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• June 27, 2008 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 43 Issue Number 26 •

## CC-150T Polaris tanker to provide an essential capability



Photo: Mr. R. Coe

**An 8 Wing Trenton Polaris, Aircraft 15005, passes fuel to a German Airforce Tornado aircraft.**

by Major D. Reid  
 8 Wing CC150 AAR OPI

The Canadian Forces is poised to regain a Strategic Air to Air Refuelling (SAAR) capability lost with the retirement of the CC-137T (Boeing 707) tanker in 1997.

The first fully modified CC-150T Polaris (Airbus 310) Tanker aircraft was accepted by the CF on May 30, 2008 following a very successful flight in which over

14,000 pounds of fuel was transferred to three German Airforce Tornado fighter aircraft.

CC-150T aircraft 15005 arrived in Trenton on June 19, following an eight-hour flight from the conversion facility in Dresden, Germany.

This flight marked the beginning of the Operational Test and Evaluation (OT&E) phase, and provided an opportunity to commence an evaluation of the extensive AAR modifications complet-

ed on the aircraft. Overall, aircraft 15005 performed very well in these initial tests, arriving in Trenton fully serviceable and ready for further OT&E missions.

During the OT&E phase, progressively more challenging AAR sequences and missions will be completed under actual operational conditions. Lessons learned will be implemented to ensure that the capabilities of the CC-150T are utilized to maximum benefit.

After Full Operational Capability is achieved in early 2009, the CC-150T will be capable of ferrying four CF-188 Hornet fighter aircraft non-stop across the Atlantic Ocean.

The CC-150T will be the first newer generation ‘glass cockpit’ tanker aircraft to enter operational service. Through a high use of automation and computer technology, a CC-150T crew of three will complete the duties typically completed by a crew of six on

older generation tanker aircraft.

The return of aircraft 15005 to Trenton represents a significant step forward in the CF regaining a SAAR capability. This capability will be a very effective force multiplier as it will extend significantly the mission endurance and range of our CF-188 fighter aircraft.

With the upcoming entry of the CC-150T into operational service, SAAR is now both a tradition and the way of the future at 437 (T) Squadron.

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## Wing Commander's Column

A message from Colonel Mike Hood



At the beginning of 2008, I highlighted the two priorities that I wanted us all to focus on as a Wing; these were:

1. the integration of new capabilities to maximize our ability to support CF operations; and
2. a continued emphasis on training and readiness.

Now, as we find ourselves half-way through the year, I wanted to take a moment to highlight some of our accomplishments in support of these two priorities.

Clearly, our greatest challenge has been integrating the CC-177 in our global airlift operations and I am happy to report that you have exceeded all expectations with how quickly this incredible asset has come into service. A new ramp completed early in the year, a new hangar set to open in the coming month, new maintenance and aircraft loading equipment, new supply processes and infrastructure – you have adapted quickly and professionally and should be justifi-

ably proud of your accomplishments. The senior leadership of our Air Force have been effusive in their praise of your efforts.

Many of you have also been involved in planning for the arrival of the CC-130J in 2010. The lessons learned this past year with the introduction of the CC-177 will undoubtedly pay dividends; 436 Squadron and 8 Air Maintenance Squadron are both hard at work planning for the transition, while continuing to support operations in Afghanistan. No small challenge to be sure, but I am extremely confident that we have our "A" team working on the problem and that it will be equally the success that the CC-177 has been.

Our second priority, the continued emphasis on training and readiness, might be transparent to some of you, but rest assured that there is plenty of work being done by a great many people. Mountain View continues to be a focus of much effort as we improve our training area with the addition of a

gravel assault strip and other improvements to aviation operations. Our CC-130 crews, who routinely are required to perform complex missions involving assault landings to primitive strips in Afghanistan, can now train under similar conditions here at 8 Wing. Individual training is also a high priority and under continual improvement through the leadership of A3 Readiness Training Flight. Of interest to many might be the recent completion of the building to house the Small Arms Trainer – this will greatly improve our ability to expedite vital training in support of operations, and hopefully reduce some of the burden experienced during pre-deployment training.

I see these continuing to be my main priorities for the rest of this year and will continue to update you periodically on these focussed efforts.

Colonel Mike Hood  
Commander  
8 Wing Trenton

## Annual Hydrant Flow Testing

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area.

These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for fire fighting operations.

Occupants may experience discoloration of their water and need not worry. If this occurs, simply continue to run your water until the discoloration disappears. The testing period will run from June 1 until (approximately) September 1, 2008.

If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



From front: Richard Whaley, Albert Ruckstuhl, Ben Smit, from Wing Construction Engineering Squadron Carpenter Shop are seen here laying laminate flooring in the Billy Bishop Room at the Officers' Mess. This is just one of the many projects that WCE has taken on in the last year.

During this 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

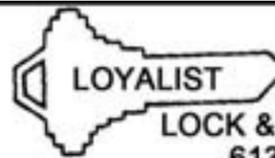
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## A TREMENDOUS JOB WELL DONE...THANK YOU!

Photos: Amber Gooding, Contact Staff



Shown above, from left to right: Briane Birney, Human Resource Planning and Program Officer (HRPPO); Barry Turner, President of Union of National Defence Employees (UNDE) Local 637; Lieutenant-Colonel Carrie Fortier, 8 Wing Logistics and Engineering Officer (WLEO); Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer; and Glenn Maxwell, President CS Quinte Sub Group, Professional Institute of the Public Service of Canada (PIPSC).



Shown above is Master Corporal Sandra Brideau, 8 Wing Food Services, serving a grilled hamburger to Mike Shoniker during the National Public Service Week (NPSW) Appreciation Barbecue, held in the Astra Lounge on Thursday, June 19, 2008. Each year, the barbecue brings together federal employees to recognize the incredible work they do all year long and also aims to build pride within the public service of Canada. The very diverse representation of public service employees here at 8 Wing/Trenton was seen as hundreds joined in on the celebrations and enjoyed a delicious lunch, good conversation and great company. National Public Service Week 2008 ran from June 15 through to June 21, and showcased this year's theme of 'Recognizing our History, while building our tomorrow.' This is carried throughout the year as personnel take pride in the work put forth in the past, present and future, playing a part in ensuring Canada has the most highly respected public service in the world. NPSW is held annually, during the third week in June.

## Search & Rescue UPDATE

424 Squadron had five missions in the past week.

The first mission found our Herc tasked to investigate an ELT near Cooks Bay, ON. The signal was homed to a small private airstrip where a damaged aircraft was located. Contact was made with the pilot and it was determined that no one was injured and the ELT was turned off. The crew was released and returned to Trenton.

The next mission was for the Griffon. Our SAR crew was returning home from training in the Toronto area when they heard a small aircraft, a Sukhoi S2, reporting engine failure in the Oshawa area. Rescue 419 observed the aircraft descend and land in a field. Our Griffon crew landed to offer their assistance. The pilot was okay but his aircraft suffered propeller damage.

Next, the Griffon crew was called in for an ELT search close to Hawkesbury, ON. No signal could be heard when the crew arrived in the area. Numerous small airfields were investigated and there were no signs of distress. The crew was released by JRCC and returned home.

Mission four was for our Herc to investigate another ELT in Central Quebec. The ELT signal was picked up and homed to a small float plane on a lake 200 miles north of Roberval. After a number of low passes over the site, the ELT was turned off. The information was relayed to JRCC and the crew was released and came home.

The final task was again for another ELT, this one in the Barrie area. Our Herc was launched and tasked to investigate. Rescue 320 flew the assigned search patterns but nothing was seen or heard. JRCC released the crew and they made their way back to Trenton.

Until next week, stay alert and stay safe.

Missions for 2008: 62    Missions for June: 18    Persons rescued: 13



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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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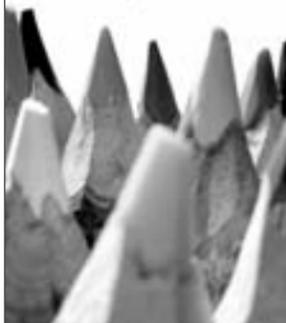
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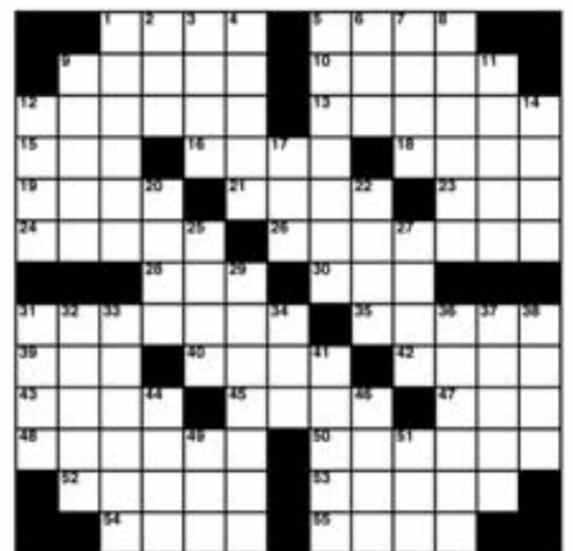
## Canadiana Crossword

### History Makers

By Bernice Rosella and James Kilner

#### ACROSS

- 1 Speed of sound
- 5 Roman robe
- 9 Wife of Mohammed
- 10 Criticize, in a way
- 12 Author of a history making 1837 report
- 13 Good as new
- 15 Parry Sound prodigy
- 16 Peruse
- 18 Gestalt
- 19 Prison
- 21 Graf \_\_\_\_\_
- 23 Male heir
- 24 Plasma
- 26 History making PGA tour event winner of 1955
- 28 Collar
- 30 Arab org.
- 31 History making explorer of 1535
- 35 Site of history making 1947 Alberta oil discovery
- 39 Soul, in Ste Marie
- 40 Elitist
- 42 Stare
- 43 Patch
- 45 Close by
- 47 Sea, to Serge
- 48 Diminutive, in Deslauriers.
- 50 History making family of 1934
- 52 Send a cheque
- 53 Implant
- 54 Bitters bane
- 55 Saskatchewan Roughrider legend



- 3 Arctic angler's quest
- 4 Harness parts
- 5 History making Prime Minister from 1968 to 1979
- 6 Spit or buff follower
- 7 Person of French descent
- 8 Saint Francis of \_\_\_\_\_
- 9 Nimbi
- 11 Mortise mate
- 12 Harasses
- 14 \_\_\_\_\_ Xiaoping
- 17 RCMP alert
- 20 Actor Alfred
- 22 Israeli airline
- 25 But, to Bertrand

- 27 Last drop
- 29 History making dirty thirties Prime Minister
- 31 Tory legend Dalton \_\_\_\_\_
- 32 Eastern potentate
- 33 Leased
- 34 Caviar
- 36 Condemned, in a way
- 37 Overture
- 38 Wrap for burial
- 41 History making 1940s air ace
- 44 Bluenose coin
- 46 Frost
- 49 Eton or ascot
- 51 Br. honour

#### DOWN

- 1 Reflect
- 2 Bat making material

See Answers, Page 21



### This Week in Contact

1978 - Country living at its best. 2 year old brick home, bright, spacious. 2 fireplaces, 1 acre lot landscaped. Separate apartment renting for \$180 a month. 15 minutes from the base.

1988 - The important thing is we didn't even have a cute name for them. Imagine a group that big, and we didn't know what to call them. Luckily, someone came up with "Baby Boomers"... Just when we thought they were set for a while, they graduated and entered the corporate world in search of housing, automobiles and VCRs. I cannot believe we got caught again without a name for them. Then someone came up with Yuppie: Young Urban Professional. And from that came Puppie: Poor Urban Professional; Dink: Double Income No Kids; and a host of other cutiesies.

1998 - The MFRC now has a service in English and French to assist family members address issues and concerns before they become a crisis; for example, parenting difficulties, family stresses, relationship problems and life transitions, among others. We can also help in a crisis such as domestic violence, separation and/or divorce.

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



# Forgotten soldiers remembered by friends and family

by Grace La Rose  
Contact Staff

On an overcast morning, more than 200 retired Canadian Forces members and their families gathered to remember those who had flown the CF-104 Starfighter during the Cold War.

The memorial cairn dedication took place on June 19 at the RCAF Memorial Air Park at the National Airforce Museum of Canada.

Captain (Ret'd) Doug Fenton, President of the Canadian Starfighter Association, says the dedication was needed to preserve the memory of the 137 soldiers who lost their lives in service to their country.

"In past wars, a grateful nation has erected monuments to those whose lives were sacrificed in the pursuit of their government's goals. Perhaps for this, "Our

War," it is fitting that it be left to those of us who knew them best to honour their sacrifice; for we will never forget what they did and what they gave up so the rest of us could remain free."

The tall, black marble monument stands near the entrance of the air park. The memorial is inscribed with the Roll of Honour, 137 names of those who flew the CF 104, and died while in uniform. Capt Fenton stood before the monument to deliver his speech to his comrades-in-arms.

"This monument is the third in a series dedicated to aviators who lost their lives fighting what was known as the Cold War. The Sabre Pilots and the All Weather Fighter Association also have monuments in this beautiful setting," he said. "Today, that war has become a forgotten war to many Canadians and many, with the acuity of hind-

sight, would call it a 'Phony War,' since no declaration of war was made, no cities were destroyed in massive bombing raids and no large armies sought to gain or defend territory... We trained very hard and very realistically for that eventuality and perhaps it is due in some part to those efforts that Europe enjoyed what is arguably the longest continuous period of peace in its long and combative history."

Lieutenant General (Ret'd) L.C. Campbell said that it is difficult to get recognition for Cold War era soldiers.

"The times are changing, in my view," said LGen Campbell. "And in 2005, Canada created the Seventh Book of Remembrance. The seventh book was created to list the names of those who've died since the Second World War. But the seventh book is different, in

that it's an open ended volume."

The CF-104 Lockheed Starfighter, designed in the early 1950s, was the first fighter-bomber capable of sustained flight at speeds in excess of Mach 2 and the first to subsequently hold both the world speed and altitude records. There were six squadrons assigned to the low-level nuclear-strike tactical bombing role against pre-selected targets behind the Iron Curtain.

While all strike bases maintained a 24-hour Quick Reaction Alert posture with aircraft loaded with nuclear weapons, no loaded aircraft were allowed to be flown. Low level training routes to simulated targets within NATO boundaries were flown continuously. However, the Starfighter was not a forgiving aircraft to use for low level flight, and 110 aircraft, and many lives were lost in accidents.



Photos: Grace La Rose



More than 200 retired Canadian Forces pilots, navigators and their families stood in silence as the Last Post was played at the long awaited dedication of the Starfighter Memorial Cairn.

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# CÉLÉBRATIONS DE LA ST-JEAN BAPTISTE



There was something for everyone at this year's Célébrations de la St-Jean Baptiste. There were no shortages of willing assistants for a magic show (top centre). A reptile exhibit (top right) and face painting (top left) helped fill the early evening while celebrants waited for fireworks and a traditional bonfire.

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At least one party-goer proves that face painting isn't just for little kids.





# SNAKES, FACE PAINTING AND POUTINE



Photos: Grace La Rose

Some fearless children held snakes (top left) brought by the Reptile Education Program while volunteers spun massive cones of cotton candy for hungry party-goers (top centre). Musical guests Duo Diversion (top right) took the stage to help entertain people while everyone waited for it to get dark enough for fireworks and the massive traditional bonfire. Of course the most popular food at the celebration was poutine, and people were waiting in line for up to half an hour to get their hands on the dish, made with real cheese curd from Québec. St. Jean Baptiste Celebrations are annual events in Francophone communities across the country normally held around June 24, the feast day of St. John the Baptist.



Robin, from the Reptile Education Program (Trent Severn Waterway Conservation Area) helps a few children conquer their fear of snakes. Three snakes and three turtles were brought along to educate children about local reptiles.



Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer, welcomes celebrants to the 4th annual Célébrations de la St-Jean Baptiste held on Baker Island at 8 Wing/CFB Trenton.

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# FITNESS & HEALTH PROMOTION



## 8 Wing/CFB Trenton runs halfway around the world

Week three of the Pedometer Challenge is all wrapped up, and that means there are only five more weeks to go before the challenge is over.

While all participants have been challenged to step their way to 172 km, a distance representative of the Highway of Heroes, some participants are going beyond the 172 km mark and are working on doing a round trip (or two, or three).

Master-Corporal Theresa Nevills has stepped her way up to 367.5 km,

which equals a round trip, and another trip up to Toronto is underway; Corporal Nicole Falardeau has made her way up to 207 km; and Master Corporal Kim St.Denis is working on her return trip with 188 km.

The base's 164 Pedometer Challenge participants are up to 28,214 km, or about 37,242,438 steps. So...how far is that really?

Now here's a new perspective to that - the circumference of the Earth is 40,041.47 km, which means that

personnel have made .7 trips so far.

The length of Highway 401 is 825.1 km, and participants have made that trip 34 times already.

The length of the Grand Canyon is 446 km, which has been travelled 63 times.

The length of the Cabot Trail is 298 km long, which has been completed 94.6 times.

And for a final thought, the total length of the State of California is 1,240 km, which has been travelled

22.7 times now by Pedometer Challenge participants.

Now that is indeed impressive!

*For more information on the CFB Trenton/8 Wing Pedometer Challenge, please feel free to visit the Health Promotion section at [www.cfbtrenton.com](http://www.cfbtrenton.com), or visit the Health Promotions Office, located at 177 Hercules Street, Building. 119 - in the South Side CANEX building.*

### Military Fitness Class Cancellation - STAT Holiday

There will not be a Military Fitness Class during lunch on Tuesday, July 1.

### MILITARY LANE SWIM CHANGES

There are Military Lane Swim schedule changes for July and August. Lane swims will take place on Mondays, Wednesdays and Fridays, from 1200 hrs to 1300 hrs in the Albatross Outdoor Pool. During these months the lane swim will be held at the indoor pool during the same times, on Tuesdays and Thursdays.



### 20 MSR Bookings

Please be advised that the 20 MSR Bookings for the months of July and August are being currently being loaded Mondays, Wednesdays, and Fridays at 0830 hrs.

To book your annual Fitness Test, please email + PSP EXPRES Bookings @ forces.gc.ca.

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6	7	8	9	10 TGIT Ribs	11
12	13	14	15	16	17 TGIT Steak Night
18	19	20	21	22	23
24	25	26	27	28	29
30	31 TGIT Steak Night				

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# SPORTS & RECREATION

## CFB Trenton Golf League

### MONDAY EVENING LADIES LEAGUE

Thirty-four ladies braved the threatening skies to play on June 16.

Kathy Nisbet took the prize for closest to the pin (second shot) on hole number one, while Kathy Collins and Carol Reynolds split the money for hole number three with birdies.

Play continues every Monday evening, except holidays; with a shot-gun start at 5 p.m. Participants are encouraged to arrive by 4:45 p.m.

Non-members pay a \$12 green fee, and a meal is available through the snack bar.

### WEDNESDAY MORNING LADIES LEAGUE

The threat of rain, which held off until the round was nearly completed, and the chill in the air, deterred several of the regular participants in the Wednesday morning league on June 18.

Top prizes for the games of the day are as follows: Low net on T's and F's and Putts went to Ruth Lynch with 35.5 net, and Alison Anderson with 26 putts.

The winners were Gayle Hedley (36.5 net), Barb Hudson (37 net), Caroline Deans (29 putts) and Joyce Fowler (30 putts).

No chip-ins were recorded, so the pot is carried over to next week.

Green-fees players are welcome to join the Game of the Day each Wednesday morning, and participants are encouraged to arrive by 8:40 a.m., with the first tee-time slated for 9 a.m.

## Morning Aquafit Class

Join our Morning Aquafit Classes with Sue on Mondays, Wednesdays, and Fridays, from July 2, to August 22. Please note, there will not be a class on Monday, August 4, 2008.

These deep water classes will take place from 7 to 7:45 a.m.

Cost is as follows: Military personnel and CRA members, \$55; Military community, non-members, \$60; General public, \$70.

There is also a drop-in

option, space permitting, at a cost of \$3 for Military community with ID and \$4 for the general public. There is a maximum of 20 passes to be sold for this class.

Registration for the military community, with proof of qualification required, will begin on Tuesday, June 24, at 10 a.m.

Registration for the general public will begin on Thursday, June 26, at 10 a.m.

## Upcoming kayak courses

A three-hour kayak adventure on West Lake and Lake Ontario!

Upcoming kayak course dates are as follows: July 20, and 23; and August 6 and 20.

Cost for the course ranges between \$55, \$60 or \$65, based on status.

Limited space is available for this course. Secure your space by registering today at the RecPlex.

## Summer: Evening Aquafit Classes

Evening Aquafit classes with Amy will take place on Tuesday and Thursday evening, from 7:30 to 8:30 p.m. from July 3 until August 14, 2008.

These 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 military community, with proof of qualification required,

begins on Wednesday, June 18, starting at 8 a.m.

Registration for the general public will begin on Wednesday, June 25, starting at 8 a.m.

Cost is as follows: Military community and CRA members, \$30; Military community, non-members, \$35; General public, \$45.

There is a drop-in fee option available at a cost of \$4 for military community, with identification, and \$5 for the general public.

## Provincial Park Passes

Take advantage of our park passes and save on your entry to Sandbanks Provincial Park, North Beach and Presqu'île Provincial Park.

Provincial park passes are now available at the RecPlex. Passes are \$6 each and available on a one pass per family basis. Passes cannot be reserved in advance.

Passes are available to military personnel and CRA members ONLY.

## Albatross Outdoor Pool Opening

The Albatross Outdoor pool opens for the season on Monday, June 30. Recreational swims will take place seven days a week from 1 to 4:30 pm.

## Upcoming Red Cross Swim Lessons at the RecPlex

**Registration for Sessions One and Two:** Session One will take place on Monday, Wednesday, Thursday and Friday mornings, from July 14 to 25, 2008.

Session Two will take place on Tuesday and Thursday evenings for five weeks, beginning July 15 and running through until August 14, 2008.

Registration for 8 Wing community members began on Wednesday, June 25, from 4 to 6 p.m. at the RecPlex. Registration for 8 Wing continues from June 26 to July 1, at the RecPlex during regular hours of operation.

Registration for the general public begins on Wednesday, July 2, from 5 to 7 p.m. at the RecPlex. Registration for all continues from Thursday, July 3, to Sunday, July 13, at the RecPlex.

**Registration for Session Three:** Session Three will take place on Monday, Wednesday, Thursday and Friday mornings for two weeks, beginning on August 11 and running through until August 22.

Registration for 8 Wing Community members will begin on Tuesday, July 29, from 4 to 6 p.m. at the RecPlex.

Registration for 8 Wing continues from Wednesday, July 30, to Monday, August 4, at the RecPlex during regular hours of operation. Registration for the general public begins on Tuesday, August 5, from 5 to 7 p.m. at the RecPlex.

Registration for all continues from Wednesday, August 6, to Sunday, August 10, during regular hours of operation.

## Mall and Movie Trip

A Movie and Mall trip will take place on Monday, July 14, and Monday, August 11, 2008. This trip is open to youth ages 13 to 17 years old. The cost of transportation is \$5 per person.

The bus is scheduled to leave the RecPlex at 6 p.m. and will return after the late show from the Famous Players 8 Theatre in Belleville.

Tickets for the bus must be purchased, absolutely no later than the day before each trip.

The registration deadline for the July 14 show is Sunday, July 13.

The registration deadline for August 11, is no

later than Sunday, August 10.

Registration must be received by 4:30 p.m. on the dates listed.

Tickets are available at the RecPlex and MFRC reception desk. If there are not enough bus tickets pre-sold (to pay for the bus), the bus will be cancelled.

Please note that youth will be responsible for their own supper and movie costs.

This trip will have adult supervision, however, staff and volunteers will not be held responsible for scrutinizing the movie choice made by each youth.

## Summer RecPlex Swim Schedule

Please visit [www.cfbtrenton.com](http://www.cfbtrenton.com) for a complete swim schedule of the various swim times available this summer at the RecPlex.

## RV Storage Compound

All users of the storage compound, located on Winnipeg Street, are reminded that all vehicles and/or items must be removed from the compound no later than Monday, June 30, as per their rental agreement.

Beginning on Monday June 30, the compound gate will remain unlocked until such time as all items are removed. New rental agreements will begin on August 1, 2008. Details to follow.

## Summer Hours of Operation ~ RecPlex ~

Monday to Friday: 7 a.m. to 9 p.m.

Saturday: 12:30 p.m. to 8:30 p.m.

Sunday and Holidays: Noon to 4:30 p.m.

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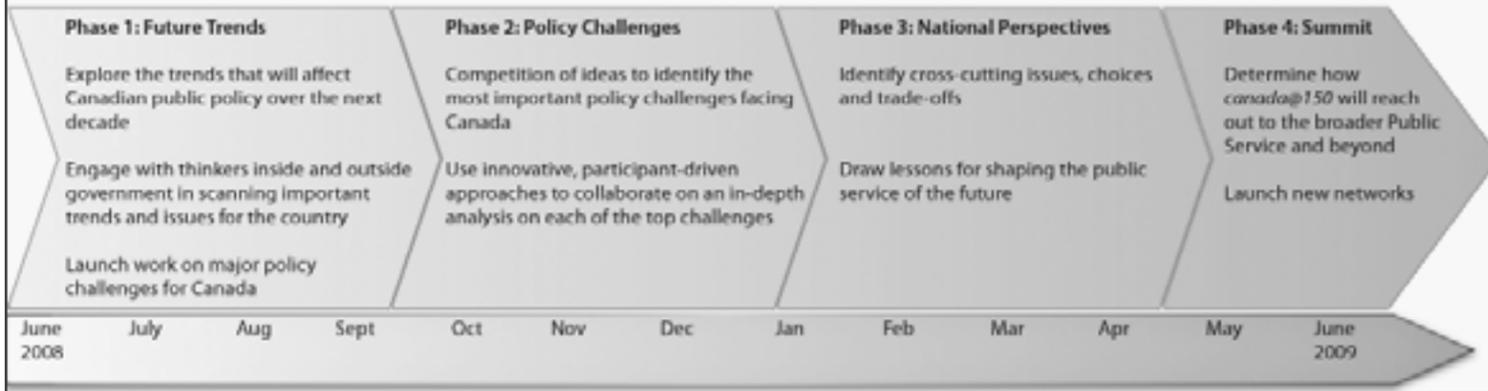
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# Canada on its 150th birthday: A vision of the future

## Project Phases canada@150



by Grace La Rose  
Contact Staff

In the past, visions of our future often involved hover cars, space ships, and extremely advanced technology. But, to a group of 150 public servants, the vision of the future is a little more realistic, and a lot closer to home.

Canada@150 is a Policy Research Initiative (PRI) program designed to encourage public servants to think about what life will be like in 2017, when Canada celebrates the 150th anniversary of Confederation. Participants will research and develop their own policy responses for the challenges Canada will face during the next nine years, and beyond. They will consider the implications of their findings, and how Canada can keep pace with change in order to meet future

challenges.

Sara Rylott, Learning Advisor at the Learning and Career Centre at 8 Wing Trenton/CFB Trenton is involved in the project. She and her teammates are trying to address issues of engagement, or how Canadians work with the government. Issues like voter turnout, collaborative decision making and more constituency interaction will be addressed by this group.

Rylott says she got involved because of her love of being a public servant.

"Anyone who has taken a course from me knows how passionate I am about this department, and about public service. You have military members, who serve at the highest level, and then you have public servants who serve at the next level down, and really serve their country. So

when there was something that came out where I could contribute to shaping the way our country moves, I was so excited about this I couldn't sleep," said Rylott.

There are 19 working groups, covering everything from health care to aboriginal issues, engagement, economics and social issues. Rylott says a lot of participants took this as an opportunity to branch away from what they normally deal with in their day job.

"Most of us decided to go and study things that we don't study in our day jobs, because it's hard to get out of the box. We're all monitoring our areas of expertise to help people if they need it. But we're trying to look at it from a totally new perspective, not one that's what we do every day."

The Canada@150 project is based on forward thinking,

which Rylott says is a different approach than most people are used to taking.

"This project is based on foresight, and we often get stuck in hindsight. Where we are doing work because work was generated for us, instead of looking into the future and saying, what is it going to look like 10 years from now, 20 years from now? How can I get there? What the project is supposed to do is look ahead. And we're not looking that far out, we're only looking nine years out, but it's going to be different." She explains, "We know that. If we could just figure out how, and if the how isn't good...how do you move it the other way?"

Currently the project is in the first of four phases. The Future Trends phase has participants looking at the trends that will affect Canadians over the next decade. It also has group mem-

bers looking for "weak signals," which are more subtle issues that have the potential of becoming bigger issues in the future.

The whole project has a heavy technical emphasis. A website was launched for participants to help them interact with one another, and give them a sounding board for ideas during the different phases. Rylott admits that getting everyone to use the online portal is a bit of a challenge. But, many participants are taking advantage of the blogs, discussion boards, polls and information sharing resources the website has to offer. The website also hosts profiles for each of the participants, to help them get to know each other.

The final phase of the project will come around in June 2009. At the final conference the participants will discuss how to present the information to the public, the Policy Research Initiative and other major stakeholders.

"We don't want a document that's just going to sit on the shelf." Says Rylott. "The fact that everybody in this project is coming from different departments, different groups and levels, what we're really hoping for is something dynamic. Give it to Canadians, give it to the public, to policy analysts and say, "This is your future. Run with it, be that vision. Figure out how to get there." 2017 is close; we can move there, it's just a matter of the will [of the people]."

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# CT- 133 RED KNIGHT SHINES AGAIN



Photo: Grace La Rose



Photo: Grace La Rose

Don Postma's daughter offers her help as Tyler Stacey polishes the CT-133 Silver Star.



Photo: Grace La Rose

Don Postma (bottom), and Tyler Stacey (left) from Like Nu Auto Cleaning, Belleville, realize that a plane is a little bit bigger than a car as they refinish the 1953 CT-133 Silver Star (Red Knight) at the National Air Force Museum Airpark. Polishing compounds were donated by Farécla Compounds. The \$3,000 dollar job is expected to take 3-4 work days to complete.

Postma, owner of Like Nu Detail, and Stacey say they volunteered their time to help preserve a piece of Canadian heritage after driving by the park and seeing the condition the planes were in. After years of sitting outside the planes have started to lose their shine. When the four stage process is finished, Postma would like to refinish other planes in the airpark.

The Silver Star is often referred to as the T-33 or T-Bird. The CT-133 Silver Star has a long and distinguished history with the Canadian Forces as the world's first purpose-built jet trainer.



Photo: Grace La Rose

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13	14	15	16 TGIT BBQ Pork Chops	17 Sandwich Bar 1130-1315	18	19
20	21	22	23 TGIT Steak Night	24 Sandwich Bar 1130-1315	25	26
27	28	29	30 TGIT Asst Pizza	31		

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Marlene Letourneau  
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the world a Happy Canada Day!



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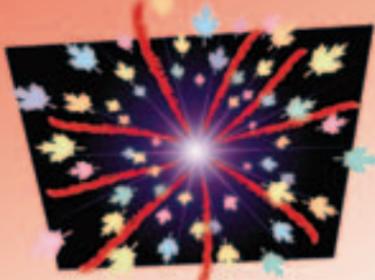
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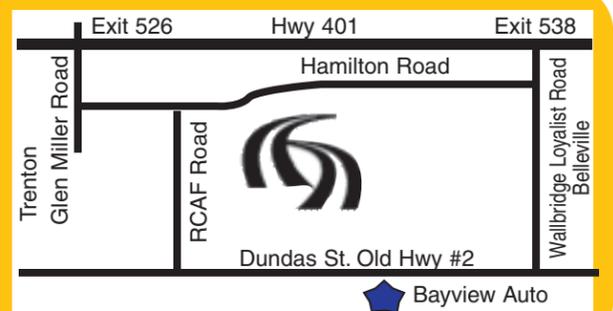
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Safety

# Hearing --once it's gone, it's gone



Submitted by  
Don Heans,  
Wing General  
Safety Officer

We often take our good hearing for granted. Many people start to lose their hearing gradually, without noticing it. By the time they realize they are having problems hearing normal conversations, it's too late to take preventative actions. Once your hearing is lost, you can't replace it.

Noise is measured in decibels (dB). The higher the number of decibels, the louder the noise. If you're repeatedly exposed to sounds approaching 90 dB over eight-hour periods, you risk hearing loss. Loud noises break down tiny parts of the ear that conduct sound.

Although many people wear proper ear protection at the worksite, at home they may expose themselves to dangerously high noise levels. Remember that loud noises for even a short time can damage the ear.

Examples of noise levels are:

- Jet plane 140 dB (noises over 140 dB will cause pain)
- Gunshot 140
- Chain saw 110

Snoring up to 90 (for the real loud ones)

- Noisy restaurant 80
- Street sounds 70
- Average around the home 50

Signs of possible hearing problems:

You have trouble hearing people when they speak.

To hear the radio or TV you have to turn the volume up so high that other people complain.

You have difficulty hearing certain sounds, such as those that are high pitched. Some sounds may seem muffled.

Tinnitus (ringing in the ears).

If you have any of the above signs, see your physician, who can send you for a hearing test. Many companies test their employees' hearing. Early

recognition of hearing loss is important.

### Protect your hearing

Wear proper hearing protection when working around noises such as cutting the lawn or using power tools.

Be cautious when using headphones. No one else should be able to hear the music you're listening to. If they can, it's too loud.

When listening to music make sure you can hear other sounds over it. If you can't, it's too loud. Make your children aware of the hazards of loud music.

Don't forget your hearing protection for shooting practice, attending motorcycle or car races, or other activities where there are loud noises.

## DON'T PANIC IF YOU HAPPEN TO SEE FLAMES



You may have noticed the odd looking aircraft mock-up by the 8 Wing Fire Department. During the month of June or July, it will start to have small fires with limited smoke to get it ready for its commissioning. These fires are environmentally friendly with propane and even the smoke is created by a smoke generator. Once the mock-up is ready, it will contain large fires on top, around and inside. This is for the 8 Wing Fire Department to qualify for their annual re-certification on aircraft fire fighting. It will be a fantastic sight from RCAF Road and should not be considered an actual incident. This is for training purposes only.

## FIREWORKS



The use of fire works of all descriptions is prohibited within the confines of DND property, including Middleton Park Married Quarters. Under exceptional circumstances, permission may be sought from the Wing Commander. L'utilisation de feux d'artifice, de quelque genre ou taille que ce soit, est prohibée sur les propriétés du MDN incluant les logements familiaux du Parc Middleton. Pour les circonstances exceptionnelles, une permission peut être obtenue du Commandant de la base.

OPI: Capt Grondines



Know safety, no injury  
No safety, know injury

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Paul Kyte, Paralegal

# FAMILY



## Activity: Mix and match shakers



These shakers will encourage children to use their ears to notice different sounds. Toddlers can shake them to make music, while older children will enjoy the challenge of discovering which sounds are alike.

Whether you are making music or matching sounds, you and your child will enjoy some Comfort, Play and Teach™ time!

### YOU WILL NEED

Empty film canisters, half of them black and the other half clear; things to put inside them (rice, dried corn, paper clips, salt, marbles, small jingle bells); and stickers.

### INSTRUCTIONS

Make up to ten matching pairs of black and clear

film canisters. Have your child participate in filling each one up part way with different 'sound making' items (i.e. salt, rice etc) so they can become familiar with what is making the sound.

Ensure that the lids are firmly glued or taped on. This will keep the contents inside once your child begins shaking the containers to explore individual sounds and to discover which ones are similar.

To help your child find the pairs independently, put matching stickers on the bottom of each pair of canisters. Then your child can confirm that they have found those that go together.

Enjoy this more with Comfort, Play and Teach™:

### COMFORT

Take turns shaking the canisters, trying to guess what is making the sound. Praise your child's efforts, telling them how well they can identify the sounds, or what strong shakers they

are! This will encourage them, and help them develop pride in their ability.

### PLAY

As children explore the sounds, they can keep the beat to favourite songs or rhymes. The canisters can also be used as building materials (i.e. for stacking or lining up). Encourage open-ended exploration. They will naturally make discoveries about the sounds as they play.

### TEACH

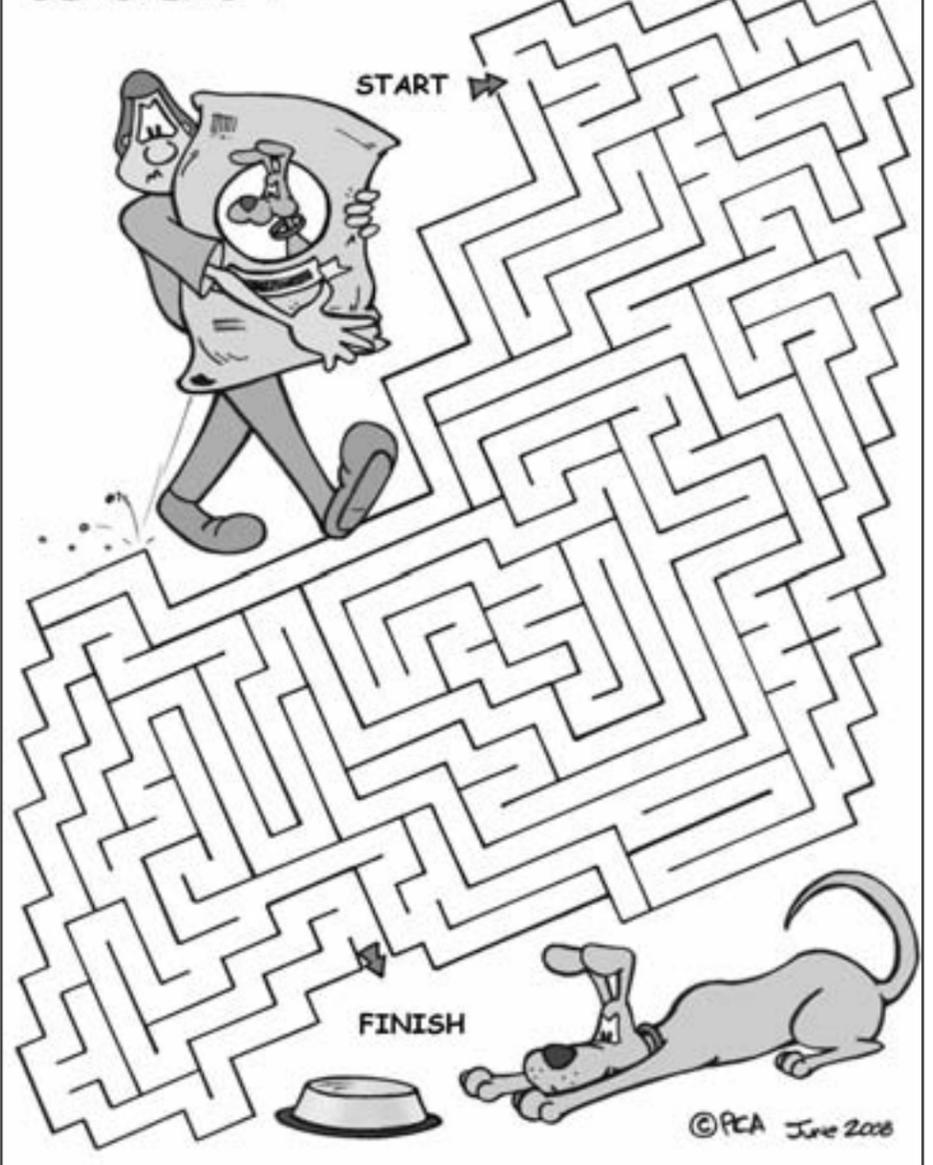
Using the shakers can help children develop many skills, such as listening, sound recognition and discrimination (both aurally and visually). Explain to your child how their ears work, and talk about the different kinds of sounds there are, and what kinds of things make sounds.

*Courtesy of the D-News Network, DND-CF Public Affairs Newswire.*

*All text by Invest in Kids. www.investinkids.ca*

## DEAD END ?

www.pcartoons.com  
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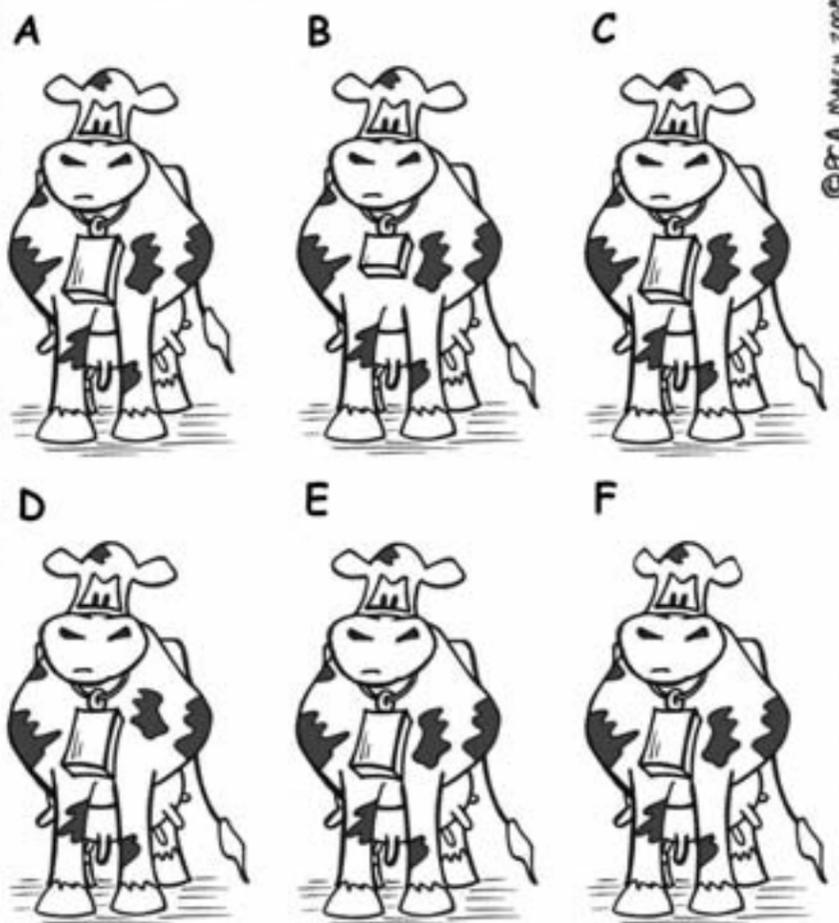


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## NOTXACTLYDASAME

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### FIND THE 2 IDENTICAL IMAGES



©PCA March 2008

ANSWER: C & E

## 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 into one-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 the 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*

## WANTED: FEEDBACK

Please send comments and suggestions to Andrea Steiner, Managing Editor, at [Steiner.AL@forces.gc.ca](mailto:Steiner.AL@forces.gc.ca)

# HOROSCOPES

Weekly Astrology by Christine Davison

June 29 – July 5

**ARIES** (March 21-April 19): The 29th and 30th may be a period of readjustment for you but all should work out in the end; follow your true feelings. The first may be a truly festive and popular time. The 2nd and 3rd may bring past relationships and dealings into the forefront. The weekend may be a time for healing, nurturing and fun and games.

**TAURUS** (April 20-May 20): Sunday and Monday may be a wonderful time to spend with the young or young at heart; pursue creative pursuits. Tuesday may be a good time to learn lessons and travel. Wednesday and Thursday may bring interesting conversations and news from afar. Friday and Saturday may bring fun times with family.

**GEMINI** (May 21-June 20): Sunday and Monday may bring interesting news from someone from your past. Tuesday may bring secrets or valuable information and financial opportunities. Wednesday and Thursday may bring sensitive information and heightened intuition. The weekend may bring events dealing with your past or conversations with siblings.

**CANCER** (June 21-July 22): The 29th and 30th may bring interesting conversations and busy errands. Someone may flirt with you. Romantic liaisons may be had on the 1st. The 2nd and 3rd may bring interesting steps in the right direction. The 4th and 5th bring beautiful words and financial opportunities. It's a good time to investigate new careers.

**LEO** (July 23-Aug. 22): Sunday and Monday may bring a change of surroundings. Tuesday may bring a chance to relax. Wednesday and Thursday may bring obstacles and wisdom. Thursday is an excellent time to begin planning ahead towards future financial goals. Saturday may make you very popular. People may wish to give you presents.

**VIRGO** (Aug. 23-Sept. 22): The 29th and 30th may make you unusually popular. People admire your wisdom, courage, and tenacity. This is a good time for lovers to reconnect. Wednesday and Thursday may bring opportunities to serve your community or humanity at large. Friday and Saturday brings good luck and good fortune; know which path to follow.

**LIBRA** (Sept. 23-Oct. 22): The 1st may bring an amazing time spent with family and friends. The 2nd and 3rd may give you a chance to shine or share the spotlight with others. Someone may say congratulations. The 4th and 5th may bring hard lessons learned and loving rewards. The 5th is a wonderful time to entertain friends or begin new partnerships.

**SCORPIO** (Oct. 23-Nov. 21): Sunday and Monday may bring a popular time. You may feel sympathetic towards a friend; your heart may go out to others. Tuesday is a great time to get to know new people and to get things in writing. The weekend will bring a thrilling and enlightening time. You may feel desires to travel and learn new things mid-week.

**SAGITTARIUS** (Nov. 22-Dec. 21): Beautiful things are definitely in store for you. Financial opportunities may present themselves to you on Tuesday, Wednesday, or Thursday. If you follow your heart, then you'll be sure to always go in the right direction. People want you to take the lead. Try to accept their offers and understand their faith in you.

**CAPRICORN** (Dec. 22-Jan. 19): This week is a wonderful time to travel and begin new relationships. Someone may wish to give you a present on Tuesday; believe in yourself and know the answers to their questions. This is a wonderful time to explore and get to know people better. Money may come your way as well as secrets this weekend.

**AQUARIUS** (Jan. 20-Feb. 18): There may be strange mysteries that surround you and those you care about. If you act in a moral manner while gleaning information from behind the scenes, then good things will soon come your way. A relationship may strengthen this weekend, but only if you take care of important matters at hand mid-week.

**PISCES** (Feb. 19-March 20): Romantic interests may fill the next few days to follow. People may wish to invite you to festivals or gatherings mid-week. Creative times and fertile inspirations may occur on the 2nd or 3rd. Follow your heart in all you do and good things will soon follow you in return. Try to rest, relax and heal this Saturday.

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

On the move with **ROYAL LEPAGE**

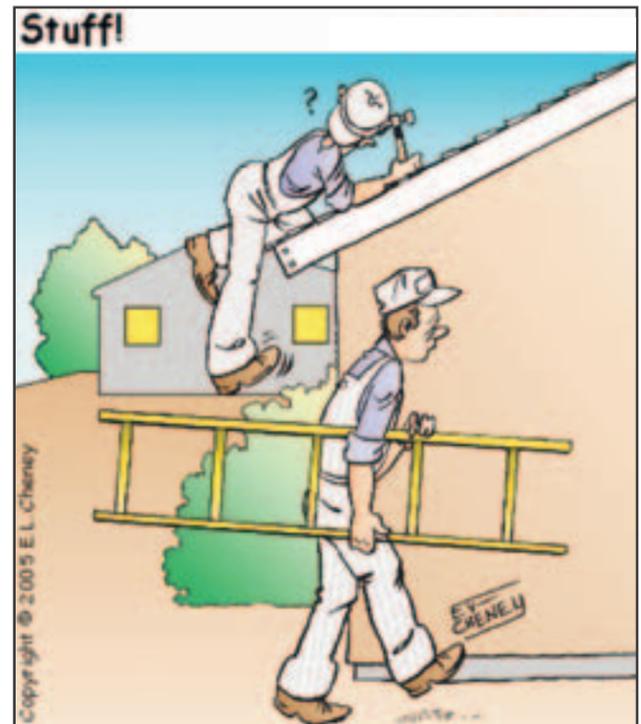
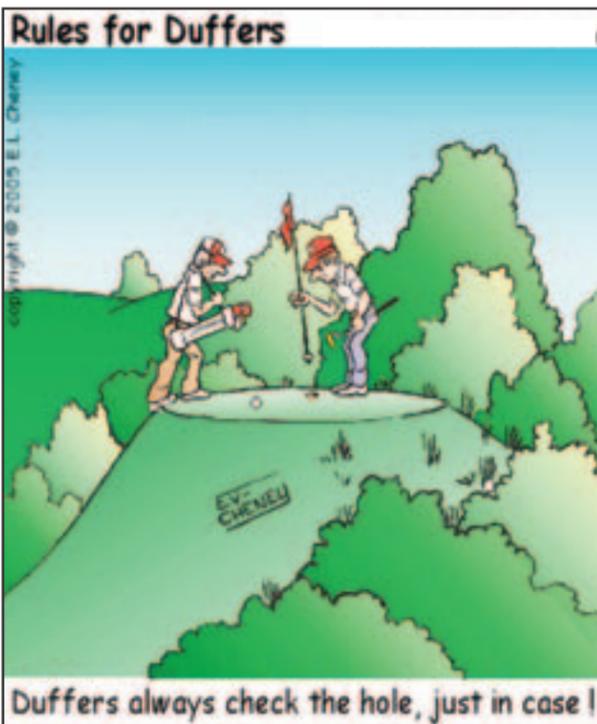
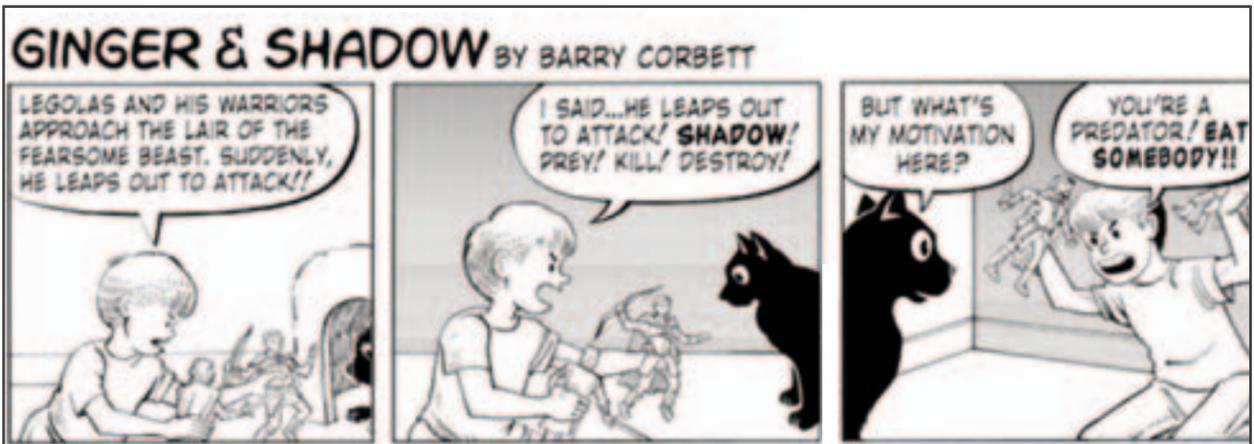
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations 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.

**CHAPLAIN EMERGENCY FUND**

You can help the chaplains help our military families most in need.

**How?** Every time you make a purchase at our CANEX, ask to have the **Club Xtra** points put on the Chaplain's **Club Xtra** Card. The points will be used to help our military families during times of family crisis. For more information, ask one of the Canex employees.

**FONDS D'URGENCE DES AUMÔNIERS**

Vous pouvez aider les aumôniers à aider les familles de nos militaires qui en ont le plus besoin.

**Comment?** Chaque fois que vous faites un achat dans notre CANEX, demandez que les points du **Club Xtra** soient crédités à la carte **Club Xtra** des aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales. Pour avoir des renseignements supplémentaires, demandez à l'un des employés du Canex.

**Planning to get married?**

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplains' Offices at 613-392-2811, Ext 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day). Please, keep in mind that pre-marriage classes are not offered from May to September. This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The later have the choice between their Wing Chaplains' Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from... to the church of your wedding).

If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

**Vous planifiez de vous marier?**

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

Il importe également de prendre note que si le dossier pré-nuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date: voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.

Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

**Sunday Service**

Join us and worship with us every Sunday at 10:30 a.m. at the Orchard View Baptist Church, located at 178 Lester Road, in Trenton.

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

*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.*

**Friday Night**

**Concerts in the Park**

- June 27: Dixie Dudes
- July 4: Fiddleheads
- July 11: Open Stage - Matt Goodman
- July 18: Sidewalk Sale (Wayne Bonter)

- July 25: Scoundrel
- August 1: Flash Back
- August 8: Jaded



Ted Snider Band Shell  
Fraser Park, Trenton  
6:00pm - 8:00pm

**FLYING FROGMEN SCUBA CLUB**

50<sup>th</sup> Anniversary

All past and present members are invited!

August 9, 2008, from 1600 to 2300 hrs  
At Baker Island. There will be displays, videos, pictures, and guest speakers.

August 10, 2008, from 0900 to 1300 hrs  
Bruhle Quarry  
Treasure Hunt and Prizes  
RSVP: Cpl Patricia Lockhart  
613-392-2811 local 2824  
[Lockhart.PM@forces.gc.ca](mailto:Lockhart.PM@forces.gc.ca)



Showcase

# Showcase



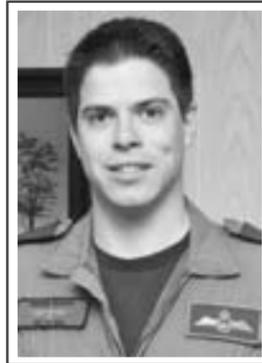
**Capt L. Dahl**

received the General Campaign Star, and his CD, presented by LCol F. Martineau, CO 436 (T) Sqn.



**2Lt J. Moorehouse**

received his Commissioning Scroll and his certificate of Completion for OPME, presented by LCol F. Martineau, CO 436 (T) Sqn.



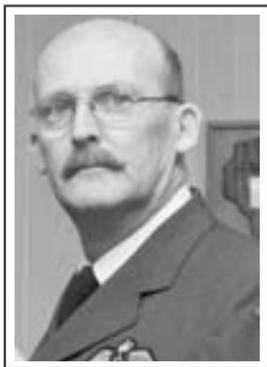
**Capt D. Rood**

received a promotion to that rank, presented by LCol F. Martineau, CO 436 (T) Sqn.



**Capt S. McGill**

received the General Campaign Star, presented by LCol F. Martineau, CO 436 (T) Sqn.



**MWO A. Magee**

received the General Campaign Star, presented by LCol F. Martineau, CO 436 (T) Sqn.



**Sgt C. Kingston**

received the General Campaign Star, presented by LCol F. Martineau, CO 436 (T) Sqn.



**Sgt P. Chrysler**

received his CD1, presented by LCol F. Martineau, CO 436 (T) Sqn.



**MCpl M. Lavictoire**

received his CD1, presented by LCol F. Martineau, CO 436 (T) Sqn.



**2Lt B. Janes**

received his Commissioning Scroll, presented by LCol F. Martineau, CO 436 (T) Sqn.



**Capt E. Rozema Seaton**

received the CC-130 1000 Hrs Certificate, presented by LCol F. Martineau, CO 436 (T) Sqn.



**MCpl P. Weir**

received the CC-130 1000 Hrs Certificate, presented by LCol F. Martineau, CO 436 (T) Sqn.



Sgt D. Gorman presents Sharon Osbourne, of the Trenton Branch of the Canadian Cancer Society, a cheque. Sgt D. Gorman and Cpl D. Trzop of WTISS shaved their heads to raise money for the Canadian Cancer Society. The pair was able to raise over, \$1200.00 for the cause.



**Sgt A. Evans**

received a promotion to that rank, presented by Col N. Russell, Comd CFJSG Kingston.



**Sgt P. Menard**

received a promotion to that rank, presented by Col N. Russell, Comd CFJSG Kingston.



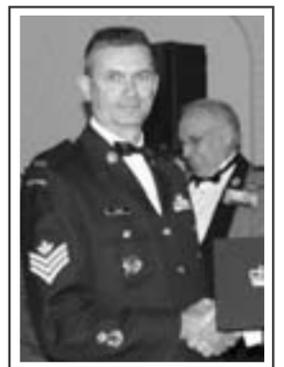
**Capt F. Julien**

received his CD1, presented by Col N. Russell, Comd CFJSG Kingston.



**MS J. Fawcett**

received his CD1, presented by Col N. Russell, Comd CFJSG Kingston.



**WO R. Hudon**

received a promotion to that rank, presented by Col N. Russell, Comd CFJSG Kingston.

***Congratulations! Félicitations!***

Showcase

# Showcase



**Cpl L.M. Guernon**  
received the Fitness Certificate and her CD, presented by Maj A. Spott, CO, 2 Air Mov Sqn.



**Cpl J.P. Martin**  
received the Special Service Medal, presented by Maj A. Spott, CO, 2 Air Mov Sqn.



**Cpl J. Rowles**  
received the General Service Medal, presented by Maj A. Spott, CO, 2 Air Mov Sqn.



**Cpl C.R. Canavan**  
received his CD, presented by Maj A. Spott, CO, 2 Air Mov Sqn.



**Cpl B.B. Clemens**  
received the General Service Medal, presented by Maj A. Spott, CO, 2 Air Mov Sqn.



**MCpl V.K. Mackay**  
received the General Campaign Star, presented by Maj A. Spott, CO, 2 Air Mov Sqn..



**MCpl D. Sharma**  
received the Special Service Medal, presented by Maj A. Spott, CO, 2 Air Mov Sqn.



**Capt R. Christie**  
received the General Campaign Star, presented by Maj A. Spott, CO, 2 Air Mov Sqn.



**Cpl M.F. Carroll**  
received his OPME Completion Certificate, presented by Maj A. Spott, CO, 2 Air Mov Sqn.



**Cpl S.P. Amos**  
received the Fitness Certificate, presented by Maj A. Spott, CO, 2 Air Mov Sqn.



**Civ C. Harvey**  
received the Castonguay Award, presented by Maj A. Spott, CO, 2 Air Mov Sqn.



**Pte H. Diebert**  
received the General Service Medal, presented by Maj A. Spott, CO, 2 Air Mov Sqn.



**CWO D. Daniels**  
received a promotion to that rank, presented by his wife Jacqueline Van Draanen and Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**Pte(T) M. Mojumder**  
received a promotion to that rank, presented by Capt Y. Lahaie-Belanger and WO F. Hasiak, 8AMS.



**2Lt J. Dufresne-Beauchamp**  
received a promotion to that rank, presented by LCol A. Agnew, CO 8AMS.



**Pte P. Gillespie**  
received a promotion to that rank, presented by Capt A. Emond, ASO and MWO S. Budykin, D/ASO B.

***Congratulations! Félicitations!***

Showcase

# Showcase



**MCpl B. Pellecchia**

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



**MCpl G. Fraser**

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



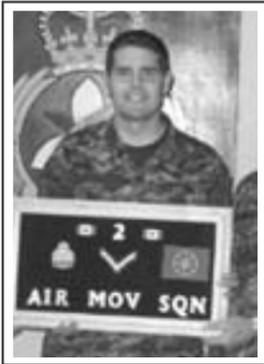
**MCpl J. Misener**

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



**MCpl J. Melanson**

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



**Pte (T) K. Verreault**

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



**Pte (T) D. Tremblay**

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



**Pte (T) K. Fraser**

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



**Capt K. Coulombe**

received a promotion to that rank, presented by Capt H. Partenheimer, D/SOPSO and Maj G. Jones, DCO 424 Sqn.



**WO M. Cordick**

received a promotion to that rank, presented by Capt S. Potvin, A/CO 429 (T) Sqn.



**Sgt P. Hilson**

received a promotion to that rank, presented by LCol A. Agnew, CO, and Lt P. Chaput, 8AMS.



**MCpl S. Elson**

received a promotion to that rank, presented by Capt H. Ewing, A/WSupO.



**MS L. Wilson**

received her retirement certificate, presented by Capt H. Ewing, A/WSupO.



**MCpl K. Lee**

received his Loadmaster Wings, presented by LCol Lowthian, CO 429 (T) Sqn.

**Congratulations! Félicitations!**





## Give your windows a summer check-up

(NC)- Keeping your home's windows in shape can close the door on high energy bills while allowing fresh air to circulate and reduce indoor air pollutants. Some simple tips can keep your windows working for you, not against you:

- **Sticking windows.** If a window is stuck, try pushing around the edges of the sash frame to loosen it before opening. Lubricating the channels with paraffin may help make them move more easily in the future. In casement windows, the hardware could be corroded, and may need to be removed for cleaning.

- **Painting.** If windows are closed too soon after painting they become bonded to the frame. A slim knife inserted

through the paint bond may free the window.

- **Replacements.** If windows are outdated, or not functioning, replacement units are readily available. A replacement window has no

casing around its exterior edge, permitting it to be inserted from inside the home without disturbing the exterior finish of the structure.

Remember, these tips are only general guidelines. Since

each situation is different, contact a professional if you have questions about a specific issue. More helpful home safety and maintenance information is available online by visiting the website at [housemaster.com](http://housemaster.com).



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Attractive 3 bdrm home, a stone's throw to CFB, beautiful lot 80 x 344, detached garage/workshop 28 x 30, Upgrades; furnace and central air 05, shingles 05, vinyl windows, kitchen, jet tub and spa shower, security system, many other updates and features. Asking \$197,500  
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E-mail: mark.g@royallepage.ca

  
Sandy Brunsting  
Sales Representative, Licensed Realtor  
Office: 613-866-6060

**OPEN HOUSE Sat. Jun 28, 12:00 – 2:00**  
80 Huffman Rd, Frankford. Take Trent St north to Huffman. Beautiful newer 3 bdrm home, custom kitchen, hardwood & ceramic floors, North Star windows, soaker tub & more. \$222,900. **MLS 2082929**

**FANTASTIC PRICE**  
Check out this beautiful rural bungalow just minutes north of the 401 at Brighton! 4 bedrooms, gorgeous hardwood & ceramic floors, spacious lot, pool, large rec room & more. All this for only \$239,800!!! **MLS 2083667**

**JUST LISTED!** Gorgeous new home being built in the heart of the Oak Hills. Popular Colorado model with upgrades galore including open concept living area with vaulted ceilings, hardwood & ceramic floors, master with ensuite. \$279,900. **MLS 2084494**

**PARK-LIKE SETTING** Lovely, fully upgraded, pristine 3 bdrm home sits on a large manicured lot at the very end of a cul-de-sac, just north of the 401 at Glen Miller. Enjoy your garden from a beautiful winterized sunroom!  
\$239,900. **MLS # 2084530**

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**Attention Readers**

The contact will be closed from July 28 to August 10 for summer vacation. Please note, there will be no papers for these two weeks. We will reopen on August 11. Thank You

**Contact**



**Excellent Family Neighbourhood**  
Your kids can play safely on this quiet west-end cul-de-sac and walk to school. This home offers a great foyer with cathedral ceilings. Skylight in kitchen allows natural light in and an open concept living/dining area perfect for entertaining. Full size windows on lower level make it bright and open. Fully fenced yard and deck for outdoor BBQ season. \$249,900

Cardinal Court, Belleville  
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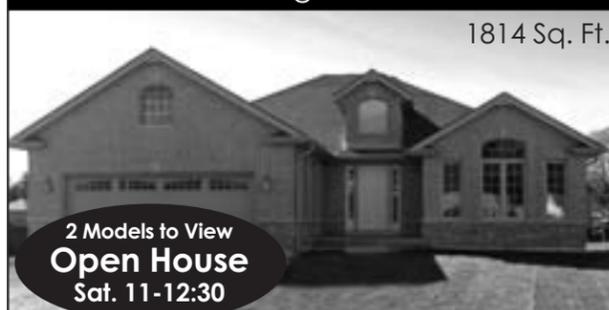
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Brighton



1814 Sq. Ft.

2 Models to View  
**Open House**  
Sat. 11-12:30

**Beacon Drive (off Cedar St.) \$299,900**

Trenton



1298 Sq. Ft.

2 Models to View  
**Open House**  
Sat. 1-2:30

**Parkview Heights (off Tripp Blvd.) \$249,900**

Frankford



1477 Sq. Ft.

2 Models to View  
**Open House**  
Sat. 3-4:30

**The Emerald (off Huffman Rd.) \$239,900**

Sample Photo

# HILDENHOMES

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# Simplicity and style for summer entertaining

(NC) Summer's finally here and it's time to take the party outdoors. Gather your favourite people, fire up the grill, pour the cocktails and throw the most memorable soirée of the season - with simple entertaining secrets and responsible hosting tips from the experts at the LCBO.

1. Plan ahead so you can enjoy time with your guests. Great parties don't just happen. They are the result of careful, detailed planning.
2. Be bold with the guest list. Bringing together a diverse crowd from various walks of life allows for more stimulating conversation.
3. Inject your party with style. You can go as high end or as simple as you like, but the trick is to keep it elegant. A theme is a great way to create focus for your party. It doesn't have to be complicated or expensive but it should be carried through in everything, including décor, music, food and drinks.
4. Set up a bar area. Whether it's your kitchen counter or a

covered picnic table, set up an area where your guests can help themselves. Lay out everything that they will need, including garnishes, a pail or cooler for beer and wine, glassware, liquor, juice, ice and cocktail napkins.

5. Say cheers with trendy cocktails. Setting up a fully stocked bar can be costly. Instead, limit the drink selection to a signature cocktail or two, like the LCBO's Beachfront View, as well as beer and wine. Prepare cocktails in advance and serve them in pitchers. Leave recipe cards on the bar so guests can also try them at home.
6. Offer a mocktail. For guests who choose not to drink, create a specialty non-alcoholic offering. Mocktails can be fabulous and fun by combining fruit juices, such as cran-raspberry and lemonade, topped with soda water and garnished with fresh fruit or berries and served in a martini glass. For thirst-quenching cocktail/mocktail recipes and other inspiring entertaining ideas, visit [www.lcbo.com](http://www.lcbo.com).

7. Plan a seasonal menu. Access to fresh produce is limited in Ontario and your guests will surely appreciate a menu that focuses on ingredients that can only be found during the summer months: asparagus, tomatoes, corn, berries, etc. Keep the menu light, with plenty of appetizers or finger foods, dips, salads and bread.
8. Be a responsible host. It is your responsibility to make sure your guests arrive home safely. Have on hand water and coffee/tea for designated drivers and stop serving alcohol at least one hour before the party ends. Encourage your guests to leave their cars at home and take public transportation, taxis, or walk. And, be prepared for overnight guests.
9. Ice, ice baby! Most gatherings require more ice than the two trays in your freezer. Buying a few bags of ice will ensure that you have plenty to go around.
10. Let the music play. Create playlists that will suit the vibe of the evening and make copies for your guests to take home as a memento.



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357 Front Street, Belleville, Ontario



**Open House**  
 Sunday June 29  
 1:30 pm - 3:30 pm

**2 Bowen Ave., Trenton**

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<p><b>Executive Bungalow</b></p> 	<p><b>Belleville</b></p> 
<p>Minutes to the base, this 1800 sq.ft. bungalow sits on 1.1 acres and has a view of the Bay. Open concept design with mostly hardwood and ceramic floors. 3 bedrooms including luxurious master. Finished lower level with 2 more bedrooms, full bath and family room. Cherry kitchen with granite counters. \$499,900                  MLS# 2084518</p>	<p>Reduced - This 3200 sq.ft. home is less than a year old. Sought after cul-de-sac location. Hardwood throughout most rooms, ceramic in foyer and kitchen. 4 spacious bedrooms including master with luxurious ensuite. Landscaping done. Basement ready to finish. MLS# 2081785                  Now \$419,900</p>
 <p>Tim McKinney                  Making you feel at home.</p>	

**Contact**

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

— Wilbur Wright



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