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Longest serving airman retires

by Amber Gooding
 Contact Staff

His list of accomplishments may seem endless, but as Canada's longest serving airman retires at the beginning of July, the bittersweet moment will make its mark in the history of both Canada's Air Force and the life of Lieutenant-Colonel Tom Kupecz.



LCol Tom Kupecz

much a part of him as it is our nation, it would be a little too much.

He has been planning his retirement for the last 20 years. Little did he know back then that two decades later he would actually be taking that final step.

"It was in 1986, during my time in Cold Lake, Alberta, that I was beginning to look at my options when I was offered a posting to Heidelberg, Germany," he said. "I took it. From there, one thing led to another."

After departing from Cold Lake, where he taught the Fighter Pilot Upgrade course and was appointed Flight Commander of Instructional Flight, and then of the Squadron Weapons and Tactics Flight, he assumed the post of Targeting Officer in the Intelligence Division in Heidelberg. Working closely with the Central Army Group, LCol Kupecz developed a computer program to improve operational planning, for which he was presented a Commander Canadian Forces Europe (CFE) Commendation.

That accomplishment, was earned by an adaptable man

See Retiring, Page 2

As LCol Kupecz leaves his office at the Canadian Forces Aerospace Warfare Centre, where he was responsible for developing the doctrine for helicopter and fighter aircraft support to Army and Navy surface forces, he leaves behind a legacy he's too modest to proudly claim, even if it's impossible for him to deny.

As he is about to turn 60, the mandatory retirement age, and with 42 years of service in the military, LCol Kupecz is not going to sit around and enjoy the free time so many of us look forward to in our day dreams of retirement. Of course, he is planning to spend a lot more time with his family, who live mostly throughout Ontario, but his work is not quite finished.

"It's a hard job, making a home in a new place every few years, and enough is enough with moving," said LCol Kupecz. "I may be leaving my position here but I'm not going very far."

He is currently living in Trenton, where he plans on staying. As the owner of a consulting business, he also plans to contract services back to the Readiness Training Centre here on base. He admits, that if he had to go through the handoff of all his duties, leaving a position he adores, working for a department that is as

CELEBRATING ST-JEAN BAPTISTE DAY

St-Jean Baptiste Day celebrations were held at Baker Island at 8 Wing/CFB Trenton on June 23, 2007, organized by the Franco-Phare Association. Pictured here are 8 Wing Chief Warrant Officer CWO Tom Secretan and Rochelle Fortier, daughter of Acting 8 Wing Commander, Lieutenant-Colonel Debbie Fortier, start the bonfire by depressing the plunger. Activities throughout the day included a garage sale, live musical entertainment, a barbeque and fireworks.



Photo: Pte Isabel Lavallée-Raby, 8 Wing Imaging

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Photo: Cpl David Cribb, 8 Wing Imaging

Chief of the Defence Staff, General Rick Hillier, thanks the members of the public who gathered at the fence of 8 Wing/CFB Trenton June 24, 2007 for their support of the families of the three fallen soldiers--Sgt Christos Karigiannis, Cpl Stephen Bouzane, and Pte Joel Wiebe, all members of the 3rd Battalion, Princess Patricia's Canadian Light Infantry (3 PPCLI), based at Canadian Forces Base Edmonton. See more photos on Page 10.

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Retiring after 41 years, Cont'd from Page 1

who grew with the changing times of technology - with computers and the Internet, a once intimidating factor - and the fully developed new wave of the 'way things are done'.

From Germany, LCol Kupez was posted to Supreme Headquarters Allied Powers Europe (SHAPE) as a manpower and organizational inspector in a planned NATO force reduction. Later transferred to the Strategic Plans Directorate, he developed the NATO policy on the new Joint Surveillance Target Attack Radar System (J-Stars) and was the SHAPE representative on a multinational NATO study project.

After moving back from Europe, LCol Kupez and his family came back to Trenton, got the kids settled into Ontario universities and started putting out résumés again.

In 1993, he was posted to the Canadian Forces Training System HQ in Trenton, where he was responsible for Career Training. Transferred to the new CF Recruiting, Education and Training System in CFB Borden, he was then appointed Senior Standards Officer of Language Training, responsible for the English, French and foreign language training programs in CF language schools.

It was in 1998 that he was posted to the Northeast Air Defence Sector Headquarters in Rome, New York, as the Canadian Component Commander. Appointed as the Director of Operations, he was on duty during the attack of September 11, 2001.

He recalls the day that

caused a lot of emotional trauma and created a new reality of war. He was on duty the day of the attacks, beginning regularly scheduled exercises at 0600 hrs that day.

"We were all in utter shock when we got the call," he said. "We were tasked with the air defence of the northeast sector, which is the eastern seaboard from Nova Scotia down to North Carolina, and our job was very specific and that was to make sure that nobody entered the continent without authority."

What happened next was almost unimaginable. The planes in question were already inside the continent's boundaries but couldn't be located by radar, he said, and the fighter jets could not come ashore without approval and clearance from Air Traffic Control. The day's events were unfolding very quickly.

"That's when Boston Center phoned us and said 'we think we have a problem here - we think we have a hijack but we don't know where it is,'" LCol Kupez recalls. "I remember the Battle Commander turning to me and saying 'we are at war' after the second aircraft hit the towers. We had completely switched from training exercises to wartime and it had been a long time since we had been at war."

LCol Kupez has witnessed many events most of use could not even fathom. Growing up in the 1950s when children were taught how to hide from bomb blasts and how to evacuate cities, while people were digging bomb shelters, it gave him a real sense of some

harsh realities - realities he could not ignore.

"We learned to live with it (war) - it was always right there," he said. "Both my parents served during the Second World War, and I always knew I would follow suit, flying that is - always knew I would fly."

After four years in New York, a job in Colorado Springs opened up so he took an extension in order to take the job. With two years left to go at that point, until mandatory retirement, the Canadian Forces Aerospace Warfare Centre opened up in Trenton and LCol lobbied hard to come here (8 Wing), and the rest is history.

"They kept offering me better jobs than I would get anywhere else," he said. "That's why it's taken me 20 years to follow through with my plans for retirement."

Married for more than 30 years, with three children in their 30s, and three grandsons, LCol Kupez has plenty to look forward to. He considers himself one of the luckiest and most privileged people, with a wealth of love and support from a family that has grown together and will continue to do just that.

"My wife (Kate) has always been very involved every step of the way," he says. "Everything we've done, every place we've been and every location we've moved to - she has always been enthusiastic."

After 17 moves and 14 years living outside of Canada, LCol Kupez smiles when asked about his plans at this stage of his life - and his intentions of dedicating a great amount of his time to the family that has stood

strong and proud beside him throughout his entire career.

Reflecting on his career, the first words that came to his mind were tremendously fun - followed by very satisfying and an absolute privilege.

"It's an honour to have been able to do the things I've done and I will miss being a part of something that I think is very important," he said.

Important. The very word to describe what he will miss the most - the same word that led him down the paths he's traveled. The same word from which his dedication stems from.

His hopes for the Air Force, and the Canadian Forces, are quite high, and rightfully so.

"We are certainly headed in the right direction. I would be very upset if in the future the military was not funded properly," he said. "We suffered for many years through utter neglect. It's unconscionable to ask service men and women to do the jobs that they are asked to do without providing the proper support."

As the final chapter in his active serving career comes to a close, he says he will absolutely miss everything about his current position in Trenton, the active involvement in world affairs and the next great thing that will come to surface - a new exciting opportunity LCol Kupez will leave behind for the next generation of service men and women.

"There is not much better you can do than to serve your country," he said. "But at the same time, only an idiot neglects his family."

His advice... family first - always.

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WING LOGISTICS & ENGINEERING
PICTURE OF THE WEEK

Cpl Trenton Dicks (right) and Cpl Kevin Rutter (left), two of the many smiling faces waiting to brighten your day and fill your stomachs at the Yukon Galley kitchen.

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the Contact



7000 IZZY DOLLS



Approximately 7,000 Izzy Dolls were presented to Lieutenant-Colonel Carrie Fortier, 8 Wing Logistics and Engineering Officer, who accepted on behalf of 8 Wing as Acting Wing Commander and in her capacity as senior engineering representative. The presentation was made at the National Air Force Museum of Canada on June 23, 2007. The dolls were made by community groups including the Order of the Eastern Star (OES) and the Girl Guides and will be distributed to children overseas. The Izzy Doll tradition started in 1994, when Cpl Mark Isfeld, a Canadian combat engineer, was on a peace-keeping tour in Croatia. His mother began knitting and sending pocket-sized dolls that he could distribute to the children he saw in war-torn areas. He was killed June 21, 1994 in a mine detonation, but the dolls live on. Pictured above, from left to right, are: (Front Row) Lt Megan Harding; Mrs Shirley O'Connell coordinator of the project and a member of the OES; LCol Carrie Fortier, 8 Wing Logistics and Engineering Officer and Acting Wing Commander; Mrs Betty Bush; (Back Row) Lt Chris Kroeker, MWO Brian Hicks. In addition to members of the OES and Wing Construction and Engineering Squadron (including 86 ASU and 81 AEF), a number of local politicians were also in attendance.

Search & Rescue UPDATE

424 Squadron Tigers had another very busy week with eight missions since our last article.

The first mission involved the Hercules being tasked to do an ELT search in the Hamilton area. The signal was homed to the Toronto Island airport and then disappeared. On the way home, Rescue 305 was asked to investigate an ELT in Muskoka. No signal was detected and the CC-130 returned to base. The Griffon was also involved in this search and returned to base when the CC-130 homed on the signal.

The next mission was a possible boat in distress in St. Felix area. Rescue 305 located the boat and found no sign of distress and no ELT signal. It returned to base after visual confirmation that there was no emergency.

The next day Rescue 305 was again tasked for an ELT search around Montreal. A search was conducted from FL190 and no signal was heard. They were then stood down and returned to base.

A few hours later Rescue 305 and Rescue 480 (the Griffon) were tasked to assist the United States Coast Guard in a search for a person in the water near Lorain, Ohio. After five hours of shore crawls and NVG search, both airplane were released by Buffalo Coast Guard and returned to base.

The next mission was another ELT search in the Ottawa region. Rescue 305 was launched in the middle of the night to search from FL190. Nothing was found and they returned to base after two hours.

The last mission was given to the Griffon during a training flight. Rescue 491 was tasked to search for a missing kayaker in St. Francois, Quebec. While en route, the Griffon was stood down as it turned out that the kayaker was at home and his kayak was adrift. Rescue 491 returned to base without further incident.

Until next time, stay safe.

Missions for 2007: 81 Missions for June.: 29 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.

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All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.

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LETTER TO EDITOR

I wish to point out a few discrepancies in the article "What's in a name? Museum name to continue Air Force tradition," (June 15, 2007)

The museum contains more than the artifacts (clothing, models, story boards, paintings, photographs, letters, medals etc.) preserving the 44-year history of the RCAF. For example, there is the replica of the Burgess Dunne which was the first aircraft purchased by the Canadian government for the Canadian military in 1914. This airplane will be prominently displayed in the expansion wing (where the Halifax is located). Also, there is a model, painting and a very large background photo of the first airplane to fly in Canada (the Silver Dart) at Badeck, NS, in 1909; a photograph and medals of Billy Bishop who, as you are aware, was awarded the Victoria Cross during the First World War, 1914-18. These are some of the several pre-RCAF era displays.

The article implies that the name change will result in an increased awareness and funding. However, it contains language that is speculative in nature: 1) (the executive director) believes that... 2) It was felt... 3) He hopes... 4) He feels... 5) would like to... 6) may open up marketing and publicity opportunities... 7) comes hope...

Contrary to the article, those against the name change are not "among a minority of the museum community." Many volunteers (and others in the greater museum community) signed the petition that was in circulation and Sandy Tosh was one of more than 830 who did so. Many of those made cash donations as well as artifacts and provided volunteer service.

The expanded museum will be four times the size of the current one—60,000 square feet versus 15,000 square feet. Could not the offerings of "more recent conflicts involving the Air Force... 1990 Gulf War and Bosnia..." be displayed there?

Why have a newly named RCAF Memorial Park? The park is already a part of the RCAF Memorial Museum, which consists of the museum, the new wing and the air park. "The newly named RCAF Memorial Park" has a MIG, a Hawker Hunter and an Auster—not really RCAF or Air Force aircraft. Would they be removed so that the air park would be truly RCAF?

The new name for the museum and the air park is an insult to those who served in the RCAF, particularly the more than 18,000 who died and are buried in 75 countries on every continent except Antarctica, including the 4,300 who have no known graves. That was the reason for the formation of the museum. The name change would com-

pletely eliminate any mention of the RCAF and the fact that the museum was founded as a memorial to the RCAF. That is the reason for its existence and popularity. That is its true mission.

Respectfully submitted,
Captain (Ret'd) Doug Yates
Board of Trustees
RCAF Memorial Museum Foundation
Dougy8s@sympatico.ca

Capt (ret'd) Yates,

In response to your Letter to the Editor, I wish to make it clear that the article "What's in a Name? Museum name to continue Air Force Tradition" 15 June 2007, was written as a follow-up to the original press release announcing the Museum name change and to report on the issues surrounding that event. In no way was the article written to defend the decision of the Board of Directors.

The article does not deny the efforts made by the museum to include artifacts from eras other than that of the RCAF. The editors of *The Contact* are quite aware of non-RCAF era displays and artifacts at the museum not to mention the CH-139 Jet Ranger located in the adjacent Air Park, a piece very much of the post-unification, Air Command era.

The article only serves to make known the intentions behind the decision to make the name change, hence the nature of the language used in the article. There is no way to assure that the name change will definitely result in an increase in funding or attention to the Museum; however, that is the hope of the executive director. This is a matter of fact.

As for the comment about a minority group against the name change, an editorial apology is required in this case. *The Contact* was unaware of the extent to which the petition against the name change was circulated. Efforts were made to get in touch with persons such as yourself in order to fully understand the issue; however, volunteers and members that were interviewed were quite reluctant to discuss their feelings against the name change, nor divulge the names of persons that were not. It is a credit to the solidarity and honour of the Museum community; however, it is unfortunate that *The Contact* was unable to get in touch with you prior to the original press release.

The Contact Editor



This Week in Contact

1977 – The new project manager for the CP-140 Aurora aircraft program at National Defence Headquarters is Brigadier-General George MacFarlane of Vancouver, BC. BGen MacFarlane was director of aerospace program management in Ottawa and replaces BGen Thomas Allan of Philipsburg, QC. BGen MacFarlane joined the Royal Canadian Air Force in 1951 after obtaining a BA degree from the University of British Columbia. He was armament officer with 404 Maritime Patrol Squadron in Greenwood, NS and at Borden, ON, and in 1962 received two MSc degree from the University of Michigan, one in aeronautical and astronomical engineering and the other in instrumentation engineering.

1987 – At the opening of the Alberta Provincial Legislature in Edmonton, a 35 all-women Guard of Honour was inspected by Lieutenant-Governor Helen Hunley. This marks the first time a completely female guard of honour was formed for this occasion in Alberta.

1997 – The first and hopefully annual 1 Crew Sports Day was a renowned success. For the first time a Snag Crew had been granted a sports day, which saw maximum participation with close to 90 people in attendance. With dozens of prizes donated from various local businesses, there were prizes for all. The success of the event indicated it was very worthwhile for snags crew members, who sometimes feel left out because of shift work and 24 hour, seven-day-a-week manning.

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



Back to Basics: 8 Wing learns to deal with conflict at its roots

by 2Lt Marc Velasco

Tucked away in amongst the offices of 8 Wing/CFB Trenton is a Wing resource we could all learn something from.

The Dispute Resolution Centre (DRC) is a service offered by 8 Wing and is located in Building 23, across the street from the Junior Ranks Mess. It exists to educate and assist employees in dealing with personal conflict in the workplace. The DRC of 8 Wing Trenton has had a significant impact upon this Wing and has served as an example to follow among Canadian Forces Bases.

"We help people find avenues to resolve conflict," states Maj Kevin McDonald, recently appointed officer in charge of the DRC office and a Reserve member. He describes dispute resolution as "the lowest level of resolving conflict in an interest-based system."

He describes social systems as using one of

three structures: power-based, rights-based and interest-based. "At the base of most conflict people feel that they are either not respected, included or recognized. We help them find out what's really important, let go of what's at the surface, and dig deeper."

Maj McDonald stresses the importance of conflict resolution to efficiency and operational effectiveness. According to him, one Australian study states that 30 per cent of productivity is lost due to conflict. "It is about safety and mission effectiveness."

Maj McDonald talks about infanteers who have come back from operations overseas unable to handle personal conflict. "They could handle being shot at but not the conflict."

He goes on to say that at least 80 per cent of conflict can be resolved and the DRC exists to facilitate this.

"It's not magic. It does not always work, but it provides people with the necessary skills

to come up with the best course of action."

Maj McDonald makes it clear that the DRC does not serve as judge and jury. "We act as a sounding board," he says. "We empower people to come up with their own solutions."

Managers of personnel may feel that this process takes away from the authority of the chain-of-command but Maj McDonald wants to be clear that the DRC simply empowers the system in place. "Good relations between a union and management vastly reduce conflicts within a system.

Conflict resolution is not about fixing the problem but fixing the relationship."

The DRC here in Trenton has stood as a model for positive change in the work environment. The belief at DRC is that it takes the influence of 25 per cent of a population to affect a cultural change. The mandate of the Trenton DRC office is to educate members on base in order to create that

change at a rate of 5 per cent per year.

One of the DRC's recent achievements has been the preparation of 8 Wing's Mission Support Squadron (MSS) for deployment. For the first time since the beginning of operations in Afghanistan, more than 25 per cent of the contingent has been trained in dispute resolution.

"The two previous MSS that were deployed, experienced major conflict issues" adds Maj McDonald. He applauds the foresight of Maj Susan Raby, Officer Commanding of MSS, for having this training completed in advance of their deployment.

The reputation of DRC has spread throughout the CF for successfully reducing workplace conflict. This success has resulted in the Chief of Defence Staff, Gen Rick Hillier in 2005 mandating that Alternative Dispute Resolution (ADR) be used as the first approach to situations of



Maj Kevin McDonald, officer-in-charge of the Dispute Resolution Centre.

workplace conflict.

Dispute resolution has proven itself as an effective method of resolving conflict. The DRC provides training and awareness to anyone who has business at 8 Wing and not just military members. Maj McDonald is proud of his work but attributes much of the DRC's success here in Trenton to work done by the DRC's previous officer-in-charge, Maj Timothy Gushue. Many of the

programs and systems put in place for Trenton's DRC were established under Maj Gushue's organization.

In spite of all its success, DRC's work must continue. "People must be proactive in mitigating conflict." States Maj McDonald. "It's about people who can work well together for operational effectiveness."

For more information contact the Dispute Resolution Centre as 613-392-2811 ext 3440.

A long but worthwhile journey for 8 Wing analyst

by Andrea Steiner
Managing Editor

William Refausse just earned himself a promotion, a raise and a new designation. And some long-deserved free time as well.

The new Senior Analyst with Resource Analysis and Compliance Services (part of the 8 Wing Comptroller Branch) has at long last earned the designation of Certified General Accountant (CGA). And it only took him a mere eight years to achieve it.

"I certainly took the long road, but it was worth it," says a smiling Refausse, who is married to Lisa Refausse, Fitness Coordinator in the 8 Wing Fitness and Sports Flight.

His story begins back in 1999. A man of diverse interests, he already had a sociology degree under his belt, and his Honours in anthropology and he was working as an assistant controller for a small company handling such things as payables and receivables. In addition, he was enrolled in university to earn his Masters in Educational Counselling when he came to the realization that he was

moving in two very different directions.

"My job as an assistant controller really gave me my first taste of accounting, though I had always liked math. That job really changed the direction of my life. My career was going in one direction and my education in another, so I realized I needed to find a masters program that would challenge me and somehow unite my career and education."

Refausse says he decided to pursue an accounting career, so he enrolled in the CGA program. Usually, people enter this specialized program with only two years of university remaining—they already have earned their accounting degrees and then take two years of courses (plus two years working in accounting at a senior level) before they can earn the CGA designation. Not so with Refausse. He had not taken most of the courses that are prerequisites for the CGA program, so he had to basically start from scratch.

"So I was looking at six years (four for the prerequisites and another two for the CGA component), with one year off when each of our two children were born, for a

Contact Photo



William Refausse was recently promoted from analyst to senior analyst after earning the Certified General Accountant designation.

total of eight years. It was a big time commitment, but I knew that I wouldn't stop until I earned my designation and I never doubted my ability to do well."

But Refausse is very quick to give credit where credit is due. First and foremost, he singles out his wife Lisa.

"I couldn't have done it without Lisa's support. She allowed this to happen for me. And the celebration we have planned (to mark his

CGA designation) is for my wife as well. She made an equal effort to support me."

Refausse admits it has been somewhat of a struggle, but definitely worth it in the final analysis.

"It's been a big balancing act, but I always made sure to be there for my family, so most of my studying was done late at night—I opted to sacrifice my sleep rather than my family or my job."

Refausse is also grateful for the support he has

received from his employers, first at the Department of Fisheries and Oceans in Ottawa where he worked as a financial officer, and now here at 8 Wing. He transferred from Fisheries and Oceans to the 8 Wing Comptroller Branch in September of 2005 to work here as an analyst.

Fisheries and Oceans partially supported Refausse financially, in terms of the cost of his courses. Since joining DND, he has been fully supported, both financially and from a management standpoint.

"I plan on a long career with the federal government and I am very happy with being a civil servant, and I am very appreciative of all the support I have received. Because of this support, I feel obliged to remain and serve the public, and I know that I am making a positive difference here on the Wing."

He and his wife are also happy to be back home—they both originally hail from the Trenton area—and he says he is looking forward to reading all the books he didn't have time for all these years. Just no textbooks, please.

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Starting this Friday, June 29, and every Friday until the end of the summer, there will be noon soccer scrimmage at the soccer field. No need to register, all skill levels are welcome.

Just bring your cleats, shin guards and come and enjoy an hour of soccer. For more information, please contact Dan Cormier at local 3373 or Lieutenant-Colonel Pierre Blais at local 4654.

A partir de ce vendredi, 29 Juin, et tous les vendredis midis jusqu'à la fin de l'été, il y aura des parties de soccer au terrain de soccer de la base. Aucune registration nécessaire, tous les niveaux d'habileté sont les bienvenues.

Apportez vos souliers de soccer and vos protège-jambes et venez vous amusez en jouant au soccer pour une heure. Pour plus de renseignements, contactez Dan Cormier, 3373, ou LCol Pierre Blais, 4654.

**Bronze Medallion and
Emergency First Aid**

The Bronze Medallion and Emergency First Aid course will take place on Saturday, July 7, from 9:00 a.m. to 2:00 p.m. and from Monday, July 9 to Friday, July 13, from 8:00 a.m. to 12:30 p.m.

The exam date is scheduled for Saturday, July 14, from 9:00 a.m. to 12:30 p.m.

Pre-requisite: Must be at least 13 years of age. Please note that 100 per cent attendance at all classes is mandatory.

Cost is as follows: \$175 for military and CRA members; \$185 for military community non-members; and \$205 for the general public. All required manuals for the course are included in the overall cost.

Magic Show

Join us on Tuesday, July 3, at the RecPlex Gym.

Cost is a \$3 drop-in fee. Show starts at 1 p.m.

All spectators must be seated by 12:45 p.m.

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**Golf
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Golf passes are available for \$27 per pass, which is good for 18 holes of golf, at the 8 Wing/CFB Trenton Golf Course.

Golf passes may be purchased at the RecPlex.

There is a limit of one pass per member, or two passes with proper ID.

Passes are available to all military personnel and CRA members.

Shinny Hockey

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

Scheduled weeks are as follows:

July 30 to August 3; August 20 to August 24; and August 27 to August 31.

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

Registration is required. Please register at the RecPlex reception desk.



"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."
- Ken Doherty

the Contact

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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.

Toronto Lynx Soccer Game

Experience the atmosphere of a professional soccer game. Get your friends together and hop on the bus for a day in Toronto to watch the Lynx on July 11.

The bus departs from the south side gym at 9 a.m. returning at approximately 6 p.m. Cost: \$25.00.

This trip is for youth ages 12 and older. Includes bus and admission, and is chaperoned by adult volunteers. There is limited space available for this trip. The deadline to register is July 9.

Defencemen ice-hockey clinic

This clinic offers 12 hours of on-ice instruction, which will take place on Saturdays July 7, July 21 and Aug 4, from 9 a.m. until noon plus July 28 from 4 to 7 p.m. Open to Atom, PeeWee, Bantam and Minor Midget players.

Cost: CRA members, \$65 ; military community non-members, \$70; general public, \$80. Limited space available. Register at the RecPlex.

Provincial Parks Passes

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

Albatross Outdoor Pool

The pool is scheduled to open on June 30. Rec Swims will take place seven days a week from 1 to 6 p.m. and on holidays from 1 to 4 p.m.

Free for military personnel and CRA members, RecPlex and combination membership holders. Drop-in fee for military community is \$1 and for the general public, \$2.

Red Cross Swim Lessons

Registration for Sessions 1 and 2

Session One will take place Monday to Friday mornings, from July 16 to 27. Session Two will take place on Tuesday and Thursday evenings, from July 17 to August 16.

Registration for the 8 Wing community began on June 26, and continues from June 27 to July 3.

Registration for the general public begins on July 4 from 5 to 7 p.m., and continues from July 5 to July 15.

All registrations take place at the RecPlex during regular hours of operation

Registration for Session 3

Session Three will take place Monday to Friday, from August 13 to 24. Registration for the 8 Wing community begins on July 31, from 4 to 6 p.m. and continues from August 1 to 6.

Registration for the general public begins on August 7, from 5 to 7 p.m., and continues from August 8 to August 12, during regular hours of operation.

Amazing Race: Youth event

Join us on August 24 at 10 a.m. at the RecPlex for the Amazing Race, with a new, longer route and more clues.

This event is open to those between the ages of 11 and 18 years old.

Cost is \$20/team of two (includes food and buff) Pre-registration required by August 20 at 4 p.m. (pre- race packages given out at registration).

Register at the MFRC or RecPlex reception desk. No motorized vehicles please!

Sports of All Sorts 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.

Elite Hockey School

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 Select and House League, join us from August 13 to August 17. This school is for novice to minor midget players.

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

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

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.

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: 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).

Power skating: A gal's affair

Join us from August 6 to 9, from 6 to 8 p.m. at the RCAF Arena for this all-ladies, all-ages event. Develop skating and puck skills; learn body control/positioning; and maximize efficiency while minimizing effort. Full hockey gear is required. Limited space for this program.

Cost: Military and CRA members, \$55; military community non-members, \$60; general public, \$70. Please register at the RecPlex, which is located at 21 Namao Drive E.

Swimming Cancelled

Please be advised that the afternoon Rec Swim sessions will be cancelled on Tuesday, July 9, and on Thursday, July 11, from 1 to 3 p.m. due to operational requirements.

RecPlex Summer Hours of Operation

Summer hours at the RecPlex will begin on Saturday, June 30. Pick up a facility schedule at the RecPlex or online at www.cfbtrenton.com



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8 Wing/CFB Trenton's race of the year

Lisa Refausse
Fitness Coordinator
and Race Director

The 21st Annual Surf and Turf event was another great example of how 8 Wing Trenton pulls together to present an awesome fitness event.

The athletes, as usual, amazed us all with their team work and commitment to their participation, and the volunteers and race staff pulled off another smooth running event.

There are so many thank you's for this initiative, so bear with me:

We would like to thank Trenton Cold Storage and Smylie's Independent Grocer for some of our major donations for the event.

We would also like to thank the following key units and people who had a much appreciated role in this year's event:

ATESS, for safety vehicles on the course and to the Flying Frogmen; the Radio Club; the Military Police; the Chiefs; Wing Transport; Wing Telecommunications and Information Services Squadron

(WTISS); the Trenton Military Family Resource Centre (MFRC) Volunteer Group; QuintEssential Credit Union; the Army News; 8 Wing Imaging Section; the Medics; the RecPlex; Colibri Furniture; the Glen Miller General Store; Batawa Ski Hill Manager; Lietenant-Colonel Debbie Miller, Wing Administration Officer; and Colonel James Cottingham who presented all the awards presentations for the day.

Lastly, some honourable mentions go out to Scott Pennington for the great t-shirt design and to Sergeant Dan Gorman for his sportsmanship and staying with team 31's athlete, Jaydn Cory, on the top of Batawa hill, while EMS arrived.

Many thanks to all of the volunteers for your efforts and dedication, and to our community partners for your donations of the great draw prizes.

Here's to the 22nd Annual Surf and Turf in 2008. Have a fit, healthy and safe summer season! See you next year!



Photo: Cpl Frieda Van Putten, 8 Wing Imaging

Tin Man number 1 prepares to enter the water for the second leg of the race, the 7 km kayak, during the 2007 Surf n' Turf Race.



First place, mixed class, are Phillippe Mongrain, Patrick Gauthier, Patrick Landry, Luc Bilodeau, Serge Adain, Daniel Parent, Marie Cue Doiyon and Kate Bergeron.



First Place TINMAN Cpl Alain St. Martin receives his plaque from Col Cottingham, who presented all the awards to 2007 Surf and Turf Race winners.



Overall first place, team 53, are Mark Davidson, Jamie Dick, Ian Hawes, Norm Arsenaault, Andy Birchard, Mark Farrow, Nicole Sat and Jun Chu-chen.



"Open" class winning relay team Damien Robison, Eric Fontaine, Shane McAleer, Nick Menier, Dan Legger, Steve Haines and Mark Thibault.



All female team winners, team 27, are Nancie Gibson, Karen Ashby, Penny Forrester, Janet Allaire, Sue Dudgean, Donna Lott, Robyn Pick and Patti Teske.

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Canadian Forces Annual Sports Achievement Awards

by Dan Cormier
Military Sports Coordinator

Under CFAO 50-17, the Canadian Forces Sports Awards Program comprises three categories: the Sports Hall of Fame, the Sports Honor Roll and the Annual Sports Achievement Awards, all of which include the Male Athlete of the Year, Female Athlete of the Year, Military Male Coach, Military Female Coach, Team and Official of the year.

The Annual Sports Achievement Awards are first selected at the unit level, and then staffed to command for selection for Command Awards.

Command Award winners are then sent to CFPSA Ottawa to be selected for the CF National Sports Awards.

This year we received several outstanding nominations for each of the award categories and all nominated athletes should be congratulated for their achievements.

From the nominees, the Wing/Base Sports Selection Committee selected a winner in each of the five categories.

The profiles on each of the winners were forwarded to AIRCOM for consideration for a Command Sports Award.

Male Athlete of the Year

Corporal Rick Pyle represented Trenton extremely well on and off the ice in military and civilian competition.

He competed at a high level in both Oldtimers and Men's Hockey, representing Trenton at the regional and national hockey championships in both division competitions.

Cpl Pyle competed against A Division Oldtimer teams locally and in two tournaments, quickly gaining the respect of his opposition for his competitive play.

At the nationals he received one MVP of game award and was selected to the 2006 CF National Oldtimers All Star team in recognition of his superior play. In military men's regional and national competition he performed outstanding, receiving two MVP of game awards at the CF Men's Nationals. Cpl Pyle played an instrumental role in the success of the 2006 Oldtimers and Men's Hockey teams.

Female Athlete of the Year

Warrant Officer Lisa Rowe played in the Noon Hour Hockey League (NHL) finishing second overall.

This has been a challenge as this league is predominantly made up of men.

She also played for the women's base team winning the Ontario Regional Women's Hockey Championship and had the opportunity to represent the Ontario at the CF Nationals.

She was a member of the Wing Golf Team winning gold in the women's division, placing first in the mixed club championship at the CFB Trenton Golf Course, first in the mixed invitational tournament at the CFB Trenton Golf Course and first in the mixed invitational tournament at the CFB Trenton Golf Course.

Official of the Year

Sergeant Jim Sutton has successfully represented Trenton in the military and civilian sectors for soccer.

Sgt Sutton officiated at the Ontario region Men's and Women's Soccer Championship at CFB Petawawa.

As Referee in Chief for the Quinte West Soccer Club he was responsible for scheduling games and assigning officials for rep and house leagues and tournaments, which included an excess of 600 games during the season.

He organized all training for new referees in Quinte West and surrounding area as well as acting as mentor and assessor for youth referees.

Sgt Sutton acted as trainer for the Trenton Golden Hawks Minor Midget 2005-2006 rep team and head coach of the Quinte West Minor Midget rep team from September to December 2006.

Male Military Coach of the Year

Master Corporal Norm Harriet's outstanding ability in coaching military and civilian sports teams has made him a tremendously admired member of the ATESS organization, who is frequently sought after for his experience to organize sporting events.

His extremely enthusiastic team spirit is an attribute not only exhibited in his daily work and secondary duty as flight sports rep, but also carries over into the coaching of his sports teams.

MCpl Harriet's exemplary dedication as a coach in 2006 was evident as demonstrated by coaching CFB Trenton Women's Slow Pitch Team. He coached the 8 Wing Women's Hockey team to a gold medal at the regional championships and to a silver medal at the national championship. He also coached

the girls Intermediate Hockey team earning the CF, wing and himself great respect.

Female Military Coach of the Year

Corporal Celine Picotin is heavily involved in the Trenton community sports program as a soccer and hockey coach and trainer, but more importantly as a role model for young boys and girls that not only want to play the game, but also want to have fun.

Cpl Picotin has coached an under eight soccer team, teaching the fundamental and the rules of the game. She is also the coach and trainer for the under eight rep team, organizing practices, games and tournaments. Cpl Picotin coached the Trenton Minor Hockey Association novice level. It is always about the love of the sport and having fun.

Cpl Picotin's drive, determination, love of sports, children and the endless time she devotes reflects highly on the Canadian Forces, 8 Wing/CFB Trenton and herself.

Team of the Year

The Vintage Flyers were a credit to 8 Wing/CFB Trenton at the 2006 Ontario region Oldtimers Hockey Championship winning Gold going undefeated in the championship.

The Vintage Flyers represented the Ontario region extremely well at the 2006 CF National Oldtimers Hockey Championship gaining three of six all-star player selections finishing fourth in the championship.

The team represented Trenton extremely well both on and off the ice both in military and civilian competition.

Competing against A division Oldtimer teams locally and in two tournaments, quickly gaining the respect of their opposition and compiling a remarkable season record of 26-11-3 with four shutouts in 40 games (military and civilian competition). Goals for were 203 and goal against were 114.

The coach received the 2006 Dedication to CF Sports Award for CF Oldtimers Hockey.

Air Command Award

The Air Command Award for the 2005 Official of the Year was awarded to Leading Seaman Tom Desgroseilliers. The 2006 Male Military Coach of the Year was awarded to Master Corporal Norm Harriet



LCol Cochrane presents Corporal Rick Pyle with the Male Athlete of the Year award.



LCol Cochrane presents WO Lisa Rowe with the Female Athlete of the Year award.



LCol Cochrane presents Sgt Jim Sutton with the Official of the Year award.



Shown above are the Team of the Year award winners.

Repatriation ceremony held for three 3 PPCLI members



The body of Corporal Stephen Bouzane is carried from the Canadian Forces' CC-150 Polaris aircraft and to a waiting hearse, during a Repatriation Ceremony held for three soldiers on Sunday, June 4, 2007.



The body of Private Joel Wiebe is carried from the Canadian Forces CC-150 Polaris aircraft to a waiting hearse. Present to pay respects were Her Excellency, the Right Honourable Michaëlle Jean, Governor General of Canada and Commander-In-Chief of the Canadian Forces, The Honourable Gordon O'Connor, Minister of National Defence, General Rick Hillier, Chief of the Defence Staff and the Right Honourable Adrienne Clarkson, Colonel-In-Chief, 3 PPCLI.



Municipality of Port Hope firefighters stand on top of their firetruck, saluting as the procession of three hearses passes by the Cranberry Road overpass in Port Hope on Sunday evening. Close to 200 people stood on the bridge along with firefighters, Northumberland OPP and Port Hope Police. In the second hearse a soldier waves out the window at people standing on the bridge.



The body of Sgt Christos Karigiannis is carried from the Canadian Forces' CC-150 Polaris aircraft to the awaiting hearse. Fallen soldiers, Sgt Christos Karigiannis, Cpl Stephen Bouzane, and Pte Joel Wiebe, members of the 3rd Battalion, Princess Patricia's Canadian Light Infantry (3 PPCLI), based at Canadian Forces Base Edmonton, returned home to Canada at 8 Wing/CFB Trenton via CC-150 Polaris on 24 June 2007.

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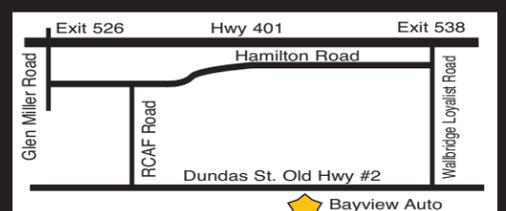
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HOROSCOPES

Weekly Astrology by Christine Davison

June 24 - June 30

ARIES (March 21-April 19): A lover may see your love-life becoming too much of a fantasy and in need of further grounding and realization. If you live far-apart, then this may be a good time to visit and catch up on what has happened since your last rendezvous. Do not let go of your individuality or ask someone to forgo theirs.

TAURUS (April 20-May 20): Home is where you should feel free to be yourself without fear of being judged. Your family admire you as a perfect example of love, care and commitment to the truth. Try to relax and have fun with your loved ones this weekend. You have all the time in the world to catch up on little details later on.

GEMINI (May 21-June 20): You'll find that the week ahead takes on a somewhat serious tone at times. Make sure that you get things in writing and communicate your wants and needs clearly and concisely. Weigh decisions carefully. A flirtation might turn serious by weekend. Your usual self-restraint may bloom into freer actions.

CANCER (June 21-July 22): You will do well financially this week if you begin a career in an administrative job or real estate based enterprise. This is a good time to invest in long-term plans or savings. Your hard work will pay off. Take a chance at romance, Friday or Saturday. This week, slow and steady will definitely win the race.

LEO (July 23-Aug. 22): Others see you as wealthy, steadfast and willful in admirable ways. You often think before you act and take all factors into consideration. Your friends, family and especially co-workers greatly admire this about you. A special someone may admire how loyal and committed you are; act naturally, if you ask them for a date.

VIRGO (Aug. 23-Sept. 22): Others may see you as a spiritual or even a religious person by nature. You'll feel the need to renounce materialistic or harmful ideas. The path that others have set out for you to follow is not the one you wish to walk upon. Someone may view you as wise beyond your years. Lessons may be learned in love.

LIBRA (Sept. 23-Oct. 22): You may make the acquaintance of several new persons who are wiser, older and more experienced than you. This will only add to your entourage of reliable and stable friends. You are fortunate to surround yourself with people who are as wonderful as you are. This is the time to begin long imagined projects and plans.

SCORPIO (Oct. 23-Nov. 21): With Scorpios, this week, there is a method to your madness. You have great ambition and a clear need to succeed. Others admire your politics and opinions and may wish to help you up the ladder to fame and fortune. Your talents will be put to good use this week. Expect to be asked to head a project or group effort.

SAGITTARIUS (Nov. 22-Dec. 21): This is the perfect time to pursue your goals of attaining a higher education. You have both the prior knowledge and serious nature to get far ahead and be a credit to whatever field of study you enter. Others may advise you to study law or medicine. Try to be open to new ideas and avant-garde perspectives.

CAPRICORN (Dec. 22-Jan. 19): Don't be surprised if someone asks you to manage their money for them. You are wiser than you know, though this week many may acknowledge your superior, deep powers of reasoning. Studying the occult may reveal what was hidden or lost. Let go of repressive tendencies and don't be afraid of excitement and fun.

AQUARIUS (Jan. 20-Feb. 18): If you have been searching for a new lover, then you may wish to look for someone who is older than you. If you try to build a loving relationship upon what you have in common, emotionally and intellectually, instead of purely basing infatuation upon physical attributes, then you may find true and lasting love.

PISCES (Feb. 19-March 20): This week, you may find that many who once viewed you as flakey or too flighty to be able to be relied upon, will have changed their tune and their mind! You are far more responsible than you know or let on. This weekend will make use of your romantic talents. You are a strong and creative leader.

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

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GINGER & SHADOW BY BARRY CORBETT



ALL RIGHT, KITTY. LET'S GET ONE THING STRAIGHT BETWEEN US. I'M NOT A CAT PERSON.

I'LL STAY OUT OF YOUR WAY AND YOU KEEP OUT OF MINE AND WE'LL GET ALONG JUST FINE.

YOU'RE NOT LISTENING, FUR BALL.

OH, YEAH. THIS IS GOING TO BE ALL KINDS OF FUN.

©2003 BARRY CORBETT

DuJour

CRAZY



All I said was.. "Mom's moving in"

Stuff!



"LOOK OUT! Park sprinkler tsunami!"

Not In My Backyard! by Dale Taylor



WOULD HER ROYAL HIGHNESS CARE FOR ANOTHER CUP OF TEA?

AND WE MUST GET THE QUEEN READY FOR THE BIG DANCE!

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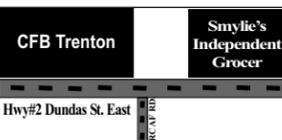


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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

Sunday Service

Come worship with us every Sunday at 10:30 a.m. at Orchard View Baptist Church.

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

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

16th Annual Country Music Reunion and Jamboree

August 02, 03, 04 and 05, 2007
Centennial Park in Trenton
** Gates open on August 2, at noon for the "Early Birds"*

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

Cost for this event is broken down as follows:

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

The Classic Country Music Reunion (C.C.M.R) is a non-profit organization founded in 1992, dedicated to the promotion of Canadian Country Music and the artists that perform this music.



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: \$20 per rider; \$10 per passenger. Pledge forms are available online at <http://www.geocities.com/bestridecanada/>

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

Garden, Art and Wellness Show

Join us at 'The Cabin' on July 14 and 15, from 10 a.m. to 5 p.m. for the show and fundraising barbecue for the Special Olympics. Learn how to African drum during a one-day workshop held on the Saturday from 1 to 3 p.m. or from 6 to 8 p.m. For more information, or directions, please feel free to call 613-473-1725.



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 Adamczyk
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 Adamczyk</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> |

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.

PLANNING TO GET MARRIED?

If you're planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplains' Offices at 613-392-2811 ext. 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day. This is applicable to all members falling under Military Ordinariate Jurisdiction; that means for all CF personnel and DND employees who are RC. The latter have the choice between their Wing Chaplains' Pastoral Services and their civilian parish's.

If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies. If the marriage file is not processed on time the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from, to the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

VOUS PLANIFIEZ DE VOUS MARIER?

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au 613-392-2811 poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage à suivre et de préparer le dossier de demande de mariage, lequel doit être envoyé au bureau du chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile.

A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore. Il importe également de prendre note que si le dossier pré-nuptial n'a pas été complété en envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date : voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage. Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

ST-JEAN BAPTISTE DAY CELEBRATIONS AT 8 WING

Photos: Pte Isabel Lavallée-Raby, 8 Wing Imaging



Above: St-Jean Baptiste Day celebrations were held on June 23, 2007 at Baker Island. The celebration was organized by the Franco-Phare Association and supported by 8 Wing/CFB Trenton. Shown above is Marie-Anie Gagne, who enjoyed a nine hole at the mini-putt course which was located on the island.

Right: Singer Vincent Poirier, from Sherbrooke, Quebec, entertains the crowd with numerous cover songs.

Below: Security team, from left to right, are Jacques Paquette, Adam Sanogo, Eric Dampousse, Mathieu Blanchette and Luc Thomas.

Bottom: A strong and well controlled bonfire roars and crackles during the evening hours of the St-Jean Baptiste Day celebrations.



Above: Melanie Gaucher enjoys 2 minutes of glory as a fire truck driver, one of the many exhibits on display for all to enjoy.

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Walking at night -- safely



Submitted by
Don Heans,
Wing General Safety
Officer

Thousands of people are injured, or even die every year, as a result of collisions that occur between pedestrians and automobiles.

Pedestrians must do everything possible to ensure drivers can see them, especially at night.

In the past it was always thought that wearing white, or light coloured clothing, made pedestrians safely visible at night.

But recent studies have indicated that this is not always the case.

Drivers approaching pedestrians wearing white will have to be within 180 feet to be able to see them.

However, tests have shown that under ideal, flat road conditions, a driver travelling at 60 mph needs at least 260 feet in order to stop.

Now add darkness, snow or rain to that mix, with oncoming headlights, and the time needed to react in these situations can increase significantly.

Pedestrians can greatly improve their visibility by wearing clothing with reflective strips.

The beam from automobile headlights hits the reflective material and sends the light back to the driver.

This is not fluorescent material.

Studies have shown that fluorescent coloured fabrics create no greater visibility at night than white ones.

Reflective clothing is available at most sports stores in the bike accessories section.

Manufacturers produce many different items including reflective vests, which are similar to the kind

worn by traffic crossing guards, reflective arm and leg bands and reflective tape.

So the next time you are out for a walk, run or jog at night, take steps to improve your visibility to drivers and follow these four simple tips:

-If there is a sidewalk available, always use it.

-If there is no sidewalk available, always use the shoulder of the road facing the traffic, do not travel in the same direction as traffic.

-Always remember to wear light coloured clothing with some sort of reflective device that can be easily seen.

-Carry a small flashlight with you in the event that you may need it to see, or be seen.

Pedestrians need to ensure their safety when walking at night.

Do not walk alone in strange, deserted areas, use well-lighted routes and wear clothing easily seen by drivers.

Good habits for summer driving

(NC)-It happens every summer, tourists, vacationers, and cottagers add to the usual amount of traffic on roadways. Safe driving habits become even more important at this time of year, as children are not in school.

Make it a habit when you drive to always stay calm, adjust your speed to changing weather conditions, be courteous to other drivers, signal lane changes and never tailgate or weave between lanes.

Make sure every passenger is wearing a seatbelt and don't overcrowd your vehicle.

Earlier this year, the law was changed so that you may only have as many passengers as there are seatbelts. If you have more passengers than seatbelts, you risk being stopped and fined by the police.

Try alternative routes that are less congested and you may also save some time. For example, toll highways are widely known to be faster while having a reputation for greater safety.

"The accident rate is about half of the provincial average," said Dale Albers, spokesperson for 407 ETR, the 108-kilometre toll highway north of Toronto. "It's much lower because we patrol the highway to clear any debris and help stranded customers. The faster they're on their way, the safer and faster it is for everyone."

Health Canada reported that motor vehicle collisions are the leading cause of death for children between one and nine years of age.

Look for child car seat clinics in your community to ensure your car seat is installed correctly and to avoid serious injuries.

When loading your vehicle, make sure items don't block your view of the road; obstruct the clutch, the brake or acceleration pedals; bump the stick-shift out of gear; or come loose and fly off while driving.

As always, focus on safety and don't drink and drive.



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Showcase

Showcase



Capt P. Daunais
received the GCS and the Canadian Forces Decoration, presented by BGen (then Col) T.J. Lawson, Commander, 8 Wing/CFB Trenton.



LCol R. Coulthard
received the General Campaign Medal, presented by BGen (then Col) T.J. Lawson, Commander, 8 Wing/CFB Trenton.



Capt A. Costelloe
received the SWASM, presented by BGen (then Col) T.J. Lawson, Commander, 8 Wing/CFB Trenton.



MCpl J. Snow
received the GCS, presented by BGen (then Col) T.J. Lawson, Commander, 8 Wing/CFB Trenton.



Sgt J. Audette
received the SWASM, presented by BGen (then Col) T.J. Lawson, Commander, 8 Wing/CFB Trenton.



Capt J. Bolduc
received the GCS, presented by BGen (then Col) T.J. Lawson, Commander, 8 Wing/CFB Trenton.



MWO G. Santerre
received the GCS, presented by BGen (then Col) T.J. Lawson, Commander, 8 Wing/CFB Trenton.



Sgt D. Hall
received the GCS, presented by BGen (then Col) T.J. Lawson, Commander, 8 Wing/CFB Trenton.



Capt A. Goyette
received the GCS, presented by BGen (then Col) T.J. Lawson, Commander, 8 Wing/CFB Trenton.



MCpl S. Warren
received the GCS, presented by BGen (then Col) T.J. Lawson, Commander, 8 Wing/CFB Trenton.



MCpl P. Weir
received the GCS, presented by BGen (then Col) T.J. Lawson, Commander, 8 Wing/CFB Trenton.



Capt H. Forrest
received the GCS, presented by BGen (then Col) T.J. Lawson, Commander, 8 Wing/CFB Trenton.



Capt P. Daunais
received the GCS and the Canadian Forces Decoration, presented by BGen (then Col) T.J. Lawson, Commander, 8 Wing/CFB Trenton.



2LT D. Andrews
received a promotion to that rank, presented by Maj S. Camps, 436 sqn, A/CO and CWO D. Dove, 436 sqn CWO.



Maj C. Duncan
received the GSC, presented by LCol Y. Choinere, CO 437 Sqn.



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

Congratulations! Félicitations!

Showcase

Showcase



Sgt L. Poper

received a promotion to that rank, presented by LCol D. Miller, W Admin O, and Maj B. Paquet, WCompt.



Lt J. Macdonald

received a promotion to that rank, presented by Maj B. Paquet, WCompt.



WO B. Johnson

received his CD3 for 42 years of service, presented by Maj S. Morin, ATESS.



Cpl D. Cook

received the CPSM, presented by LCol C. Fortin, WLEO.



Cpl J. Deschamps

received the 1st Clasp to the CD, presented by LCol C. Fortin, WLEO.



Cpl J. St Pierre

received the 1st Clasp to the CD, presented by LCol C. Fortin, WLEO.



Cpl M. Klubi

received the 1st Clasp to the CD, presented by LCol C. Fortin, WLEO.



MCpl P. Millor

received a promotion to that rank, presented by Maj T. Home and WO T. Lafontaine, 8AMS.



MCpl T. Sararas

received a promotion to that rank, presented by Maj T. Home and WO T. Lafontaine, 8AMS.



Cpl T. Rogers

received a promotion to that rank, presented by Maj T. Home and WO B. Anderson, 8AMS.



City of Quinte West Mayor John Williams (left) and Deputy Fire Chief for the City of Quinte West John Whelan (right), stand along with other city staff in the council chambers after the presentation of Recognition Awards from Quinte West Fire Rescue.

The recipients, Private Sherri-Lynn Schwemler, an Avionics Systems Technician from 8 Air Maintenance Squadron, (second from left), Ms. Julie Brown (centre), and Ms. Tammy Caldwell (second from right) received the awards for their actions during the devastating fire at the Wahoo Cafe in Trenton on the evening of 08 May 07. Also a recipient of an award, but missing from the photo is Captain Jim Forrest from 436 (T) Squadron.

Congratulations! Félicitations!

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www.mikkeeandthehounddogs.com
www.romeoandjuliet.ca
613 392 9850

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Announcements

The staff at 2EXL Hair & Esthetics Salon welcomes back Tammy on July 5, following the birth of her son.
Welcome back, Tammy!

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Cleaning tips for your patio furniture

(NC)—As your lawn and garden reach their peak of colour and vibrancy over the next few weeks, it is certainly no time to put up with dreary patio furniture.

With a little attention to it now, each piece can claim its rightful place when brought from winter storage and put back into the light.

Lawn, pool, and patio furniture needs to be examined, cleaned thoroughly, and restored if necessary — and since bacteria thrive in summer heat and humidity, it is always a good idea to remove potential germs from the furniture on a regular basis.

On hard, non-porous surfaces, like plastic for example, a liquid, multi-purpose, antibacterial cleaning aid is ideal for the first big wash-down in spring. The furniture can then be maintained with the use of a handy, non-streaking, antibacterial spray. Here are a few useful tips to make this job a breeze, courtesy of Mr. Clean.

Plastic Furniture: Wipe heavy grime off first with a clean wet cloth. Follow by washing down with germ-

fighting solution like Mr. Clean Antibacterial Multi-Surfaces Liquid, as directed on the label. Rinse thoroughly with water from your garden hose.

Keep clean throughout the season with an all-purpose spray, like Mr. Clean Antibacterial Multi-Surfaces Spray. Its non-streaking formula is ideal for glass tabletops too. If scuffs and stains are excessive, try spray painting the plastic in a matching colour. Wicker Furniture: Scrub gently with a soft scrub brush dampened with an oil-based soap solution. Rinse by hosing down.

Maintain by hosing down periodically to prevent dirt from lodging in the crevices. Prevent erosion from rain with vinyl covers.

Wrought-Iron Furniture: Wash with a clean cloth dampened with a mixture of water and a mild dishwashing detergent, such as Ivory.

Rinse thoroughly with a garden hose. To remove rust, lightly sand the affected area, wipe with a clean cloth, and then apply matching, wrought iron paint.



Teak Furniture: As with wicker, use a soft scrub brush dampened with water and a mild oil-based soap. Rinse with a garden hose.

Aluminum Furniture: Wipe initial grime away with a soft cloth (no abrasive brushes), then wash with liquid Mr. Clean Multi-Surfaces Liquid, as directed on the label, then rinse thoroughly with clean water from your garden hose.

As with plastic furniture, your aluminum furniture can also be maintained with the Mr. Clean Antibacterial Multi-Surfaces Spray, especially since this spray is formulated not to streak.

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