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• May 18, 2007 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 42 Issue Number 20•

## 24 CF Health Services Centre awarded accreditation

by Cathy Yeager  
 Quality Improvement/Risk Management Coordinator  
 24 CF H Svcs Centre

In order to achieve quality improvement on a continuous basis, we must look outside the box. In other words, we need to look beyond our own organizational existence and view ourselves as part of a broader healthcare system. We achieved this in one word, Accreditation.

As part of 24 CF H Svcs Centre Trenton Quality Improvement Program, the clinic has recently completed their initial 'Accreditation Cycle'. Accreditation is part of the CF-wide health reform project that promotes quality care and emphasizes patient safety in all aspects of care. Canadian Forces Health Services (CFHS) has partnered with the Canadian Council on Health Services Accreditation (CCHSA), an independent, non-profit organization whereby CCHSA affiliated health care professionals examine our

services and provide us with validation that we are meeting the needs of our clients based on nationally accepted Canadian healthcare standards.

For the 24 CF H Svcs C team, this initial accreditation experience became a positive learning process that encouraged team building and collaboration across all disciplines. Quality teams diligently worked to prepare the documentation and evidence required for the survey that took place the week of 4-7 Dec 2006. During that week, the CCHSA surveyors reviewed information as well as interviewed the clinic teams, clinic staff, community partners and patients.

The clinic recently received our report from CCHSA, which advised us that we have been awarded "Accredited" status. This report provided us with a new perspective on our delivery of care and has added exceptional value to our quality improvement program as we continuously strive for excellence. Overall, the report

reflected a high level of satisfaction with the quality of care and services received from the clinic by our community and patients. As well, it clearly indicated that 24 CF H Svcs C was a very low risk organization.

On behalf of the clinic, we also recognize and wish to thank those from our CFB Trenton and civilian community who took the time to participate in our accreditation experience. This process would not have been complete without you. So thank you for making our experience a successful one.

So, what does that mean for you as a CF member? It means that the clinic you visit here at 8 Wing has met the standards set by a Canadian national healthcare organization. By meeting these standards, you can be assured that we are delivering high quality service with a patient safety focus. Now with that being said, we want to stress that we still have work to do as we continue to strive for ongoing excellence. 'Accreditation' is an ongoing quality improvement



Photo: Cpl David Hardwick, 8 Wing Imaging

The 24 Canadian Forces Health Services Centre (24 CF H Svc C) received the Canadian Council on Health Services Accreditation certificate on May 16, 2007. Present for this occasion, from left to right, are Chief Warrant Officer Thomas Secretan, 8 Wing CWO; Ms. Cathy Yeager, Quality Improvement/Risk Management 24 CF H Svcs C; Major Annette Snow, CO of 24 CF H Svc C; and Col Tom Lawson, Commander, 8 Wing/CFB Trenton.

process and in order for us to keep our accreditation status, we will be surveyed again in 2009. In the meantime, we

will continue to solicit comments and feedback from the community we serve on an ongoing basis. The informa-

tion you provide us is valuable in helping us improve the efficiency of the services we deliver to you.

## BUSINESS TRIP

Captain Scott Routly, a 424 Transport and Rescue Squadron Hercules pilot, explains the role the dedicated airmen and airwomen who participate in Canadian Forces SAR missions to a group of visiting business leaders on May 10. The business executives and one media representative were here as guests of Lieutenant-General Steve Lucas, Chief of the Air Staff; the purpose of the visit was to explain some of the various roles of the Air Force such as Air Mobility, Long Range Patrol and Search and Rescue.



Photo: Cpl David Hardwick, 8 Wing Imaging

### LONG WEEKEND SPECIALS

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# First CC-130 Combat Ready Course

by Peter Van Tassel,  
CC-130 Course Director

426 (T) Squadron welcomes its first ever CC-130 Combat Ready Course (CRC).

A total of 18 student pilots, navigators, flight engineers and loadmasters have assembled to participate in five and a half months of intensive conversion and tactical training on the CC-130 Hercules aircraft.

This training will include several weeks in the classroom, up to 21 simulator flights, over 27 local training flights and four North American route and tactical training flights.

The course members have come from a variety of backgrounds ranging from initial pilot and navigator training to the previous CC-130 transport, SAR and 1 Wing tactical helicopter worlds.

They will, in the next few months, become cohesive operational Hercules crews, blending their experience with 426 Sqn's consolidated training to meet the demanding and challenging world of Tactical Transport operations.

At the completion of this CC-130 CRC, these future Hercules aircrew members will be capable of unrestricted employment, provid-



Shown above from left to right (back row) is MCpl Styan, MCpl Cochrane, WO Jeckell, Capt Smyslo, Capt Lemire, Capt Shaver, Lt Schmoll, (middle row) Cpl Bainbridge, MCpl Wilson, Sgt Capstick, Capt Lysaght, Lt Rochon, Capt Murphy, (front row), Capt Back, MCpl Verret, MCpl Boyd, MCpl Miller, Lt Anderson.

ing Tactical Airlift anywhere in the world.

The new crews will immediately be employable in Airland and Container Delivery System (CDS), Airdrop mission in a low threat, low altitude environment such as OP ARCHER.

This improved CC-130 training system will see squadrons' Trained Effective Strength (TES) rise from as low as 75 per cent to nearly 100 per cent as CR crews will arrive fully qualified and not

require, as in the old system, to remain under supervision for up to six months.

426 (T) Sqn will run three overlapping serials of the CC-130 CRC every year, which will test the professionalism of its instructors and the limited CC-130 resources of the Wing.

Both will rise to the challenge of achieving this significant improvement in the Force Generation capabilities of 8 Wing/CFB Trenton.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Shown above is Corporal Carolyn Shier instructing Private Amelie Seymour in the culinary practices involved in mass production of Chicken Caesar Salad Wraps. Chicken Caesar Salad Wraps are one of many popular choices available here in the 8 Wing/CFB Trenton Yukon Galley.



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From the Management and staff of Personnel Support Programs



## 8 WING BIDS FAREWELL



Photo: MCpl Chris Connolly, Wing Imaging

Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, presents Ms. Mary Johns with a commemorative aerial photo of 8 Wing Trenton on the occasion of her retirement. After 31 years of dedicated service, Ms. Johns retired from her position in the Wing Commander's office to take up a new phase of her life in Frankford, ON, where she has many plans underway to renovate her family home in the coming months. In addition to Col Lawson, her many friends attended the farewell luncheon, which was held at the Golden Valley restaurant in Trenton.

## Search & Rescue UPDATE



424 Squadron Tigers had only two missions last week.

The first mission was an ELT search by Rescue 491. Our Griffon tracked the signal to the Kingston airport where no distress was found and the crew returned safely to base. The second mission was for another ELT search in the Mont Tremblant area. Before Rescue 323 could arrive on scene, the ELT signal was located and no distress was found. Rescue 323 was released from the search and the crew returned safely to base.

Until next time, stay safe.

Missions for 2007: 36 Missions for May: 5 Persons rescued: 4

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## The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel T.J. Lawson, CD, Wing Commander, 8 Wing / CFB Trenton.

### The Contact Staff

**Editor-in-Chief:** Capt Nicole Meszaros  
**Managing Editor:** Andrea LeBlanc  
**Reporter/Photographer:** Amber Gooding  
**Advertising Production Asst:** Adriana Sheahan  
**Advertising Sales:** vacant  
**Bookkeeper:** Marilyn Miron  
**Circulation:** Keith Cleaton  
**Assistant Translator/Proofreader:** vacant  
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### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

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

### Letters to the Editor:

Internet: [LEBLANC.AL@forces.gc.ca](mailto:LEBLANC.AL@forces.gc.ca)

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



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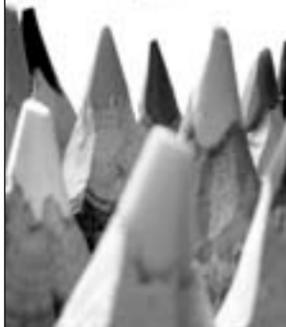
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## Canadiana Crossword

### A Packet of Princes

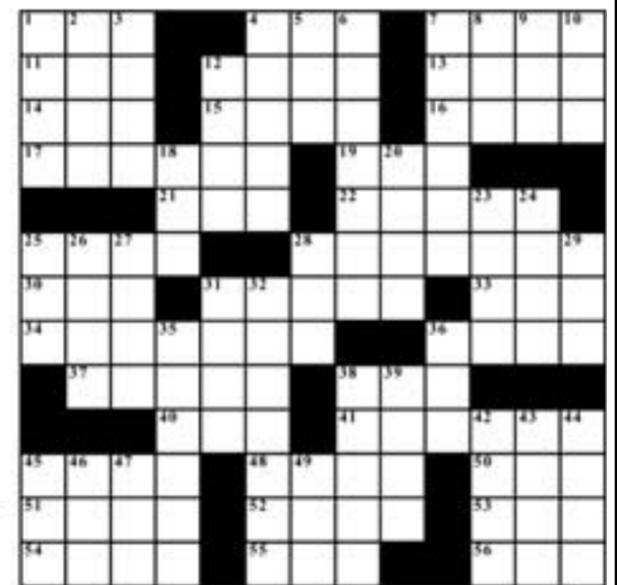
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Stifle
- 4 Gee's opposite
- 7 Greek letter
- 11 Plant part
- 12 Super-sized
- 13 Wicked
- 14 Meadow
- 15 Asian sea
- 16 Sound of astonishment
- 17 Prince \_\_\_\_ Island
- 19 Fall behind
- 21 Persian ruler
- 22 Finnish city
- 25 Ancient Asian
- 28 Prince \_\_\_\_ Island, Northwest Territories
- 30 Top gun
- 31 Baby carriages
- 33 Lion
- 34 Prince \_\_\_\_ Island, Northwest Territories
- 36 GM nameplate
- 37 Spreads
- 38 Roman god
- 40 Cheat
- 41 Prince \_\_\_\_\_, Saskatchewan
- 45 National Post columnist, Cam
- 48 Columnist Bombeck
- 50 Bus. leader
- 51 Security interest
- 52 Pool shark's preoccupation
- 53 Bleak
- 54 Coagulate
- 55 Hockeyist Lindsay
- 56 Pot

#### DOWN

- 1 Destructive wind
- 2 Astonished



- 3 Chew
- 4 Novelist Thomas \_\_\_\_\_
- 5 Chop
- 6 Prince \_\_\_\_ New Brunswick
- 7 Mendicant
- 8 \_\_\_\_ Von Braun
- 9 It is, condensed
- 10 European mountain
- 12 Flicka, for one
- 18 Summer cooler
- 20 Pesky insects
- 23 Rivulet
- 24 Decorated a cake
- 25 Apple computer, slangily
- 26 Reverberation
- 27 Pact
- 28 \_\_\_\_ de Calais
- 29 Knocks out, slangily
- 31 Gambit
- 32 Esteem
- 35 Prince \_\_\_\_ Inlet, Northwest Territories
- 36 Sphere
- 38 Crippled
- 39 Woe is me
- 42 Light brown
- 43 Aft
- 44 Hall or pump precoder
- 45 Overarching labour org.
- 46 Lubricate
- 47 Constellation
- 49 Regret

Crossword Answers on Pg. 12



### This Week in Contact

1977 – Defence Minister Barney Danson conferred the first university degrees granted by Royal Roads Military College (RRMC) in convocation ceremonies in Victoria, BC. Until this year, cadets attended RRMC for two years, and took their third and fourth year courses at Royal Military College (RMC) in Kingston, or at Collège Militaire Royal St. Jean. Two years ago the BC government authorized the college to grant university degrees, and this was the first generation of cadets from the complete four-year Science program at RRMC.

1987 – Recruiting has begun to attract women for a series of trials offered by the Honourable Perrin Beatty, Minister of National Defence, to test the operational effectiveness of military units with women in combat roles. Canadian Forces Recruitment Centres across Canada are seeking women for the trials which will eventually see women join selected anti-submarine, fighter and tactical helicopter squadrons, and soldier in the field with infantry, armoured and artillery army units. Women currently serving in the armed forces are also eligible to volunteer.

1997 – 8 Wing Trenton made a major commitment to reduce the volume of waste sent to a landfill with the purchase of an In-Vessle composter unit. This converts all the food waste from the base kitchens into compost, which is a safe and organic soil that any gardener would crave. The compost produced is utilized by the Wing Construction Engineering Roads and Grounds Staff for maintenance of the Base grounds and any excess is made available to employees of 8 Wing.

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



# Hastings & Prince Edward Regiment Change of Command



Colonel Paul Scagnetti, CD (centre), Brigade Commander of 33 Canadian Brigade Group inspects members of the Hastings and Prince Edward Regiment (HAST & PER) during their Change of Command ceremony, while Honorary Colonel Thomas J. Bata, CD (background centre) and Major F.R. Cossar, CD (left), B Company Commander of the Hastings and Prince Edward Regiment Armoury in Peterborough, ON, look on. The Change of Command ceremony took place in Belleville, ON, on May 4, 2007.

Colonel Paul Scagnetti, CD, Brigade Commander of 33 Canadian Brigade Group (left) receives the regimental flag from Lieutenant-Colonel R.C. McGill, CD, outgoing Commanding Officer of the Hastings and Prince Edward Regiment. The exchange happened during the Change of Command ceremony on Friday, on May 4, 2007, in Belleville, ON, which transferred command of the Regiment from LCol McGill to LCol J.J. Parkinson.



Left: Lieutenant-Colonel J.J. Parkinson, CD (left), incoming Commanding Officer of the Hastings and Prince Edward Regiment, 8 Wing/CFB Trenton, Colonel Paul Scagnetti, CD, Brigade Commander of 33 Canadian Brigade Group (centre) and Lieutenant-Colonel R.C. McGill, outgoing Commanding Officer of the Hastings and Prince Edward Regiment, sign the official papers transferring the command of the Regiment from LCol McGill to LCol Parkinson. The Change of Command ceremony took place in Belleville, ON, on Friday, May 4, 2007.

Photos: MCpl Chris Connolly, Wing Imaging



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# Wing Hockey League season wraps up

by Dan Cormier  
Military Sports Coordinator

The Wing Hockey League (WHL) draws to a close with the final game in the A Division played on Wednesday, May 9, 2007, seeing second place 436 Squadron defeat CPC with a final score of 5-4.

The B Division also played on May 9, seeing second place Hangar Hogs defeat JNBCD with a final score of 5-1, in a hard fought game, which forced a second game to determine the B Divisions champs.

The two teams took to the ice again on Thursday, May 10, in which the Hangar Hogs defeated JNBCD with a final score of 2-1, to become to B Division champs.

League President Corporal Shawn Thompson presented the Championship trophy to the Hangar Hogs and Fitness and Sports Director, Denis Gaboury presented the division trophy to 436 Sqn.

Regular season team standings for the A Division are as follows, each team playing a total of 30 games:

PARA placed first with 16 games won, 11 lost, 3 tied finishing the season with 35 points; 436 Sqn finished second with 16 games won, 12 lost, 2 tied and 34 points overall; WCE finished in third with 14 games won, 13 lost, 3 tied and 31 points; ATESS placed fourth with 15 games won, 15 lost, and 30 points in total; 2 AMS placed fifth with 8 games won, 18 lost, 4 tied and 20 points; and ATC placed sixth with 7 games won, 21 lost, 2 tied and 16 points overall.

Regular season team standings for the B Division are as follows, each team playing a total of 28 games:

Work Shops placed first with 21 games won, 5 lost, 2 tied finishing with 44 points; Hangar Hogs placed second with 16 games won, 10 lost, 2 tied and 34 points; Wolverines finished third with 15 games won, 11 lost, 2 tied and 32 points; 81 AEF placed fourth with 13 games won, 11



Photos: Amber Gooding

Shown above, from left to right are Denis Gaboury, Fitness and Sports Director, Sergeant W. Jerret, Captain S. McGill, Captain W. Kolupanowicz, Captain K. Barling Captain D. Lincoln and Dan Cormier, Fitness and Sports Coordinator. Front row, from left to right are Corporal A. Costelloe, Captain J. Coffin, Sergeant G. Smith, Captain D. Dubuc and Lieutenant-Colonel R. Coulthard.



Shown above, from left to right (back row) is Denis Gaboury, Fitness and Sport Director, Master Corporal R. Cosstick, Corporal K. Singh, Master Corporal S. Ballam, Corporal R. Doyle, Master Corporal J. Stonehouse and Dan Cormier, Military Sports Coordinator. Middle row, from left to right is Corporal F. Cusson, Corporal S. Strong, Corporal H. Belisles, and Corporal R. Duffie. Front row, from left to right is Corporal C. MacKay, Corporal M. Métiervier, Corporal S. Owens and Master Corporal G. Snodgrass.

lost, 4 tied and 30 points; WTISS placed fifth with 13 games won, 13 lost, 2 tied and 28 points; JNBCD finished sixth with 11 games won, 14 lost, 3 tied and 25 points; 424 Sqn placed seventh with 7 games won, 16 lost, 5 tied and 19 points; WTN/EME finished in eighth place

with 3 games won, 23 lost, 2 tied and 8 points overall.

A sincere thank you to all those who helped to make the 2006/2007 WHL season such a success. All the efforts of those involved, including referees and players, were very much appreciated.

## Last chance meeting: 2007 Intersection Golf

The I/S Golf League last chance organizational meeting is scheduled for Monday, May 22 at 1400 hrs, in The Gymnasium conference room.

The League is open to Canadian Forces military, DND and NPF full time employees. Interested unit sports reps and executive are to attend subject meeting in preparation for the 2007 I/S Golf Season.

The league will play at the 8 Wing/CFB Trenton Golf Course every Monday and Wednesday afternoon.

For additional information please contact Dan Cormier, Military Sports Coordinator at local 3373.

## Last chance meeting: 2007 Slow Pitch

The I/S Slow Pitch League organizational meeting is scheduled for Monday, May 22 at 1000 hrs, in The Gymnasium conference room.

The League is open to Canadian Forces military, DND and NPF full time employees and dependants.

Interested unit sports reps and executive are to attend subject meeting in preparation for the 2007 I/S Slow Pitch Season.

The League will play at the Wing Ball Fields every Tuesday and Thursday evening.

Players with no team reps wishing to play and requesting additional information may contact Dan Cormier, Military Sports Coordinator at local 3373.

## Women's Slow Pitch Team

The 8 Wing/CFB Trenton Women's Slow Pitch Team is looking for players in preparation for the 2007 Ontario Region Women's Slow Pitch Championship which is scheduled to be held in Petawawa, dates to be announced.

The team is open to Canadian Forces military and reserve class B and C members. The team will play in the I/S Slow Pitch League, which takes to the field on Tuesday and Thursday evenings.

Team practices will be held on Mondays and Wednesdays, from 1600 to 1700 hrs on ball diamond 1. The first practice and team meeting will take place on May 23 at 1600 hrs, on ball diamond 1.

The team will also enter some tournaments in preparation for the OR Championship.

Interested players are to contact Corporal Tanya Logan at local 7316.

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# Fitness, Sports & Recreation

## CFB Trenton Ladies Section Golf

The Ladies section of the CFB Trenton Golf Club opened the season on May 12, with a Scramble format tournament, followed by a lunch and the Spring General Meeting.

The top team for the day, with 79, was Lisa Rowe, with Dawn Johnston, Donna Kenny and Cindy Hudson.

Three teams tied with 84, and the ties were broken by retrogression.

In second place was Joyce Fowler, with Marion Fader and Helen Westlake, while Paula Staples, with Sue Mackay, Sandra Yeager and Joan Griffiths finished third. Gwen Scaletta, Diane Wood, Sally Kelly and Sandra MacDonald placed fourth, and Gwen was pleasantly surprised to not come last. In fifth position, with 86, were Diane Vermaat, Liz Griffiths and Gayle Hedley. Bev Davies, Ann McAlpine, Sheila Williams and Penny Moody were next with 88, while Alison Anderson, Barb Hudson, Joy Beck and Elva Aitchison took Gwen Scaletta's usual position with a 90.

Following the soup and sandwich lunch prepared and served by the snack bar staff, Ladies Section President Lisa Rowe kept the Spring General Meeting short, and prizes were awarded to all participants. Sandra Yeager won the

50/50 draw.

The Monday evening league began on May 14, with the Wednesday morning start on May 16.

### Mixed Opening

Only 14 couples participated in the Mixed Opening, alternate shot, and tournament on Mother's Day. Low gross for the field was won by Gayle Hedley and Chad Banks, with 79. Low net was won by Diane Duffy and John Sheard, with 59. Closest to the pin on number 3 was Stu MacMillan, while John Sheard and Barb Hudson took the prizes on number 17.

A flight gross score prizes were won by Joyce and Dan Fowler (82), Ellie Kompch and Steve Morrow (99), and Gwen and Tony Scaletta (94). Net winners were Diane Vermaat and Stu MacMillan (68), and Ruth and Dave Lynch (72).

In B flight, Barb and Tom Hudson topped the field with 90. They were followed by Diane and Len Wood (96), and Penny and Bill Moody (101). Net prizes were won by Sandra and Larry MacDonald (65), Moira and Stan Litowski (69), and Margaret and Peter Briscoe (78).

## 2007 Summer Kids Kamp

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

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

Registration for the military community began on April 23, and 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/hour/child or part there of.

## 8 Wing Elite Hockey School

Join us for the 8 Wing/CFB Trenton Elite week of hockey school from August 6 to August 10, 2007, 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, 2007. 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.

## Trail Ride for Youth

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

The bus leaves the RecPlex at 9:00 a.m., returning at approximately 3:00 p.m.

Pre-Registration required by participants no later than May 11. Registrations are being accepted at the RecPlex reception desk, located at 21 Namao Dr. or at the MFRC reception desk at 50 Rivers Dr.

For more information, please contact Debbie Schaap at 613-392-2811 ext. 2929.

## National Lifeguard Service

The National Lifeguard Service (NLS) course is a crash course that will take place on May 25, and June 1, from 5 to 10 p.m.; May 26 and June 2, from 9 a.m. to 6 p.m.; May 27, and June 3, from 10 a.m. to 5 p.m.

Must show proof of Bronze Cross and Standard First Aid and CPR certification.

Must be at 16 years of age. Students must attend all training, as 100 per cent attendance is mandatory in order to successfully complete the course.

Cost: \$265 for CRA members; \$295 for military community non-members; and \$320 for the general public.

The cost of the course also includes the manual.

## 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.

This service is offered to adults and youth 12 to 16 years of age. Manual fee: \$15. Proctor service fee: \$25.

## Golf Passes - Now on Sale!

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

## New Outdoor Pursuits Club

Please contact Dave Elverson at extension 2627, for more information regarding this exciting new club!

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## School Bus Races

Join us on Saturday, June 16, 2007 for the School Bus Races 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 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 RecPlex or Military Family Resource Centre reception desks.

## RV Storage Compound

All personnel are required to remove their items from the compound no later than July 1, 2007.

Maintenance of the area will begin soon after.

Users must find their own alternate storage location for the entire month of July.

During the period of Thursday, August 2

to Monday, August 13, 2007, 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, 2007.

Beginning Tuesday, August 14, rental space will open up to others.

No early registrations will be accepted.

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## Kayaking for kicks

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

Take this introduction course and enjoy renting the kayaks that are available at the South Side Gymnasium.

All equipment is supplied, and this is a great course suitable for small groups and families.

The course includes a Wet Exit and Re-entry Certificate, which is issued if the wet exit and re-entry is performed.

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

The following information is in regards to upcoming course dates:

- Thursday, May 31, 5:30 p.m. to 8:30 p.m.;
- Thursday, June 7, 5:30 p.m. to 8:30 p.m.;
- Wednesday, June 20, 5:30 p.m. to 8:30 p.m.;

-Saturday, July 7, 9 a.m. to 12 p.m.;

-Thursday, July 19, 8:30 a.m. to 11:30 a.m.;

-Thursday, July 19, 1 p.m. to 4 p.m.;

-Thursday, August 9, 5:30 p.m. to 8:30 p.m.;

-Wednesday, September 5, 5:30 p.m. to 8:30 p.m.;

-Thursday, September 20, 5:30 p.m. to 8:30 p.m.;

-Friday, September 28, 5:30 p.m. to 8:30 p.m.

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

Location: Bernie Gray Kayaking, located at 383 Dundas Street West in Belleville.

Please register at the RecPlex to take advantage of the REDUCED cost of the course, (a \$60 regular value).

## BIG HEARTS TAKE TO THE BIG BIKE

Photo: Amber Gooding



Personnel from Wing Administration and 2 Air Movements Squadron peddled their way to raising \$2,000 dollars for the Heart and Stroke Foundation of Canada on May 11, 2007. The two teams from 8 Wing/CFB Trenton pulled their efforts together and recruited close to 60 riders for the 3-kilometre trek through Trenton's downtown core. The 8-foot wide, 30-foot long bicycle (which is the size of a school bus), weighs 1,950 lbs, contains over 150 feet of bicycle chain, will travel roughly 12,000 kilometres a year across Canada between the months of April and September. The Heart and Stroke Foundation of Canada leads in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application. The Foundation is a federation of 10 provincial Foundations, led and supported by more than 140,000 volunteers; throughout its history, it has relied on the generous donations of millions of Canadians, as it receives no operational funding from government sources. Congratulations and a sincere thank you for the generosity of those who made donations and participated in this year's Big Bike fundraising event. After all, teamwork, fitness and fundraising are what the Heart and Stroke Foundation's Big Bike is all about – and what the personnel of 8 Wing/CFB Trenton pride themselves on.

## Adult Mixed Bowling League

Looking for something to do to get you out of the house? Why not join the Thursday night Summertime Adult Mixed Bowling League?

Please call Astra Lanes Bowling for more information at 613-392-2811 ext. 3705.

## Summer Shinny Hockey

Three weeks of shinny hockey for players from the tyke to the midget level, July 30 to August 3; August 20 to 24; and August 27 to 31, 2007.

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

## Much Music Video Dance

Join us on Saturday, June 2, 2007, at the south side gym for the Much Music Video Dance.

The dance is open to those aged 9 to 12 from 5 to 7:30 p.m..

The dance will then open to 13 to 16-years-old from 8:15 to 11:00 p.m..

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

## Annual 8 Wing Surf n' Turf Race set for June

Recruit your team and start your training today!

The 8 Wing/CFB Trenton Fitness and Sports Flight is pleased to bring you the 21st Annual Surf n' Turf Race.

This year's race is scheduled for Friday, June 15, 2007, so remember to mark your calendars.

This year's race will have a new start location, which will be The Gymnasium, instead of Baker Island as it was in

previous years.

The event is a 60-km, eight-leg race that combines running, swimming, canoeing and biking and stretches across Quinte West.

Team and individual entries are welcome.

For more information about the race, please contact Lisa at local 3328.

Also, to pick up a copy of the Surf n' Turf workout program, to help prepare you for the race, please call local 7160.



Photo: Contact archives

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## Top 10 tips for responsible hosting this holiday weekend

The following information was obtained from the Centre of Addictions and Mental Health. For more information, please contact Kendra Lafleur, 8 Wing Health Promotion Director at local 3767, or at 177 Hercules St., Bldg 119.

- 10 – Don't plan physical activities when you serve alcohol. People are generally more prone to injury or mishap after drinking.
- 9 – Always provide low alcohol and alcohol free beverages such as mocktails, non-alcoholic punch, pop, bottled water, tea and coffee.
- 8 – Serve snacks with drinks and always have food available throughout the party to avoid drinking on an empty stomach. Avoid serving salty, sweet or greasy snack foods, as guest will become thirstier. High starch and protein foods such as meats, veggies, cheeses, light dips and breads are good choices.
- 7 – Be prepared for overnight guests.
- 6 – Serve drinks yourself or designate a bartender instead of having an open bar, as guests usually drink more when they serve themselves. Avoid serving doubles and keep a shot glass or jigger next to the bottles. Good measurement makes a big difference.
- 5 – Have a plan to deal with any guest who drinks too much. Before the party, ask someone reliable to help you keep things under control.
- 4 – Find out how guests will be getting home from your party. Promote the use of designated drivers and keep cash and telephone numbers on hand for taxis. Encourage your guests to leave their cars at home and take public transportation, cabs or walk. Be prepared to take away car keys. Never drink and drive or ride with anyone who has been drinking.
- 3 – Stop serving alcoholic beverages at least an hour before the party is over. Bring out more alcohol free drinks and food. Remember that having coffee after drinking doesn't make you sober.
- 2 – Plan ahead so that it is easy to follow this advice.
- 1 – Don't drink too much yourself. As the host, you can stay on top of and avoid potential problems when you can think more clearly and act more quickly.

## Drink responsibly this holiday weekend

With the long weekend upon us it's important to stop and think before you drink. If you do choose to drink alcohol, please follow the low risk drinking guidelines listed below, brought to you by Health Promotion and The Centre of Addictions and Mental Health.

- 0 : Zero drinks = lowest risk of an alcohol-related problem
- 2 : No more than two standard drinks on any one day
- 9 : Women: Up to nine standard drinks a week
- 14 : Men: Up to 14 standard drinks a week

**ONE STANDARD DRINK = 13.6 G OF ALCOHOL**

	=		=		=	
12 oz. Beer 5 % alcohol		5 oz. Wine 10-12 % alcohol		3 oz. Fortified Wine 16-18 % alcohol		1.5 oz. Liquor * 40 % alcohol

*\*1.5 oz. Overproof liquor is about two standard drinks*

- Note: Higher alcohol beers and coolers have more alcohol than one standard drink.*
- Some tips for following these guidelines are as follows:
- Know what a standard drink is.
  - Keep track of how much you drink – daily and weekly.
  - Never drink and drive – or ride with a driver who has been drinking.
  - Don't drink if you are pregnant or planning to become pregnant.
  - Be a responsible host – encourage your guests to follow these guidelines.
  - Talk to your kids about alcohol.
  - Find out about programs and policies that support low risk drinking.
  - Develop an alcohol policy for your home.



## Welding can hurt more than the eyes



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

It's no surprise welding can cause damage to your eyes if you do not use the proper Personal Protective Equipment (PPE).

But what about the rest of your body? Your hearing, skin, neck, back, head and your respiratory system are all at risk when performing welding operations. Here's how:

**Skin:** When you are welding, unprotected skin is exposed to hot metal, sparks and UV radiation (arc welding).

**Hearing:** Welding can generate noise at levels, which cause hearing loss.

**Respiratory:** If you perform welding operations in a poorly ventilated area, you are at risk of inhaling fumes, gas and

dust present in the air as a result of welding. These elements enter your lungs and can cause flu-like symptoms known as metal fume fever. While metal-fume fever may clear up in a day or two, it is possible for it to cause much more damage to your respiratory system.

**Head:** Sparks can burn your hair, causing painful damage to your scalp and skin.

**Neck and Back:** Standing for long periods of time bent over your work can cause stress to your back. The traditional nodding of the helmet, flicking your face shield down with your head and neck just before the arc is struck, can cause neck strain.

These, along with the many hazards to your eyes, burns caused by sparks, heat, molten metal and ultraviolet rays and cuts caused by flying spatter, and flash burns, commonly known as welder's flash or arc eye, point to the importance of wearing the right PPE when welding.

Talk with your supervisor about what PPE you need to protect you from

the job you are doing. Some of the most common PPE used when welding include: leather gauntlet type gloves, leather jackets, long-sleeved shirts, high top boots, welder's helmet, welder's cap, special filtered eyewear, face protection and hearing protection. Clothing should be made from leather, cotton or wool, and treated with flame-retardant coatings. Keep clothing dry and free of oil, grease or solvents. Pants with cuffs can collect sparks, so avoid them.

Respirators may be needed for some welding jobs. You must be properly trained in the use of the respirator and be aware when you need one. Your supervisor will be able to tell you the requirements needed when using a respirator.

Welding jobs are necessary, but there are many hazards involved with the task. Protect yourself from these hazards, even when performing welding tasks off-the-job. The few minutes it takes to put on the PPE can prevent injuries that will last a lifetime.

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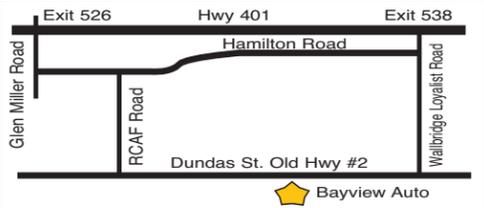


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# HOROSCOPES

Weekly Astrology by Christine Davison

May 20 - May 26

**ARIES** (March 21-April 19): The week ahead may be an intensely busy one. Your inner intuition will be able to illuminate any difficulties or questions that need to come to light. Your siblings and close family members may require more time and attention from you than usual over the next few days; time spent together will be stimulating, fun, loving and filled with warm feelings.

**TAURUS** (April 20-May 20): You need to loosen the purse strings a little this week, Taurus. Your friends have been treating you a little more often than usual, because they love your company so much, but now as your finances improve, this may be the right time to reciprocate and show just how much fun you can be. Let others help you when necessary.

**GEMINI** (May 21-June 20): A surprise may be in store for you curious and fun-loving Gemini's. Do you know what it is that your friends have planned for you? It's a delight for the senses and the mind to be sure. Play guessing games with your loved ones and sweet secrets may emerge. Strangers may flirt with you when you least expect.

**CANCER** (June 21-July 22): This week may have you wrestling with a moral dilemma or asking philosophical or spiritual questions. Take time to yourself to mull things over and give yourself a straight answer. You deserve to know the truth and only you can grant your wish.

**LEO** (July 23-Aug. 22): You should try to enlist the help of more influential or knowledgeable others, this week, Leo. You may wish to solve a problem through social networking or creative thinking when others believe a conservative approach may be the best solution. You'll help the most people if you garner as much advice as possible.

**VIRGO** (Aug. 23-Sept. 22): This is your moment in the spotlight, Virgo, please don't shun it! No matter how you feel about public recognition, you do deserve this praise and the potential rewards that may go with it. It's your hard-work and teamwork that have gotten you this far; it's only fair that you gain some sort of benefit from it.

**LIBRA** (Sept. 23-Oct. 22): If you look over the little details and fine print today then you may discover something that you would have otherwise missed out upon. There is a very good chance that if you gamble with a potential love relationship overseas that you'll find true and lasting love. Follow your heart no matter how far it goes.

**SCORPIO** (Oct. 23-Nov. 21): This is a week for lovers. Take time to devote romantic moments to your loved one. A friend or acquaintance may wish to rely upon you as a confidante. You'll create a stronger, more loving bond as a result; you may also become privy to some curious information. Express your love in natural, heartfelt and sensual ways.

**SAGITTARIUS** (Nov. 22-Dec. 21): Your lover wishes to treat you like the wonderful, intelligent and beautiful creature that you are. Don't be bashful- let them put you on a pedestal. As long as this romantic adoration is only make believe and you are truly equal partners elsewhere, then there is nothing wrong with this fantasy.

**CAPRICORN** (Dec. 22-Jan. 19): Capricorns will shine this week. Your conservative approaches and slow-but-certain methods will be recognized as having the greatest and more efficient impact where you work. You may wish to help out a friend or a charitable cause. Someone may find your persistent attention unusually attractive.

**AQUARIUS** (Jan. 20-Feb. 18): This week should be one full of creative projects, both at home and at work. Your genius needs to find an outlet and should not be wasted. Find a hobby or career that makes use of your remarkable talents and inspired creations. Your original ideas may yield amazing and unusual results over the few days, if you let them.

**PISCES** (Feb. 19-March 20): A lot of what is wonderful about you nowadays is due to how your parents raised you. Your home-life was full of wonder and imagination. Memories, dreams and fantasies may lead you to future discoveries and greater insight. You'll become a wonderful and nurturing parent or mentor. Try to remain youthful and exuberant as long as you want to.

Astrological queries can be directed to Christine at [www.moonsignastrology.ca](http://www.moonsignastrology.ca)

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

**MISFITS BY BRIAN CODAGNONE**

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

**Stuff!**

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**Crossword Answers**

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

# 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](tel:613-965-7490) or email to [leblanc.al@forces.gc.ca](mailto:leblanc.al@forces.gc.ca), at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 7005 for more information.

### Walk to Support Dog Guides

Attention all ages, fitness levels and dog lovers, your help is needed! The Purina Walk for Dog Guides is happening this spring in communities across Canada. Please volunteer a little of your time and help raise money for Dog Guides. Lions Foundation of Canada receives no government funding and provides Dog Guides at no cost to Canadians with disabilities. For more information or to register for a walk near you please visit [www.purinawalkfordogguides.com](http://www.purinawalkfordogguides.com).



## Annual Middleton Park Yard Sale

Saturday, May 26, 2007  
7:30 am - 3 pm

If you live off base, and would like to rent a table at the Siskin Centre, please call the MFRC reception at 613-965-3575.



Association canadienne-française de l'Ontario (ACFO)  
Conseil régional des Mille-Îles

### AVIS DE CONVOCATION

à l'assemblée générale annuelle de l'ACFO Mille-Îles le mardi 5 juin 2007 à 19h à l'École Madeleine-de-Roybon située au 2, avenue Montcalm à Kingston.

Nous recherchons activement un-e conseiller-ère du secteur Trenton-Belleville pour siéger au conseil d'administration de notre organisme régional.

Tous les francophones de la région des Mille-Îles sont les bienvenus.

Pour informations, communiquez sans frais au 1-800-561-4695.

[www.acfomi.org](http://www.acfomi.org)

### Yard and Bake Sale

Join us on Saturday, May 26, for our Yard and Bake sale from 8 a.m. to 2 p.m. at North Trenton United Church, located at 656 Front St. in Trenton.

There will be a great selection of baked goods, plants, books, jewelry and other yard sale items available, including coffee and tea.

For more information, or to get directions to the church, please call 613-392-0407.



### CHAPLAIN SERVICES

#### SERVICES OFFERT PAR L'AUMÔNERIE

**Wing Chaplain/ Aumônier de l'escadre – Capt Padre Catherine Morrison**  
**Administrative Assistant/Adjointe administrative – Mrs. Manon Pilon Ext 2490**  
**UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS**  
 Capt Catherine Morrison, Capt Mike Adameczyk  
 As support staff: Rev. Jim Craig (P) and Fr Julien R. Beaulieu (RC priest)  
 Civilian Officiating Clergypersons/personnel de soutien: Rév. Jim Craig (P), le père Julien R. Beaulieu (prêtre CR), membre du clergé civil.

#### WORSHIP SERVICES

<p><b>OUR LADY OF PEACE (RC)</b>  <b>NOTRE-DAME-DE-LA-PAIX (CR)</b>                  Chapel Life Co-ordinator                  Julien Régis Beaulieu                  Responsable de la communauté,                  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 Adameczyk</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>
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Sacrament of Reconciliation/Sacrement du pardon: Please, make an appointment with a Roman Catholic priest through our Admin Assistant, ext: 2490 / S.V.P. prendre un rendez-vous avec un prêtre catholique à travers l'adjointe administrative, au 2490.

**DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR**  
 After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 613-392-2811 et demandez l'aumônier en devoir.

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

### Flea Market ~ Friends of the Trail Inc.

A Flea Market is being held on Saturday, May 19, 2007, from 9 a.m. to 4 p.m. at Mill and Wellington, in Frankford. This event is organized by the Friends of the Trail Inc., and will support the development of the Lower Trent Trail.

### FUNDRAISING SALE

Join us on May 19, 2007, at St. Thomas Anglican Church in Belleville, from 10 a.m. to 6 p.m. for a bake sale, silent auction and rummage sale. Admission is free. There will be chili available (both meat and vegetarian), served with a bun and a drink for \$6.

### Quinte Flywheels Antique Show

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



## B.E.S.T.

### 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.

**THE BIKERS EVERYWHERE SUPPORTING OUR TROOPS RIDE IN CANADA**

# HEY...THANK YOU!



Photo: Amber Gooding

Master griller Preben Hansen takes some time out of his regular duties with the 8 Wing Construction and Engineering Branch to tend to some burgers at the Union of National Defence Employees (UNDE) appreciation barbecue, which was held on May 14, 2007 on the patio of the Junior Ranks/WO and Sgt's Mess.

# Middleton Park clean up

**Hazardous Waste Drop Off:** Will take place on May 24, 2007 and May 31, 2007, at 27 Alert Blvd (across from heavy equipment), from 07:00 to 15:00 hrs

**Tire Drop Off (no rims):** Will take place on May 31, 2007, at 27 Alert Blvd (across from heavy equipment), from 07:00 to 10:00.

Please note: 4 tires per person (pick-up truck and car tires only)

**Yard Waste- Compost:** Will take place on May 26 and June 2, 2007 at the Green House (south side of Wing near

the Cadet Camp), from 10:00 to 16:00  
**Large Item Pick-up:** Will take place on May 26 and June 2, 2007, from 08:00 to 16:00. Trucks will pick up large items on May 26 and June 2, 2007

Please place all items at the curb, before 0800 hrs on the day of pick-up.

Tires, propane tanks, refrigerators, freezers, air conditioners, hazardous and normal household waste will not be accepted these days; please contact Dot Serre at local 3295 for disposal advice.

Individuals dropping-off material on the above dates, must present identification indicating they are members or dependants of 8 Wing Trenton.

# Nettoyage de Middleton Park

**Dépôt de matières toxiques**

Dates: 24 mai 2007 & 31 mai 2007

Endroit: 27 Boulevard Alert (de l'autre côté de l'équipement lourd)

Heures: 07 h 00 à 15 h 00

**Dépôt de pneus (sans jantes)**

Date: 31 mai 2007

Endroit: 27 Boulevard Alert (de l'autre côté de l'équipement lourd)

Heures: 07 h 00 à 10 h 00

Quantité: 4 pneus par personne (camion & automobile seulement)

**Compostage de cour/jardin**

Date: 26 mai & 02 juin 2007

Endroit: Serres (côté sud, 8e Escadre, près du camp des Cadets)

Heures: 10 h 00 à 16 h 00

**La collecte d'objets lourds**

Date: 26 mai & 02 juin 2007

Heures: 08 h 00 à 16 h 00

Endroit: Un camion ramassera les objets lourds le 26 mai et le 02 Juin. SVP placez vos objets lourds au bord de la rue avant 08 h 00 la journée de la collecte.

Les pneus, réservoirs à propane, réfrigérateurs, congélateurs, air climatisé, matières toxiques et déchets ménagers normaux ne seront pas acceptés aux dates mentionnées ci-haut; SVP contactez Dot Serre au local 3295 pour de plus amples informations.

Pour fin de dépôts aux dates ci-haut mentionnées, vous devez présenter une pièce d'identité démontrant que vous êtes membre ou un dépendant de la 8e Escadre de Trenton.

## The Flying Frogmen Scuba Club Annual Environmental Dive 26 May 2007

Registration : 1000 HRS

Pre-dive Briefing : 1030 HRS

Price Chopper - Trenton, Ontario

*Participants must provide their own gear. All certified divers welcome.*

*All divers not affiliated with a club are welcome.*

Blue Boxes & Garbage Collection provided by the city of Quinte West.

Non-Divers Greatly appreciated to assist with putting garbage or Recyclables in the proper containers. Bring a pair of gloves for hygiene as well as safety.

*Come out and support the environmental clean-up efforts!*

For more information call James De Dieu 613 965 6215.

# JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
13 Mother's Day	14 Patio UNDE 637 BBQ	15	16	17 Astra/WAdmin PD Day & Spring Farewell (Office Closed) TGI Pizza Sports Pool	18	19 Astra Wedding Anniversary MCpl Coolen
20	21 Victoria Day (Office Closed)	22	23 TGIF's Start 1700 hrs Steak Night TGIF Sports start 1800 hrs	24 TGIF BBQ Steak Night Cost: Mbes & Guests \$4.00	25 TGIF Opening BBQ Steak Night Sports Euchre	26 Astra Wedding Reception J. Hamilton
27	28	29	30	31 Astra ATESS Mess Dinner		

# MAY 2007

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Showcase

# Showcase



**MCpl D. Leblanc**

received his SSM, presented by Maj P. Peril, A/CO CF JHQ.



**MCpl D. Langelier**

received the Campaign Star for work in Afghanistan, presented by Maj P. Peril, A/CO CF JHQ.



**Capt D. Beaumont**

received DART Log O on behalf of the DART Chief for contributions to OP Plateau, presented by Maj P. Peril, A/CO CF JHQ.



**Cpl P. Adams**

received the Campaign Star for work in Afghanistan, presented by Maj P. Peril, A/CO CF JHQ.



**Group photo of Chief of the Defence Staff Commendation.**



**Capt D. Stubbs**

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



**Capt J. Léveque**

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



**Capt R. Flatman**

receives her SSM with Alert Bar, presented by LCol D. Miller, W Admin O, and MWO B. Doggett, W Admin Br SWO.

***Congratulations! Félicitations!***

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# Classified

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**FOR RENT- 8 Ava Court, Belleville luxury townhouse, new construction, 1275 sq.ft. 2 storey, interior unit, 3 bdrm, ensuite, custom kitchen, granite countertops, six appliances, living room/dinning room, ceramic/carpet, central vac/air, natural gas, non-smokers. Occupancy July 1/07. (613)-969-6346 or (705) 653-5486.**

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**Community Events**

**LADIES NIGHT IN TRENTON!**  
Trenton dance is back by popular demand! Friday May 25th Trenton Legion Top floor 9pm-1am \$7.cover  
www.romeoandjuliet.ca 613 392 9850

**Community Events**

**COUNTRY NIGHT!**  
Cowboy hat discount! Saddle up singles! It's Country Night! Dance Sat. May 19th. Top floor Belleville Legion 9pm. All music types late in the night. Bring a cowboy/girl hat to save \$1.00.  
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199 rue Front, Belleville, On 613-771-2000  
Ou envoyez-nous votre cv par courriel à blvicareers@teleperformance.com

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# Play it safe on playgrounds

by Stuart Foxman

(NC)-Slides, swings and sandboxes are synonymous with scrapes, scratches and skinned knees. Beyond these relatively minor boo-boos, playgrounds can be the setting for serious injuries. Each year, about 25,000 Canadian children need urgent medical attention after a playground accident, for everything from broken bones to head trauma.



"Sound equipment, proper supervision, and the right behaviour by children are all part of keeping kids safe on the playground," says Angelique Berg, executive director of the Canadian Orthopaedic Foundation. The Foundation offers these playground safety tips.

You don't need to be an expert on playground codes, but check if the environment seems safe. Are all the railings, rungs and steps in place? Does equipment appear intact, or is it splintered or cracked? Are there sharp edges or points? Do any mechanisms look worn? If a child falls (75% of playground injuries), would he or she hit hard ground, or a softer surface (e.g. rubber mats, sand, bark mulch, etc.)?

Many children are risk takers. Watch them accordingly. "Kids are creative - they'll find ways to hurt themselves," says Dr. Doug Kayler, a

Winnipeg orthopaedic surgeon. "You know your child best, so determine the right level of supervision."

Teach your children some basic rules, like sliding feet first, no standing on swings, keeping away from moving swings and the bottom of slides, and waiting their turn.

Many playgrounds have equipment geared for different ages, located near each other. Make sure that your child only uses equipment that's age-appropriate. At home, too, start with equipment that young children can use safely, instead of expecting your child to "grow into it".

About 20% of playground injuries happen at home. Some dangers - backyard play structures that have been

assembled improperly, or that have deteriorated over time. Especially after it's been through the winter, test your equipment before your child goes on it. "Also, beware of being complacent at home, like watching your kids only intermittently from inside, or letting them run wild while you cook supper," says Angelique Berg. "You need to be just as vigilant as you'd be at a public playground."

"Kids will be kids, and accidents will happen," adds Ms. Berg. "But taking some simple precautions can significantly reduce the severity of those accidents."

More information on keeping your bones and joints healthy is available online at [www.canorth.org](http://www.canorth.org).

During this holiday weekend show appreciation and respect for the health and happiness of yourself and others. Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.



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This event will be held rain or shine, and is free of charge, although we are asking that a donation be made to the Food Bank.

For more information, please contact Dot Serre at local 3295. Please note, this is a one morning tire drive, so by the WLEO's orders, please do not drop off tires on the Wing at any other time.

## Tips to save on your energy bills

(NC)-"Canadian homeowners are always looking for ways to save money on their energy bills. They can learn that a few home improvements might be all it takes to keep their money in their pocket," says Brett Henderson, an insulation expert for Owens Corning Canada.

In a report released last year by Natural Resources Canada from The Office of Energy Efficiency (OEE), Canadians saved almost \$4.3 billion in 2003 through energy use improvements in the home. Just follow these five easy home energy savers: Use caulking to improve airtightness: Inspect your home for drafts and pay special attention to areas around windows and doors.

Using caulking or weather stripping to seal drafts around seams, cracks and openings is a cost-effective method that can increase comfort in your home. Insulate your attic to prevent energy loss

Up to 15 per cent of your home's energy can be lost through the attic. Top up your attic with either Pink Fiberglas

batts, or have a professional blow in Propink Blown insulation.

Adjust your thermostat settings: Save energy by installing programmable thermostats.

Seal loose joints in your cooling ducts Before the hot weather arrives, it's important to check your cooling system each year for leaks at joints and elbows.

Leaking air ducts will reduce the flow of cool air throughout the home, which may cause energy costs to jump.

Close vents to guest rooms: When spare rooms are vacant, close the vents to avoid energy use in unused spaces. Remember to open them when your guests are invited over to ensure a comfortable stay in your home.

A few simple changes can help save energy and money on your home energy bills. More information about household insulation and on reducing your energy bill is available online at [www.owenscorning.ca](http://www.owenscorning.ca), or toll-free at 1-800-GET-PINK.

## Create indoor spaces inspired by nature

(NC)-It's clear that people's current focus is on preserving the environment with countless "green" initiatives being incorporated to our daily lives. Couple this reality with the fundamental human need to be in touch with nature and it's no surprise that one of the latest colour trends in home décor is the return of green in homes across the country.

"You're seeing greens all over, new blends, new combinations, new shades side by side," said Dominique Pépin, Senior Brand Manager at Sico and member of the Colour Marketing Group. "Natural greens in all their variety please the eye and balance the spirit. Of all the colours in our world, green is the one that most pleases the eye."

According to Pépin the use of green is especially appropriate near windows that open to a natural vista, whether it is a garden or a park or a forest. Green helps diminish the boundary between interior and exterior.

Made up of a blend of blue and yellow (or hot and cold), green creates a sense of equilibrium wherever it's found. Green evokes nature and encourages consensus. And while variations on the green theme are almost infinite, they all have freshness and harmony in common.

"In fact, green's a great mixer," added Pépin. "Some slide to yellow, others come on khaki and some show their botanical roots." A favourite of design gurus, yellow greens can



replace the beiges and the conventional pastels. Ideal for bedrooms and bathrooms, greens such as Sico's Lime Pulp (6101-42) and Pea Pod (6105-42) are both stimulating and soothing.

Khaki greens, like Sico's Pale Avocado (6104-53), work beautifully with a super modern style or rustic charm noted Pépin. They highlight wood grains and add a sense of depth to a room.

Lemon green in a kitchen creates a pleasant atmosphere and adds a certain zest to the dining experience. In a bedroom, leaf green, like Zen Green (6168-73), promotes dreams, while in a family room, khaki green is convivial. You can find the complete collection of the latest colour trends at [sico.ca](http://sico.ca).

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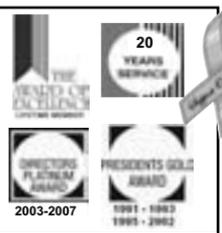
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