôle aérien et d'alerte (ECAA) apporte une contribution majeure à l'exercice Maple Flag. Il remplit en fait deux rôles principaux. D'une part, il fournit à la force rouge les services de contrôle nécessaires à l'interception, permettant ainsi aux pilotes de repérer l'ennemi, qui, de leur poste de pilotage, voient mal ce qui les entoure. D'autre part, il assure la relève lorsque le radar du système aéroporté d'alerte et de contrôle (AWACS) est en panne, apportant ainsi un appui à la force bleue.

Il arrive parfois que l'avion ait déjà décollé avant que le 42 ECAA n'apprenne que le radar de l'AWACS est en panne. « Lorsque l'AWACS tombe en panne, on doit être prêt à assurer la relève à la demande de quiconque », indique le Major Sean Boyle, commandant du 42 ER.

Maple Flag offre aussi une occasion d'entraînement aux contrôleurs d'autres pays. Cette année, des contrôleurs de l'Allemagne et du Singapour prennent part à l'exercice, de même qu'un contrôleur belge qui participe à un programme d'échange avec la force aérienne royale néerlandaise. Sous la surveillance d'autres contrôleurs de la 4e Escadre, les

participants ont la possibilité de s'exercer à exécuter leurs tâches dans le cadre d'un exercice de grande envergure. « Ils reçoivent une formation dans le cadre d'exercices à grand déploiement [...] Il s'agit du seul exercice du genre au Canada et l'un de trois ou quatre qui ont lieu en Amérique du Nord, ce qui en fait une occasion rare pour s'entraîner », a déclaré le Maj Boyle. Il a également souligné le fait que l'exercice n'offre pas une formation structurée, mais qu'il permet aux contrôleurs d'acquérir de l'expérience de travail dans le contexte d'une mission à grand déploiement.

L'exercice permet également aux contrôleurs du 42 ER de travailler en collaboration avec des forces de divers pays alliés dans le contexte d'une mission de grand déploiement. Selon le Maj Boyle, l'exercice sert à normaliser les opérations en vue d'une éventuelle guerre aérienne d'envergure de quelque type que ce soit.

En plus de mener les activités prévues dans le cadre de Maple Flag, le personnel de l'escadron de radar de Cold Lake est occupé à fournir des services nécessaires à la formation des pilotes de CF 18 (Hornet) et au déroulement des activités courantes. De fait, les CF 18 peuvent voler entre la séance de décollages du matin et celle de l'après midi. « Le polygone de tir est réservé pendant les deux séances quotidiennes de décollage seulement [...] À tout autre moment, on peut voir décoller des Hornet affectés à des missions », précise le Maj Boyle.

Le rythme se met à ralentir. La séance de décollages du matin prend fin, mais les contrôleurs et les techniciens n'auront qu'un instant de répit avant que les communications radio ne reprennent.

## From flying to feeding: behind the scenes at Ex Maple Flag

by Holly Bridges  
Air Force Writer

June 4, 2007--It takes a legion of personnel to stage an international exercise the size of Maple Flag, currently in its third week at 4 Wing Cold Lake. That means bringing in personnel, or "augmentees" from across Canada and around the world, to help with everything from security to feeding.

Exercise Maple Flag runs from May 22 to June 15 and is divided into two two-week periods. During each period, forces from Canada, France, Germany,

the Netherlands, New Zealand, Belgium, the United States, the United Kingdom and NATO engage in a simulated, 10-day coalition air campaign. CP-140 Aurora and CC-130 Hercules aircraft, along with a CH-146 Griffon helicopter add to a more robust Canadian Air Force capability during the exercise, while land forces are incorporated into the MF scenario.

Among the Canadian augmentees is Private Dany Major, one of 26 members from CFB Borden's Post-Recruit Education and Training Centre in Cold Lake

brought in to augment 4 Wing's Wing Security Force. The Post-Recruit Education and Training Centre was established to provide personnel waiting for their basic military occupation course with local on-the-job training and experiential training, such as general military skills, second language training and generic computer skills.

Among the international augmentees are two cooks from the Royal Netherlands Air Force who came to help prepare the more than 2,500 meals that are served daily during the exercise.

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**Size Up the Site:** In the wild, native plants grow in a variety of environments, from shady forest floors to sun-scorched prairie meadows.

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Sunny gardens with poor to average soils are good spots for prairie flowers and grasses, many of which are drought-tolerant sun-lovers with long tap roots that seek out water buried deep in the ground.

In shady locations, native woodlanders thrive in the dappled shade of deciduous trees where they can root around in rich, crumbly organic soil.

Still other native plants prefer a boggy site where water collects in the spring and dries out as the season warms.

**Prepare to Plant:** When preparing a new site, start the fall before you plan to plant by laying sheets of black plastic over the soil. This will kill most weeds.

Remove the sheets in the spring and plant the garden with potted plants rather than sowing seeds.

These young plants will become established more quickly than seedlings and are better able to combat weed seeds that blow into the flower bed from surrounding

areas.

**Select the Right Plants:** A garden that offers a range of flower colours and shapes, and which blooms at different times of the season, provides a

good habitat for wildlife visitors.

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