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TASTY WAY TO SHOW SUPPORT



Photo: Grace La Rose, Contact Staff

United Way fundraising season is well underway, and people from 8 Wing/CFB Trenton showed their support, and appetite, at the United Way of Quinte Annual Chilli Luncheon. Prepared by the Trenton Women’s Auxiliary, and hosted by the Trenton Branch 110 of the Royal Canadian Legion. The event raised \$1,305. Colonel Mike Hood, Commander, 8 Wing/CFB Trenton and Quinte West Mayor John Williams were among the diners.

IT’S.... BACK!!

What: United Way
Pizza Pasta Lunch

Date: 26 Sep

Place: Yukon
Galley
(Cadet Dining Area)

Time: 1100-1300

Cost: All You Can
Eat for just \$7
(proceeds to United Way)



BOEING VP VISIT



Photo: Grace La Rose,
Contact Staff

Boeing Vice President/GM of Integrated Logistics, James W. O’Neil visited 8 Wing/CFB Trenton to develop a better understanding of the growth in infrastructure at 8 Wing, to discuss 429 Squadron’s operations and issues, and to meet with the Wing Commander. During his visit, he met with Lieutenant-Colonel Lowithan, and visited a CC-177 Globemaster III. It was O’Neil’s first time at 8 Wing/CFB Trenton, and he said he was impressed by the base and personnel.

One more phase to go for National Air Force Museum of Canada

by Grace La Rose, Contact Staff

Phase Two of construction has been completed at the National Air Force Museum of Canada, and those itching to know what the museum will look like when it’s finished can take a sneakpeak at the end of the month.

Bob Burke, Chair of the Museum Board, says the Halifax NA 337 is once again available for public viewing, but the museum isn’t finished its \$8.5 million renovation. There will be a break between Phase Two and Phase Three for the museum to celebrate the 100th Anniversary of Powered Flight in Canada in the summer of 2009.

Final renovations, Phase Three, will begin in the Fall of 2009. The museum will then be able to house thousands of artefacts, static displays, a new reference library, as well as the Halifax, and a few fibre-glass planes. A new theatre in the back portion of the museum will show historic movies, and provide a meeting space for museum events. The front part of the museum, the glassed-in portion, will be convertible into a special events venue perfect for dinners, squadron reunions and receptions.

Burke says he wants to see more people, who are currently serving in the Canadian Forces, in the museum.

“We want them to realize that this museum is as much



Photo: Grace La Rose, Contact Staff

The Halifax NA 337, is available for viewing.

theirs as it is the vets from the First and Second World Wars.” said Burke. “When the museum is finished, we will be able to do more exhibits and displays about today’s Air Force. We want to encompass the entire history, from 1909 to today.”

Burke says he’s also wishing more school-aged groups would come take a tour of the museum. He believes that Canadians need to know their history, in order to know where they’re headed.

“You cannot force history and involvement on people, but

they should be interested in where they came from.” he said. “Museums are often seen as dusty old places, but we want to be progressive, and help people learn from their past. We have this building here so people can come here and learn. Eventually we want to be able to do outreach programs, help people learn their history.”

Daily admission to the museum throughout the week is free. Until September 30, the museum will be open seven days a week, from 10 a.m. to 5 p.m. Winter hours begin in October, and the museum will be open Wednesday through Sunday, 10am to 5pm.

For those wishing for a sneak-peak at the museum, The Tartan Tie Gala, to be held on September 27, is a prime time to come and see what the folks at the museum have been up to. The event will have you stepping back in time for an evening you aren’t likely to forget.

Guests, dressed in formal wear or in 1940s theme, will be treated to cocktails, dinner and dancing in the newly built section of the museum, under the wing-tips of the Halifax NA 337.

Tickets for the Tartan Tie Gala are \$75 each, reservations can be made at the National Air Force Museum of Canada’s gift shop, or by contacting Cecilia Bate at 613-965-7314, or by e-mail at foundation@airforcemuseum.ca.

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From the Bull's Pen A message from the 8 Wing Chief Warrant Officer



Laugh or You'll Cry

Taking it with you

There was a man who had worked all of his life, had saved all of his

money, and was a real miser when it came to his money. He told his wife, "When I die, I want you to take all my money and put it in the casket with me. I want to take my money to the after-life with me."

And so he got his wife to promise him with all of her heart that when he died, she would put all of the money in the casket with him.

Well, he died.

He was stretched out in the casket, his wife was sitting there in black, and her friend was sit-

ting next to her. When they finished the ceremony, just before the undertakers got ready to close the casket, the wife said, "Wait just a minute!" She had a box with her, she came over with the box and put it in the casket. Then the undertakers locked the casket down, and they rolled it away.

So her friend said, "Girl, I know you weren't fool enough to put all that money in there with your husband."

The loyal wife replied, "Listen, I'm a

Christian, I can't go back on my word. I promised him that I was going to put that money in that casket with him."

"You mean to tell me you put that money in the casket with him!!!!?"

"I sure did," said the wife. "I got it all together, put it into my account and wrote him a check. If he can cash it, he can spend it."

Just a thought!

T.J. (Bull) Secretan
CWO
8 WCWO

413 WING: AIR FORCE ASSOCIATION OF CANADA

The Annual Battle of Britain Parade is scheduled for **Sunday, September 21 at 413 Wing**. Parade assembly time is 10:30 a.m. After the parade at noon, a light lunch will be available. Everyone, military and civilian, is invited to attend.

This event marks the anniversary of the end of the threat by Germany to invade Britain in 1940. Having already swept through Europe, and with the defeat of France in June, Britain stood alone. The aerial battle that ensued pitted the Luftwaffe against a smaller force of defending aircraft. Without air superiority over the English Channel, the invasion was deemed not practical by Germany. Accordingly, in mid-September, Adolf Hitler cancelled his plan to invade.

The Battle of Britain was over.

MILITARY APPRECIATION DAY

413 WING, AIR FORCE ASSOCIATION OF CANADA

On Friday, September 26, 413 Wing will be hosting a Military Appreciation Day for all ranks of serving military personnel.

Those attending will be treated to hamburgers and refreshments.

Location: North Murray Street at Hamilton Road

Time: 1200 - 1600 hours

Dress: Working military or casual civilian attire

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



WCE Roads and Grounds crew are doing the final touch-ups at the South Side Front Gate. The Roads and Grounds crew are, from left to right: Dave Lamers, Myles Koopmal, and Don Hay.

Trenton Legion Branch 110

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Friday October 3, 2008



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Fitter, faster, stronger: First International Scott Firefit Championships

by Grace La Rose
Contact Staff

It's known as the toughest two minutes in sports, demanding both physically and mentally. But, for three firefighters from 8 Wing/CFB Trenton, the First International Scott Firefit Championships is all in the line of duty.

Held in conjunction with the 18th Annual Scottish Irish Festival in Quinte West, the championships were made up of six tasks that test the firefighter's strength, endurance and speed. This year 12 Canadian Forces Teams competed, as well as military teams from the Marine Corps, and The United States Air Force.

The four-day championship opened on the seventh anniversary of the September 11 attacks. Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, remembered the sacrifice firefighters made on September 11, 2001. "As we find ourselves seven years onwards from 9/11, we can all appreciate the sacrifice that was made." A moment of silence was observed for those who lost their lives in the attacks, and for those who lost their lives attempting to rescue those trapped in the buildings.

Col Hood went on to wel-

come the visiting firefighters to Quinte West. "To all the men and women in uniform, you are in a city that will support you like no other. I wish you luck in the toughest two minutes of sports. Get to know the people in Quinte West, you will find great friends here."

The opening ceremony closed with Padre Jim Craig, 8 Wing Chaplain, reading The Firefighters Prayer, and local group The Wilkinsons singing both the American and Canadian national anthems.

Three firefighters from 8 Wing/CFB Trenton participated in the championships. Corporal Jacques Caron, participating as part of the Quinte West Fire/Rescue Team, placed ninth in his age category (over 45), with a time of 2:15.06 during the team run (Quinte West Fire/Rescue placed 25th overall). In the individual run Cpl Caron placed 13th in his age category with a time of 2:22.64. And Corporal Dan White, participating as part of the Department of National Defence Team, placed 90 in the individual run.

Firefit challenges are composed of six tasks. The first, a Stair Climb with a High Rise pack, which has firefighters

climbing six stories with a four foot bundle of 4 inch hose, weighing 42 pounds. Task two is the Hose Hoist, where firefighters use a hand over hand motion to pull a 5/8 inch rope, to hoist a donut roll of hose weighing 45 pounds to the top of the six story tower.

The third task is the Forcible Entry machine, where the competitor uses an eight-pound mallet to move a beam to simulate a forced entry. Task four has the competitor running 140 feet, around hydrant "obstacles", and then shouldering a 1 3/4 inch hose-line. For the fifth task, Hose Advance, the competitor drags the 1 3/4 hose 75 feet, opens the nozzle, and hits the designated target with the stream of water.

The final task has the competitor simulate a Victim Rescue. Here he/she drags a 165 pound Simulaid Rescue Randy mannequin 100 feet, while walking backwards. During a team event, these six tasks are divided amongst the team members, but in individual runs a competitor has to do all six tasks by themselves in full turnout gear (helmet, coat, pants with liners, boots and gloves, and wearing a Scott NxG2 SCBA breathing apparatus).



Photo: Grace La Rose, Contact Staff

Quinte West Mayor John Williams waves the Canadian flag to open the First International Scott Firefit Championships. Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, took part in the ceremonies, which also included a memorial to the September 11th attacks.

Search & Rescue UPDATE

424 Squadron had a busy week with nine missions.

10 Sep: First up was our Griffon tasked for two missing hikers near Cache Lake. Once on-scene, the crew was informed that the two persons were found safe. R419 was then released by JRCC and returned to Trenton.

11 Sep: The next tasking was for both the Herc and Griffon. They were tasked to look for an overdue paraglider out of the Baldwin, ON, airport near Lake Simcoe. Both crews conducted their assigned search patterns and eventually the paraglider was sighted about six NM out in the lake. Our Griffon was called to the scene and the crew confirmed that the pilot did not survive the crash. The scene was then turned over to the York Regional Police.

11 Sep: While on their way home from the above tasking, our Herc was sent to the Bancroft area to investigate an ELT. The signal was homed to Lingham Lake, west of Bon Echo park. There were three different float planes tied up, but it could not be determined which was transmitting the ELT signal. The Griffon was then sent to the area to investigate. One of the three aircraft contacted our crew and the ELT signal was turned off.

12 Sep: The Griffon was tasked to search for an overdue sail boat between Kingston and Rochester, NY. The vessel was found safe and the crew returned home.

14 Sep: Rescue 419 was tasked to investigate a SeaDoo adrift in Mexico Bay, NY. The weather caused the crew to wait for first light before they could depart. Upon arrival at the search area, the crew flew numerous search patterns but found nothing.

15 Sep: Once again the Griffon was tasked, this time for an overdue vessel on Lac St. Pierre. Before the crew members got airborne, they were informed that the boat was found safe, and the mission was stood down.

16 Sep: Our Griffon was sent to the Smiths Falls area to aid in the search for two missing boys. The crew flew its assigned patterns without any results. After handing over the search to an OPP helicopter, the crew returned to Trenton. We later found out that the boys were located safe by a ground search party.

16 Sep: The next mission was for both the Herc and Griffon tasked to look for a Cessna 172 between Peterborough and Lindsay. That aircraft was located before either search aircraft took off.

16 Sep: Finally, our Herc was tasked to investigate an ELT in the Watertown, NY area. The ELT signal was homed to the Watertown airport, and after overflying the airport ramp, the signal was turned off and the crew returned home.

Until next week, stay alert and stay safe.

Missions for 2008: 168 Missions for Sep: 31 Persons rescued: 28



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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 (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents 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 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

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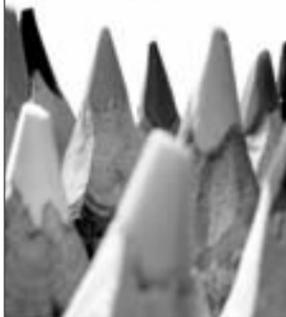
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Canadiana Crossword

Games People Play

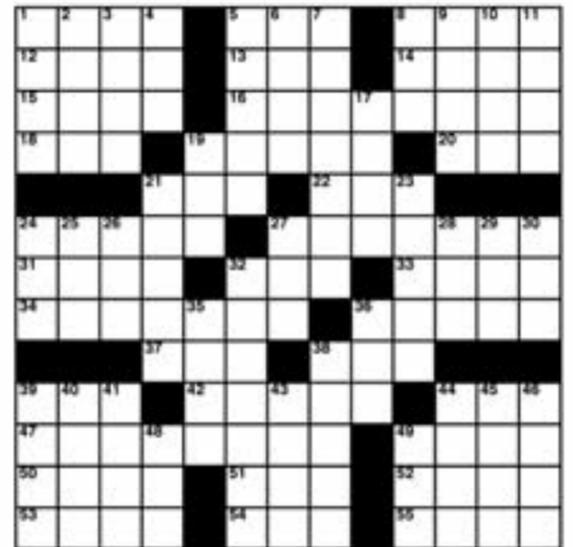
By Bernice Rosella and James Kilner

ACROSS

- 1 Pleased
- 5 Banking acronym
- 8 Kids card game
- 12 Belgian river
- 13 Caspian or Sargasso
- 14 Common cookie
- 15 Of the verb to lie
- 16 Card game in which players peg
- 18 Bro
- 19 Metric weight
- 20 Pal of Winken and Blinken
- 21 Take a seat
- 22 Tweedy topper
- 24 Popular pub game
- 27 Game using black blocks with white dots
- 31 Winged
- 32 Cleopatra pal
- 33 Singer Jones
- 34 Popular rummy game
- 36 Board game with cards and markers
- 37 Word before tai
- 38 Lettuce
- 39 Consume
- 42 Manly
- 44 Some sophs goals
- 47 Word game with lettered tiles
- 49 Whip
- 50 Formal for grads
- 51 ___ autres
- 52 Prefix denoting outside
- 53 Abominable snowman
- 54 Printer's concern
- 55 Playlet

DOWN

- 1 Weir's game
- 2 Falsifier



- 3 The Orient
- 4 Lair
- 5 Race or tie
- 6 Shore bird
- 7 Mainmast platform
- 8 Watch retainer
- 9 Arab nation
- 10 Lily bulb
- 11 Weeded
- 17 Gymnast's concern
- 19 Poet's it is
- 21 Vapour
- 23 Skirts
- 24 Webster, familiarly
- 25 Words before mode, in Montigny
- 26 Sought office
- 27 Mil. medal

- 28 Plus preceder
- 29 Assn.
- 30 ___ Paulo
- 32 Friendly
- 35 Metrical foot
- 36 Deplore, in a way
- 38 Yanofsky's game
- 39 Catch sight of
- 40 Area measure
- 41 Hoof it
- 43 ___ Kaddiddlehopper
- 44 With gammon, popular board game
- 45 Italian wine growing region
- 46 Assassinated
- 48 Friend, in Falaise
- 49 ___ hommes

See Answers, Page 22



This Week in Contact

1978 - While many units in Canada supply manpower to 116 Air Transport Unit in Ismailia, CFB Trenton is by far the major contributor. Twenty-two of the forty-seven members of 116 ATU are normally based at Trenton, and are on loan to the United Nations Emergency Force for six-month tours.

1988 - The Honourable Perrin Beatty, Minister of National Defence, has announced Treasury Board approval for the expansion of the Military and Strategic Studies (MSS) Program in Canadian universities. The expansion will add four more centres of research; two at a cost of \$75,000 each and another two, each costing \$100,000, all over a period of three years. The objective of the MSS Program, initiated in 1967, is to develop a domestic competence and national interest in military and strategic issues of current and future relevance to our national security.

1998 - The founder of the "57 Rescue" group, the "gopher" who searches for the missing parts of the Halifax Bomber being restored at the RCAF Museum, Ian Foster, visited the restoration workshop. The number 57 in "57 Rescue" is the manufacturer's design number for the Halifax. The group's almost entire reason for being is to provide the RCAF Memorial Museum's Handley Page Halifax, Serial No. NA 337, restoration, with the missing parts.

Created by Lt J. H. MacDonald,
 Compiled by Grace La Rose.



Where the past and present meet – Burma Squadron Reunion

by Capt Geneviève Landry

At a time when the operational tempo at 436 Transport Squadron is high with deployments and strategic missions, time is still taken to honour those who were members before us.

On Sept 12-14, 2008, 436 (T) Squadron hosted, at 8 Wing Trenton, the 61st Burma Star Reunion. This reunion allowed serving members of the squadron to interact and socialize with veterans of the squadron who were employed in Burma 1944-1946.

436 (T) Squadron had its beginnings in 1944 in Gurjat, India, where it was tasked with the supplying of materials and troops. It conducted these missions using the DC-3 Dakota aircraft. Almost one year later, 436 (T) Squadron was relocated to Britain. During its deployment phase in India, the members of 436 (T) Squadron airlifted over 29,000 tons of supplies and

15,000 troops, casualties and passengers during 32,000 flight hours.

The Burma Reunion weekend this year also coincided with the 64th anniversary of 436 Squadron. The weekend activities included a Meet and Greet, a local CC-130 flight, a boat cruise and a memorial service.

Approximately 60 previous serving members attended the weekend, including their spouses. The veterans were excited at the prospect of going up again on a CC-130 Hercules, so current members of the squadron provided the flight that took them over the tip of Prince Edward County.

Throughout the entire weekend, current and veteran members mingled, told stories and shared adventures. Everyone learned interesting information on how life was in India. Such tidbits as planes being towed by elephants set the mood of interesting stories.

Lieutenant Lauren Flaherty, current administration officer at 436 who also worked on the planning of the weekend, shared that her high points were “the cruise, talking to the vets, hearing the stories and learning how things used to be.”

CWO D.M. Daniels, 436 Squadron Chief, said his highlights included “the cruise was beautiful” but what was most touching was during the squadron tour, where on the walls are pictures of the 436 members in India. “Pictures we walk by everyday became real, became people that were standing there with us.”

The entire weekend ended on Sunday with a memorial service at the National Air Force Museum of Canada in front the DC 3 Dakota. It was a touching ceremony which was a good way to end the weekend activities.

“It was a highlight to see how appreciative they (the



Photo: 8 Wing Imaging

A group photo of those who attended the reunion last weekend.

veterans) were of the weekend, the opportunity to see each other and reconnect” said Lt Flaherty.

Lieutenant-Colonel Frank Martineau, Commanding Officer of 436 (T) Squadron commented: “Reflecting back on the many hardships, whether personal or operational in nature, it is clear that the Burma Campaign signified a very profound and defining moment for all previous members of 436 Squadron at that particular time of history, and still

today. The many stories conveyed by these fine ground crew and aviators alike speak of great levels of dedication, valour and often courage. Coincidentally, the “Canucks Unlimited” culture that these pioneers of tactical airlift created remains strong and vibrant in the young men and women that fly under the same colours today. History has a way to repeat itself. While the aircraft may change and bear a different name, the history book written over the skies of

Afghanistan shares remarkable similarities. The courage, dedication and valour demonstrated by our dear original squadron members has not been forgotten. Actually, the strong set of professional values created by these early and remarkable squadron members continue to be the key enabler in all present operational successes. Our sense of gratitude for their efforts will never fade. As in past years, it was again a true privilege to host the Burma Squadron Reunion.”



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Contact

*It is possible to fly
without motors,
but not without
knowledge and skill.*

— Wilbur Wright





8 WING QUESTION OF THE WEEK



QUESTION:

What was your favourite United Way event last year?



CWO Tom Secretan
Wing Chief Warrant Officer

"The Pizza Pasta Pigout, I liked serving and getting a chance to see and talk to the people on base."



LCol Carrie Fortier
Wing Logistics Engineering Officer

"The final cheque presentation, because it was a representation of all the community effort, the culmination of the event."



MWO Tony Hannam
Canadian Mission Control Centre (CMCC)

"The Pasta Pizza Pigout, because you go have lunch - and it was better than take-out."



Captain J.P. Latt
Canadian Mission Control Centre (CMCC)

"Whatever is available for us to attend, because I'm on call 24/7 I miss a lot of the events."



Apollo Athanasopoulos
Stores Person, PSP

"The Wing Commander's Golf Tournament - I love to golf!"



8 Wing personnel at work: Military Police Squadron

by 2Lt Jennifer Jackson
Sergeant Tania Fillion is a Military Policewoman (MP) who wears many different hats.

In addition to being the 8 Wing/CFB Trenton Military Police Squadron Detachment Court Non-Commissioned Officer (NCO), she is also the Evidence Custodian, Crime Reader, and the Family Violence Representative.

She began her career in the Canadian Forces as a Teletype Operator in 1988, and re-mustered to the MP Branch in 1998.

As an MP, she has previously been employed in the Physical Security Section and conducting

Static Police patrol duties. She deployed to Aviano, Italy in 2000, where she conducted policing duties.

Of all the positions in which she has been employed as an MP, Sgt Fillion enjoys her current position the most because of the varied challenges and learning opportunities.

Sharing her expertise with her co-workers and subordinates and helping others is very rewarding for Sgt Fillion.

As the Court NCO, Sgt Fillion is the liaison between the MP Detachment and the Belleville Provincial Court.

She attends the courthouse

on a regular basis to provide all the necessary court documents to the Crown Attorney's office, represents the MP detachment, and implements all aspects of the process to up to the trial.

As the Evidence Custodian, she is responsible for continuity and control of evidence collected for all MP Detachment incidents where military or civil charges are being pursued.

As the Detachment Crime Reader she is the first line of administration for Military Police files, finalizing some and staffing others onward for further attention.

Posted to 8 Wing/CFB



Photo: Submitted
Sergeant Tania Fillion, 8 Wing Military Police (MP) Squadron.

Trenton in July 2007 from Greenwood, Sgt Fillion lives in Trenton with her husband, a Traffic Technician who is currently deployed overseas, and their three children.

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MONDAY EVENING LADIES LEAGUE

Two new winners shared the closest-to-the-pin prizes in the evening league at the CFB Trenton Golf Course on September 8, 2008.

A total of 24 women participated, with Louise Maziarski winning on hole number 10 and Marion Fader taking the prize on hole number 17.

The closing will be held Saturday, September 20, with a 2:30 p.m. shotgun start, to be followed by a dinner and prize exchange.

WEDNESDAY MORNING LADIES

Sally Kelly topped the field in the Modified Stableford game of the day at CFB Trenton Golf Course on September 10, with 46 points.

Close behind was Joyce Fowler, with 40. Gayle Hedley took third place with 26. Helen Westlake won for the front nine with 15, while Joy Beck and Joan Griffiths tied for the back nine, also with 15.

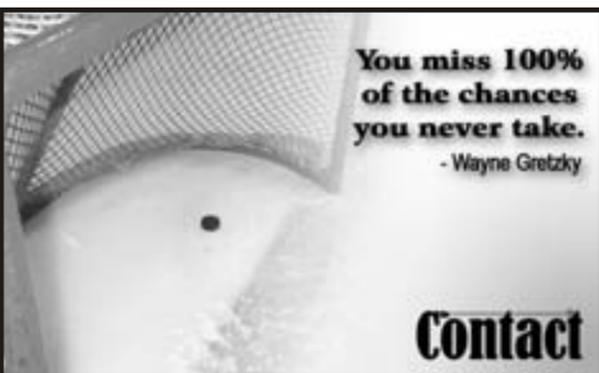
Play will continue on Wednesday mornings at 9 a.m.

Women's hockey team

The 8 Wing/CFB Trenton Women's Hockey teams is looking for players in preparation for the 2008/2009 season, as well as for the Ontario Region Championship which is scheduled to be held from February 7 to 12, 2008, here at 8 Wing/CFB Trenton.

The Team is open to Canadian Forces regular, reserve class B and C personnel on contract. The team will start practice on Thursday, September 25, from 1700 to 1900 hrs.

Interested players are to contact the Coach, Bryan Pearce, at local 4110.



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- Wayne Gretzky

Contact



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Astra Lanes looking for bowlers

Youth Bowling Canada

CFB Trenton Astra Lanes will continue to hold registrations for Youth Bowling Canada (YBC). The YBC is open to all young bowlers between the ages of five and 19 years old, who want to have some fun by competing against other teams and their peers.

Registration is \$15 per person, and for a minimal weekly lineage fee, the YBC offers its members certified coaching, tournaments, trophies, awards, shirts, and a year-end banquet.

Astra Lanes has space available in all their age divisions and encourages you to register early. This winter, stay active and have a

blast.

The league began play on Saturday, September 13, 2008 at 10 a.m.

For more information regarding cost and registration please call 613-392-2811 ext. 3305

Astra Association Requires Bowlers

CFB Trenton Astra Lanes has numerous openings in all their leagues, and are still looking for bowlers to come out and enjoy some fun and social interaction.

The following leagues still requiring bowlers:

Monday Mixed; Tuesday Mixed, Wednesday Men;

Thursday Majors; and Youth Bowling Canada (YBC).

All evening play begins at 7 p.m. and most leagues bowl between three and four games.

Inter-section bowling is always looking to boost its membership and they play on Wednesdays and Thursdays at noon.

Open bowling times remain the same and will have time available Friday evenings between 6 p.m. and 10 p.m., and on Sunday afternoons between the hours of 1300 hrs and 1700 hrs.

For more information regarding these leagues and for booking intersection and birthday parties, please contact Astra Lanes at 613-392-2811 ext. 3305

Enjoy off-roading? Always follow the rules

(NC)-No other sport can offer up the same sense of freedom and adventure that comes with off-roading. Young or old, male or female, riding a motorcycle, snowmobile or an all-terrain vehicle down winding trails and through ravines is a thrill seeker's delight.

However, it's not a sport to be taken lightly. So whether you plan to go off-roading locally or want to take a trip to a popular place like Quinn Trail in Ontario, be sure you are prepared.

"Personal and vehicle safety are critical to avoiding an accident or breakdown," says Megan Currie with Honeywell Consumer Products Group, maker of both small engine coolants and spark plugs.

First off, pack and wear proper clothing and gear. Whether on a motorcycle, snowmobile or all-terrain vehicle, it's essential to have a helmet, gloves and special padding in case of an accident. You also need to choose your trails wisely. If you are new to the sport, pick a location that reflects that. Some trails are meant for experienced enthusiasts only. You may even want to consider taking a compass and a cell phone - it's easy to get turned around when out in the hills and you'll want to be sure you know how to get back where you started.

In terms of getting your vehicle ready, there are some essential maintenance routines Currie recommends. "Since motorcycles, snowmobiles and ATVs

feature smaller engines, they are sometimes more prone to overheating. That's why cooling system maintenance is so important." Prestone now offers a specially formulated small engine coolant that is designed to protect all conventional engine cooling system metals found in today's popular motorcycles, snowmobiles and ATVs from -36.6 degrees C to 129.4 degrees C.

You also should read up on things like proper tire pressure for your off-road vehicle. According to offroader.com, a tire's material composition, vehicle weight and load, in addition to wheel width, all play a key role. Plus the surface you are driving on makes a difference - be it sand, clay, ice, snow or a harder terrain.

Finally, to get faster fuel combustion and better performance, owners of off-road recreational vehicles can enhance their experience by using a line of premium small engine spark plugs from the Autolite brand. Engineered to offer faster fuel combustion and help prevent fouling, Autolite Xtreme Sport small engine spark plugs were designed to withstand the extreme operating temperatures experienced during a small engine's combustion as well as the extreme conditions they can be used in.

More information on small engine performance products is available online at www.autolite.com.

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Did You Know?

That during the past couple of months nine members of 8 Wing/CFB Trenton successfully quit smoking using the Butt Out Self Help program.

To take advantage of this program, please make an appointment with Health Promotion by contacting local 3768 or e-mailing Mann.SA@forces.gc.ca.



"Did You Know?" is brought to you by your 8 Wing Health Promotion department.

Please 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.



From the Management and staff of Personnel Support Programs

The benefits of being physically active

People need to be active to be healthy. Our modern lifestyle and all the conveniences we use have made us sedentary.

Sitting around in front of the TV or the computer, using elevators instead of stairs all contribute to our inactivity. Physical inactivity is as dangerous to your health as smoking!

Physical activity helps develop a stronger heart, lower blood pressure, raise HDL (good) cholesterol, reduce body fat, manage stress, sleep better, improved self-image, increase life expectancy, reduce risk of future diseases (diabetes, osteoporosis, obesity, cancer), just to name a few.

What's the goal?

Physical activity doesn't have to be very hard to improve your health.

Experts say you need to accumulate 60 minutes of activity every day to maintain or improve your health. The time you need depends on how hard you are working.

For example, when you progress to moderately demanding activities, you can cut down to 30 min-

utes, four days a week.

Some examples of light, moderate and vigorous activities include:

Light – walking, volleyball, gardening, stretching

Moderate – brisk walking, biking, raking leaves, swimming, dancing, water aerobics

Vigorous – aerobic dance, jogging, hockey, basketball, fast swimming, fast dancing

Maximum effort – sprinting, racing

The three activity types

Endurance Activities: These help your lungs, heart and cardiovascular system stay healthy and give you more energy.

Walking, jogging, cycling, and swimming are the most common types of aerobic activities but there are many others. Aim to do these activities four to seven days per week, for a minimum of 20 minutes.

Begin with light activities and progress to moderate and vigorous activities later if you wish. It is advisable to talk to a fitness and/or health professional about what activities are right for you.

Strength Activities: These help your muscles and bones stay strong, improve your posture and help to prevent diseases like osteoporosis.

Strength activities are those that make you work against resistance. Strive for a good balance of exercises for both the upper and lower body. Lifting and carrying groceries, climbing stairs, pushups, crunches and weight/ strength training exercise are all good examples of strength activities. Again, it is advised to talk to a fitness professional to determine a good routine for you.

Flexibility Exercises: These activities help you to move easily, keeping your muscles relaxed and your joints mobile. Gentle reaching, stretching, and bending are very good flexibility exercises.

It is advisable to talk to your doctor before starting an exercise program.

Information taken from Health Canada's Physical Activity Guide to Healthy Active Living.

Stop by the Health Promotion Office for your own copy, we also have copies of the guide for children/youth.

Keeping children active can improve academic performance

(NC)-With the end of summer looming, parents may consider decreasing the number of activities their child participates in to ensure their child can focus on academics.

However, a recent survey conducted by Ipsos-Reid on behalf of Kumon Math and Reading Centres has found that children that are engaged in extra-curricular activities experience academic benefits beyond their less-active counterparts.

According to responses from more than 1,200 Canadian parents, the number of nights a student participates in extra-curricular activities does not negatively impact academic performance.

Of those parents surveyed whose child participates in extra-curricular activities on two or more school nights, 84 per cent were identified by their

parents as academically at or above average grade level.

"Extra curricular activities are important. They challenge children to explore their talents and interests, develop responsibility, and encourage time management skills as students learn to balance schoolwork, extracurricular activities, social life, health, and for many older students, a job," explains Dr. Donna McGhie-Richmond, education specialist with Kumon Math and Reading Centres. "The survey findings point out that the majority of students who perform well in school have achieved a balance between homework demands and extra curricular activities. This is key to their achievement."

The amount and type of extra curricular activities will depend on a number of factors

including the age of your child.

Kindergarten to Grade 2: The early school years are a time for your child to adjust to school routines and explore individual interests. Non-competitive sports and other physical activities such as dance or gymnastics are good bets, as well as enhancing your child's creative side with art or music classes.

Grades 3 to Grade 6: Team sports are now a good bet at these grade levels. Your child is old enough to remember and follow rules and typically has the maturity to handle a bit of competition.

Grades 7 to Grade 12: Pre-teens and teenaged children can be steered toward activities such as clubs of interest, volunteering, and leadership activities at school (e.g., school newspaper) or in the community (e.g.,

Scouts or Guides). Part time jobs are popular with this age group. While your child will enjoy the extra money and independence that accrues from having a job, now more than ever striving for and maintaining a balance among school work, extra-curricular activities and a job is critical.

Parents can help by encouraging their child to become involved in extra curricular activities whether offered at school or in the community. Here are some tips:

Explore the options that are available at your child's school and in the community. Talk to your child's teacher and other parents. You will be surprised to learn how many activities are free or have a nominal charge.

Talk to your child about his or her interests and once you have researched possibilities,

discuss those options with your child.

Ensure that your child is not over scheduled and has enough 'down' time during weekdays.

This varies from child to child, but some signs of possible over scheduling include irritability, tantrums, regular complaining about the activity itself, a recurring illness such as stomachaches, and a sudden drop in grades.

Remember, children who have developed good study habits from a young age, are doing well in school and are not spending time struggling with their homework will have more free time available to pursue after-school activities.

Educational programs such as Kumon help children develop good study habits so they can free up time to explore other interests.

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Quarterly Awards presented

by Cathy Yeager
24 CF H Svcs C

Quarterly awards for the period of April to June 2008 were presented to staff members at 24 CF Health Services Centre last week.

The first award presented was the Award of Clinical Excellence. The criterion includes providing exceptional support to the team environment; consistently contributing to a positive work/team environment through inspiration, professionalism, dedication and leadership; successfully introduce/implement a best practice that improves service delivery and/or go over and beyond their normal roles/responsibilities to provide excellent patient care.

Lionel Byrne provided outstanding support to the mental health team and patients, excelling as a clinical social worker and professional/technical leader.

His level of expertise, combined with his approachable, personable nature makes him the go-to person in MH services.

Highly respected by the clinic staff, he is equally appreciated by patients who frequently comment on his professionalism, understanding and compassion towards their needs.

Through the increasing operational tempo of 8 Wing/CFB Trenton, the MH needs of our patients have become increasingly complex; Mr Byrne has met this challenge with a steadfast attitude of perseverance and a patient-centered focus. For his obvious impact on the delivery of MH services to CFB Trenton, he is the recipient of the Second Quarter Award of Clinical Excellence.

The second award presented was the Award of Support Excellence. The



Photo: Corporal Igor Loutsouk, 8 Wing Imaging

Shown above, from left to right: Major D. Miller, CO, Mr. Lionel Byrne, recipient, Mrs. Lionel Byrne, Warrant Officer G. Bureau, SWO.



Photo: Private Isabel Lavallee-Raby, 8 Wing Imaging

Shown above, from left to right: Major D Miller, CO, Ms. Colleen Tortola, recipient, Warrant Officer G. Bureau, SWO.

criterion includes providing exceptional support to the team environment; consistently contributing to a positive work/team environment through inspiration, professionalism, dedication and leadership and/or consistently recognizing excellence in others.

Colleen Tortola, Medical Records Supervisor, has done an exceptional job of supervising and motivating the medical records section. There has been a notable enhanced flow of health information and documentation regarding tracking of posted members' charts as they are posted across Canada.

During the busy posting season, she also kept a firm handle on the processing of high volumes of member's medicals.

The end-result has been accurate and timely direction to Air Command regarding members' current fitness for employment and operational deployments. For this stand-up perform-

ance in support of the clinic and its patients, Ms Tortola is the recipient of the Second Quarter Clinic Award of Support Excellence.

The clinic awards and recipient's pictures are on display in the clinic as you make your way to the Pharmacy, Lab or X-ray department. I would like to remind you to please help support our program by nominating staff members who meet criteria for the Chief Warrant Officer Bradford Award. Nomination forms and information are available in the clinic and on our website at http://trenton.mil.ca/lodger/MedSq/Bradfordaward_e.htm.

Once you complete a nomination form please forward it to the Quality Improvement Manager, Ms Cathy Yeager by mail or by email at yeager.ca@forces.gc.ca. You can nominate our staff at any time throughout the year.

Test The Nation: Canada, Eh?

by Corporal Sally-Ann Cole
CF Health Services Group

Private Katrine Lake recently traveled to Toronto for a very unique tasking. The RMS Clerk, with Canadian Forces Health Services Group HQ in Ottawa, was one of 36 Canadian Forces members to be featured on CBC's hit television show *Test the Nation: Canada Eh?* which aired on Sunday, September 7, on CBC.

Test the Nation is a live, interactive IQ test where teams, representing different occupations and areas of interest, participate in a real-time test while the audience at home can participate online.

The CF team was comprised of personnel from across the country representing the Navy, Army and Air Force. Both Officers and NCMs were represented with ranks from 2Lt to Maj and Pte to MWO. For many personnel, it was a chance to catch up with those they have not seen in awhile and provide a chance for CF personnel to discuss their accomplishments, deployments and trade specifics with each others and the general public.

"When I applied, I thought that it would be something fun to do. I had no idea that I would be selected" said Pte Lake. "It was an honour to represent the CF on a national television show and I would do it again in a heartbeat."

Test the Nation: Canada Eh? consisted of six teams and included a CF team which was captained by Ed Robertson of *The Barenaked Ladies*, and the weathercasters who were captained by Quebecoise chanteuse and television and radio host, Mitsou. Alberta-born television actress, Keri Matchett, currently seen on ER, led the team of American-Canadians. The Tour Guides were led by

Emanuel Sandu, who is a three time Canadian National Champion figure skater. Alberta-born Actor and Musician Tommy Chong, part of the Cheech and Chong comedy duo, led the team *Reach for the Toppers* and *Jully Black*, a Jamaican-Canadian singer/songwriter whose hit "Seven Day Fool" has soared on the Canadian music charts, led the *New Canadians*.

A Projects Coordinator at 17 Wing Winnipeg, and one of the CF team members, Cpl Maria Toone said "participating on *Test the Nation* was an amazing experience."

While waiting for the taping to begin, a CBC staff member encouraged the teams to practice their individual cheers. A friendly team rivalry ensued. The American-Canadians team began an American chant. The CF team followed suit by standing and singing the National Anthem. "It was amazing because everyone stopped what they were doing, including the CBC Staff, and started singing our anthem" said Toone. "There was a big cheer afterwards and it was such an incredible feeling."

All participants were sworn to secrecy not to reveal the winners or any specific questions or answers after the taping on 30 Mar 08, but according to producers, the show had the most exciting results in "*Test the Nation*' history.

Test the Nation was first created in the Netherlands and has since been produced in more than 40 countries. CBC'S first test, *Test the Nation: IQ* aired in March 2007 and was watched by 1.5 million viewers and more than 200,000 online participants. More recently, on January 20, 2008 *Test the Nation: Trivia* aired and was followed up in June with *Test the Nation: Sports*.

Photo: Corporal Maria Toone, 17 Wing Winnipeg



Private Katrine Lake with fellow participant Bill Welycka, a weathercaster with A Channel in Ottawa.

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Arrival of millennium wear

Clothing Stores has seen a very busy year with the arrival of the new millennium wear. From boots to boxers, clothing items are still being introduced into the system.

Most personnel on base have now been issued with the Cold Weather Boot, and the Temperate Boot is now available on a first come first serve basis to all our Air Force serving members.

The Navy has been provided with their own distinctive rank slip-ons, drab green with black stitching.

There is a very limited supply at the moment, as we are still waiting on additional stock of common ranks to arrive. Until such time as the name tags are caught up with the new color scheme, there will be some mixing of colors.

The LCMM's are busy contracting out the provision of black t-shirt for our Naval counterparts. Soon they will be joining us in their own distinctive set of colours.

Clothing Stores is in the planning stages to implement an e-mail order system to help minimize the amount of time the customers have to spend waiting in line here at clothing stores.

This system, which is mirrored off the Logistik Unicorps Solution, will allow the customer to e-mail us their request, we will then pick the stock, bag it and tag it and e-mail the customer for pick up.

If we do not have the item on the shelf, we will order it on the customers' behalf. If the item is from Logistik Unicorps or a special size item this can take two to three weeks before we



receive the item.

An e-mail will be sent to the customer once the item arrives and the item will be set aside in our customer receipts area with the customer's name, awaiting pick-up. It will then only be a simple matter for the customer to identify themselves as having received an e-mail notice, and sign for their new kit.

A reminder to all deploying pers, on your return from theatre you are to return all operational kit. If you wear the Air Force DEU this kit includes your ruck sack, small pack, helmet, etc.

There is a national shortage of many of these items and your deploying comrades require the kit.

Our goal, as always, is to try and provide the best product and service available.

There will be additional communication to follow reference the transition to an e-mail ordering system, watch the Routine Orders and Splash-page in the upcoming weeks!

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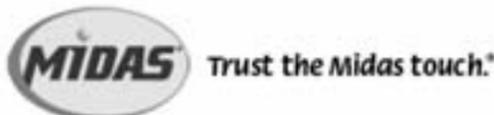
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 - **Under-the-Vehicle Items:** Shocks and Struts, Brake and Fuel Lines, Exhaust System, Driveline
 - **Tires:** Tread Depth, Wear Patterns, Inflation Pressure, Overall Condition

The Midas Touch™ Maintenance Package is regularly priced at \$69.95. The CFB Trenton Special Price is just \$34.95. In addition, Midas Belleville will offer a 10% discount on all parts, should your vehicle require any repairs.

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We look forward to seeing you again soon. Until then, happy motoring and remember – *Trust the Midas Touch™!*

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Running for a cure: CFLAWC Terry Fox Run



Photos: Grace La Rose, Contact Staff



Photos: Members of the Canadian Forces Land Advanced Warfare Centre (CFLAWC) showed their support for cancer research by participating in the 28th Annual Terry Fox Run on 12 September 2008. Braving the stormy weather, 90 personnel stretched their legs for a 5 or 10 kilometre run through the north side of 8 Wing/CFB Trenton. CFLWC participants raised \$303 for cancer research. All money raised by the Terry Fox Foundation is distributed through the National Cancer Institute of Canada.



On Tuesday, October 14, vote.

A federal general election is taking place on October 14, 2008.

To vote, you must:

- be a Canadian citizen
- be at least 18 years old on election day
- prove your identity and address

Voting in advance

You can vote before election day. Locations of advance polling stations appear on the back of your voter information card.

You can also vote by mail or at your local Elections Canada office using the special ballot if you make the request by 6:00 p.m. on Tuesday, October 7. Download the *Application for Registration and Special Ballot* form at www.elections.ca by clicking on "I'm Mailing My Vote!" or call now.

Remember, you can only vote once. After you have registered to vote by special ballot, you cannot vote any other way in this election.

New identification rules to vote

When you vote, you must prove your identity and address.

For the list of acceptable pieces of identification authorized by the Chief Electoral Officer of Canada, please see the pamphlet that you will soon receive by mail from Elections Canada or visit www.elections.ca and click on "Voter Identification at the Polls".

Vote. Shape your world.

Contact

It is possible to fly without motors, but not without knowledge and skill.

— Wilbur Wright

www.elections.ca

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toll-free in Canada and the United States, or 001-800-514-6868 toll-free in Mexico

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for people who are deaf or hard of hearing, toll-free in Canada and the United States, or 613-991-2082 from anywhere in the world





18th Annual Trenton Scottish Irish Festival

Photo: Corporal Simon Duchesne, 8 Wing Imaging



8 Wing Trenton Pipes and Drums was at the 18th Annual Trenton Scottish Irish Festival. Formed in December 1960 the 8 Wing Trenton Pipes and Drums is a volunteer Pipe Band comprised of regular force serving members, reserve force members, retired members, and members of the local civilian community. Its primary purpose is to support 8 Wing Trenton and its lodger units in ceremonial and official functions.

The Scottish Irish Festival at Centennial Park, on the shores of the Bay of Quinte provided the perfect backdrop for the massed bands and the lineup of entertainers. Highlights this year were the World Champions - 78 Fraser Highlanders Pipe Band and East Coast Music Award nominee Matt Andersen. The festival also included traditional highland games events, including Putting the Stone, Heavy Weight for Height, Hammer Throw, Sheaf Toss and Caber Toss.



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Carbon monoxide (CO)



submitted by
Don Heans,
Wing General
Safety Officer

We hear on a regular basis about people dying from carbon monoxide (CO) poisoning. Carbon monoxide has killed entire families while they slept.

Carbon monoxide is a colourless, odourless, tasteless gas that is a byproduct of combustion. The more inefficient the combustion, the higher the amount of CO produced.

When it enters the lungs, CO attaches itself to the hemoglobin in the red blood cells. Once stuck to the hemoglobin, it won't let go and it prevents oxygen from attaching to the hemoglobin. When people inhale high enough concentrations of CO, they can die. Once your blood has CO in it, it will take many hours to rid itself of the CO, even if you're out of the poisoned atmosphere.

Some things that can produce CO are: furnaces; gas water heaters; fireplaces and wood stoves; automobiles; charcoal grills; any gas-powered engine.

An airtight modern home limits the amount of fresh air that flows through it. This can increase the risk of CO poisoning.

Signs and Symptoms of CO Poisoning: CO is measured in parts per million (PPM). A one percent concentration of CO in the air equals 10,000. As for PPM, you don't need to inhale much to be poisoned.

The following breaks down information based on PPM of CO, the amount of time one is exposed to the CO and the symptoms to expect based on the amount of time a person is exposed to carbon monoxide.

25 PPM, for eight hours, is the maximum exposure allowed by Occupational Health and Safety in an eight-hour day.

200 PPM, for two to three hours, can bring on a mild headache, fatigue, nausea and dizziness.

400 PPM, over the course of one to two hours,

can cause a severe headache, while the other symptoms worsen and can become life threatening after three hours.

800 PPM, for four minutes, causes dizziness, nausea, convulsions, and death within two to three hours.

1600 PPM, over a 20 minute period can cause a headache, dizziness, convulsions and death within one hour.

6400 PPM for one to two minutes will cause a headache, dizziness and nausea, resulting in death within 25 to 30 minutes.

12800 PPM of exposure within one to three minutes results in death.

Remember that if you have any of these symptoms and feel better when you leave your home, but the symptoms reappear when you re-enter your home, you may be experiencing CO poisoning. Hours of exposure to low levels of CO could be just as deadly as shorter exposures to high levels.

Prevention: Have a qualified service technician check the central and room heating appliances in your home every year. Also have your gas dryer and water heater checked.

Follow manufacturers' directions for safe use of appliances. Don't use your gas range for heating.

Have a service person check to see if your appliances are vented through a properly sized chimney. An old chimney might not be designed for a new high efficiency furnace.

Examine chimneys and vents on a regular basis to see if they're still in place. Also, check to see that they're properly connected and not blocked.

Don't use gas-powered motors indoors.

Never let your vehicle warm up in an attached garage. Even if the garage door is open, dangerous amounts of CO can enter the home.

Make sure your car's exhaust system is in good repair.

A flammable fuel space heater can produce CO. Use one only in a well-ventilated area.

Never use a charcoal grill or hibachi indoors.

Have the furnace and appliances in your motor home serviced by a professional on a yearly basis.

Use CO detectors in your home and in your recreational vehicle.

A man started his car in the garage under his house then went to have a shower. He was found dead in his home with high levels of CO in his blood.

CO Detectors: After you have made sure that all of your fuel burning appliances are in good working order, you may still want a CO detector. A properly functioning CO detector could alert you to the presence of CO in your home.

In the past few years, technology has advanced so that we can buy CO detectors at a reasonable cost.

CO detectors are powered either by a home's electrical current or by batteries. The detectors indicate that there is CO in your home. All detectors should have the UL label in the United States, or the CSA or ULC label in Canada.

Installation: CO spreads throughout a home quickly. Detectors should be installed in sleeping areas but outside the bedrooms. It would be a good idea to place one near any major gas-burning appliance. Detectors can be placed on the wall or on the ceiling. Follow the manufacturer's directions for installation and maintenance.

What to do if the alarm goes off: When the alarm goes off, wake everybody up and ask if they are feeling OK. If anyone is complaining of any symptoms of CO poisoning, leave the house immediately.

It is important to become familiar with your CO detector alarms. The alarms may vary from manufacturer to manufacturer. For example, the alarms on one model of detector may mean that you should leave the home immediately. Another detector may have two alarms: a lower alarm means a warning while a high alarm means to leave the area now.

If a low alarm sounds, vent the house by opening the windows and doors, and shut off any fuel burning appliances. If the alarm won't reset, have a professional technician check your heating system and appliances. Many gas utility companies will do this for you.

Some fire departments recommend that you leave the house immediately if the alarm sounds. Check with your local fire department for advice.



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Le Conseil des écoles catholiques de langue française du Centre-Est (CECLFCE) est à la recherche de personnes intéressées à se joindre à son équipe pour poursuivre avec passion une vision commune, axée sur la collaboration et sur l'innovation en éducation. Avec plus de 18 000 élèves fréquentant 38 écoles élémentaires, 9 écoles secondaires et son école pour adultes, le CECLFCE est LE PLUS IMPORTANT RÉSEAU CANADIEN D'ÉCOLES de langue française à l'extérieur du Québec.

AGENTE OU AGENT DE LIAISON COMMUNAUTAIRE
SERVICE DE PLANIFICATION, IMPUTABILITÉ ET CONCERTATION STRATÉGIQUE
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Dossier 28/08-09

1 poste régulier à 50 % du temps, 10 mois (17,5 hres/ semaine)

Pour obtenir tous les détails relatifs aux postes susmentionnés, veuillez consulter le site Internet du CECLFCE au www.ecolecatholique.ca à la rubrique « Emplois ». Il est également possible d'obtenir une copie des offres d'emploi à la réception du Centre éducatif du CECLFCE, situé au 4000, rue Labelle, Ottawa (Ontario), entre 8 h et 17 h.

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Know safety, no injury

No safety, know injury

Contact



Healthy living, healthy community: A fair of information

by Grace La Rose
Contact Staff

Moving and adjusting to a new community poses a significant number of challenges to a military family, one of which is a feeling of starting over again, and trying to get the services their family requires. This is particularly true when trying to find healthcare services.

Being aware of the many healthy lifestyle activities available in the local area can help families become involved in their new community.

Healthy Living – Health Community – a Country Fair of Information was organized through the generous sponsorship of the Kay Stafford Memorial Fund, to help those newly posted to 8 Wing/CFB Trenton become more familiar with their new community in a shorter period of time.

Exhibitors included, The Quinte West Public Library, Le Franco-Phare, Trenton Integrated Health Centre, Girl Guides of Canada, 8 Wing Chapel, St. John Ambulance Quinte, The Military Family Resource Centre Doula Program and many more.

The event began shortly after lunch, with demonstrations, prizes and fun gifts from the vendors, and the

day was capped off with a free corn boil.

Visitors to the fair learned about the services from Quinte West Public Library, which provides books, DVDs and videos, public internet access and a job search centre funded by Service Canada. Parents with children could stop by the Scouts Canada, or the Girl Guides of Canada booths. Here they discovered that through local scouting and guiding units kids can learn all about camping, music, crafts and cooperative games.

A chat with Holly Sine, of Tri & Run Sports, taught visitors all about running and training programs, proper footwear for walking, trail and triathlon, and how to keep your energy level up while exercising. A quick jog over to The Friends of the Trail booth and Molly Gorman and Robina Wood told visitors how to put their new-found athletic knowledge to use on a new 17-kilometre trail made from an abandoned rail bed.

Myra Thomson and Ann Goulding acted out, drawing people's attention to the Brighton Barn Theatre booth; they're looking for people with more than just acting skills to help out at this community theatre. Decorators, directors,

technical whizzes, fashion fanatics and make-up artists are all welcome at the Brighton Barn Theatre.

The Military Family Resource Centre Doula Program offers expectant mothers support during their pregnancy. Doulas offer prenatal visits, assistance with developing a childcare plan for older siblings during delivery, and support during labour and the immediate postpartum period.

Brent Schriener, and Nancy Hollman from St. John Ambulance Quinte, filled visitors in on the importance of first aid and automated external defibrillator (AED) training.

Padres from the 8 Wing Chapel were on hand to let newcomers know about their services for both Roman Catholics and Protestants, as well as their marriage seminars, and spiritual services such as baptism, confession and marriage.

For more information about services available in the 8 Wing/CFB Trenton community, contact the Trenton Military Family Resource Centre (MFRC) at 613-965-3575, in person at the Siskin Centre, 50 Rivers Drive East, or visit the website at <http://www.trentonmfr.cfbtrenton.com>.



Photos: Grace La Rose, Contact Staff

Above: Myra Thomson (left) and Ann Goulding act out on behalf of the Brighton Barn Theatre. The theatre group, located at 96 Young Street, behind the proctor house Museum in Brighton, is always looking for new members interested in any aspect of live theatre.



Right: Holly Sine from Tri & Run Sports handed out information on sports and fitness nutrition, samples of various energy bars, and information on the running and walking workshops that Tri & Run Sports organizes.

SCAN SEMINAR – October 22 and 23, 2008

**Considering retirement?
Exploring your options?**

Unsure about your pension or financial entitlements upon release?

The SCAN Seminar targets military members, with 15 or more years of service, who are contemplating a return to civilian life, but is open to all military personnel.

Spouses are strongly urged to attend. Seating is limited; reservations may be made by

contacting the WPSO office at http://trenton.mil.ca/admin/WPSO/Release%20SCAN/SCAN%20Seminar/index_e.htm, no later than 10 Octobre 2008.

Registration begins at 0730 hrs 22 Oct and 0750 23 Oct at the WO & Sgt's Mess Main Lounge.

Appropriate civilian attire.



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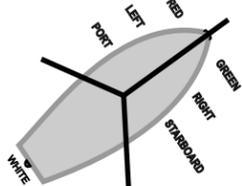
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Feature

FAMILY



Activity: Seriously Silly Stories



Making up stories is a great way for children to use their wonderful words and express their ideas.

Familiar objects can be transformed into story characters, and imaginary places can be visited, as you and your child enjoy some Comfort, Play and Teach™ time together!

You will need: An assortment of objects from around the house (i.e. a spoon, a mitten, a comb, an apple, a bracelet); a cloth bag.

Instructions: Place

the items into the bag, and allow your child to reach in and guess what each one is by how it feels.

Encourage them to select something, and then make up a story, using one object at a time. If they are not sure how to start, begin with a sentence like, "Once upon a time there was a magic bracelet named Princess Periwinkle, and she travelled all over the world in search of a..."

Your child can select the next item and continue with the story, adding more ideas until the story is complete.

Enjoy this more with Comfort, Play and Teach™:

Comfort: Make a habit not just of reading, but telling stories to your child.

There are many short and repetitive stories that are easy to learn and that your child will love to hear you tell again and again.

Play: Using a 'feely bag' adds mystery to storytelling and is a way to help your child to use senses other than sight.

Teach: Using concrete objects for storytelling is a great way for your child to learn about the qualities of things and to add descriptive words like smooth, hard, curved and woolly to their vocabulary. Have your child tell you not just what the object is, but how it looks, feels or sounds.

Courtesy of the D-News Network, DND-CF Public Affairs Newswire. All text by Invest in Kids. www.investinkids.ca

Mealtime.org Pear-fection Bars

Ingredients:

- Non-stick cooking spray
- 1 tube (18 ounces) refrigerated chocolate-chip cookie dough
- 2 large eggs
- 1 can (14 ounces) sweetened condensed milk
- 2 tablespoons fresh lime juice
- 1 can (8 1/2 ounces) sliced pears, drained, blotted dry and coarsely chopped
- 1 can (8 1/2 ounces) sliced peaches, drained, blotted dry, coarsely chopped
- 1/2 cup chopped pecans or walnuts
- 1/2 cup shredded coconut
- 1/2 cup packed brown sugar
- 2 tablespoons butter, melted
- 1 cup butterscotch chips
- 1/4 cup light cream

Preparation Time: 20 minutes **Cook Time:** 40 minutes

Preparation: Heat oven to 350°F. Grease 9x13-inch baking pan with cooking spray. Press dough evenly into bottom of pan. Bake until firm and browned at the edges, about 15 minutes. Meanwhile, beat eggs until creamy. Beat in condensed milk and lime juice. In another bowl mix pears, peaches, pecans, coconut, brown sugar and butter, crumbling the sugar with your fingers. With a rubber spatula, spoon mixture onto cookie crust and spread almost to edges. Sprinkle pear mixture evenly over top. Bake until egg mixture is set, about 25 minutes. Cool on a wire rack for 15 minutes. Place butterscotch chips and cream in a medium, microwave-safe bowl. Microwave on high for 30 to 40 seconds; stir, pour over cookies. Let cookies cool to room temperature. Refrigerate until solid. Cut into bars to serve. Servings: 32

WHAT'S THE DIF ?

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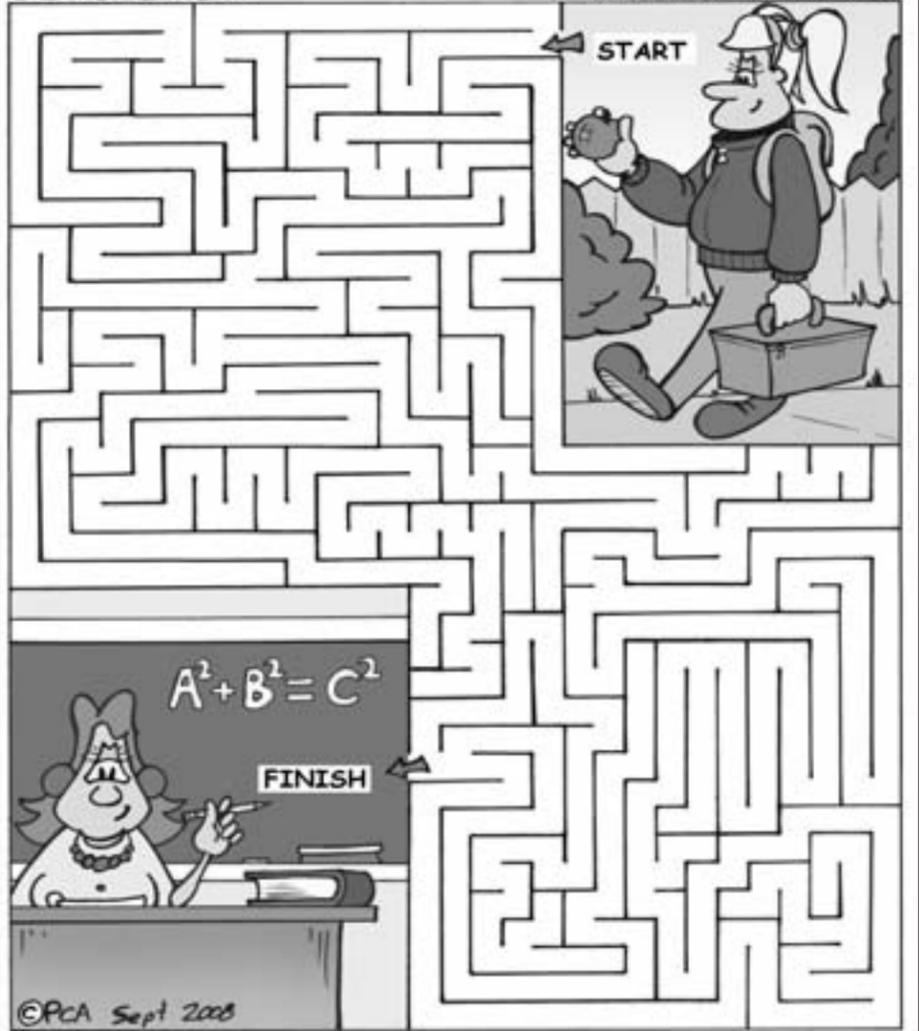
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HOROSCOPES

Weekly Astrology by Christine Davison

September 21 – September 27

ARIES (March 21-April 19): You may feel as if love is finally within your reach. This is a time for self-exploration. Try to keep your feet firmly planted upon the ground while your heart is floating and your head is in the clouds. Don't fall into self-deception or disillusion. Your mind may be filled with spiritual and moral questions.

TAURUS (April 20-May 20): This may be a sentimental and sweet week for Taurus and for those of you who are lucky enough to know one. Your mind, body, and soul may be drawn to sensual interests and loving feelings. You may wish to pursue romantic interests and opportunities as the days pass by. Try to think twice before you open your mouth.

GEMINI (May 21-June 20): You are a charming, witty, and bright person who everyone wants to get to know better. Try to take what others say with a grain of salt as their true feelings may be misspoken. This could be a loving and beautiful week full of emotions and sweet sentiments. Trust your intuition and follow your feelings.

CANCER (June 21-July 22): This is a good time for you to come out of your shell while others may seem as if they are going into theirs. You could act as a diplomat of sorts while others seem to reel in confusion around you. You may wish to surround yourself with kind and empathetic friends, family and lovers. You may feel drawn to the past.

LEO (July 23-Aug. 22): This is a good time for you to focus upon your wants and needs and perhaps, the future happiness or yourself and your loved ones. You may wish to have people over this week, though it's a good idea to clarify things upfront, lest there is confusion. Entertain others in style. You are popular and make a beautiful home.

VIRGO (Aug. 23-Sept. 22): You may wish to continue with what you began last week as this is an excellent time to begin long term projects or to make plans. Try to be clear with your intentions and body language. Subtle flirtations began late last week may soon blossom and bloom into something more loving, significant and long term.

LIBRA (Sept. 23-Oct. 22): Happy Birthday Libra! You might benefit from something that's done for you this week or by something that you do for someone else. You may be given gifts. Someone may take you out for dinner or dancing. Avoid becoming infatuated with someone who may be wrong for you. Avoid eating too many sweets or drinking too much.

SCORPIO (Oct. 23-Nov. 21): This is a good time to focus your attention upon your children and the wonderful feelings that they bring to you. There is a chance that there could be a misunderstanding between you and someone you care for. You may feel inspired to create something heartfelt, beautiful and original for someone you love.

SAGITTARIUS (Nov. 22-Dec. 21): Your mind may be drawn to the past and the people who you once knew. Try to avoid love triangles or heated arguments. You may feel as if you're left in the dark. This may be a melancholy and bittersweet week, though it may also be a romantic one. Love may be in the air where you live. Illumination may soon follow.

CAPRICORN (Dec. 22-Jan. 19): A sibling may wish to reveal some interesting information to you; try to take it in stride. Something may sound different than it was intended. You may feel enlightened as a result. Love may come this week if you are willing to take a change. Don't become discouraged or disillusioned. You are clever and charming.

AQUARIUS (Jan. 20-Feb. 18): You may be able to put innovative ideas and financial know-how to good and possibly profitable use. Try to avoid situations, scams or sales that may appear to be too good to be true; as they probably are. Try to double check writing and signatures to see if everything is how it should be. Speak carefully.

PISCES (Feb. 19-March 20): Love may come to you if you show your sensitive and artistic side to someone who is as compassionate, loving, dreamy, and kind as you are. The beginning of this week may be a good time to focus your attentions upon attaining long term goals and recent plans. Don't babble on too much if you're secretly falling in love.

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

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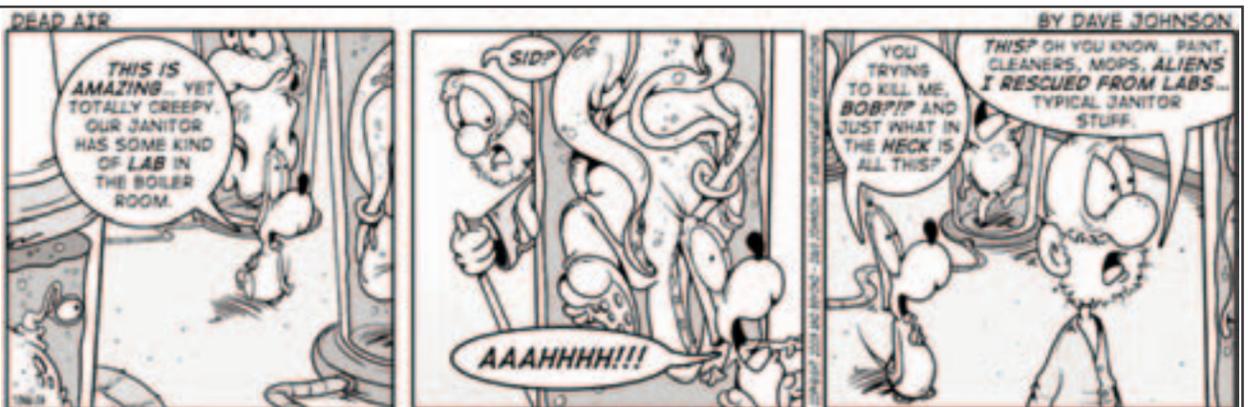
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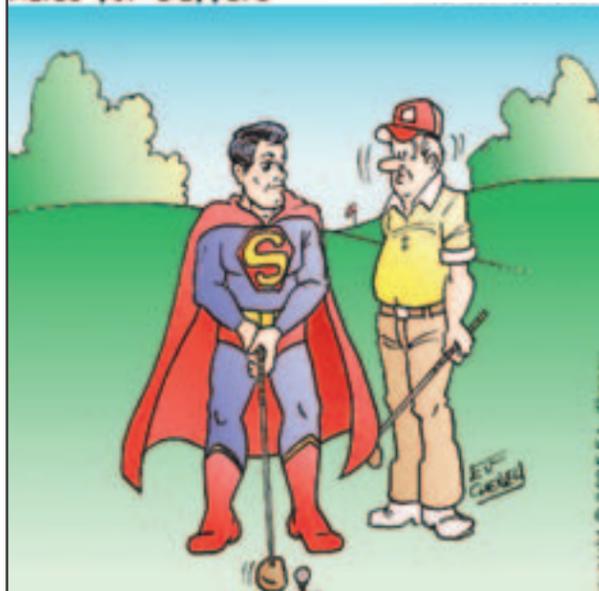


The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, The Contact Comics.

Not In My Backyard! by Dale Taylor



Rules for Duffers



How to know when it's not a good time to double the bet!

Stuff!



"All men are animals, some just make better pets!"

Community Events



Community Events

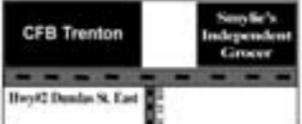
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

Invisible Ribbon Parade & Rally -

Supporting military families on
Saturday, September 20, 2008, beginning at 11 a.m.
 All proceeds will be donated to the
 Trenton Military Family Resource Centre.
 Mark the date on your calendar and join us for static displays and
 entertainment.
 If you would like to join the committee, please call
 Ena at 613-394-1635.



September 20th, 2008
 Welcoming BBQ and Annual General Meeting
 At École Secondaire Marc Garneau - 30 Fullerton Ave
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September 28th, 2008
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for information contact Emilie 613-848-5050 or via e-mail at info@franco-phare.ca

AIR TRAFFIC CONTROLLERS

The Military Air Traffic Control Heritage Association, in conjunction with the National Air Force Museum of Canada, is dedicating an **Air Traffic Control (ATC) memorial cairn** and external ATC display at CFB Trenton on the 28th of September 2008 to help celebrate the **65th Anniversary** of the formation of Canadian Military ATC. Anyone who may be interested in participating, or obtaining more information about future displays & our ATC personnel database, is asked to contact David Weir via 1.800.263.2177 or david@davidweir.com

Special Olympics Trenton and District Bowling

Wednesday, September 17
 4-6 pm Club Medd
 One time registration fee \$20
 \$6 for weekly bowling (includes 2 games and shoes)
 Please contact Debbie at 613-827-4189

FTB'S ANNUAL FALL EXTRAVAGANZA

St. Thomas Anglican Church
 201 Church St. Belleville
 BBQ, Yardsale/Rummage sale, Bakesale, and more.
 September 20 2008
 9am to 3pm

If you have donations please bring to the Church day of sale.
 For more info Call Rose: 613-392-4754 or email: privatedancer_1@sympatico.ca



The RCAF Memorial Foundation
 in support of the
National Air Force Museum of Canada
 presents

TARTAN TIE GALA

27 September 2008
 Ad Astra Weekend
 Location: National Air Force Museum of Canada

Cocktails: 1830 hrs
Dinner: 1930 hrs

Dress:
 1940s theme or formal
Price:
 \$75 per person

Enjoy the 8 Wing Band

For reservations call
Cecilia Bate 613 965 7314
foundation@airforcemuseum.ca

Reservations made at the Museum Gift Shop



The Friends of Quinte West Public Library

Monthly Book Sale
 September 27
 9 am - 1 pm
 Municipal Building (22 Trent Street North) in Frankford
 Books puzzles videos CDs for all ages
 For information please call
 613-392-3131



BEACH'S 16TH ANNUAL TOY RUN

ALL PROCEEDS TO THE BELLEVILLE FIREFIGHTERS TOY DRIVE
OCTOBER 5, 2008

DUG-OUT SPORTS BAR
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MEET AT 10:30AM FOR COFFEE AND DONUTS
 RIDERS LEAVE AT 11:00AM

PLEASE BRING A TOY OR A SMALL CASH DONATION - ALL RIDERS WELCOME

FOR MORE INFORMATION CONTACT
 BEACH 613-847-6750 OR 613-392-6988



Chaplain Services

8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre

WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre
Administrative Assistant - adjointe administrative
613-392-2811 x 2490

Unit Chaplains – aumôniers d'unités

LCdr Padre Steve Merriman, P; Capt Padre Philippe Boudreau, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale

As support staff - comme personnel de soutien

Rev Jim Craig, P Civilian Officiating Clergyman – membre du clergé civil

WORSHIP SERVICES

Our Lady of Peace (RC)
Christian community – communauté catholique

Notre-Dame-De-La-Paix (CR)

Chapel Life Co-ordinator

Father Philippe Boudreau

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

Confession - Réconciliation

Please, contact the Wing Chaplains' Receptionist to get in touch with a RC priest prior to coming over. *Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.*

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

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 appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.*

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

1st Sunday of the month

SACRAMENT OF BAPTISM

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked.

The pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

For liturgical reasons and the baptism sacramental theology, baptisms are not celebrated during the Lent Liturgical Season.

Civilian parents who wish to have their child baptized at our military facility must first contact their civilian parish (whether or not they are active at that parish) before contacting our chapel. As Our Lady of Peace belongs to the Military Diocese of Canada, a letter of canonical jurisdiction from your civilian pastor giving the reasons supporting your request will be needed.

SACREMENT DU BAPTÊME

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême.

Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents.

Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême.

Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8ième Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

Planning to get married?

If you are 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 (which must be attended) 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). Please, keep in mind that pre-marriage classes are not offered from May to September. This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The later 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 laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier 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 et 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.

Our Lady of Peace Chapel Bake Sale and Garage Sale

Saturday September 20

0900 - 1300 hours

8 Wing Chapel

All funds raised will be donated to assist the poor in Chalco, Mexico

Vente de garage et de pâtisseries Chapelle Notre-Dame-de-la-Paix

Samedi 20 septembre

9h00 à 13h00

Chapelle 8e Escadre

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8 WING PERSONNEL BRING HOME GOLD

Photo: Submitted



The combined 6th Club Crew World and 8th Asian Dragon Boat Championships held in Penang, Malaysia saw over 200 crews from 86 Clubs, representing 21 countries. Nearly 4000 competitors fought for top place – but three members of the 8 Wing/CFB Trenton Community took home top honours in the 200 metre, 500 metre and 2000 metre categories for mixed team, women's team and men's team. Jack Neville, team member of the Belleville Pickering Dragon Boat Club, and SP Coy for Canadian Forces Land Advance Warfare Centre (CFLAWC) says the club was created two years ago to be highly competitive, and bring home the gold from the international competition. Keep your eyes open for next week's article by Grace La Rose, Contact Staff, on dragon boating in The Contact.

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SUN	MON	TUES	WED	THURS	FRI	SAT
14 Astra Firefighter Challenge Banquet	15	16	17	18 LL Outdoors Pursuits Club Astra ATESS PD Day	19 MB/Patio WComd Challenge BBQ TGIF Donairs & Sports TBA	20 Astra RCSU Training Seminar
21	22	23 Astra 8 Wing Indoc Day	24	25	26 Astra/MB/Patio/BBQ -8 AMS Sports day TGIF Donairs & Sports TBA	27 Astra Wedding Reception Bradford Lewis
28	29 LL Government Meeting	30 LL Government Meeting				

September 2008

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Your Gateway to the CFB Trenton Community



Showcase

Showcase



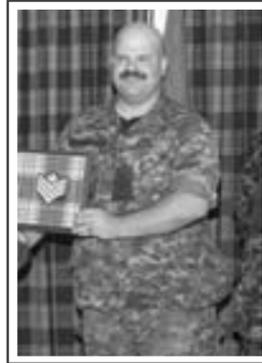
Sgt M. Chapman

received a promotion to that rank, presented by Maj S. Millette, CCISFC, and MWO F. Corriveau, CCISF MWO.



Sgt K. Roloson

received a promotion to that rank, presented by Maj S. Millette, CCISFC, and MWO F. Corriveau, CCISF MWO.



Sgt D. Lemieux

received a promotion to that rank, presented by Maj S. Millette, CCISFC, and MWO F. Corriveau, CCISF MWO.



WO J. Hall

received a promotion to that rank, presented by LCol J. MacCaull, CO ATESS, and MWO F. Corriveau, CCISF MWO.



Sgt J. Fuller

received a promotion to that rank, presented by Capt M. Lafortune, CCISF EMIO.



MCpl E. Trepanier

received a promotion to that rank, presented by Capt M. Lafortune, CCISF EMIO.



2Lt K. Heidt

received a promotion to that rank, presented by Capt L. Allard, A/OIC CMCC.



Pte(T) K. Gairy

received a promotion to that rank, presented by BGen D. Thompson, Comd JTF-AFG.



Pte(T) N. Murphy

received a promotion to that rank, presented by BGen D. Thompson, Comd JTF-AFG.



Cpl Z. Salmaniw

received a promotion to that rank, presented by Capt A. Emond, and MWO G. Rodrigue, 8 AMS.



Pte M. Varly

received a promotion to that rank, presented by Capt A. Emond, and MWO S. Budykin, 8AMS.



PO2 R. Briggs

received a promotion to that rank, presented by PO2 S. Brown and LCol D. Miller, WAdmin O.

Congratulations! Félicitations!

Showcase

Showcase



MCpl M. Castillo
received his CD, presented
by Maj W. Norquay, CO 8 ACCS.



MWO A. Shackleton
received a promotion,
presented by Maj W. Norquay,
CO 8 ACCS.



Sgt R. Myette
received a promotion,
presented by Maj W. Norquay,
CO 8 ACCS.



Sgt V. Pye
received a promotion,
presented by Maj W. Norquay,
CO 8 ACCS.



Sgt T. O'Quinn
received a promotion,
presented by Maj W.
Norquay, CO 8 ACCS.



Sgt K. Turriff
received a promotion,
presented by Maj W.
Norquay, CO 8 ACCS.



MCpl H. Laurin
received a promotion,
presented by Maj W.
Norquay, CO 8 ACCS.



WO R. Wilson
received a promotion to that rank, presented by LGen W.
Watt, CAS and Col J. Cottingham, CO CFAWC.



Sgt M. Thibedeau
received a promotion to that rank, presented by Maj R.
Silva and LCol J. MacCaull, CO ATESS.



OCdt J. Raymond
received a promotion to that rank, presented by
Maj S. Veillette, A/CO 426 Sq.



MCpl S. Gmitro
received a promotion to that rank, presented by
Lt C. Garrison and LCol A. Agnew, CO 8 AMS.



MCpl B. Angeline
received a promotion to that rank, presented by
LCol A. Agnew, CO 8AMS.



MCpl A. Cummings
received a promotion to that
rank, presented by
LCol A. Agnew, CO 8AMS.



WO P. Hart
received a promotion to that
rank, presented by
LCol A. Agnew, CO 8AMS.

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Crossword Answers

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



Who's Going to Spruce Up Your Walkway?

(NC) The day you realize your walkway or patio is starting to look like an obstacle course is the time to think about replacing it. Replacing a walkway, driveway or patio is known as hardscaping, and finding a hardscaping contractor who can design and install a walkway, patio or driveway that suits your house, your sensibilities and your pocketbook often requires diligent research and some price comparison to get the best value for your money. Not surprisingly, the best value is not always the cheapest nor is it the most expensive. A growing number of homeowners have discovered that one of the most versatile and customizable pavement options is interlocking concrete pavers. Projects over 100 square feet (10 square meters) should be

installed by hardscaping professionals since larger projects require moving heavy materials and using specialized equipment. That said, the next step to a new walkway is finding the right person to install it. In order to ensure a quality installation, you should ask questions of the contractor, like:

- How long have they been installing pavers?
- Are they certified by the ICPI? Do they have a certificate or card?
- What percentage of their total business consists of installing concrete pavers?
- Will they provide you with three references; not only recent ones, but from past jobs?
- Can you contact their references and inspect the jobs?
- Do they have a portfolio of photos and letters to qualify

themselves?

- Can the contractor provide proof that workers' compensation insurance covers all employees on the job?
- Do they install the job per ICPI guidelines? Can they supply a copy?
- Do they provide a written, itemized proposal outlining the scope of work and terms of payment? It should include starting and completion dates, demolition and excavation, paving and base materials, and taxes.
- Do they guarantee their work for at least one year? Will they return in a year to inspect it?

You can learn more about concrete pavers and find a certified installer to install them by visiting the Web site www.icpi.org.



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