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• August 29, 2008 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 43 Issue Number 33 •

8 Wing Southside gym to keep its doors open 24/7

by LCol Debbie Miller
8 Wing Administration Officer

Yes, you read right, beginning 0600hrs 02 Sep, the Southside gym will be open 24/7. Until recently the gym has been open to all between 0530-2200hrs daily. This will all change -- the locker room, main gym floor (with equipment), and the weight room will now be open for military members from 2200-0600hrs.

This new opening comes with several provisos and guidelines that must be met in order to protect the health and safety of the military member. Before you will be allowed to use the facilities, you will have to have a fitness program signed by one of the fitness instructors at the gym -- we have a draft form at the gym. This is to protect not only you, but also the night floor staff and the Crown. We want to ensure that you are totally familiar with the available equipment in the weight room -- we would hate to have you splayed over a weight machine and end up in the medical clinic because you

were unfamiliar with that piece of equipment. Basically, no signed fitness program, no entrance into the gym. If you are in possession of a fitness program, stop by the gym and have one of the fitness instructors go through your program and sign it as 'good to go.'

In the not-too-distant future, we will be issuing magnetic swipe cards to all gym users to allow us to keep track of the usage and gather other usable data.

As previously stated, health and physical fitness are a "commander's" business. Leaders are accountable for the health and fitness of their units, while individuals are personally responsible for their health and fitness level. These new hours facilitate everyone's ability to get to the gym and work out in order to keep their own fitness levels up -- whether training for the annual EXPRES or the BFT or an area race.

Health and physical fitness are the essential components of operational readiness and mission success, particularly in complex operational environments where con-

ditions are mentally and physically demanding. The Canadian Forces and 8 Wing are committed to "entrenching a culture of health and physical fitness." This means a Force where all individuals within the military community are physically active, eat well, maintain a healthy weight and live addiction-free -- the 8 Wing Health Promotion office has a dearth of courses open to all members that will aid and assist in many areas of physical well-being. Health and physical fitness are not tasks; they are lifestyle choices with life-enhancing benefits.

Healthy and physically fit sailors, soldiers, airmen, and airwomen have a lower incidence of chronic disease, improved self-confidence, fewer injuries, are better able to withstand stress; they are dependable, capable, and effective comrades-in-arms. The CF will provide the means for all CF personnel to adopt lifelong commitments to healthy living.

Why wait? Get a program now -- it will serve you while you serve!

Photo: Grace La Rose, Contact Staff



FAMILY GUY AT FAMILY DAY



Photo: Submitted

Captains Shannon Bernardo and Denise Olson, Flight Nurses with 426 Squadron AETF, stand beside their patient 'Stewie' during their mock Air Evac demonstration at their recent Family Day activities. See Page 18 for story and more photos.

Scottish Irish Festival on the web

With the excitement and experience of the Scottish Irish Festival only a few weeks away, the Festival Committee has another way people can see what's new for this year and it's only a point and click away.

After years of operating under the umbrella of the City of Quinte West's website, the Trenton Scottish Irish Festival has officially launched its very own website at: www.trentonscottishirish.com. The website was made possible through a grant received from the Friends of Trenton Pipes & Drums, a significant supporter of the Festival.

The website, created by graphic designer Sean Cleaton, features information on the festival's history, directions to the event, photos and related links. The site will be frequently updated as entertainers and exhibitors confirm their attendance for the 2008 event. "We developed the website for returning patrons as well as for those who may be considering attending the Festival for the first time", explains Festival Chair Ike MacDonald. "After last year's successful move to Centennial Park and with the continued

growth of the Festival, we felt it was only appropriate to continue to enhance the event by featuring it on its own site." The committee encourages everyone to visit the site and pass it on.

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, will be in attendance at the festival. The 8 Wing Pipes and Drums will be participating, as will the 413 Wing Pipes and Drums, the Hastings and Prince Edward Regiment Pipe Band and the Brighton Legion Highlanders, plus bands from Port Hope, Oshawa, Smiths Falls and Picton. Also performing will be the Belleville Highland Dancers, McGilly Highlanders and the Belleville Scottish Country Dancers.

The Quinte West Trenton Scottish Irish Festival takes place annually the second weekend in September. This year's event will take place in Centennial Park, September 12-14th, 2008 in partnership with the 1st International Scott Firefit Championships.

For more detailed information, please visit the new festival website at www.trentonscottishirish.com.



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Wing Commander's Column

A message from Colonel Mike Hood



A day of fun to help the community

The summer months are a good time to relax, as well as an opportunity to enjoy outdoor activities with our friends and families. This season has offered many opportunities for our military community to gather in support of the various 8 Wing events that we've hosted. I certainly hope that you have taken these opportunities to recharge your batteries before the end of the summer.

As your Wing Commander, I would like to offer you one last chance at an enjoyable outdoor activity, while at the same time helping our friends in the local communities.

As many of you may know, we are about to embark on the 2008 Government of Canada Workplace Charitable Campaign here at 8 Wing/CFB Trenton. We will kick-off this year's campaign with the Wing Commander's Charity Golf Tournament on 4 Sept at the CFB Trenton Golf Club. Dozens of 8 Wing members have already

signed up to play, as have many event sponsors. Dinner is included following golf – and there will be a sports memorabilia auction with numerous autographed jerseys from both the Maple Leafs and Les Canadiens.

Last year, the 118 players who participated in the tournament and auction raised an impressive \$9,200 towards a really worthy cause. Once again, I invite you to join me for a day of golf and camaraderie and perhaps together we can make this a record-breaking year for the campaign.

I think that this year's campaign theme says it all: *"I believe in my community. I believe that its success depends on the people who live in it. That everyone has something to contribute. That everyone deserves respect. That everyone's potential can be realized. That diversity is vital. That every person has value. That everyone needs help and everyone can offer help. That a safe, supportive community is everyone's responsibility. I believe in possibilities."*

Be a part of it.

The feeding of the five food banks!

submitted by Chaplain's Team 8 Wing Trenton

Who in the rural areas use the food banks? Why do people in places like Belleville, Trenton, Deseronto, Madoc, Marmora, Stirling, and Tweed even need food banks? Food Banks are for the poor, destitute, homeless, and the lazy, right?

After reading a recent article in the 'Intelligencer' many of us would begin to argue in our minds; 'Why would 32 families in this area have to use a food bank?' Poverty in Canada is unheard of, therefore people must be lazy and a system is being abused!

Though I have never used a food bank, I can remember many times as I started off as a young Pastor, Sharon and I had started a family, things were tight and many people in the community recognized that, and were kind and would often drop off meat from their freezers, or fresh vegetables from their gardens, much to our relief! For that day we were provided our daily bread! I wasn't poor but we struggled, I wasn't destitute but perhaps never far away from the word early in our church work, wasn't homeless, the church provided a roof over our heads, wasn't lazy, I put a lot of hours into trying to be a dedicated people shepherd.

But what if I fell into all of these categories, for

whatever reasons? Would this then provide reasons why I shouldn't have received the kindness, understanding, concern, and charity of my community? The whole motivation of charity, is the ability to give out of a heart of empathy to a fellow human being without providing a narration of judgment of who is worthy to receive and who is not. Empathy provides me the ability to identify with my fellow humans that I am only a situation away and could easily find myself in the same situation that many individuals are in now!

Presently, I have been afforded much, out of that recognition how can I help those who struggle? How can I play my bounty forward? Food is a basic need, if you saw me you would know that I am well fed, so, how can I share my bounty that will ensure others are at least fed?

I am appealing to our military personnel who perhaps at times have had to use a food bank in their past. Could we out of our bounty and empathy for this part of our world, together feed five of our most rural food banks that according to the article are starving? The Base Chapel will receive all non perishable food donations, we will contact these food banks for the pick up our donations. Let's help these food banks to restock their shelves and show our communities that our military in Trenton know how to give in bounty.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Members of 86ASU complete the finishing touches on one of two 150kW generators destined for the Aircrew Survival School, Springer Lake, MB.

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



From the Management and staff of Personnel Support Programs



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.

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Safety Sensitive Drug Testing (SSDT)

by Lieutenant-Colonel D.L. Miller
8 Wing Administration Officer

As directed by the Chief of the Defence Staff (CDS) all Regular and Reserve Force members currently preparing to deploy to Afghanistan and Camp Mirage are required to provide a urine sample for the purpose of safety sensitive drug testing when so ordered.

This direction has been delegated to the Commander of Air Command and is passed through the Wing Commanders to their selected representatives.

So how does it work? A specific drug testing order is issued to execute the safety sensitive drug testing. Wing Commander representatives then prepare to coordinate the drug testing of personnel on their Wing indicated in the CFTPO (or a recognized alternate), without notice or on extremely short notice and at any time prior to deployment.

This is only done when provided the authority under a message tasking order from the Commander of the Air Division (this has just recently been delegated to him from the Chief of the Air Staff).

As indicated in the preliminary direction from the CDS' office, the results of safety sensitive drug testing cannot be used for disciplinary action: however, the results can be used to remove personnel from pre-deployment training and to implement an administrative review that may lead to counselling and probation or release from the CF.

In the event that a CF mbr's results from the drug testing are confirmed to be positive, DMCARM will advise the unit CO (info the WComd) by msg of the drug test results and will ask whether the CO's intent is to recommend counselling and probation or release IAW DAOD 5019-3 and 5019-2. DMCARM will initiate an administration review. The unit CO will be advised by msg of DMCARM's decision on the administration action to be taken for each CF mbr tested positive for drug use.

Regarding the subject of who is covered under this

matter, the Air Division's reply to the inquiry was "for now, applies only to those who are deployed into Afghanistan: Battle Group augmentees, TUAV, ISAF, KAF-APOD etc and all those CM pers. This also includes all pers traveling to CM on TAVs and other inspections/visits. It will be expanded in the near future."

Background 'Ws'

a. Why was the directive issued? - The CF in Afghanistan and CM require clear thinking and sound judgement in order to accurately and reliably assess threats and respond appropriately to defend themselves and others while minimizing collateral injuries to bystanders.

b. When - At any point once an individual has been identified to be deployed into a Safety Sensitive Position. Please note that once tested it does not mean that an individual will only be tested ONCE. But the test is good for one year from the date of testing.

c. Where - At home unit, during collective training, while deployed, and any combination of the aforementioned.

d. How - A drug test order will be issued by an Officer designated by the CDS. Once issued the identified supervising officer will carry out the test IAW established procedures outlined in DAODs 5019-3 and 5019-2.

In conclusion the Air Force will continue conducting SSDT IAW direction from the CDS.

The future will be challenging given the additional positions/MOCs being targeted, and COs/OCs always have the right to test for cause.

Best way to not worry about the testing is to stay clean.

8 Wing helps Stirling celebrate 150 years

by Master Corporal B.B. Clemens
2 Air Movements Squadron

On Sunday, August 24, 2008 personnel from 2 Air Movements Squadron had the opportunity to be part of the Royal Canadian Legion's Zone F3 Drumhead Service as part of Stirling's 150th Anniversary Celebrations.

The ceremony took place at the Stirling Arena following a 3 km parade route involving an outstanding Pipes and Drums band, members of the Squadron and representatives from 50 Legions across Ontario.

The Stirling ceremony was a moving and solemn event, and it was explained to the large audience that the Drumhead Service had a long and distinguished history spanning several centuries.

Regimental Padres and officers often found themselves requiring the use of a table in the field, whether it be for Mass or disciplinary hearings.

As there were no tables available, drums were frequently stacked to be used in this role. Once the religious or disciplinary proceedings were completed, the drums would then be released back to the drummers.

It was further explained that the Royal Canadian Legion had adopted the Drumhead Service as a way of recognizing and paying tribute to the generations of Canadian military personnel who had made the ultimate sacrifice while in defence of the nation.

The parade and service were an overwhelming success, and were well received by the many residents of Stirling who turned out to spectate.

Several dignitaries, including Jack Frost, Past President, Dominion Command of the Royal Canadian Legion, and Fergus Wood, Provost of Stirling, Scotland were able to address the crowd before all parade participants were able to gather at the Stirling Legion for a socializing and light luncheon.

Search & Rescue UPDATE

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

The first mission since last week began with a call to Antoine Creek, east of North Bay. The SAR-Techs on the Griffon were hoisted down to help and extract two distressed canoeists who were in no need of medical attention. Later that morning, the Griffon was tasked again, this time to respond to a person in the water (PIW) offshore of Port Colbourne. The overturned boat was found and the coast guard took over the rest of the mission.

Late Saturday night, the Griffon was sent to medevac a hiker in Killarney Park. The hiker was successfully taken to St. Joseph Hospital and the crew members returned to base (RTB).

The Griffon and the Herc were both tasked for a large search Friday through Saturday, for an American person in the water near the mouth of the Detroit River. They searched meticulously and thoroughly, but returned with no luck.

Three more searches were conducted Sunday. Upon returning from the last mission, the Griffon was tasked to investigate an overturned boat, but was stood down when all passengers were found and assisted by passers-by.

Next, the Griffon was tasked to Manitoulin Island to find two PIWs, but once again, was stood down before reaching the area as the people were recovered safely. The Griffon was tasked to medevac a 38-year-old man with a broken leg in Algonquin Park. The man was extracted and taken to the Haliburton hospital and the aircrew was finally able to return to Trenton.

Monday, the Griffon was tasked to rescue two people on board (POB) on the shore of Lake Ontario near Niagara on the Lake. When they arrived the people were on shore with the coast guard and police, and they were hoisted into the helicopter to be taken to St. Catharines. Finally, the CC-130 was sent to investigate an emergency locator transmitter (ELT) from Parry Sound airport. The aircraft was found on a lake in the area, but nothing else was found. Until next week, stay alert and stay safe.

Missions for 2008: 131 Missions for Aug: 26 Persons rescued: 26



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The Contact Staff

Managing Editor: Andrea Steiner
Assistant Editor: Amber Gooding
Reporter/Photographer: Grace La Rose
Advertising Production Asst: Adriana Sheahan
Advertising Sales: Patricia MacKie
Bookkeeper: Marilyn Miron
Circulation: Keith Cleaton
Translator/Proofreader: WO Louise Fagan
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Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (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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CORRECTION

Some incorrect information appeared in the Contact's coverage last week of the 424 Squadron Change of Command Ceremony. The photo of the Honorary Colonel and the tiger at the museum should have identified the Squadron Cairn, which was dedicated in 2007.

Also, caption information should have stated that the photo of the new CO and tiger was taken during the ceremony when he was presented with the adoption certificate.

And finally, the article should have stated that the ceremony took place on the ramp outside 9 Hangar.

The Contact regrets the errors.

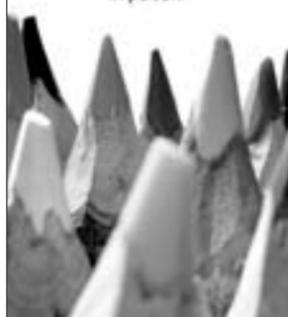
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Canadiana Crossword

Eureka!

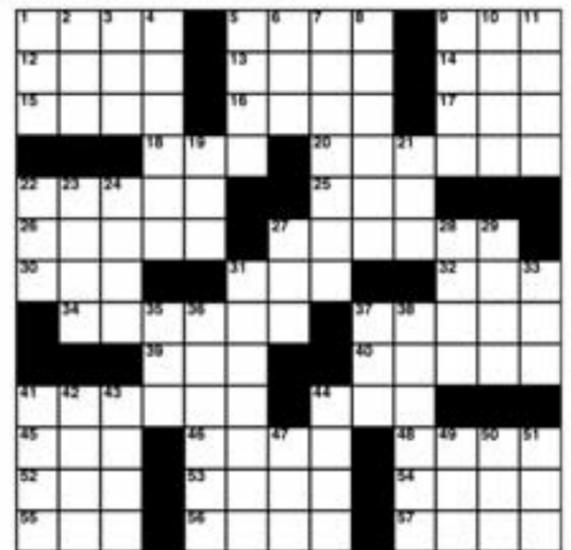
By Bernice Rosella and James Kilner

ACROSS

- 1 Inhalation
- 5 Flea
- 9 With ginger, invention of Canada's J. McLaughlin
- 12 Largest toad
- 13 Deserve
- 14 With horn, invention of Canada's R. Foulis
- 15 With cobalt, invention of Canadians (at U of S)
- 16 Huff
- 17 Actress Gardner
- 18 Musical syllable
- 20 Swerved
- 22 Belgian city
- 25 Anger
- 26 Natural resin
- 27 Lowest
- 30 Dickensian expletive
- 31 Dance in Bellechasse
- 32 Tune
- 34 Vibration
- 37 Common herb
- 39 Mend
- 40 Snooped
- 41 Prayer book
- 44 Sask bus company
- 45 Adder
- 46 Cairo's river
- 48 English county
- 52 Lensman's acronym
- 53 Privy to
- 54 Pitcher
- 55 Opener
- 56 Ova
- 57 Himalayan hunk?

DOWN

- 1 Chitchat
- 2 Back then
- 3 Total
- 4 Canada's Brown, Tisdale and Drake invention



- 5 Interlock
- 6 Author Fleming
- 7 With Pursuit, invention of Canada's Haney and Abbott
- 8 Enrolls
- 9 Distant
- 10 Amour
- 11 Mild curse
- 19 Jackie's man
- 21 Shoe size
- 22 Napkin ring
- 23 Landed
- 24 Prefix for schaum or kat
- 27 Estop
- 28 Avers
- 29 With standard, invention of Canada's S. Fleming
- 31 With five pin, invention of Canada's T. Ryan
- 33 Leftist
- 35 Alphabet's 19th letter
- 36 Grinch
- 37 A. Nobel invention
- 38 With table, invention of Canada's D. Munro
- 41 With goalie, invention of Canada's J. Plante
- 42 Belle or Grosse follower
- 43 Agile
- 44 Ottawa hockeyists
- 47 Diary
- 49 Ms Merino
- 50 After expenses
- 51 Motor or partite preceder

See Answers, Page 22

This Week in Contact

1978 - For the third consecutive year, the Base Aircraft Maintenance branch at CFB Trenton has contributed a great deal to the transportation of Her Majesty Queen Elizabeth II to and from Canada and, this year, within Canada as well. The 1978 Royal Tour is now complete and initial reports are that the tour, from start to finish, was a complete success.

1988 - "In 35 years of experience, this is the largest detached air transport operation I've even seen," says Major Don Janes, Deputy Base Maintenance Officer at CFB Trenton, and Maintenance Officer for the Operation Vagabond Airlift Control Element at Incerlik, Turkey. Maj Janes says the 24 maintenance personnel and 27 other ALCE staff had only 24 to 36 hours notice to leave Trenton for Incerlik.

1998 - Camcorders and cameras, 'out of the way, that is my kid up there.' It was a very special day for a lot of parents who came from all over to watch their young ones graduate from the Trenton Air Cadet Summer Training Centre. After all their hard work and training, they demonstrated for the enormous crowd of onlookers some of the tasks learned. The band played and showed some of their choreographed marching skills, the drill squad demonstrated their excellent and eye catching routine and much more.

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



Ontario armwrestling champion ready for nationals in Moose Jaw

by Grace La Rose
Contact Staff

No one ever has to tell Corporal Jeff Penney, 8 Air Maintenance Squadron, to get a grip.

He placed first for his weight category (177-198 lbs) at the Ontario Armwrestling Association's Provincial Championships in Woodstock, Ontario this July. Out of 109 total entries in the competition, Cpl Penney was also named Most Improved Puller of the Year.

Like most armwrestlers, Cpl Penney started wrestling in elementary school. "I always thought I was a good arm wrestler. I used to beat the older kids at school. When I was in grade three I was beating older kids in grade five and six." Despite his early start, Cpl Penney didn't get seriously involved with armwrestling until almost two and a half years ago at Belleville's Waterfront and Ethnic Festival. He participated in his first official event there, never having used a regulation table, and lost because he didn't realize there was actual tech-

nique to arm wrestling.

Then Cpl Penney joined the Belleville Armwrestling Club, and started learning from Canadian champion Joe Gould. With the help of the club, Cpl Penney learned that there's more to winning than just being strong.

"Best training for competitions is arm wrestling. You don't have to lift a lot of weights. Guys with bigger muscles can actually fatigue faster, because it's all in the ligaments and tendons. You can also train by climbing rope using only your arms, hold weights to work on the strength of your tendons...It tests your mental toughness, and it's just you and this one other guy facing off against each other. It also teaches you to channel your aggression, whether you need to tone it down, or dig down deep to bring more of your aggression up like I do."

Cpl Penney is headed for the Canadian Arm Wrestling Federation National Championships, to be held this weekend in Moose Jaw, Saskatchewan.



Photos: Submitted

Corporal Jeff Penney (left) shows his skill at an armwrestling tournament.



Corporal Jeff Penney (left) at Arnold's Schwarzenegger's Fitness Expo. Cpl Penney is off to Moose Jaw for the Canadian Arm Wrestling Federation National Championships.

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★ ★ ★ Joignez-nous ★ ★ ★

★ ★ ★ Alors que les femmes de Quinte West ★ ★ ★

★ ★ ★ Reprennent la nuit ★ ★ ★

★ ★ ★

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Correction

In the August 22, 2008 issue of the Contact Newspaper incorrect information appeared in a headline on the Sports and Recreation page.

The headline should have read "8 Wing Martial Arts Club registration."

The Contact greatly regrets this oversight.

For information on the 8 Wing Martial Arts Club, or for registration purposes, please visit www.cfcommunitygateway.com/en/Trenton/Recreation/Recreation%20Clubs_e.asp#MA

Contact

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

— Wilbur Wright



Annual World Military Sailing Competition

by Capt Jean Houde
426 (T) Squadron

"Friendship through sports" is the International Military Sports Council/ Conseil International du Sport Militaire (CISM) motto.

I was fortunate to be selected as a crew member for the 42nd Annual World Military Sailing Competition held in Soenderborg, Denmark from August 16 to 23, 2008.

A total of 23 countries participated in this event, including Bahrain, Norway, Sweden, South Africa and many others.

The boat selected for this year's venue was the Yngling, an Olympic class 21 foot fixed keel dinghy onto which a three person crew spares no effort to extract every ounce of wind available.

About half of the teams, including ours, were composed of weekend sailors; the other half were full time sailing crews who sail several times a week with Olympic medals to their credit.

Twenty-five boats participated, which were rotated after every race to ensure fairness since they all were used units in various condition and configurations.

Every new boat required a full rig check consisting of mast rake measurements, shroud tensions, etc. based on forecasted wind strength.

There was a total of 11 races successfully concluded during this venue, in weather ranging from the occasional ray of sunshine to the more permanent heavy rain and

gusty winds to over 60 km/hour.

We enjoyed various degrees of success, from a disqualification on the first race due to a collision with another boat, to third and fifth place finishes.

The bulk of the battles were on the upwind legs known as beating, where tactics and strategies are constantly adjusted based on the other 22 boats buzzing around you.

The atmosphere was one of camaraderie, respect and fair play. Minor protests were logged but usually resolved over refreshments after the race.

Several people went overboard in high winds, only to swim back aboard and continue mildly embarrassed but laughing.

On one occasion, the Italians took on so much water that their boat was submerged to the top of the cabin but still floating, a la Jack Sparrow in the Pirates of the Caribbean! The skipper was greeted with loud applause upon entering the harbour under tow.

We had our fair share of prob-

lems - from tangled ropes at critical moments, to defective equipment requiring emergency repairs, to good old not paying attention - all causing the loss of crucial boat lengths.

It is a highly dynamic environment requiring concentration and the relentless pursuit of best speed through endless sail and course adjustments.

Our crew finished in fourteenth place, out of 23, which in my opinion is highly respectable.

Russia, Finland and Ukraine finished top three. Long term relationships were created with sailors from every country in every element. Overall it was an unbelievable experience.

You can visit the official website at <http://www.sailing-cism-2008.dk/> for more details, including a replay of every race, thanks to individual onboard GPS trackers.

Next year's event is scheduled for Poland on a different boat. Calling all sailors!



Photos: Submitted



Top: Members from the Canadian team preparing for the day's race. Bottom: Sailors from around the world participating in the World Military Sailing Competition in Soenderborg, Denmark.

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- Youth (6 to 17 years of age): \$85
- Adult (18 years old+): \$120
- Family: \$240

Morning Aquafit Classes

Morning Aquafit will take place Mondays, Wednesdays, and Fridays from September 22 to December 19, (13 weeks).

There will not be a class on October 13.

Class One will take place from 7 a.m. to 7:50 a.m.; Class Two* will take place from 7:55 a.m. to 8:45 a.m.; and Class Three* will take place from 8:50 a.m. to 9:40 a.m.

*Class Two and Three will be a deep water class in the main pool. Participants will wear a buoyant belt and do not need to know how to swim.

Cost: Military com-

munity, \$80; general public, \$90. Drop-in fee option available, space permitting, at a cost of \$3 for military community members or \$4 for the general public. A maximum of 15 passes per class will be sold.

Registration is required, and is being accepted at the RecPlex for 8 Wing military community members, (proof of qualification required), on Thursday, August 28, from 10 a.m. to 8 p.m.

Registration for non-8 Wing community members will take place on Tuesday, September 9, from 10 a.m. to 8 p.m.

Evening Aquafit Classes

Evening Aquafit will take place Tuesdays and Thursdays from 7:30 to 8:30 p.m., from September 30 to December 18, (12 weeks).

Classes will alternate between the warm-up pool and the main pool. Participants will wear a floatation belt in the main pool. During these classes, the pools will be shared with Red Cross Swim Lessons.

Registration for mili-

tary community (proof of qualification required), will take place on Tuesday, September 2, at 8 a.m.

Registration for the general public will take place on Tuesday, September 16, at 8 a.m.

Cost: \$ 50 for military community, and \$60 for the general public. Drop-in fee option for \$4 per class for military community with identification, and \$5 per class for the general public.



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CFB Trenton Golf Course updates

Ladies and Senior Ladies Club Championships

Lisa Rowe successfully defended her club championship with a two-day total of 159.

Megan Farrow took the field low net prize with 144.

All other participants in the Club Championship were also playing for the Senior Club Championship. Gwen Bishop and Toni Rutland were tied after the regulation 36 holes, with 170, so they continued on in a playoff.

Both players bogeyed the first hole, and had terrific drives and second shots on the second playoff hole.

Toni hit her third shot a little lower than planned, and was lying on the upslope of the water hazard in front of the second green.

Gwen hit her third shot onto the green, but right at the back, with a red (front) pin.

Toni chipped short of the green, then onto the green, lying five.

Gwen stroked her first putt to within 18 inches of the hole, and made the par, winning the Senior Club Championship away from last year's champion.

Closest to the pin on hole number 3 was Gwen Bishop (Saturday), and Gwen Scaletta (Sunday), and on hole number 17 was Lisa Rowe (Saturday), and Bev Davies (Sunday). Toni Rutland took the A Flight low gross, by retrogression, followed by Gwen Bishop and Joyce Fowler.

Bev Davies topped the B Flight, followed by Gwen Scaletta, Paula

Staples and Barb Hudson.

Liz Griffiths topped the C Flight, followed by Jeri Joyce, Dawn Johnston, Donna Kenny and Sandra MacDonald.

The ladies enjoyed a lunch on Saturday following the first round, with dessert and coffee on Sunday, followed by the prize presentations.

The liquor basket raffle was won by Bev Davies and Paula Staples, while Lainie Rutland won the golf bag. Over \$700 was raised for the Breast Cancer Research.

Men's and Junior Club Championships

The Men's and Junior Club Championships will take place over the Labour Day weekend, with the men playing day one from the red tees, day two from the whites and day three from the blues.

Ladies Closing Scramble

The Ladies Closing Scramble will be held Saturday, September 27th.

A sign-up sheet will be posted shortly.

Monday Evening Ladies League

The Monday Evening Ladies League closing will be held Saturday, September 13, and will include a meal.

Participants are asked to bring a prize worth no more than \$10. Pre-registration is required to enable the kitchen to prepare the meal.

Upcoming Registration: Red Cross Swim Lessons

Registration for all 8 Wing community members, for the fall session of the Canadian Red Cross Swim Lessons, will take place on Saturday, September 6, 2008, from 9 a.m. to 11 a.m. at the RecPlex (21 Namao Drive, just off of RCAF Road).

Numbers for service

will be handed out beginning at 9 a.m. as you enter the RecPlex.

Registration for 8 Wing community members will continue until Tuesday, September 16, at the RecPlex during our regular hours of operation

Registration for the general public will take place on Wednesday,



September 17, 2008, from 5 p.m. to 7 p.m. at the RecPlex.

Numbers for service will be handed out beginning at 4 p.m.

Registration for all will continue at the RecPlex, until the start of lessons, according to the RecPlex regular hours of operation.

**Note: There will not be any swimming held on Monday, October 13, 2008.*

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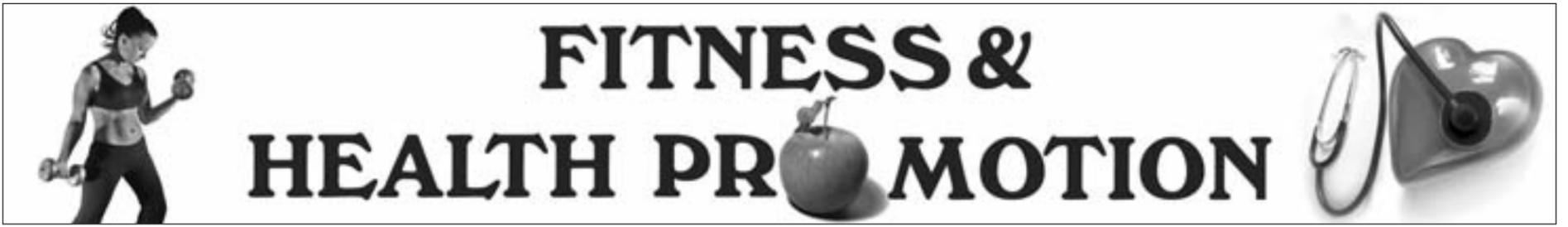
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Responsible drinking guidelines Maximize Life – Minimize Risk

With the long weekend upon us it is important to stop and think before you drink. If you choose to drink alcohol, follow the below low risk drinking guidelines.

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

ONE STANDARD DRINK = 13.6 G OF ALCOHOL

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

*1.5 oz. Overproof liquor is about two standard drinks

Note: Higher alcohol beers and coolers have more alcohol than one standard drink

Some tips for following these guidelines are as follows:

- Know what a standard drink is.
- Keep track of how much you drink – daily and weekly
- Never drink and drive – or ride with a driver who has been drinking.
- Don't drink if you are pregnant or planning to become pregnant.
- Be a responsible host – encourage your guests to follow these guidelines.
- Talk to your kids about alcohol.
- Find out about programs and policies that support low- risk drinking.
- Develop and alcohol policy for your home.

Source: Centre of Addictions and Mental Health

For more information please feel free to contact 8 Wing Health Promotion Director, Kendra Lafleur, at local 3767. Or stop by the HP office, located at 177 Hercules St., Bldg 119, or visit us online at www.cfbtrenton.com.

Register now for the Wing Commander's Challenge

Registration for the Wing Commander's Challenge is now taking place.

The challenge will be held on Friday, September 19, at the 8 Wing Soccer Pitch.

Join for a morning of fun tabloid games in an Olympic Theme, followed by a barbecue and awards ceremony at the Junior Ranks Mess.

Please register for this event online by visiting <http://www.cfcommunitygateway.com/en/trenton/index.asp>.

For information contact Monica at local 7517.

Gymnasium opens 24/7: September

The Fitness and Sports Flight is pleased to announce that effective 0600 hrs on September 2, 2008 the Gymnasium will operate 24 hours a day, seven days a week. .

More to follow from 8 Wing Headquarters on this operational decision.

Alcohol awareness pays off

In anticipation of the past August 1 holiday weekend, 8 Wing Health Promotion, in partnership with the Military Police, set up an information and activity display at the Yukon Galley.

Information on the legalities and costs associated with drinking and driving, health affects of alcohol consumption and general information on addictions awareness were on display.

Volunteers were given the opportunity to participate in a "Sensory Impairment Obstacle Course."

While using Fatal Vision® goggles that give the vision sensory illusion of having a blood alcohol concentration (BAC) of twice the legal limit (.17), participants had to perform a series of simple tasks.

Tasks such as walking a straight line, giving a high five, completing a paper maze and throwing a ball into a box.

These simple tasks were found very challenging, proving with agreement from many, the display's message of "Stop and Think before you Drink."

Now with another holiday weekend upon



Photo: Andrea Steiner, Contact Archives

Susan Stoddard, Children and Youth Coordinator at the Trenton Military Family Resource Centre, attempted to navigate the straight yellow line while wearing the simulated impairment goggles at the 2008 North American Occupational Safety and Health (NAOSH) Week, which took place this past May. The goggles create vision problems similar to that experienced by people who have consumed too much alcohol. The display, compliments of 8 Wing Health Promotion, is set up from time-to-time to help people understand the effects of alcohol and substance abuse, and the importance of safe consumption.

us, please review the Low Risk Drinking Guidelines. And remember if you choose to drink to do so responsibly.

Have a healthy, safe and fun long weekend!

20 Metre Shuttle Run (MSR) Testing

20 MSR Testing will operate Mondays, Wednesdays, and Fridays at 0830 hrs for the month of September and effective October 1, will operate Monday through Friday. To book your PT test, go through your unit coordinator or email + PSP Expres Bookings on the DIN.

Upcoming Indoor Pool closure

The Indoor Pool will close for annual maintenance, effective Labour Day weekend, and during the time of maintenance, Military Lane Swims will operate at the outdoor pool two days a week, weather permitting, on Tuesdays

and Thursdays at 1200 hrs. PHYSIO swim during this time will be cancelled.

The anticipated opening of the Indoor Pool will be Monday, September 15, at which time Military Fitness Programming will resume as per usual.

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Retired from work, but never from fitness

by Grace La Rose
Contact Staff

Some people have a hard enough time getting off the couch, let alone maintaining their level of fitness into retirement. But for some people being active is a little bit easier; it's a way of life rather than an annoyance.

In 35 years of service, Lieutenant-Colonel (Ret'd) Bob Blair experienced 24 postings and despite moving all over the world, he has maintained his healthy active lifestyle. LCol Blair says he believes exercise can change your life. "I feel that, it's the old thing of a healthy body and a healthy mind, seems to me the two kind of go hand-in-hand. And it seems to me people who are better fit, are better thinkers."

LCol Blair has focused a lot of his spare time coaching youth sports teams, and helping out with sports programs all over the world. LCol Blair says sometimes Canadians take the little things for granted.

"When I was in Sarajevo, we played against a bunch of youth, which was

made up of the three ethnic groups in Sarajevo. The ice is only in the Olympic Stadium in January. I just happened to be there during that time. The kids I was playing with went to the World Ball Hockey Championships in Newfoundland in June. These kids have been playing together for five or six years, and they didn't get to play ice hockey a lot because of the limited ice time. I was amazed, because before we started playing ice hockey, there was free-skating and I was amazed by the number of people on the ice...it was packed!"

LCol Blair said that despite differences in their backgrounds, the kids he worked with in Sarajevo got along well for the sake of the game.

"They were all from different ethnic backgrounds, but they all got along really well together, which bodes really well for the country. When I did my previous tour in Bosnia and Herzegovina, the youth there didn't trust the different ethnic groups. [Ten years later] these guys I played with in Sarajevo, they had grown up together. They had been play-

ing ball hockey a couple of times a week together, and they traveled to Canada to play ice hockey. Their results weren't the greatest, but they were a team. It brings the local youth together, even though they were from different backgrounds...shows how far Bosnia and Herzegovina has come in the 10 years since I'd been there."

In his retirement, LCol Blair is trying to reach two goals: maintain his physical fitness, and keep out of his wife's way.

"I'm not doing a lot, my wife has a honey-do-list. I've already painted the house, painted the back deck, there's gardening and planting trees. There are lots of things to keep me busy. I'm certainly not looking for work! Hopefully we'll buy a property in Florida, so we'll be able to spend part of the year there, because the weather does bother my knee a bit, so I want to avoid the snow."

LCol Blair added that being home on a daily basis is a bit of an adjustment. "I'm tending to get underfoot. My wife, she's used to having her own space, and she only works part time. She says she's

going to work until she's 60. It's going to take a while for us to get used to each other again, which sounds odd...but when you're in the military you spend an inordinate amount of time away from your family."

LCol Blair says despite having to spend time away from his family, he has the military to thank for a lot of his life's great experiences.

"It's really provided me an opportunity to further myself, challenge myself if you will. I was able to go back and do a Master of Business Administration (MBA) with the military, do a year of French and service in London, England for four years. I got to meet two of my aunts who were over 100 years old while in England. I met and coached a lot of kids with different levels of ability. Even when I coached at CFB Rockcliffe (Ottawa), there were kids who'd never played hockey by 16 years old. I had the opportunity to play sports with my sons abroad, which is neat. I never would have had those opportunities if I wasn't in the military."



Photos: submitted



Lieutenant-Colonel (Ret'd) Bob Blair rollerblading at Camp Butmir (above left). (Above right) Local youths in Canada House enjoying a pop after a Sunday morning hockey game. (Below left) LCol (Ret'd) Blair plays a game of ball hockey with a local group of boys. Included in the picture, from the left are, one of the local youths, LCol Gary Banks, the outgoing Roto 6 Task Force Bosnia Commander, MCpl Ricardo Burke of the CFB Toronto Recruiting Centre of Roto 7, LCol Bob Blair, of the CFAWC in Trenton, Ontario and a Slovakian soldier. (Below right) The local youth leave the camp after one of their hockey games.

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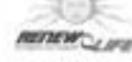
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Marching to the beat of a different drum: Drum instructor set to leave 8 Wing

by Grace La Rose
Contact Staff

The 8 Wing Bands have been wowing audiences for years, winning local competitions and international tattoos. This year the band is in for a big change when two of its key players move on to Ottawa.

Drum Instructor Master Warrant Officer Ron Reedy has been playing the drums since his teen years, and when he arrived in Trenton in 2002 he was given the opportunity to start teaching highland drumming and to go on tour with the 8 Wing Pipes and Drums. After a year of learning the ropes, and the band placing seventh in the North American Pipe Band Championships in 2002, the band had the opportunity to travel to Glasgow for the World Championships in 2003.

Overall the band placed fourth in 2003, but the Drum Corps was given top honours, and placed first in their Grade 4 category. MWO Reedy says playing with the 8 Wing Band was the highlight of his music career.

"We've probably received more titles and awards than I have with any other band. And of course the pinnacle was winning World Championships Title in Scotland. No other military drum corps has won this before. I guess it's unique and pivotal, and it may never happen again in my lifetime. I'm very proud of the drummers and pipers that got us there."

The 8 Wing Band is made up of two sections, Brass and Reed, and Pipes and Drums. Both sections are made up of civilian and military members who volunteer their time to play with the band. MWO Reedy says it's these volunteers that make titles and championships possible.

"We have a great group of people, great instructors. The civilian volunteers showed great dedication. They're dedicated and committed; they take time off work, they travel. They're from all over the place. They pay out of their own pockets for fuel and travel, and in some cases child care expenses. The measures these volunteers go through and their commitment is the true meaning of volunteerism. What they do for the Wing here is huge. And that speaks for both pipes and drums and brass and reed. These civilians are so proud to wear the [band] uniform and they wear it well. And our military members don't get paid



Photo Submitted

8 Wing/CFB Trenton Pipe and Drum band pose for a group photo last year. The band has played in both national and international competitions, and took home top honours at the World Championships in Glasgow, Scotland in 2003.

extra to dedicate their time to this. It's their choice to do this on their own time."

MWO Reedy has also had the opportunity to help change the tune of the 8 Wing Band in his time here. In 2005, the band decided to do something a little different, and joined forces with local Celtic band The Fiddleheads. Together they brought a different sound to the band for concerts and shows in the area. "I have this saying: if the sound of the pipes and drums are in black and white, by adding different and new instrumentation is like adding colour to the sound." Says MWO Reedy.

With their new sound, the 8 Wing Pipe and Drum played in the second largest tattoo in North America, the Virginia Military Tattoo, in 2007. The band sent down a demo disc, which struck a chord with the festival's chairpersons. The 8 Wing

Band was spotlighted playing its set, accompanied by all other bands present during the set's finale.

While MWO Reedy is heading to DHH to take a staff position, Sergeant Gord Smith, Band Master, Wing Concert Band, has already left for Ottawa to work with The Central Band of the Canadian Forces. MWO Reedy says Sgt Smith will be greatly missed at CFB Trenton. "Sgt Smith is a top notch musician, conductor, and instructor. He has created such a highly motivated team that has played in his band for years. Some of these guys are 60 years old, and still sound great. They play their instruments with accuracy and precision. It's sad to see Sgt Smith leave because he's created this empire and developed a quality of music that may never be the same. It just won't have his style stamped on it anymore."

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1 Model to View
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The Emerald (off Huffman Rd.) \$239,900

Sample Photo

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Scott Firefit International Championships: September

Message from the Chair – This is the Best Firefighter Sports Event of the Year and it is our distinct pleasure to be selected as the First Host City for the International Scott FireFit Championships.

It is indeed a competition that will be remembered for many years, and the Fire Profession is quite proud to be showcased and televised by “TSN” in this very prestigious and challenging event.

I would like to personally welcome our Firefighter Colleagues from across Canada, the United States of America, New Zealand and Europe, and extend a very special welcome to our Canadian Forces Military Teams and wish you, your family and friends, nothing but the very best during your stay.

These four days of exciting entertainment will not only demonstrate commitment and dedication, but it will also highlight why this event is characterized as “The Toughest Two Minutes in Sports.”

Mark your calendars for **11 – 14 September 2008**, as you will not want to miss this event, especially with the very

exciting Scottish / Irish Festival that will provide entertainment, Highland Games and Mass Bands.

The Gates open daily at 0900 hrs with Daily Official Opening Ceremonies at approximately 1030 hrs.

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, will be participating in the Opening Ceremonies on 11 September 2008, which will include a Memorial Service to recognize those Emergency Service Personnel and Civilians who lost their lives during the Trade Tower Disaster?

On Saturday 13 Sept 2008, you will enjoy the Spectacular Scottish/Irish Parade which will include (this year) Firefighters from across the Globe. (and a couple of Fire Trucks)

This is a Free Family event that will appeal to all, and we look forward to seeing you there.

Fitter, Faster, Stronger FIREFIT.

Sincerely,

Cliff Jeffrey
Chair, International Event Committee
City of Quinte West

BURSARY AWARDED



Photo: WO Mike “Hammy” Hamilton, CFLAWC

Lieutenant-Colonel Marco Rancourt (Canadian Forces Land Advanced Warfare Centre (CFLAWC), Commanding Officer, presents Tara Jones, the granddaughter of Mervin Jones, C.D., with the 2008 CAFA (Canadian Airborne Forces Association) bursary award of \$500. Tara is currently studying Animal Science at the University of Guelph with the ultimate goal of becoming a veterinarian. We wish her well in all her future endeavours. This year’s award was made possible through generous donations from Airborne Brothers Angus Read, Mike St. George, Peter Hunter, William Magee, and Art McRae.



Attention Readers

Temporary Contact Closure - September 3, 2008

Please be advised that The Contact office will be closed on Wednesday, September 3, 2008, from 8:30 a.m. to 11 a.m. due to a UFCW Canada (Locals 175 and 633), General Meeting and Election.

We apologize for any inconvenience this may cause and thank you for your understanding.

– Contact Staff –

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



From the Management and staff of Personnel Support Programs



Remember safety on your break



submitted by
Don Heans,
Wing General
Safety Officer

You might take a few breaks during your workday to get a cup of coffee or eat lunch, but hazards don't take any time off.

That is why it is important to keep safety in mind even during your rest periods.

Here are some reminders of how to spend your breaks safely:

Follow the correct procedure for shutting down your equipment before you leave your workstation.

Travel in pedestrian lanes as you leave your work area. Watch for traffic such as forklifts or other motor vehicles.

Walk slowly and carefully. Look out for slipping and tripping hazards.

Wash your hands with soap and water before drinking or eating.

If you have been handling chemicals, you should also wash your hands before using the toilet.

Smoke only in designated areas.

Not only is this important to protect the health of co-workers, but in many workplaces it is an essential step in preventing fires and explosions.

Use a non-combustible ashtray to extinguish smoking materials – never use a wastebasket.

If you leave the work

area, on lunch break for instance, stay alert to prevent becoming involved in parking lot accidents.

If you are driving, remember to wear your seat belt.

Don't rush – saving a few extra minutes is not worth a traffic accident.

Try to use your break for health-enhancing activities. Eat nutritious foods.

Get a little exercise, and learn to relax on your breaks.

Your overall health will benefit, which in turn can make you fit to work more safely.

As you return to your workstation, check for new hazards.

Has anyone made adjustments or alterations to your machine? Is the machine guard in place?

Remember safety when you break to rest and restore your energy.

Avoid desk job damage

(NC)-If you work regularly at a computer, guess how many keystrokes you hit each day. The answer - 50,000 to 200,000.

That's lots of hours at a desk, repetitive motion, and chances that you'll strain or injure your arm, hand, fingers, shoulder, neck or back.

We don't think of being a desk jockey as a contact sport. Yet improper posture, poor work space design, and physical exertion can lead to nerve, muscle, tendon and ligament damage.

In a Microsoft Canada survey, half of respondents had experienced discomfort or pain while using a computer.

How can you avoid being one of the workstation wounded? The Canadian Orthopaedic Foundation offers these tips.

Always start with the right ergonomics.

A comfortable chair, large enough to change positions, with adjustable armrests that position elbows near your waist.

Angle the back slightly backwards, to reduce strain on the spine and ligaments. You should be able to sit back (no slouching or leaning), and keep your feet flat on the ground or on a foot rest.

Keyboard at elbow height, with your monitor in front of you, an arm's length away and with the top third at eye level.

Pick a mouse that feels relatively flat and keep it on the same level as the keyboard.

When typing, the best position is "neutral" - knuckles, wrist and top of forearm in a straight line.

Along with the correct ergonomics, a simple injury prevention strategy is the 20-20 rule - a 20 second break every 20 minutes.

"Do a different task, get up and move around, doing neck, shoulder, elbow, and wrist stretches," says Dr. Stewart Wright of the division of orthopaedic surgery, at Toronto's Sunnybrook Health Sciences Centre.

Pay attention to pain, aches, numbness or tingling. If breaks and re-positioning your work area don't help, talk to your doctor.

"Repetitive motion injuries happen over time, so a minor strain today could eventually become chronic," says Angelique Berg, CEO of the Canadian Orthopaedic Foundation. "Make daily, preventative measures part of your job to stay pain-free at work."

More on keeping your bones and joints healthy is available online at www.canorth.org.

Seat belt safety is imperative

by Don Heans,
Wing General Safety Officer

Seat belts work. Using seat belts or child restraints will reduce the likelihood of being injured or killed in a traffic crash by 55 per cent and 75 per cent respectively.

If you're involved in a collision at 30 mph (48 km/h), the force is equivalent to a fall from a third floor window to hard ground below.

It's common for a person to be thrown from a vehicle in a collision or a rollover. If this happens, the chances of being killed or seriously injured are extremely high.

A few things to remember about seat belts:

A lap belt prevents the occupant from being thrown from the vehicle. It also transmits much of the force to the lower body. The shoulder belt adds protection by reducing injuries to the head and face.

Use the lap belt and shoulder belt together.

Wear the lap portion of the seat belt low on the hips. Don't wear it over the abdomen. The shoulder belt must pass over the shoulder and not the neck. It should fit snugly over the chest.

Don't wear the shoulder belt under the arm. In a collision, the belt will exert tremendous pressure on the chest and cause internal injury.

Pregnant women should sit upright and wear the lap belt under the abdomen and as low on the hips as possible.

Buckle your children up! Make sure

they use seat belts or child restraints each time they are in the vehicle. In the event of a collision, if they aren't restrained, there's a good chance they'll be thrown from the vehicle or thrown violently into other occupants of the vehicle.

Infants and small children should be buckled into the appropriate infant or child carrier. Many parents think they would be able to hold their infants in their arms in the event of a collision.

This is nonsense. In a vehicle traveling only 30 mph (50 km/h), a 10 lb. (4.5 kg) infant will be ripped from a belted adult's arms with a force of almost 200 lb. (91 kg).

In Canada, and in most states, it's the law that children be protected by seats specifically designed for them. If used correctly, they will prevent your child from being thrown around in the vehicle.

Rear-facing infant carriers are designed for children weighing up to 20 lb. (9 kg). A combination seat can be used in the rear-facing position for infants. It may be turned around to the forward-facing position for toddlers who weigh approximately 20 to 48 lbs (about 9 to 22 kg). Check the manufacturer's directions.

Use booster seats for children who are too large for a child seat. The child will then be in a better position to use the adult seat-belt system.

For more information on the proper use of these seats, contact your branch of the American Automobile Association (AAA) or the Canadian Motor Association (CMA).

Officers' Mess September 2008

Mon	Tue	Wed	Thu	Fri	Sat
1 Labour Day	2	3 	4 TGIT PIZZA	5 Sandwich Bar 1130-1315	6
7 	8 Tri- Mess Golf Tourn (rescheduled)	9	10	11 TGIT BBQ Steak	12 Sandwich Bar 1130-1315
13 	14	15	16	17 Ladies Club Spaghetti 	18 TGIT Sandwich Bar 1130-1315
19 	20 Harvest Dinner	21	22	23	24 TGIT BBQ Chicken 1130-1315
25 	26 Sandwich Bar 1130-1315	27	28	29	30

**Don't forget to sign up for the
TGIT Steak Night! and The
Officers' Mess Golf
Tournament (2 Oct)**

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FAMILY



Shapes and Sizes Necklace



Stringing necklaces is a fun way for your preschooler to explore shapes, sizes and colours and to create interesting patterns.

An afternoon of necklace making is a great way to enjoy some Comfort, Play and Teach™ time together!

You will need: pieces of string long enough to make a necklace; tube pasta; straws; small pieces of construction paper in different colours; scissors (for

adult use); a hole punch.

Instructions: Cut the straws into different lengths.

Cut the construction paper into shapes like circles, squares and triangles, making some small and some larger. Punch a hole into the middle of each piece to make beads.

Tie a length of straw to one end of each piece of string to prevent beads from falling off as your child strings them. Demonstrate how to slide the beads over the end of the piece of string.

Your child can add more beads until his string is full. When the necklace is complete, knot the ends of the string together so he can wear it.

Enjoy this more with Comfort, Play and Teach™:

Comfort: Your child will feel satisfaction as they demonstrate their beading skills and completes a project.

Play: As your child strings the different beads, they will strengthen her fine motor skills as they create her own unique patterns.

Teach: Simple activities like beading can help your child to make comparisons between different shapes and sizes and to practice decision-making as they select different beads to add to the necklace.

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

Mealtime.org Chicken Marinara

Here's how to turn a plain plate of spaghetti into a great meal. By adding four ounces of chicken breast, you up the amount of protein from about 10 grams per serving to 36 grams. As is, the recipe delivers more than one cup of vegetables, but serve it with a side salad and you can fit in more nutrient-rich vegetables.

Ingredients:

- 1 tablespoon olive oil
- 1 large skinless, boneless chicken breast half (about 8 ounces), cut in 1-inch chunks
- 1 can (14 1/2 ounces) crushed or chopped Italian-style tomatoes
- 1/2 cup canned mixed vegetables, drained
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 2 cups freshly cooked spaghetti

Preparation Time: 5 minutes **Cook Time:** 20 minutes

Preparation: Heat oil in a medium skillet over medium-high heat. Add chicken, brown on both sides. Reduce heat to medium; add tomatoes, mixed vegetables, garlic powder and pepper. Cover and simmer for 10 minutes until chicken is cooked through. Serve over hot spaghetti. Serves: Two

Nutritional Information Per Serving: Calories 550; Total fat 12g; Saturated fat 2.5g; Cholesterol 95mg; Sodium 580mg; Carbohydrate 61g; Fibre 6g; Protein 46g; Vitamin A 110 per cent DV; Vitamin C 30 per cent DV; Calcium 10 per cent DV; Iron 25 per cent DV. *Daily Value*

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FIND THE 7 DIFFERENCES

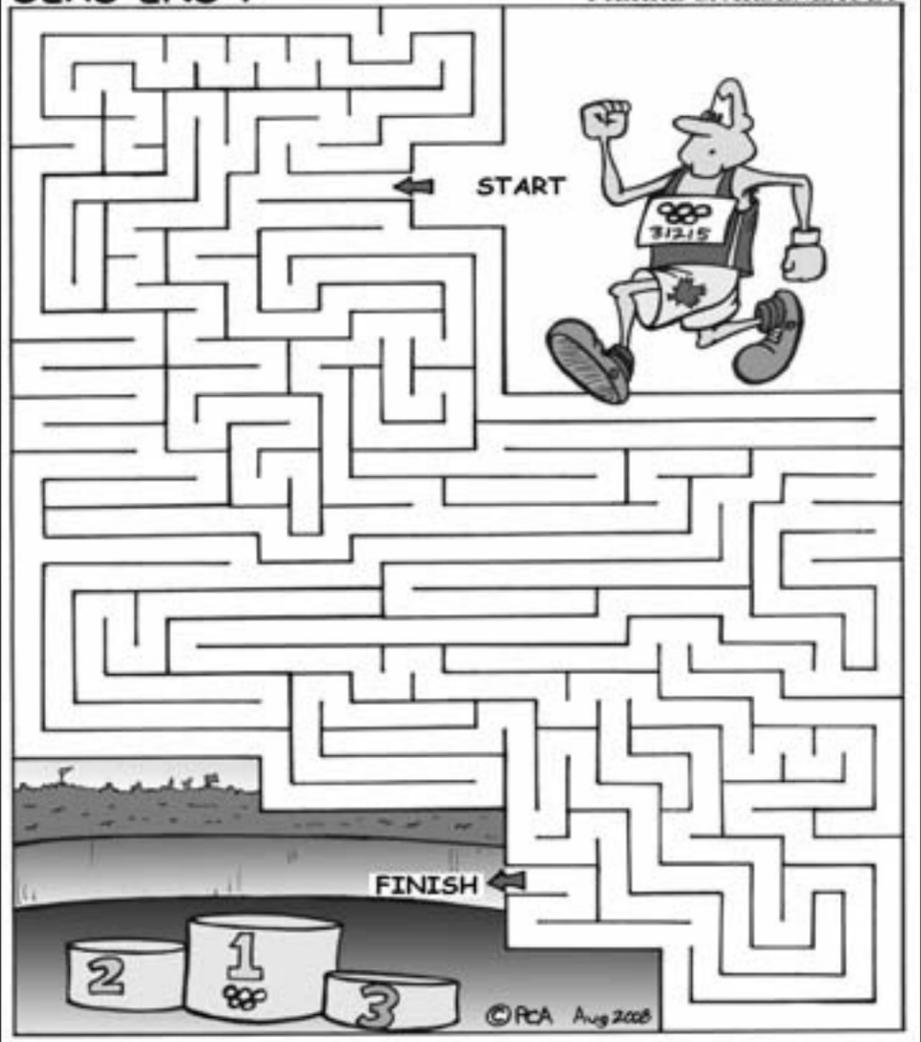


ANSWERS: 1. SALT / PEPPER 2. CHAIR 3. KNIFE 4. KNIFE 5. GLASS 6. WAITER'S LEGS 7. WAITER'S FAIR

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HOROSCOPES

Weekly Astrology by Christine Davison

August 31 – September 6

ARIES (March 21-April 19): This is a good time to start new projects and to begin new agendas. There is a very good chance that you may wish to begin diets or healthier ways of living over the next few days. You may find yourself feeling better and more relaxed and at ease over the next few weeks to come. A romance may be in your future.

TAURUS (April 20-May 20): This is a good time to become more involved with others in your community. Your creative abilities may lead you to far off places if you know what to do over the next little while. Mysteries may come up this weekend involving children or young ones that you know. Remember that two heads are often better than one.

GEMINI (May 21-June 20): You may feel drawn to the past in many different ways and at many differing times over the next little while. Things may occur for you now that you'd once never dreamed to be possible. Remember the saying "good things come to those who wait" but better things come to those who know when to speak up and take control.

CANCER (June 21-July 22): This is a great time to begin errands, conversations or intellectual pursuits. This is a great week to invite family and friends over to play interesting board games or charades. Your creative input may be required by other community members and may help to heal an old wound acquired by someone that you barely know.

LEO (July 23-Aug. 22): This is a good week to begin new financial prospects or job opportunities. You may find yourself drawn to strange meetings and locations over the next little while. Someone close to you might comment upon the change in your outward appearance. Remember you are still the same person deep down inside. Have faith in yourself.

VIRGO (Aug. 23-Sept. 22): Lunar aspects to your first house may change the way you think and feel over the next little while. Someone close to you may comment upon your beauty or may develop romantic feelings for you. You may find yourself taking on leadership positions without prior desire or knowledge. Someone may give you a present.

LIBRA (Sept. 23-Oct. 22): It's an excellent time to right wrongs or make amends. You may have been given this advice somewhat recently however previous words still apply to your situation this week. Your words resonate strongly with people and may balance out differences in opinions. You'll help yourself out or you may do someone else a favour.

SCORPIO (Oct. 23-Nov. 21): This is a great day to help out others while helping out yourself; try to make amends and fix little problems that involve you and those you care about. Someone close to you may have differences of opinion about someone else you know. Hold on; you are in this for the long haul. Try to be with kind, empathetic people.

SAGITTARIUS (Nov. 22-Dec. 21): What you do this week may help you in more ways that you presently realize. Good things have been coming your way due to hard work that you've recently accomplished. Someone close to you may find some of your work unusually attractive or admirable. This is a great time to begin new projects and agendas.

CAPRICORN (Dec. 22-Jan. 19): You may find yourself going in many different directions at once. You have the power to solve problems and learn from your mistakes. You may soon gain control in unforeseen ways. An old acquaintance may make an unusual appearance around mid-week.

AQUARIUS (Jan. 20-Feb. 18): Strange little mysteries may preoccupy your heart and mind. Something that you find irresistibly intriguing may become an obsession to you or someone else. It's a good weekend to begin projects and relationships. You will find the inspiration you've been looking for if you start searches on Sunday.

PISCES (Feb. 19-March 20): It's a good time to be with someone new or to try to spark the interest of someone you're currently involved with. Interesting aspects mid-week may bring unusual information or bizarre twists of fate and fortune, possibly in your favour. It's time for you to be on your way. Things are on your side.

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

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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

Early attempts by the US Postal Service to replace the lagging Pony Express with an elite canine corps...

...met with immediate failure...

It seems the dogs were either burying or eating all the mail.

THIS GIVES NEW MEANING TO "STAMP OUT HUNGER."

DOG HISTORY

GINGER & SHADOW BY BARRY CORBETT

LEGOLAS AND HIS WARRIORS APPROACH THE LAIR OF THE FEARSOME BEAST. SUDDENLY, HE LEAPS OUT TO ATTACK!!

I SAID...HE LEAPS OUT TO ATTACK! SHADOW! PREY! KILL! DESTROY!

BUT WHAT'S MY MOTIVATION HERE?

YOU'RE A PREDATOR! EAT SOMEBODY!!

©2003 BARRY CORBETT

Rules for Duffers

Some duffers never know when to give up!

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Stuff!

THE WORLD WILL END MONDAY TUESDAY WEDNESDAY THURSDAY

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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, 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

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

Trenton Amateur Radio Club Meeting

Tuesday Sept 9, 2008
 Time: 7:00 p.m.
 Location: 4 Beaver Ave (on the south side of the base)
 Our club meets every second Tuesday of the month.
<http://www.qsl.net/ve3ytr/>

ATTENTION BOATERS!

By September 2009 all boaters will have to have their **PLEASURE CRAFT OPERATOR'S CARD**

Canadian Red Cross

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foundation@airforcemuseum.ca

Reservations made at the
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Free Seniors Computers Course at The Quinte West Public Library

Gain a basic understanding of computers and some of the benefits of using the Internet.

- Computer Essentials** (1 hour) September 9th, October 7th, November 4th
- Email Essentials** (1 hour) September 16th, October 14th, November 11th
- Internet Essentials** (1 hour) Sept.23rd, October 21st, November 18th

"Hands on" Computer Training (2 hours) September 30th, October 28th, November 25th

Tuesday afternoons- 2 p.m. -3 p.m.
 Sign up in person at the library or call 613-394-3381 (ext. 3325 or ext. 3323)
Space is limited and will fill up fast!



A family day of high flying fun

by Capt Chris Perrault
24 CF Health Services Centre

On Saturday, August 23, the Medical/Dental Clinic and 426 Aeromedical Training Flight (AETF), units held their first Health Services Family Day.

With the goal of providing dependants with better insight on how the Health Services staff serve our military members, the morning portion had the families, (children were accompanied by their teddy bears), go through various stations within the building such as a health check-up station, the pharmacy, physiotherapy and X-ray departments, and the immunization and dental clinics.

Everyone also had the chance to climb into the back of one of our military ambulances.

After a picnic style lunch, the luck of good weather and a well timed pilot trainer, the families took part in a famil flight on the Herc.

Captains Shannon Bernardo and Denise Olson from 426 (Transport) Training Squadron configured the aircraft to demonstrate how patients are transported by air.

The 436 (Transport) Squadron crew increased the thrill by opening the back end for a breathtaking view of the Bay of Quinte and Lake Ontario.

For those families who did not take part in the famil flight, other activities continued at the clinic, including a bouncy castle, face-painting, games, and a toddler playroom set up for the little people to enjoy.

If huge smiles and ongoing positive comments from the families are any type of gauge, this day was easily labelled a huge success.

Many thanks to the several local businesses that donated items for the children's loot bags and door prizes.

A special thank you to John and Angela Smylie from Smylie's Independent Grocer for their generous contribution towards our picnic lunch.

The highlight of this event



Angeal Breau, Dental Assistant, and Sergeant Wayne Jerrett with their sons Evan and Shane enjoy their family flight with 436 (Transport) Squadron on Saturday, August 23, 2008.



Bottom right: Michele Edwards, Immunization Clinic Nurse looks on as Amanda Van Steijn puts a band-aid on her brother Aaron after giving him a 'needle' during the Health Services Family Day.

surely was the Hercules flying experience, especially for the civilian staff and their dependants.

Major Derek Miller, CO of 24 Canadian Forces Health Services Centre, and the event planning committee are extremely appreciative to Colonel Mike

Hood, Commander, 8 Wing/CFB Trenton, for supporting our request for a famil flight.

Quite possibly, the memory of that flight will be the spark that inspires many of the children to think about choosing a military career.

Language training centre for Afghan officers

OTTAWA (August 26, 2008) – The Honourable Peter Gordon MacKay, Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency, announced today that the Government of Canada is establishing a Staff and Language Training Centre in Kabul, Afghanistan.

The centre will contribute to the long-term development of the Afghan National Army (ANA) through junior staff officer and language training. This will enable more effective interoperability between the ANA and NATO-ISAF forces.

As part of their career progression in the ANA, successful graduates will be assigned to duties across Afghanistan, including in Kandahar province.

"The Staff and Language Training Centre complements one of Canada's six priorities for our mission in Afghanistan, which is to help the Government of Afghanistan maintain a more secure environment and

establish law and order by building the capacity of the ANA," said Minister MacKay. "In the near future the ANA will be able to meet its training requirements through the use of Canadian-trained Afghan mentors and instructors," he added. Minister MacKay made the announcement during a two-day trip to Afghanistan, his sixth trip to the region.

Minister MacKay visited a number of key installations in Kandahar Province to witness first-hand Canada's efforts in promoting security, development and governance.

Mentoring and supporting the ANA is a key military task of NATO and the Canadian Forces. A well-led, well-trained, and well-equipped ANA is essential if the Government of Afghanistan is to assume complete responsibility for national and provincial security, thus enabling governance and development to progress.

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SCHOOL'S IN DRIVE SAFELY

Drivers- Always stop for a bus
Motorists travelling in both directions must stop when approaching a stopped school bus with its upper red lights flashing

Parents and kids - have a bus talk before school
Remind your kids the rules of bus safety.

- Never distract the bus driver.
- Always follow his or her instructions.
- Find a seat right away and stay seated facing forward at all times.
- Avoid rowdy behaviour.



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Deployment Support / Wednesday Night Out
 For the summer, we will entertain a BBQ or inside meal, depending of weather, the last Wednesday in August.
 Call to find out what is coming up in the Fall, 613-965-3595 or 613-965-3575
A variety of activities coming up, please visit the MFRC website calendar
www.trentonmfrf.cfbtrenton.com

Soutien au déploiement / Les sorties du mercredi soir.
 Durant les mois d'été, nous nous réunissons le dernier mercredi du mois d'août, pour un barbecue ou un repas à l'intérieur, selon la température.
 Veuillez réserver s'il vous plaît. Téléphonez pour savoir ce qui s'en vient à l'automne comme activités, 613-965-3595 ou 613-965-3575
Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfrf.cfbtrenton.com

Stroller Fitness
 Bring your baby or borrow someone else's! \$4 a class
 September 1 and 29 6:00—7:00 pm
 Starting at the MFRC. Each week we will follow a different route throughout Middleton Park. Muscular strength and endurance will be combined with cardio training. All fitness levels are welcome. Workouts will be adjusted to you and your goals. All classes are conducted by certified instructor Amy Dawson.
 To register call Amy at 613-208-0318



Cardio-poussette
 Amenez votre bébé ou empruntez-en un! 4\$ par classe
 Joignez-vous à nous! les 1er et 29 septembre. de 18h à 19h
 Débutant au CRFM. Chaque semaine nous prendrons une route différente à travers le parc Middleton. Force et endurance musculaires combinées à l'entraînement cardio. Tous les niveaux de forme physique sont les bienvenus. Les séances seront ajustées pour vous et vos buts. Amy Dawson, instructeur qualifiée, animera les classes. Pour vous inscrire, contactez Amy au 613-208-0318

Second Language Training for military partners
French and English
 Courses run for 10 weeks beginning in September, 2008. Each session offers a total of 60 hours of instruction, beginner and intermediate. A deposit of \$50 is required upon registration for the course. Morning and Evening Classes are held twice a week. Come in and register at the MFRC for the fall classes by September 1, 2008 Call Anu at 613-392-2811 ext. 3855 for more information.
 *Courses are also available to the community at a non-refundable cost of \$100 per session.

Coming back in September; scrapbooking, hand-made cards, digital photography, yoga, pilates, belly dancing...
 The MFRC newsletter "Touching Base" will be out soon
 De retour en septembre, scrapbooking, cartes faites à la main, photographie numérique, yoga, pilates, baladi...
 Le bulletin de nouvelles "Touching Base" sera bientôt distribué.

Programme d'enseignement de langues secondes pour les partenaires militaires - en anglais et en français
 Les cours sont d'une durée de 10 semaines débutant au mois de septembre 2008. Chaque session offre un total de 60 heures de cours (débutant ou intermédiaire).
 Un dépôt de 50\$ est dû lors de l'inscription au cours. Ce dépôt est remboursé si l'étudiant participe à 85% des cours. Classes offertes en matinées et en soirées, deux fois par semaine
 Venez vous inscrire au CRFM pour les classes d'automne la date limite est le 1er septembre 2008.
 Pour plus de renseignements appelez Anu au 613-392-2811, poste 3855.
 *Les cours sont aussi disponibles à la communauté civile au coût de 100\$ par session, non-remboursable.

The Youth Centre Council invites you to
Camping for the Youth!! Northern Lodge
 Bus leaves Siskin Centre Friday September 19, 2008 at 4pm sharp!
 Returns Sunday September 21 at approximately 2pm.
 Limited spaces available.
 \$55 per participant for the week-end. 6-12 year olds welcome.
Games! Crafts! Outdoors!
 To register, please call Debbie at the Youth Centre
 613-392-2811 ext. 3265 or
 The MFRC reception at 613-965-3575.

Le Conseil du Centre des jeunes vous invite
Camping pour les jeunes!! Northern Lodge
 L'autobus quittera le Centre Siskin
 le vendredi 19 septembre 2008 à 16h pile !
 Le retour sera le dimanche 21 septembre vers 14h00
 Espace limité
 Les frais sont de 55 \$ par participant pour la fin de semaine
 Les 6 à 12 ans sont bienvenus
Jeux ! Bricolages ! Activités extérieures !
 Pour vous inscrire, téléphonez à Debbie au Centre des jeunes au
 613-392-2811 poste 3265 ou,
 au bureau d'accueil du CRFM au 613-965-3575.

Canada's Wonderland
 Get your tickets at reduced price at the MFRC
 Achetez vos billets au CRFM à prix réduit

Senior, Children, 3+ & less than 48" tall	\$27.00
Adults (3-59 years & over 48" tall)-----	\$39.00
From August 25th to November 1st -----	\$34.00
Sénior, Enfants, 3+ & moins de 48" hauteur --	27,00\$
Adultes (3-59 ans & plus que 48" hauteur) ----	39,00\$
du 25 août au 1^{er} novembre -----	34,00\$

Please read our newsletter "Touching Base" or visit www.trentonmfrf.cfbtrenton.com for more information
 S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez www.trentonmfrf.cfbtrenton.com

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Showcase

Showcase



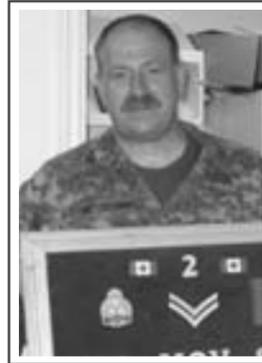
Pte(T) M. Arsenault

received a promotion to that rank, presented by Maj A. Spott, and CWO J. Picard, 2 Air Mov Sqn.



Pte(T) R. Osmond

received a promotion to that rank, presented by Maj A. Spott, and CWO J. Picard, 2 Air Mov Sqn.



Cpl G. Amyot

received a promotion to that rank, presented by Maj A. Spott, and CWO J. Picard, 2 Air Mov Sqn.



Cpl J. Hache and Cpl K. O'Connor

Cpl J. Hache received the General Service Medal and Cpl K. O'Connor received the General Campaign Star.



Cpl K. Welcel

received a promotion to that rank, presented by Maj A. Spott, and MWO C. MacKinney, 2 Air Mov Sqn.



MWO G. Woods

received a promotion to that rank, presented by Maj R. Burns, WFSO.



Cpl J. Moss

received a promotion to that rank, presented by Capt A. Clement, 2 Air Mov Sqn.



Sgt S. Lambert

received a promotion to that rank, presented by Maj A. Wedgwood and WO J. Kato, 8AMS.



Sgt S. Ballam

received a promotion to that rank, presented by Maj A. Wedgwood and WO J. Kato, 8AMS.



MCpl S. Bessette

received a promotion to that rank, presented by Maj A. Wedgwood, 8AMS.



MCpl S. Budden

received a promotion to that rank, presented by Maj A. Wedgwood, 8AMS.



Sgt G. Deroy

received a promotion to that rank presented by CWO C. Fleming, WLEO, CWO Marc Pelletier, EME and, Maj T. Brown CO EME and Lt P. Sutton, EME.



MWO L. Lamontagne

received a promotion to that rank presented by CWO C. Fleming, WLEO, CWO Marc Pelletier, EME and, Maj T. Brown CO EME and Lt R. MacDonald, MSE.

Congratulations! Félicitations!

Showcase

Showcase



Capt L. Ballenthin
received her Loadmaster Wings for CC-150, presented by LCol D. Cochrane, CO 426 Sqn.



Sgt B. Broderick
received her Loadmaster Wings for CC-150, presented by LCol D. Cochrane, CO 426 Sqn.



Sgt D. Forsey
received her Loadmaster Wings for CC-150, presented by LCol D. Cochrane, CO 426 Sqn.



MCpl L. Whalen
received a promotion to that rank, presented by LCol D. Murphy, WOpsO.



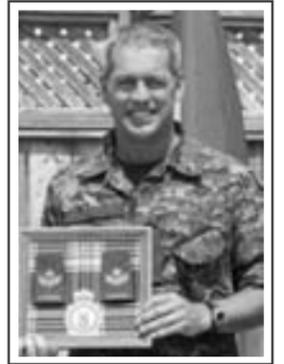
WO A. Vallee
received a promotion to that rank, presented by LCol D. Murphy, WOpsO.



MS S. Nattress
received a promotion to that rank, presented by LCol D. Murphy, WOpsO.



Sgt J. Chamberland
received a promotion to that rank, presented by Capt C. Ledrew, and MWO J. Proulx, ATESS.



MCpl J. Levesque
received a promotion to that rank, presented by Capt C. Ledrew, and MWO J. Proulx, ATESS.



Cpl I. Dube
received a promotion to that rank, presented by MWO J. Proulx, and LCol J. MacCaull, CO ATESS.



WO R. Leiska
received a promotion to that rank, presented by MWO J. Proulx, and LCol J. MacCaull, CO ATESS.



WO C. Lamothe
received a promotion to that rank, presented by MWO J. Proulx, and LCol J. MacCaull, CO ATESS.



Sgt K. Marcipont
received a promotion to that rank, presented by LCol C. Fortier, WLEO and his wife, Jacqueline Marcipont.



MCpl B. Angeline
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.



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

Congratulations! Félicitations!

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Classified

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Brighton - 3 bdrm Country Hi- Ranch \$ 1,000. Sept 1
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SCHOOL'S IN DRIVE SAFELY

Drivers- Always stop for a bus
Motorists travelling in both directions must stop when approaching a stopped school bus with its upper red lights flashing

Parents and kids - have a bus talk before school
Remind your kids the rules of bus safety.

- Never distract the bus driver. Always follow his or her instructions.
- Find a seat right away and stay seated facing forward at all times.
- Do not place things in the aisle.
- Avoid rowdy behaviour.

ROAD SAFETY. IT STARTS WITH YOU

Crossword Answers

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

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Help your lawn thrive for next spring

(NC)-As the cooler temperatures roll in it's time to get your lawn and garden ready for the winter months ahead.

Take the time now to protect your yard and you will be rewarded with a lush, beautiful and weed resistant lawn and garden in the spring.

Start by removing any debris and leaves off your lawn before your final cut. Your lawn should be put to bed at the same height it is maintained during the summer - around 2.5 inches long.

Keeping your grass clippings on the lawn will also help return at least 25 per cent of the turf's nitrogen back into the soil. Aerating your lawn will help create passageways for essential nutrients and worms that contribute valuable microorganisms to your soil.

"You can help your lawn grow thick and strong in the spring by overseeding in the fall," explains Scotts lawn care expert Scott MacDonald, "Cool nights, more rainfall and heavier dew in the fall provide the ideal conditions to repair damage caused by the hot, dry summer."

Bare spots are best repaired by using an all-in-one product, such as Scotts Patch Master lawn repair, which combines grass seed, starter fertilizer and mulch all in a



Photo: News Canada

bag for ease of application.

One of the most essential things to do in the fall is to fertilize. Many people do not realize that fall fertilizing is the most important application because it gives your lawn the nutrients it needs to stay healthy.

Winter care fertilizers energize turf, producing a strong and healthy root system and ensure they emerge greener than ever in the spring.

After your last cut of the year, a fall feeding provides the nutrients your lawn needs to withstand the harshest weather.

Winter care fall lawn fertilizer provides the best ratio of nitrogen, phosphorous and potassium (N-P-K).

The fall is also a great time to prepare your garden for the winter ahead. Remove any debris, diseased foliage and weeds, plant flower bulbs now that will provide

welcome blooms at the first hint of spring.

Plant bulbs with bone meal using something like Miracle-Gro Organic Choice bone meal to promote healthy plants and bigger spring blooms.

Most perennials, shrubs and trees benefit from fall planting, giving them time to anchor and establish new roots. Be sure to add a two to three inch layer of mulch to new plants and rake leaves onto flowerbeds and around shrubs and bushes to create a warm blanket to protect plants against severe cold.

Finally, don't forget to thoroughly clean your gardening tools and sharpen your mower so you're ready as soon as spring arrives.

To speak with a Scotts expert on lawn care call 1-866-436-7645.

To speak with a Scotts Garden expert call 1-866-436-8477 or visit www.Scotts.ca.

Contact
Advertise your listings with us!
Call Patricia
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NEW LISTING	BELLEVILLE'S EAST END Great 1st time home at an affordable price! 2 bedroom bungalow completely renovated with new kitchen, flooring and paint. Detached single garage and private backyard. Immediate possession available. Call today for more details. \$139,000. MLS# 2085799
COUNTRY SETTING	SPRAWLING BUNGALOW This large open concept bungalow has everything you need. 1 acre lot with panoramic country views. Over 2000 sq ft of open concept living space. Attached garage, full basement and two tiered deck off dining room. Hardwood, ceramic, 3+ bedrooms, gorgeous front courtyard with pond and beautiful gardens. This is a must see! Listed @ \$349,900. MLS# 2083340
REDUCED	COUNTRY CHARM Large 150 x 150 ft country lot with nice homes in the area. Just minutes from County Rd 40 and Highway 33. 5 bedrooms, open concept kitchen/living area. New flooring, doors, windows etc. Finished rec room, loads of storage space. Call today to view. \$194,900. MLS# 2085220.
BUILDING LOT	WATERFRONT - BOATING! 80ft of waterfront comes with this great building lot on a quiet road on the Trent River. Get your plans out, you won't find anything more peaceful. Miles of lock free boating, close to all amenities. Dock and drive-way are installed. Great price \$140,000. MLS# 2084320.
SEMI DETACHED	FRANKFORD This home is move in ready! Completely renovated top to bottom. 3+ bedrooms, large bright living room, nicely treed backyard situated on a quiet dead end street. Great value in this all brick home. Walking distance to town and golf course. \$149,900. MLS# 2083062.
BRICK BUNGLAOW	5 BEDROOMS Enjoy living on a quiet cul de sac in Belleville's east end. New flooring and paint. Renovated basement with new electrical. Updated bathrooms, new hardwood in dining room. Great family home. \$199,900. MLS# 2085619

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