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## 424 (Tiger) Squadron Change of Command Ceremony

Photo: Corporal Simon Duchesne, 8 Wing Imaging



Photo: Grace La Rose, Contact Staff



Left: 424 Squadron Honorary Colonel John Gregory looks at Nadia, a 14 months Tiger representing 424 (Tiger) Squadron mascot hugging their new Monument at the National Air Force Museum of Canada. 424 Squadron is also named "Tiger Squadron" because they were originally from Hamilton, home of the Hamilton Tiger-Cats football team.

Above: Adrian Vasseur of Jungle Cat World Wildlife Park in Orono, Ontario, holds four-month old tiger cub Misha, with Lieutenant-Colonel T.P. Dunne, prior to the Change of Command Ceremony on August 14, 2008.

by Grace La Rose, Contact Staff

All eyes were focused on the tigers at the 424 (Tiger) Squadron Change of Command Ceremony on Thursday, August 14, 2008 at the National Air Force Museum of Canada, but they were not watching the squadron members.

To help welcome the new commanding officer,

Lieutenant-Colonel T.P. Dunne, CD, two Siberian tigers from Jungle Cat World Wildlife Park in Orono, Ontario, stalked onto the tarmac as acting mascots for the Tiger Squadron.

Despite the excitement of the unique visitors, there was business to be done, and under the supervision of Colonel Mike Hood, Wing Commander, 8 Wing/CFB Trenton, the

command of 424 Squadron was handed over from Lieutenant-Colonel C.A.G. Collings, CD to LCol T.P. Dunne, CD.

This was a bit of a welcome-home for LCol Dunne, as he has served in a variety of flying and leadership positions during four operational Search and Rescue tours. The first of these was here at 424 Squadron.

## Get your tickets for the Tartan Tie Gala before it's too late

by Grace La Rose, Contact Staff

September 27 is fast approaching, and time is running out if you plan to attend the Tartan Tie Gala at the National Air Force Museum of Canada.

Visitors to The National Air Force Museum of Canada will be stepping back in time for an evening they aren't likely to forget.

The RCAF Memorial Foundation, in support of The National Air Force Museum of Canada, will be hosting the first-ever Tartan Tie Gala on September 27.

Guests, dressed in formal wear or a 1940s theme, will be treated to cocktails and dinner in the newly built section of the museum.

Merv Matiowsky, Chair of The RCAF Memorial Foundation, says the gala is a two-fold event, showing off the expanded museum facility, and raising money for the building fund.

"We need to raise awareness that the museum is progressing and it's on the last finishing touches. We're in our last phase, but only so much money has come in, so we can only do so much right now."

The gala will be combined with the

annual Ad Astra Stone Dedication Ceremony, which will take place earlier in the afternoon the same day.

Event organizers are expecting a turnout of 1,500 people for the dedication ceremony, and 350 people for the dinner.

Dinner guests will be seated in the newest part of the museum, which houses the restored Halifax NA-337. Matiowsky says he hopes the dinner makes a lasting impression on the diners.

"I hope that when people come they will remember it was a good event, and they'll spread the news and come to the next one."



Tickets for the Tartan Tie Gala are \$75 each. Guests are asked to reserve their tickets no later than September 1.

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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News



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



Cockpit Culture

Yup, you're right, the title of my column this week isn't politically correct, it's not even my catch phrase

but that of the Chief of Air Staff Lieutenant-General Angus Watt. It does, however, accurately describe my subject for this week's article.

So what is meant by cockpit culture? It means the growing reluctance of some of our best and brightest members to leave operational units and apply their skills and knowledge at the headquarters level -- to do a staff tour and/or take that promotion and posting.

This culture is not just limited to the officers'

corps, but is also well established within the NCM ranks. Admit it, we have all heard someone say, "I'm happy just to be a Corporal/Captain" or "I'll go anywhere but the Air Division in Winnipeg or NDHQ in Ottawa."

Well, boys and girls, someone has to do the staff work. Someone has to take all that field knowledge and apply it to air warfare policies, doctrine and procedures.

No, it's not as much fun as flying upside down

with your hair on fire, or busting a knuckle on a broken part, but it is just as important.

So when someone comes to you with an offer to do a staff tour, I ask you not to think of it as a punishment, but as an opportunity to inject your skill and knowledge at the strategic level. To serve those that fight!

Just a thought!

T.J. (Bull) Secretan  
CWO  
8 WCWO

## News from around the schoolhouse

by Sgt Sean Walsh  
426 Squadron

The Squadron has enjoyed a very busy summer as we continue to generate Combat Ready Crews and fully qualified technicians in addition to the MAMS personnel, trained and qualified to prepare loads for aerial delivery. To this date, Combat Ready Flight has graduated one Combat Ready Course with another graduating the last week of August, and five Tactical Air Transport Support Initial Courses (MAMS TAT).

As well, a Personnel Dispatch course was successfully run in March and our first newly formatted Heavy Equipment course was completed in June.

The Combat Ready Flight wishes Maj Harvey, the Flight Commander, all the best as he moves to the Standards section, and welcome to Maj Stark, the new Flight Commander. Happy trails to Capt Ryan Peters (RP) as he goes to Little Rock, Arkansas on exchange to fly the C130J with the USAF and welcome to Capt

Aidan Costelloe from 436 (T) Squadron. Ciao Ciao to Chi Chi (Sgt Eric Porte) on his posting to TRSET and welcome back to WO Dave Myers, who, upon completion of the Combat Ready Course, will take over the helm as Chief Tactical Loadmaster Instructor.

The Airevac Training Flight has been busy rewriting publications, getting ready for a new way ahead with aeromedical evacuation training. As well, they have been maintaining operational stand-by for AE missions, training on various airframes, completing a CC-130 trainer and performing an AE mission from 24-29 July. Who says schools slow down between courses?

Conversion Training Flight (CTF) welcomes a new FC Maj Brent Hoddinott presently on the Combat Ready Course (CRC) and Maj Micky Colton from 424 Sqn, the new D/FC CTF. Congratulations to Capt Jean Houde from the CNAVI shop who has been selected for the Canadian CISM Sailing Team and is participating in the 42nd

World Military Sailing Championship in Denmark. Maj Steve Ilijanic is off to new pastures at 424 Sqn and Capt Dennis Haley has recently deployed for six months to the AOR as Ops Officer. Several SAR qualified CTF members are heavily involved with the SAR OTU development under the guidance of Project Officer Maj Kevin Tromp.

A C150 Airbus Flight Attendant course was completed in June and as of 01 August a new Airbus Training Flight has been established to train all crew positions.

The Technical Training Flight continues with their busy schedule, graduating multiple courses recently, and beginning their move from 10 Hangar into their new Hercules Training Facility. Very exciting times.

A warm welcome is extended to all newly posted in Thunderbirds and a fond farewell to our parting members.

That's all from the School house. Load clear!

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



8 Wing Transportation/EME Squadron, Heavy Equipment Maintenance Section, is extremely busy this time of the year, completing seasonal inspections on Snow and Ice Control (SNIC) equipment. There was an abnormal amount of snow in 07/08 and the equipment was in constant use trying to keep the runways clear. The maintainers of this section are often the unsung heroes. Most Wing personnel only see the equipment in operation and do not realize the special skills and the numerous hours required to maintain it to Provincial Highway Traffic standards. Other than aircraft, these personnel maintain almost everything that is mobile. They are extremely proud of their role in supporting 8 Wing Operations and keeping the airfield open.

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## SISIP Financial Services: Supporting self-improvement, education

by Yves Rioux, Manager

Your summer vacation is probably over, and "Back to School" is just around the corner.

Did you underestimate your vacation expenses? Are costly school supplies squeezing you financially? Do you have to put off those much needed house repairs, yet again, for lack of funds? Well, maybe the SISIP Financial Services (SISIP FS), Canadian Forces Personnel Assistance Fund (CFPAF) can come to the rescue.

If your children have now reached the costly phase of post-

secondary studies and you are determined to help them to the maximum extent of your capabilities, CFPAF's Education Assistance Loan Program (EALP) offers you loans up to \$4,000 per period of 12 months up to a life-time maximum of \$16,000 per student. The interest rate is only 3 per cent and these loans can be repaid over a maximum of 48 months.

Eligibility criteria are fairly simple, you must be a serving or former member of the Regular Forces with at least one full year under your belt, and it must be a

full-time post secondary program. Likewise, the Self Improvement Loan Program (SILP) takes care of just about any immediate need requiring \$4,000 or less.

This program offers small loans to take care of emergencies, repay an undesirable debt or to allow for some small projects such as the purchase of a computer, new appliances, new furniture, minor renovations or a special project. This program is made for you and with an interest rate of 5.5 per cent, it is truly advantageous. The application process is

very simple; your first step is to make an appointment with your Base / Wing SISIP FS financial counsellor, or your CFPAF loan administrator in the locations where there is no SISIP FS counsellor.

You and your family can benefit from both of these financial assistance programs, regardless of income, provided it allows you to be able to repay the loan.

There is nothing easier than applying for this program; simply visit our web site, fill out the application form and submit it directly to the CFPAF office in Ottawa,

along with the required documentation. The application form is also available from any of the SISIP FS local Branch Offices.

These are but two of the financial assistance loans that CFPAF has to offer; so if you require further information on these and other CFPAF programs, please visit our web site at [www.sisip.com](http://www.sisip.com); you may also contact us directly at 1-888-753-9828 or see your SISIP FS Financial Counsellor.

CFPAF is the CF provider of financial assistance for today... and tomorrow!

### Operational Stress Injury Social Support (OSISS)

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For family members living with someone suffering from an OSI

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613-392-2811 ext: 5058/ 613-242-0317

Email: [familypsctnt@aol.com](mailto:familypsctnt@aol.com)

#### Members and Veterans group

For Members and Veterans suffering with an OSI

Every second Wednesday at Trenton MFRC @ 6:30 PM

For further information call Robyn May (Peer Support Coordinator)

613-392-2811 ext: 5060/ 613-242-9689

Email: [peersupporttnt@aol.com](mailto:peersupporttnt@aol.com)



### Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at **Trenton Legion Br. 110** from the hour of:

**8:00 a.m - 4:00 p.m**  
**Tuesday, Sept 2, 2008**

Anyone wishing more information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage and get some valuable advice concerning your problems.

**For An Appointment Call**  
**Branch 110, Trenton**  
**613-392-0331 9:00 a.m - 4:00 p.m**  
**Monday -Friday**

## Search & Rescue UPDATE

424 Squadron had a busy week responding to seven call-outs.

The first mission was for a reported aircraft crash in the Kapuskasing area. Both our Herc and Griffon were tasked, while training, to respond to the area. The pilot of the aircraft survived the crash and was recovered by another helicopter, and our crews were stood down while enroute.

The second mission was for person in the water "PIW" near Whitby. Our Griffon was tasked and located the person shortly after arrival. The person was recovered by a Canadian Coast Guard vessel and, after a fuel stop, our Griffon returned to Trenton.

On August 17, our Griffon was once again tasked to search for another "PIW," this time in the Trent River between Hastings lock and Huycle Island. After numerous passes along the narrow stretch of river, the crew found nothing and was released by JRCC and returned to Trenton.

Next mission was again for a "PIW," this time in the Gananoque area. Our Griffon crew was tasked to look for a person last seen swimming between two sail boats. Rescue 422 arrived on-scene and flew multiple passes over the area and completed their assigned search patterns with negative results. They were replaced by an RCMP aircraft and returned to base.

Next was our Griffon and Herc, tasked to the Terrace Bay area of Lake Superior for an overdue 16-foot boat with two people on board. After searching the area for a short time, they located the boat on the shore of Slate island. The Coast Guard vessel "Cape Chaillon" was in the area and was dispatched to the scene. After it was determined that no medical treatment was required, the Herc crew was released by JRCC and came home to Trenton. The Griffon crew had been released prior to arriving in the area.

Next and final mission was again for both our Griffon and Herc, this time to search for a Ministry Of Natural Resources boat that was taking on water in Lake Ontario, south of Kingston. The swamped vessel was located by the Herc crew, but with no one on board. The three people from the boat were later located by the CCG vessel Capt Hern, and were transported to Kingston. Our two crews returned to Trenton after being released by JRCC.

Until next week, stay alert and stay safe.

Missions for 2008: 121    Missions for Aug: 16    Persons rescued: 20



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**Assistant Editor:** Amber Gooding  
**Reporter/Photographer:** Grace La Rose  
**Advertising Production Asst:** Adriana Sheahan  
**Advertising Sales:** Patricia MacKie  
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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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All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



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## LETTER OF THANKS

*"Rescue 422," a Griffon helicopter with 424 Transport and Rescue Squadron, was recently tasked to the Whitby area to search for a person in the water. About 30 minutes into the search, the crew located the person and called the Coast Guard vessel "Cape Mercy" to the site. The Cape Mercy recovered the person and asked for assistance from the SAR-Techs on board. The two SAR-Techs were hoisted down to the Coast Guard vessel and they made their way to the Whitby harbour to meet the coroner. The Griffon departed for Oshawa for fuel, then returned to Whitby to pick up the two SAR-Techs and returned to Trenton.*

*The following letter was received days later at the Contact Newspaper:*

To Whom It May Concern:

I would like to take this opportunity to thank (424 Squadron) for finding the skipper of Neptune's Car, of the Whitby Yacht Club, who had an unfortunate accident on August 16, 2008.

Your perseverance means that a son can now mourn his father and a club can pay its respects to a man who meant an awful lot to the club.

Fair winds,  
 Heather Robertson WYC

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## Canadiana Crossword

### Trivia Time

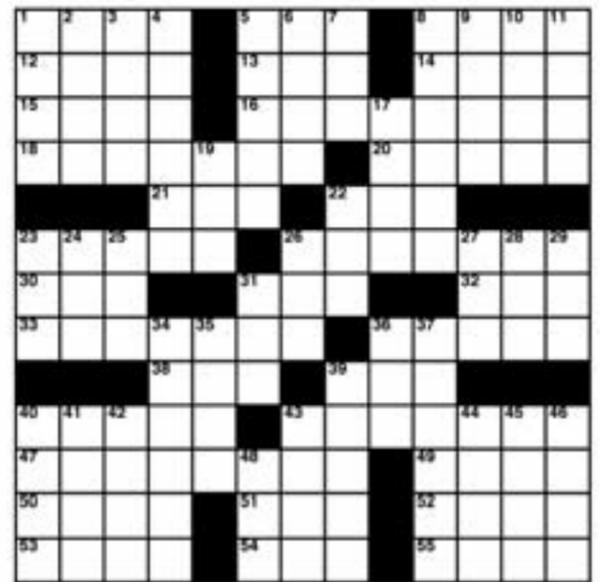
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Blind part
- 5 Rook's call
- 8 Mil. ordnance
- 12 In Exchange
- 13 Turkish title
- 14 Check
- 15 OK Corral guy
- 16 Tommy Douglas dream
- 18 Plummeted
- 20 Dehavilland's dream
- 21 Moray, for one
- 22 Yes, to Yves
- 23 New Zealand aboriginal
- 26 Not apparent
- 30 Collection of anecdotes
- 31 Southeast asian
- 32 Toupee, slangily
- 33 Canadian wonder of the world
- 36 Scraping along
- 38 Compete
- 39 Soot
- 40 Nordic poet
- 43 Locale of first Canadian oil find
- 47 \_\_\_\_\_ Bay, world's largest fresh water archipelago
- 49 Canada's longest serving Prime Minister
- 50 Hairless
- 51 E. Els homeland
- 52 Stravinsky or Gouzenko
- 53 Biscuit
- 54 Our most easterly provs.
- 55 Mentally stable

#### DOWN

- 1 Luge
- 2 Deceiver
- 3 About aviation
- 4 Canada's shortest-serving Prime Minister



- 5 Dromedary
- 6 Mature
- 7 Stack of bills
- 8 With Bay, the driest place in Canada
- 9 Vegetarian's no no
- 10 Bog down
- 11 Ace
- 17 Promissory notes
- 19 Prov. with the highest population density
- 22 Japanese sash
- 23 Popular PC
- 24 Queen of Scots
- 25 Grain
- 26 Dory device
- 27 Gagarin, for one
- 28 Seek to be elected
- 29 Incite
- 31 Golf course part
- 34 Go to excess
- 35 Fly
- 36 Tobermory time
- 37 Military fatigues
- 39 Chronicle
- 40 Nigerian people
- 41 With Great, Canada's largest wholly owned lake
- 42 Lone
- 43 Kiln
- 44 Capital of Latvia
- 45 Privy to
- 46 Giant
- 48 Irish paramilitary org.

See Answers, Page 18

## This Week in Contact

1978 - Military and civilian personnel of CFB Trenton showed they care by donating over \$2,700 to the Salvation Army's Roblin Lake Camp near Ameliasburgh. Representatives of various units presented a cheque to Major Baden Marshall, Divisional Commander of the Mid Ontario Headquarters, Belleville.

1988 - Minister of National Defence, the Honourable Perrin Beatty, arrived at CFB Trenton by helicopter last Saturday morning, to bid farewell to our first contingent of personnel bound for the Peacekeeping Force in Iran and Iraq. He was joined by General Paul Manson, Chief of the Defence Staff. They both took the time to wish departing personnel good luck and success.

1998 - Since the first week of July, the population at 8 Wing Trenton had increased by about 725 people. These people were the Air Cadets, here to attend the Trenton Air Cadet Summer Training Centre. Some are here for two weeks, others three weeks and some even six weeks. What they take away from the experience all depends on what course the cadet has taken. The younger cadets, ages 12 to 14, usually attend the training centre under the Basic Training course, lasting two weeks. Once the cadet has graduated the Basic course, they are eligible to attend a more advanced course the following year.

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



# TACSTC final graduation parade of the summer



Photos: Sergeant. Chris Halowatyj



After weeks of intensive summer training cadets from the Trenton Air Cadet Summer Training Camp have packed their bags and headed back home. This summer over 1,800 cadets walked the training camp grounds. The year was summed up with the final graduation on 15 August 2008 where over 600 cadets paraded for their families and review officer Major-General William G. Paisley, CMM, CD (ret'd).

In order from left to right, starting with top row:

**Warrant Officer 1st Class Award:** WO1 Lauren Ramsay, **Top Staff Cadet:** Sergeant Ryan Topliffe, **Top Band Cadet:** Jennifer Yip, **Most Improved Band Cadet:** Andrew Rankin, **Top Cadet (Basic Intake) Bravo:** Marissa Crawford, **Introduction to Instruction Course:** Audrey Garbrah, **Introduction to Leadership Course:** Lucas Oesterreich, **Introduction to Physical Education and Recreational Training Course:** Ethan Shaver, **Top Cadet (Basic Intake) Charlie:** Nicholas Cumming, **Top Cadet (Basic Intake) Alpha:** Melissa Young-Brodgesell

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# SPORTS & RECREATION

## CFB Trenton Golf

### MIXED CLUB CHAMPIONSHIP

The rain held off until the golfing was finished, and a new club championship pair was crowned on August 10, with Gwen Bishop and Ken Bailey winning after one play-off hole, with a 78.

Low net for the field was won by Diane Duffy and John Sheard, with 65. Closest to the pin prizes went to Megan Farrow on number 17, John Sheard on number 3 and Bill Headon on number 17.

Golf and prize presentations were followed by a dinner prepared by the snack bar staff.

Megan Farrow and her father Dave topped the A flight with 78, losing the championship on the first playoff hole.

Other A flight winners were Toni Rutland and Mike Bunn (79), Joyce and Dan Fowler (82), and Gayle and Bob Hedley (89). Net score prizes went to Alison Anderson and Bill Headon (69), Gwen and Tony Scaletta (71), and Ruth and Dave Lynch (72).

In the B flight, gross score winners were Sally and Bill Kelly (87), Donna Kenny and Dave Martin (87), and Joan Griffiths and Doug Hudson (95).

Net score prizes went to Sandra and Larry MacDonald (66), Barb and Tom Hudson (68), and Helen Westlake and Apollo Athanasopoulos (70).

### MONDAY EVENING LADIES LEAGUE

Due to a sudden downpour just before the shotgun start time on Monday, August 11, only three women braved the possibility of more thundershowers to play the round. No prizes were awarded.

### HOLE IN ONE

Erma Wallace, playing in the Women's District Scramble at Barcovan Golf Course with Sally Kelly, Barb Hudson and Diane Vermaat, teed off on the difficult 130-yard number 7 hole with a seven wood and watched her ball land on the green.

When the foursome got to the green, they discovered that they didn't have to putt.

It was Erma's first ever hole-in-one. The foursome came second over-all with a one-under-par 70 for the day.

Also playing in the District Scramble, Gwen Scaletta, Ellie Kompch, Jeri Joyce and Liz Griffiths came in fourth with 73.

Joyce Fowler, Gayle Hedley, Alison Anderson and Lisa McDonald were also in the prizes, with 75. Ruth Lynch, Gwen Bishop, Dawn Johnston and Donna Kenny finished out of the prizes with 77.

## Ladies Golf Tournament

A four-ball best ball No Skill No Frill Golf Tournament will be held on Thursday, September 11, 2008 at the CFB Trenton Golf Course.

The 9-hole tournament will begin with a shotgun start.

Sign-in will take place at 1230 hrs, team briefings will begin at 1245 hrs, and tee off time is at 1300 hrs.

The tournament is limited to a maximum of 12 female teams, and is open to military,

DND/NPF employees and female family members.

Green Fees will be \$10.00, payable at the Golf Course Pro Shop.

The registration fee is \$4.00 per person to cover coffee and cake, also to be paid at the golf course. Please bring a prize valued at \$10.

Register as a team or as an individual by contacting Major Louise Maziariski at local 4653, no later than September 5, 2008.

## 8 Wing Mixed Martial Arts registration

Now in its 36th year, the 8 Wing Trenton Martial Arts Club offers one of the widest selections of martial arts on any base in the country.

In depth instruction is provided for military personnel and their dependents in the following disciplines: Karate, Jiu Jitsu, Kickboxing, Women's Self Defense, Tai Chi, Chi Kung, My Jong Law Horn Kung Fu, Kenjutsu, Hsing I Kung Fu, Okinawan and Chinese Weaponry, and our very popular Children's Martial Arts program.

The teaching staff of male and female Black Belts is certified by the Kai Shin Karate Association and the Canadian Jiu Jitsu Council.

The Chief Instructor holds a

Seventh Degree Black Belt in Jiu Jitsu and a Fifth Degree Black Belt in Karate.

This past spring, he was promoted to President of the Canadian Jiu Jitsu Council by Shihan Ron Forrester, the Father of Canadian Jiu Jitsu.

The Club trains on the east side of the gym at the South Side Rec Centre.

Previous experience is not required. Beginners go through the Japanese grading system of coloured belts, except for the Chinese arts, which traditionally contain no system of belt ranks.

Training is strict, disciplined and intense. Your level of fitness will improve dramatically as will your self defence skills.

Our children's classes emphasize character building, learning self respect, respecting others, honesty, working hard towards a goal and standing up for yourself without being a bully.

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For further information, please contact Warrant Officer J. Marshall at local 3769 or Warrant Officer K. McQueen at local 2245.

You may also visit [www.snowtiger martial arts.com/](http://www.snowtiger martial arts.com/) or [www.cfccommunitygateway.com/en/Trenton/Recreation/Recreation%20Clubs\\_e.asp#MA](http://www.cfccommunitygateway.com/en/Trenton/Recreation/Recreation%20Clubs_e.asp#MA), for more detailed information.

## WING COMMANDERS GOLF TOURNAMENT

The Wing Commander's Annual Charity Golf Tournament will take place on Thursday, September 4, 2008, at the 8 Wing Golf Course.

The event will begin with a shotgun start at 0930 hrs, and will consist of a four-person scramble, with a maximum of 144 participants.

The day will include golf with the use of a power cart, a steak dinner, and a gift bag for \$85 per person.

There will also be an auction for various unique items, and prizes from such sponsors as RBC Securities, Labatts and PING.

Registration is required for this tournament. For more information please feel free to contact Apollo Athanasopoulos at Athanasopoulos.A@forces.gc.ca or you may also contact Eric Pardy at Pardy.ER@forces.gc.ca.



Colonel Mike Hood, Commander, 8 Wing/CFB Trenton tees off at the 2007 Wing Commanders Charity Golf Tournament.

## Upcoming: 2008/2009 Base Hockey Leagues

It's almost that time of year again. The 2008/2009 hockey season is almost upon us.

The 8 Wing/CFB Trenton Hockey leagues are open to Canadian Forces Military, DND and NPF full time employees.

### Wing Hockey League

The Wing Hockey League (WHL) will commence on Tuesday, September 30, 2008. The

league will play every Sunday, Tuesday Wednesday and Thursday evening.

The League organizational meeting will be held at 1000 hrs on Thursday, September 4, 2008, at the Gymnasium Conference room.

All interested Team Reps are to attend the scheduled meeting.

### Noon Hour Hockey League

The Noon Hour Hockey League

(NHL) will commence on Monday, September 29, 2008, and will play during the noon hour for a cost of \$80.00 per player.

Player registration for the NHL will be held from the September 2 to 19, 2008 from 0800 to 1130 and again from 1300 to 1530 hrs at The Gymnasium Main Office.

For more information please feel free to contact Dan Cormier, Military Sports Coordinator, at local 3373.

## September: 2008 Ottawa Army Run

The 2008 Army Run will be held in Ottawa on September 21, 2008, consisting of a 5 km race.

To be eligible to compete, all participants must be a member of the Regular Forces, Class B or C reserve.

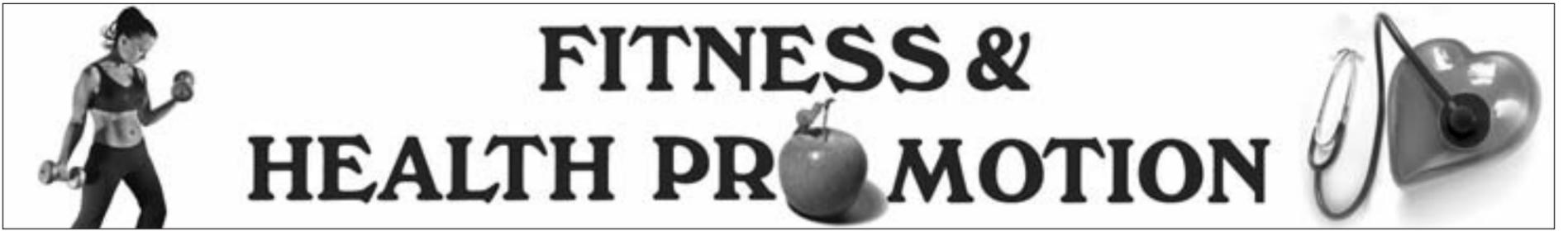
We are looking for runners to represent 8 Wing/CFB Trenton at the

2008 Army Run.

Personnel wishing to participate must complete a CFAO 50-3 Annex B Appendix 1 and obtain authorisation from your unit to participate.

Please return all required information to Dan Cormier no later than August 29, 2008.

Champions keep playing until they get it right.  
- Billie Jean King  
**Contact**



## Gambling awareness: Understand the odds

How many of you think you have a system for gambling?

Some people believe if they play at certain times of the day, manipulate a machine in a certain manner, change their speed of betting or change their betting levels - they can increase their chances of winning.

The fact is these systems can't improve a gambler's chances, because no system can predict or overcome the randomness which is the very nature of games of chance.

**Is an event dependent or independent?** Winning a game of chance is always an isolated event. Each game is a separate event; it is never affected by the results of previous rounds.

For example, when flipping a coin twice, the two flips are independent; the outcome of the first flip does not affect the outcome of the second in any way.

Some gamblers feel that if they just keep playing their luck will change. It really has nothing to do with luck but more on laws of chance.

**Randomness:** Most forms of gambling involve a random number generator in some form.

Electronic games, such as slots and VLTs, are made random through a computer chip known as a Random Number Generator or RNG.

The RNG randomly selects numbers from a particular range, usually 1 to a few billion. Each num-

ber in the range corresponds to a particular symbol on the slot machine or a card for video poker.

The RNG is always generating the numbers and they are generated at a rate of thousands per second. Each trial on a random number generator is not only random, but also independent of all others, which means that previous results do not affect current or future outcomes.

It's impossible to figure out a system for predicting what will happen next. (Source: Addictions Foundation of Manitoba).

**House Advantage:** The house is in the business of making money; it will take in more money than it pays out in wins.

They always make a profit because they have a house average on every game they operate.

For example, the house advantage on VLTs is about seven per cent. This means you'll lose an average of seven cents from every dollar you bet.

While any single bet could result in a win at any time, losing is inevitable in the long run. That is unless you look at it as entertainment and limit yourself to how much you plan to lose. That way you won't be disappointed with the entertainment "mark up."

So the next time you decide to gamble remember enjoy yourselves but know the odds!

*This article was provided by Strengthening the Forces.*



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## New sports helmet program for children

*Hastings and Prince Edward Counties Health Unit-* More kids will be able to participate safely in sports requiring helmets thanks to a new program.

Locally, the Hastings and Prince Edward Counties Health Unit will take part in Phase 3 of Ontario Safe Sports Helmet Initiative.

The sports helmet program from the ThinkFirst Foundation of Canada and the Ontario Ministry of Health Promotion represents a \$500,000 provincial investment aimed at encouraging the use of helmets among children and youth.

Over the next few months, the Health Unit and local community partners will distribute upwards of 167 helmet vouchers to families in need.

The \$25 "Bucket Coupon" will allow families to purchase a new sport or bike helmet at a number of participating retailers in the

area. The program will enable more kids to have equal access to participate safely in the sports and recreation activities requiring helmets, including biking, rollerblading and skateboarding.

"The Health Unit is very pleased to be participating," says Kerri Jianopoulos, a public health nurse. "Summertime activities with wheels are fun and are good ways to be active. However, activities like these carry some risks, especially the risk of a head injury. It's important to play safe."

A helmet could save a child's life.

Research shows that head injuries are the number one cause of serious injury and death to kids on wheels.

The program will also help to educate kids and parents about the importance of using the right safety gear.

A provincial youth-oriented

Buckle Your Bucket public education campaign will increase helmet safety awareness, and emphasize correct use and fitting of helmets.

A provincial e-viral campaign is also in the works to help spread the word to Buckle Your Bucket to all youth across Ontario via e-mail and other popular web applications.

This program is part of the Ontario Injury Prevention Strategy announced in 2007.

It represents a government-wide coordinated approach to addressing injury prevention, the first of its kind in Ontario.

For more information on this program and the injury prevention strategy

Visit the Ontario Ministry of Health Promotion at <http://www.mhp.gov.on.ca/english/default.asp> and the Ontario Injury prevention strategy at [http://www.mhp.gov.on.ca/english/injury\\_prevention/strategy.pdf](http://www.mhp.gov.on.ca/english/injury_prevention/strategy.pdf).



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## Wing Commander's Challenge

The Wing Commander's Challenge is a fall fitness and sports event that recruits teams from the 8 Wing/CFB Trenton community to participate in a non competitive tabloid format event.

Teams of eight will rotate through a circuit of organized mini competitions. Unit-versus-unit activities will yield an overall winner.

Teams will also be rewarded for spirit and sportsmanship.

The 2008 serial of this event will

boast an Olympic theme.

For more information please contact the Fitness and Sports Flight.

The proposed date for the challenge is September 19, 2008.

Typically, this event is in conjunction with the launch of 8 Wing's Government of Canada Workplace Charitable Campaign (GCWCC), and the event wraps up with awards and a barbeque at the Junior Ranks Mess.

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local 3767

**HP Admin Assistant:**  
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## When sharper is your safest bet



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

A sharp cutting tool is a safer tool. That seems all wrong, but it's true. A dull cutting tool requires too much force to operate, increasing the chances of it slipping out of control.

So make sure the cutting hand tools you use are kept sharp enough to do the job properly – whether you are using a chisel in a carpentry shop or a paring knife in your own kitchen.

Follow the manufacturer's instructions about how to sharpen a tool.

Some need to be sharpened on a grinder, using a particular abrasive. Wear eye protection and make sure the tool rest is adjusted for safe operation.

Many other cutting tools are sharpened by hand, swiping them across a shaping stone.

You should not let a tool become excessively dull before sharpening it because it is more difficult to get it back into the right

shape. Overworking a tool while sharpening it can cause it to break.

You can keep your tools sharper and in better condition if you store them properly in a rack, sheath, lined drawer or another kind of holder.

Guard the cutting edge to prevent injuries and to prevent damage. Never leave a cutting tool where someone else might encounter it unexpectedly – under scrap or on the edge of a work bench. Here are more reminders about using sharp tools safely:

Inspect the tool before each use. Replace those with loose or damaged blades, worn handles and other defects.

Cut away from the body, and away from other people. If you must use the opposite hand to hold the material, wear a cut-resistant glove, such as one containing metal chain link.

A heavy leather apron, eye protection and safety footwear are also required for many jobs that involve cutting tools.

Maintain good balance when you use a cutting tool so you can maintain control even if it slips.

Don't use an undersized or underpowered tool. Trying to slice a frozen slab of meat with a knife instead of a meat saw

is asking for injury.

If you wear a knife sheath, position it toward the back of your hip, not in front of you.

Use the tool designed for the job. For instance, while pocket knives and multi-purpose tools might be useful away from work, they are not made to stand up to heavy use.

Pushing too hard on a pocket knife could cause it to collapse suddenly. Use a tool designed for the job, such as a sturdy hooked knife, safely-adjusted ring knife or wall-mounted cutter.

Carton cutters are designed specifically for opening cartons quickly. The blade should be retracted when not in use.

Take care to avoid slitting the contents of the box. An unnoticed nick in a plastic container could result in a hazardous spill.

Don't wipe a tool on your clothing. Wash sharp knives separately from other utensils. When soaking, washing and rinsing, keep them in sight, not hidden under soapy water or other objects.

It should be obvious that horseplay with cutting tools is a bad idea. Knife-tossing contests and sword fights are dangerous activities and are against the safety rules.

## 10 tips to ensure fire safety

**1. Install and maintain smoke detectors:** Smoke detectors warn you of a fire in time to let you escape. Install them on each level of your home and outside of each sleeping area. Follow the manufacturer's directions, and test once a week. Replace batteries once a year or when the detector chirps to signal that the battery is dead. Don't ever borrow them for other uses!

**2. Plan and practice to escape:** If fire breaks out in your home, you must get out fast. With your family, plan two ways out of every room. Fire escape routes must not include elevators, which might take you right to the fire! Choose a meeting place outside where everyone will gather. Once you are out, stay out! At least twice a year, have the whole family practice the escape plan.

**3. Space heaters need space:** Keep portable and space heaters at least 3 feet (1 metre) from paper, curtains, furniture, clothing, bedding, or anything else that can burn. Never leave heaters on when you leave home or go to bed, and keep children and pets well away from them.

**4. Smokers need watchers:** Carelessly discarded cigarettes cause tens of thousands of home fires every year. Never smoke in bed or when you are drowsy! Provide large, deep ashtrays for smokers, and put water on the butts before discarding them. Before going to bed, check under and around sofa cushions for smouldering cigarettes.

**5. Be careful cooking:** Keep cooking areas clear of combustibles, and don't leave cooking unattended. Keep your pot's handles turned inward so children won't knock or pull them over the edge of the stove. If grease catches fire, carefully slide a lid over the pan to smother the flames, then turn off the burner.

**6. A match is a tool...for adults:** In the hands of a child, matches or lighters are extremely dangerous. Store them up high where kids can't reach them, preferably in a locked cabinet. And teach your children from the start that matches and lighters are tools for adults, not toys for kids. If children find matches, they should tell an adult immediately.

**7. Use electricity safely:** If an appliance smokes or has an unusual smell, unplug it immediately, and have it repaired. Check all your electrical cords, and replace any that are cracked or frayed. If you use extension cords, don't overload them or run them under the rugs. Remember that fuses and circuit breakers protect you from fire: don't tamper with the fuse box or use fuses of an improper size.

**8. Cool a burn:** If someone gets burned, immediately place the wound in cool water for 10 to 15 minutes to ease the pain. Do not use butter on a burn, as this could prolong the heat and further damage the skin. If the burn blisters or chars, see a doctor immediately.

**9. Stop, drop and roll:** Everyone should know this rule: if your clothes catch fire, don't run! Stop where you are, drop to the ground, and roll over and over to smother the flames. Cover your face with your hands to protect your face and lungs.

**10. Crawl low under smoke:** If you encounter smoke using your primary exit, use your alternate route instead. If you must exit through smoke, the cleanest air will be several inches off the floor. Get down on your hands and knees, and crawl to the nearest safe exit.

Remember, by planning ahead, you can do a lot to prevent a fire. But once a fire starts in your home, there are only two things to do: first get out, then call the fire department from a neighbour's home. Don't go back into a burning building, no matter what. If you think someone is trapped inside, tell the fire fighters when they arrive.

## Notice: Recreational Fire Pits

The construction of or use of recreational fire pits on DND property poses an unnecessary risk to personnel and property. Unless an area is specifically designed for and designated as a camping facility, the construction and/or use of fire pits and clay or metal portable fireplaces is not permitted. *Realty Asset Management Manual: Chapter 10 Fire Protection and Emergency Services, Section 4 – Fire and Life Safety*

### Puits récréationnels de feu

La construction de ou l'utilisation des puits récréationnels de feu sur la propriété DND pose un risque inutile au personnel et à la propriété. À moins qu'un secteur soit spécifiquement conçu pour et soit indiqué comme terrain de camping, la construction et/ou l'utilisation des puits de feu et des cheminées portatives d'argile ou de métal n'est pas permise.



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# The Huskies welcome new Commanding Officer

Photo: Private Isabel Lavallee-Raby, Wing Imaging



Thunderstorms and wet weather didn't dampen the spirits at 437 Squadron Change of Command. Lieutenant-Colonel J.C.Y. Choinière, CD handed command of the transport squadron over to Lieutenant-Colonel J.S. Komocki, CD. (above left: LCol Komocki, Colonel Hood and LCol Choinière)

Below: LCol Komocki accepts the 437 Colours from Col Mike Hood, Wing Commander, 8 Wing CFB Trenton, as part of the Change of Command ceremony.

Left: LCol Komocki, his wife Karen, and his 11 year-old son Liam listen to LCol Choinière's final address as Commanding Officer of 437 Squadron.

LCol Choinière apologized to the audience, saying "437 has a modest budget, which is why we don't have the circus here today. We tried to find some Huskies, but they were all busy and all I could find was a Chihuahua."



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<p><b>08 CHEVY IMPALA SS</b></p> <p>7143 - 5.3 V8 Heated leather, 18" wheels. Loaded. Only 22,000 kms. Cert.</p> <p><b>\$21,950</b></p>	<p><b>07 PONTIAC G6 GT</b></p> <p>D7615 Factory remote start, pwr sunroof, pwr pedals, pwr seat, radio/cruise steering control, chrome wheels, fog lights, 34,000kms.</p> <p><b>\$16,950</b></p>	<p><b>04 PONTIAC GRAND AM GT</b></p> <p>6974 - Air, rear air, V6, auto, loaded, w/full power options, inc. steering, audio controls, pwr. seat, alloys, &amp; more. Fresh in off GMAC lease! Only 73,000 kms. Cert.</p> <p><b>\$9,455</b></p>	<p><b>04 SATURN ION LEVEL 3 QUAD COUPE</b></p> <p>6972 - Only 53,000 kms! Auto, loaded w/full power group, Alloys, keyless, CD + more! Fresh in off Saturn lease. Cert.</p> <p><b>\$9,960</b></p>
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<p><b>04 SATURN ION L-3</b></p> <p>7835 Pwr sunroof, MP3, Cruise steering control, alloy wheels, fog lights, A/C, AM-FM, CD, pwr windows, locks, mirrors, 77,000kms.</p> <p><b>\$8,950</b></p>	<p><b>04 CHEV MALIBU LS</b></p> <p>7655 Tinted windows, factory remote start, pwr pedals, seat, cruise steering controls, spoiler, alloys wheels, 55,000kms.</p> <p><b>\$9,950</b></p>	<p><b>05 PONTIAC G6 SE</b></p> <p>7785 Cruise steering control, alloy wheels, tinted windows, A/C, AM-FM, CD, pwr windows, locks, mirrors, 65,000kms.</p> <p><b>\$11,260</b></p>	<p><b>05 PONTIAC GR PRIX GT</b></p> <p>7900 Pwr Sunroof, OnStar, chromes wheels, spoiler, Factory Remote start, radio steering control, pwr seat, windows, locks, mirrors, traction control, 107,000kms.</p> <p><b>\$9,260</b></p>

All payments based on bi-weekly payments: 2002 - 48 mths; 2003 & 2004 - 60 mths; 2005 & 2006 - 72 mths; 2007 & up - 84 mths. Admin., P.P.S.A. and taxes included. EG: \$10,000 + \$200 admin. + taxes \$1338.07 + \$65 P.P.S.A. = \$1170.40 financed over 60 months at 6.50% = \$195.65 bi-weekly with a cost of borrowing of \$7021.10 on approved credit. All cash deals are price plus administration + taxes. Terms & rates current at time of print. 0 down, taxes included.

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Page 4, BAYVIEW AUTO AUGUST C, 2008

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# HOROSCOPES

Weekly Astrology by Christine Davison

July 27 – August 2

**ARIES** (March 21-April 19): This is a good time to ask for favours and give advice. Someone may see you as a wise and considerate person who has a great deal of power at their fingertips. Conversations began at the beginning of the week may lead to solutions and romantic interludes later on. It's a wonderful time to choose healthier choices.

**TAURUS** (April 20-May 20): Financial planning may help you far more sooner than later if you start the week off on the right financial footing. Try to focus your attentions and energies upon how things can help you and those you care about at a later point. This is a good time to meet with others. Begin a happier and better balanced way of living.

**GEMINI** (May 21-June 20): You may become affected by your emotions or the emotions of others in a very short period of time. Something that you start now may help you and someone else you know in more ways than one, alone. This is a good time to become better acquainted with loved ones, family members, and perhaps, someone from your past.

**CANCER** (June 21-July 22): You may grant many favours to other people over the next little while. People value your empathy and sympathy. You're a wise person to many who know you. Someone close to you may give you a compliment or a bit of advice over the next little while. This is a wonderful time to begin new friendships or paths.

**LEO** (July 23-Aug. 22): There is a chance that someone may wish to give you a present or compliment over the next little while. People value your opinions, in love, life and finance. You may find out that others are thinking about you fondly later on in the week. Try and plan professional or personal outings over the weekend and you'll be glad.

**VIRGO** (Aug. 23-Sept. 22): This is a very good time to get ahead in your career. Positive astrological aspects to the sign of Virgo, this week, may help propel you forward into the spotlight. Others may begin to act in a sympathetic and kind manner over the next little while. You know what it is you are doing deep down inside.

**LIBRA** (Sept. 23-Oct. 22): You may find yourself in a powerful position over and over again this week. There is a time for change and transformation at you fingertips; you have to be able to open the door when opportunity knocks and be prepared to grab good things when they come your way. Things won't fall through your fingertips if you try.

**SCORPIO** (Oct. 23-Nov. 21): Try and remain calm and prepare the way for emotional mishaps later on. This week may be smooth sailing for the most part with only the occasional rough patch occurring later on towards the weekend. You will find good things will soon be in store for you and those you care about. Remain calm and make moral choices.

**SAGITTARIUS** (Nov. 22-Dec. 21): This is a very good time to focus your attention upon good things in your life and the lives of those you care about. Try to become involved with people who can help you out at the right time. Focus your strengths and talents upon what can truly bring the most benefit to you and those you care for and about.

**CAPRICORN** (Dec. 22-Jan. 19): It's a good time to become involved with humanitarian interests and community efforts. You may find that your heart thinks just as much as your head does over the next few days. There may be many opportunities for you to make new friends and associations over the next little while. Begin projects this weekend.

**AQUARIUS** (Jan. 20-Feb. 18): Things will soon come your way if you say what you mean. You may feel as if you're at the mercy of others at times over the next little while but don't worry, things should soon work out for you in the end. Good things come to those who wait but better things come to those who work hard for what they desire.

**PISCES** (Feb. 19-March 20): You feel as if something is holding you back when what you really need is for someone to be holding your hand. Try and take stock of the situation and notice other people's opinions and dealings. Try to begin projects and new relationships this weekend and good fortune may follow you and those you care about.

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

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

**GINGER & SHADOW BY BARRY CORBETT**

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**Stuff!**

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# Community Events

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

## 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.

www.franco-phare.ca

**September 20th, 2008**

Welcoming BBQ and Annual General Meeting  
At École Secondaire Marc Garneau - 30 Fullerton Ave  
From 11:30 to 15:00  
Daycare services available no charge  
**For more information call 613-848-5080**

## Check out What You've Been Missing!

Pick your age group and call today for more info!

<b>BEAVERS</b> (5-7 years old)	<b>CUBS</b> (8-10 years old)	<b>SCOUTS</b> (11-14 years old)
<b>VENTURERS</b> (15-18 years old)	<b>ROVERS</b> (men & women, 18-30)	<b>ADULTS</b> (men & women, 18 and up)

# JOIN SCOUTING

Are you 16 yrs or older? Want to develop your leadership and administrative skills? Need volunteer hours?

We are looking for you!

For more info, contact:  
**Wednesday 20 Aug 2008 6-8 pm**  
**Trenton Legion 20 Quinte St Trenton**

**1-888-Scouts-Now**

[www.scouts.ca](http://www.scouts.ca) or  
 Check out SCOUTSABOUT and Extreme Adventures too!

## 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](mailto:foundation@airforcemuseum.ca)

Reservations made at the  
Museum Gift Shop

## The Friends of Quinte West Public Library

Monthly Book Sale  
Saturday, August 30  
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

Girl Guides of Canada  
Guides du Canada

## Girl Guides Open House for Women

Saturday September 13th

Guiding is the largest movement of girls and women in the world. It is a chance to try new things, make new friends and a fun way to give back to your community! Drop-in from 9am-4pm to find out what Guiding is all about!

Kingston Guide House, 216 Mowat Avenue (at King St W) or  
 Oshawa Guide House, 121 Simcoe Street South (south of King W)  
 For other locations, check our website  
[www.guidesontario.org](http://www.guidesontario.org) / 1-800-565-8111

## ATTENTION BOATERS!

Canadian Red Cross

By September 2009 all boaters will have to have their  
**Pleasure Craft Operator's Card.**  
 Do you have yours? Beat the rush and write the test today.

Call the Quinte Branch of the Canadian Red Cross to purchase your manual and schedule a time to write your test.  
**613-966-0730**



# The Royal Canadian Legion - Why should I join?

When you think of a Legionnaire, what is the first thing that comes to mind?

For many folks, Legionnaire brings to mind a picture of a bunch of old guys in a smoke filled room, drinking beer and telling each other war stories.

In some Legion Branches that still have Veterans, that still happens occasionally (except for the smoke filled part).

It would be nice if it were true throughout the Legion, but unfortunately those old guys, our Veterans, are passing away in greater numbers each year, so that they are now a minority of the Legion membership. Currently (2008), the average age of a Second World War Veteran is 84, and a Korean Veteran is 77.

Obviously, for the Legion to remain strong and to be able to continue with our work on Remembrance and community events, we need a continual influx of new members.

The Legion was originally founded by Veterans following the First World War, to provide a strong voice for other First World War Veterans and to advise the government of the day on Veterans' issues.

During the Second World War, and again during the Korean War, the Legion continued to assist Veterans and returning service members by providing educational support and in-theatre comfort for serving personnel at home and abroad.

Since the Korean War, the Legion has become more involved in community service.

An athletics program for youth, established in the early 1950s has been one of the Legion's most successful programs producing many top Canadian international track and field competitors.

The Legion has launched many

other programs since then, including National Unity and Seniors Programs, and medical fellowships. Additionally, local Legion Branches sponsor army, navy and sea cadet corps, scouting and guiding organizations and other programs to motivate and develop Canadian youth.

The Legion annually spends thousands of dollars on bursaries and scholarships, conducts poster, literary and public speaking contests, and takes part in hundreds of Remembrance Day ceremonies at schools throughout the country.

Many Branches sponsor teams in hockey and ball tournaments and leagues, and assist with Meals on Wheels and other programs to benefit the seniors in our communities.

Throughout all of this community involvement, the Legion has not lost sight of the original reason for being, and that is the dedication to improving the conditions of life for our Veterans and ex-service members, and their families.

At the same time, the Legion continues to promote Remembrance to not only the youth, but to all members of the community, so that we may continue to remember the sacrifices that were made to ensure we can enjoy the freedom and prosperity we have today.

While Legion members give much of their time to community and Remembrance events, the Legion Branches are also a source of camaraderie and social activities.

Members regularly participate in dances, barbeques, local entertainment and a host of other special events.

Additionally, there is a very active sports program in the Legion involving darts, curling, golf, cribbage and euchre, pool and horseshoes.

These programs run at local, district, provincial and some at the

Canada wide level.

The two most popular misconceptions concerning membership in the Legion are: a) you have to be, or have been, in the military to join, and b) you have to be retired from the military to join (a belief held by many military personnel).

The following persons are eligible to join the Legion: 1) any person who is serving, or has served, in Her Majesty's armed forces, RCMP, Coast Guard etc., 2) relatives of those individuals, and 3) any Canadian citizen who supports the aims and objectives of the Legion.

More detailed information and membership applications are available at your local Legion branch or on the internet at [www.legion.ca](http://www.legion.ca).

With the Legion's rich history, community and Remembrance involvement, member benefits, and social and sporting activities available, why not join and take advantage of the opportunity to participate and assist in community events, help our Veterans and ex-service people, and enjoy the fellowship of other Legion members at social and sporting events.

Your membership card from your local Branch allows you to enter the more than 1,600 Branches in Canada and the United States by just showing the card.

This is a very handy feature if you are travelling or just on holiday somewhere in the area of a Legion Branch, and is a great way to meet new people.

Your membership can be transferred to a new Branch if you are posted (Military) or just move to a new location, so there is no need to let your membership lapse after you have joined.

The local Legion Branch #110 in Trenton is located at 19 Quinte Street. Included in our facilities is an air



conditioned members' lounge, an air conditioned banquet hall with elevator access, as well as an outside, licensed patio that can accommodate 100 persons. From September to May, there are active dart and card leagues in the evenings.

Throughout the year we have a dance every Friday (open to the public) and Saturday evening (in the member's lounge), as well as Saturday afternoon entertainment.

Guests of our members are welcome to attend all the Branch functions.

We also have many special events scheduled throughout the year. Canada Day, Valentine's Day dances, New Year's Eve dance and New Year's Day levee, Grey Cup party, Christmas party for shut in persons in the area, to name a few.

For further information concerning membership, please visit, or call our office at 613-392-0331, Monday to Friday from 9 a.m. to 4 p.m.

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# FAMILY



## Activity: Growth Chart



Making a growth chart is a fun way for your child to notice special things about their own body.

This very simple Comfort, Play and Teach™ activity will give your child practice with measuring, counting and observing their growth throughout the years.

**You will need:**

A long piece of paper; a measuring tape; and permanent markers.

**Instructions:**

Tape the paper to a wall making sure the bottom of the paper is touching the ground. Ask your child to stand with his back against the paper.

Make a marking at the top of the head, to indicate his height.

Remember to print the date the measurement was taken.

Over time, measure your child again, noting changes and adding the date. Your child will enjoy observing how his body has changed over time.

Enjoy this more with Comfort, Play and Teach™:

**Comfort**

Children are very interested in learning about

themselves. Measuring them is a way to provide special attention and build his esteem about his growth.

**Play**

Size differences can be noticed when your child plays with toys such as blocks and dolls or uses different sized measuring tools when playing with sand or water.

**Teach**

Encouraging your child to handle and measure the things they play with will help to develop skills like observing and comparing.

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

## Mealtime.org Salmon Pockets

This salmon salad loaded with the flavours and ingredients of the French Riviera is stuffed in a pita to become an easy and savoury meal any time of day. Salmon is a convenient source of heart-healthy omega-3 fatty acids.

**Ingredients:**

- 2 cans (7 1/2 ounces each) sockeye salmon, drained and flaked
- 1 can (8 ounces) unsalted cut green beans, drained
- 2 hard-cooked eggs, shelled and chopped
- 1 large tomato, chopped
- 1 small red bell pepper, cored and chopped
- 1/2 cup thinly sliced red onion
- 1 can (2 1/4 ounces) sliced black olives, drained
- 1/2 cup garlic-herb vinaigrette
- 6 whole-wheat pitas, sliced in half
- 6 cups Bibb lettuce

**Preparation Time:** Approximately 15 minutes

**Preparation:** In a medium bowl, combine salmon, green beans, eggs, tomato, red bell pepper, red onion and olives. Add vinaigrette; toss gently. Line pita halves with lettuce leaves. Spoon about 2/3 cup salmon mixture into each pita half. Serve immediately. Serves: Six

*Nutritional Information Per Serving: Calories 350; Total fat 15g; Saturated fat 2.5g; Cholesterol 100mg; Sodium 710mg; Carbohydrate 32g; Fiber 6g; Protein 25g; Vitamin A 60 per cent DV\*; Vitamin C 60 per cent DV; Calcium 20 per cent DV; Iron 20% DV; Folate 21 per cent DV; Potassium 17 per cent DV.*

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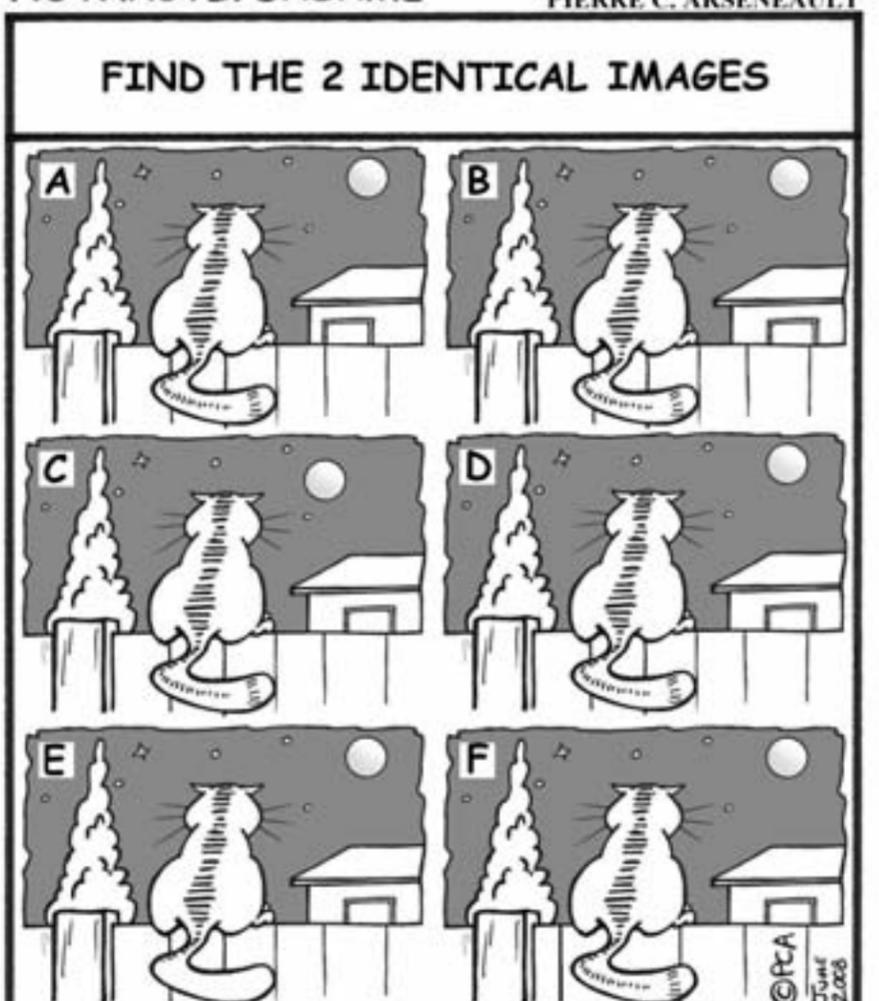
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## Chaplain Services

## 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:

1<sup>st</sup> Sunday of the month

**Parish organisations (P)**

Chapel Guild: last Tuesday – 1930hrs

**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, local 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.

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**MCpl P. Jolicoeur**  
received a promotion to that rank, presented by LCol A. Agnew, CO 8 AMS, and CWO K. Muehlgassner, 8AMS.



**MCpl S. Neville**  
received a promotion to that rank, presented by LCol A. Agnew, CO 8 AMS, and CWO K. Muehlgassner, 8AMS.



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received a promotion to that rank, presented by LCol A. Agnew, CO 8 AMS, and CWO K. Muehlgassner, 8AMS.



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**MWO B. Anderson**  
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**MWO L. Distefano**  
received a promotion to that rank, presented by LCol A. Agnew, CO 8 AMS, and CWO K. Muehlgassner, 8AMS.



**WO D. Thompson**  
received a promotion to that rank, presented by LCol A. Agnew, CO 8 AMS, and CWO K. Muehlgassner, 8AMS.



**MWO P. Staples**  
received her CD2, presented by LCol D. Miller, W Adm O.



**MCpl S. Ehrenreich**  
received the Certificate of Aerobic Excellence, presented by LCol D. Miller, W Adm O.



**WO K. McQueen**  
received her CD1, presented by LCol D. Miller, W Adm O.



**PO1 R. Amyotte**  
received her CD1, presented by LCol D. Miller, W Adm O.



**MS B. Lacey**  
received his CD1, presented by LCol D. Miller, W Adm O.



**Mrs Ellie Kompch**  
received her 15 Year Service Plaque, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.

*Congratulations! Félicitations!*

Showcase

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