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## 8 Wing/CFB Trenton pulling for a Guinness World Record

By Lisa Bailey,  
Contact Staff

A new Guinness world record may be set on a ‘Wing’ and prayer.

Reverend Doctor Kevin Fast, with the help of 8 Wing/CFB Trenton personnel, conducted a test pull of a 415,000-pound CC177 Globemaster III on August 21.

The 90-minute exercise put the well-trained Lutheran pastor from Cobourg through his paces.

Admitting that he was nervous before the first of three attempts on the flight line to move the aircraft the required five metres, Rev Dr Fast later said he “called on some angels” for assistance.

He currently holds three Guinness records, including the heaviest, 100-foot truck pull at 126,000 pounds, but this is a new – and likely the

biggest – challenge yet for the five-foot-nine, 280-pound clergyman.

Rev Dr Fast wants to shatter the record for the heaviest airplane pull, which was set in 1997 when an Australian wrangled a 747-400 weighing about 412,600 pounds.

“I’ve had my eye on this record for years, it’s just nearly impossible to get a plane,” he said.

He found help at 8 Wing/CFB Trenton where, even on test day, personnel were more than willing to assist Rev Dr Fast in his task.

Utilizing a mule, the CC177 had to be towed to an optimum spot where there was no grade. Aircrew worked in tandem with Rev Dr Fast to ensure, for example, that the aircraft’s brakes were off and the blocks removed from the wheels at the moment he began tugging.

See ‘World Record’, Page 2

Photo: Lisa Bailey, Contact Staff



Reverend Doctor Kevin Fast, above, hopes to break the world record for the heaviest airplane pull, set in 1997.

## Wheels turning in Military Police National Motorcycle Relay Ride

by Lisa Bailey, Contact Staff



Photo: Lisa Bailey, Contact Staff

Shown above, from left to right: Col Russ Williams, Commander, 8 Wing/CFB Trenton; Mark Farrer, the event’s national chairman; and Quinte West Mayor John Williams.

Wheels are turning in more ways than one during a cross-country motorcycle ride organized at 8 Wing/CFB Trenton in support of two causes close to the Canadian Forces.

The Military Police National Motorcycle Relay Ride is raising money, as well as awareness, of Support Our Troops and the Military Police Fund for Blind Children, organizers reported as the relay stopped at 8 Wing for a fundraising barbecue and silent auction on Saturday, August 22.

“Everyone’s been really receptive,” Mark Farrer, the event’s national chairman, said. “This is the first year and we didn’t really know what to expect but it’s going well.”

Formerly a sergeant with the 8 Wing Military Police Squadron, Farrer came up with the idea for the ride last fall. He joined the relay as the Ontario leg began at

Cornwall on the weekend and he planned to stick with it through to Sault Ste Marie early this week.

“Word is getting out there and the more places we are stopping, the more people there are,” said Farrer, who is now with Defence Construction Canada.

“I think the public reception has been great,” concurred Major Bob Edwards of Joint Task Force Atlantic, who is making the entire cross-Canada trek. He noted that approximately \$8,000 was raised in the Maritimes alone.

“Where people know what it is we’re doing, they’re honking horns and waving from sidewalks . . .”

The 7,392-kilometre journey began Aug. 15 at St. John’s, Newfoundland, and will pass through every province before it is scheduled to end Sept. 2 at Comox, British Columbia. Changing seats along the way is the ride’s mascot, a Military Police teddy bear named Corporal Stone

See ‘Military Police Relay Ride’, Page 10

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## Attempting to break a world record, Continued from Page 1

Even as the skies opened and rain poured down and lightning threatened, a determined Rev Dr Fast made his third and final attempt, cheered on by personnel.

"Everyone was super," he later said.

Captain Mark Peebles, 8 Wing Public Affairs Officer, noted the test pull was in the works for many months.

"This was a request and we try to be as transparent as possible," he said.

"Attempts to break Guinness records don't happen every day. If this can be done, it would be a proud moment for Canada, and we would be happy and, frankly, honoured, to have a helping hand in it."



**Above: Reverend Doctor Kevin Fast (centre) and 8 Wing/CFB Trenton military personnel check over the tow bar attached to the CC177 Globemaster III before the test pull on August 21.**

**Below: Anchored by a mule (tow vehicle), Reverend Doctor Kevin Fast attempts to pull a 415,000-pound CC177 Globemaster III at 8 Wing/CFB Trenton on August 21.**

Photos: Lisa Bailey, Contact Staff



## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

Once again the staff of the Yukon Galley went through the cadet's camp with success. Shown in the photo to the left are two of the Yukon Galley's kitchen helpers, Tracy Astbury-Hart and Kristine Darby; two individuals very much involved on the cadet's side all summer supervising our students employed from the Federal Student Work Experience Program (FSWEP) - a program dedicated to providing full-time students with work experience related to their Field of Study and to provide them with learning opportunities.





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## 424 Sqn assists with Quebec search

by Capt Michele Pistilli

On Friday, July 17, 2009, 424 Transport and Rescue Squadron was tasked to provide a CC130 Hercules to search for an overdue helicopter in the region of northern Quebec to the west of Quaqtaq.

The helicopter was on a north-westerly route close to the Quebec northern shoreline towards Kangisujuaq. The weather forecasted on their route was calm winds and low level fog with clouds in the vicinity of the shoreline.

On Arrival, the CC130 crew immediately began their extensive search of the area, concentrating on the last known position given off by the helicopter's sky tracker.

The search pattern used was a creeping line ahead extending from just over the arctic sea and inland based and centered around the last known position.

Understanding that the area to be covered was challenging, especially close to the Arctic sea shoreline where some cliffs climb as high as 1,300 ft from the water line, they realized that extensive coverage of the shoreline could only be carried out by helicopter. Therefore, a CH149 Cormorant from 103 Squadron in Gander was called in to provide assistance.

As well, another CC130 crew from 435 Squadron in Winnipeg was called in to aid in the extensive area to be covered. Throughout the entire search period, other assets joined and helped the search, such as the Coast Guard ship, the *Desgroseilliers*, and civilian helicopters from the company of the missing helicopter.

On Monday, July 20, as the search pro-

gressed, the primary CC130 from Trenton became unserviceable due to a propeller malfunction.

An MRP and crew swap was organized from 8 Wing Trenton the following day. The search resumed with the two CC130 crews working with the one serviceable aircraft while the technicians fixed the unserviceable one.

The CC130 crews from Trenton and Winnipeg performed creeping line ahead search patterns while the Coast Guard ship and helicopters searched the coast line and valleys.

It wasn't until Thursday, July 23, that the missing helicopter was finally located. The helicopter was discovered by a Ranger ground party in a valley close to the ocean between Quaqtaq and Kangisujuaq, who immediately radioed the position to JRCC, and in turn to the other search crews. The location was within 15 minutes of the last known position given off by the sky tracker.

That afternoon, a recovery team was assembled from all of the SAR Techs present from Trenton, Winnipeg, and Gander. They were transported by the Cormorant to evaluate the crash site. The recovery lasted approximately seven hours with the SAR Techs having to climb to the remote location, and confirmed the loss of the two pilots. With confirmation and location of the missing helicopter, the CC130 crew from Trenton returned home, while the remaining units waited for the recovery to be complete, and returned to their respective bases the following day.

Our condolences go out to the families of the two pilots found.

## JOHNNY BOWER TOURNAMENT

Photo: Tom Philp,  
Contact Staff



Colonel Russ Williams, Commander, 8 Wing/CFB Trenton had the privilege of playing 18 holes of golf with NHL legend Johnny Bower during Bower's last official charity golf event at Roundel Glen Golf Club.

Mr. Bower, who turns 85 in November, chose to host his last charity tournament here because he served with the Canadian military during the Second World War, and "the people at CFB Trenton have always been good" to him and the charities he represents.

Dignitaries attending the August 25 event included Gerri Horton-Joyce, daughter of former Toronto Maple Leafs' legend Tim Horton and a tournament co-sponsor; Leafs' greats Jim McKenny, Jim Dorey and Bob Neely; famous jockey Sandy Hawley; and retired CTV weatherman and Honorary Colonel Dave Devall.

All proceeds from Tuesday's event went to the Trenton Military Family Resource Centre.

## Search & Rescue UPDATE

424 had another very busy week last week completing 10 SAR missions. The first mission involved the Griffon, tasked to search for an overdue fisherman near Cornwall, ON. The crew completed their assigned patterns, but did not observe anyone in distress. They were stood down and returned to Trenton.

The next mission again involved the Griffon. They were tasked to an area of Lake Ontario on the Rochester, NY side to help the US Coast Guard looking for a possible person in the water after the discovery of an empty kayak adrift 30 miles east of Rochester. Nothing was found during the search and they were released and returned home.

The next tasking was for the Hercules also helping the USCG, this time in Lake Michigan near Chicago. They were also looking for a person in the water. This was a gentleman who had been missing for three days when we were asked to provide assistance. The crew flew as long as fuel and crew day would allow observing nothing. They were eventually stood down and they returned to Trenton.

The next tasking from JRCC had us flying four missions and involved both the Hercules and the Griffon. They were tasked to search for a 25-foot boat overdue from Erie, Pennsylvania, heading for Port Dover, ON. Our first Herc and Griffon crews flew throughout the night but found nothing and they were eventually replaced with fresh crews from Trenton. Shortly after the new crews were on scene the vessel was located by a USCG helicopter crew and our folks were released and came back to Trenton.

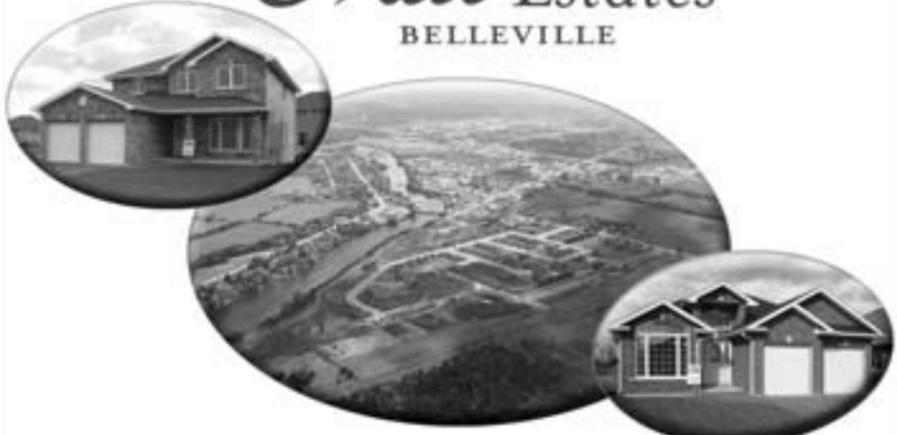
The next up was the Griffon helicopter and it was tasked to proceed to Killarney Provincial Park to medevac a 14-year-old boy who had fallen from a cliff. After a fuel stop in Perry Sound the helicopter arrived on scene to find an Air Ambulance had arrived and had the patient in hand. The Griffon crew stayed in the area until the other helicopter departed and then returned to base.

The next mission again involved both the Hercules and the Griffon. They were tasked to investigate a flare sighting from the Rochester, NY, area. The Griffon flew the assigned search patterns while the CC130 provided flare illumination. The flares greatly improved the effectiveness of the search. The search patterns were completed with no distress sighted, and they were released and returned to Trenton. Until next week, stay safe!

Missions for 2009: 164 Missions for Aug: 28 Persons rescued: 12

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
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• ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.

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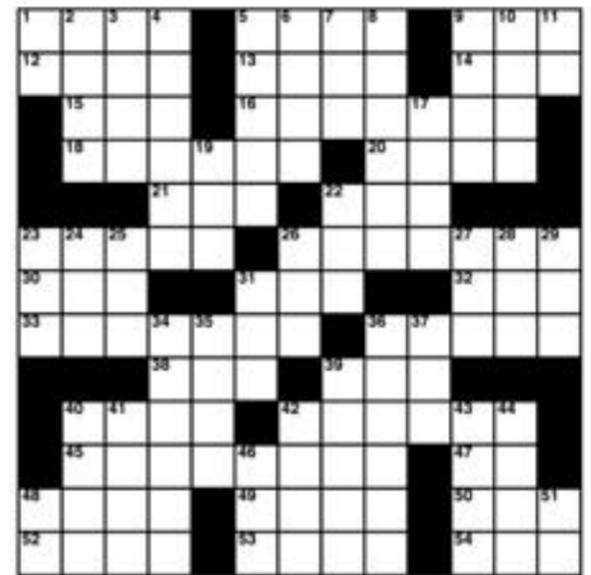
By Bernice Rosella and James Kilner

### ACROSS

- Swedish automobile
- Den
- Timid
- Lover in Lasalle
- Prefix denoting inner
- Golf course feature
- Harem
- Purported remedy
- Supreme Court Justice Patrick (Appointed 1954)
- Novelist Morrison
- Even to Emerson
- Lion sign
- Memorize
- Supreme Court Justice Thibodeau (Appointed 1944)
- Spring mo.
- Kit \_\_\_\_\_
- Med. Tech.
- Supreme Court Justice Brian (Appointed 1984)
- Mexicali \_\_\_\_\_ (Popular Ottawa restaurant)
- Mil. address
- Meadow
- Taj Mahal locale
- Supreme Court Justice Bora (Appointed 1973)
- Terrifying
- Edmonton to Medicine Hat dir.
- Misbehaving child
- Oast
- Mauna \_\_\_\_\_
- Ulna or clavical
- Saucy
- Terminate

### DOWN

- Nazi paramilitary org.
- Out of control



### 3 Assistant

- Carrier
- Bolshevik theorist
- Soon
- \_\_\_\_\_, a boy!
- Putrid
- Knock senseless
- Chrysler V-8
- Biblical you
- Protective covering
- Blemish
- Landed
- Boy
- Centre or cure preceder
- Circle part
- Dashed
- Rural govts.
- Age

### 29 Poets' it is

- Prince Andrew's one time gal pal
- One of the martial arts
- Strut
- Begrudge
- Acorn producer
- Supreme Court Justice Antonio (Appointed 1990)
- Hairdo
- Bird cherry
- Passionate desire
- Bell or Rose \_\_\_\_\_
- Sign of the fifties?
- Concession
- Shot size
- Promo

See Answers, Page 18



## This Week in Contact

1979 – CFB Trenton became home to the Training and Support Centre (TASC), a NDHQ detachment that was part of a larger project known as the Terminal Aids Replacement Program (TARP). TASC personnel were responsible for becoming experts on new air traffic control equipment on the base, and providing ongoing training for “future generations of Air Traffic Controllers.”

1989 – CFB Trenton Community Support Services introduced a new Resource Centre, the forerunner of our current Military Family Resource Centre. The primary goal of the new facility was to enhance the quality of child care on the base. It offered a registry service, toy and equipment loans, seminars for providers and parenting workshops.

1999 – Two sailors from 8 Wing/CFB Trenton were in the final stages of training for the 38<sup>th</sup> Sailing Sea Week Military World Championship, being held that year in Denmark. Led by Captain Warner Monteiro of ATESS, and crewed by Corporal Ross Findlater of 8 AMS and an officer from CFB Cold Lake, the team participated in the three-man-boat International Yngling Class.

Created by Lt J. H. MacDonald,  
 Compiled by Tom Philp.



# National Air Force Museum of Canada honours Doug Whitley

by Lisa Bailey, Contact Staff

The National Air Force Museum of Canada at 8 Wing/CFB Trenton has honoured a longtime supporter.

Doug Whitley and Whitley Insurance and Financial Services were each presented with a framed print of the Handley Page Halifax at the museum on August 19.

Receiving the gifts on behalf of the Trenton-based business were Whitley's son and company president, Paul Whitley, and daughter and broker/owner, Sandra Whitley-Russell.

Museum executive director Chris Colton, who was joined in the presentation by museum board chairman Bob Burke, said Whitley's connection to the NAFMC stretches back to "its beginning" and "even right back before that when the museum was contemplated in 1969."

That link has been maintained over the years, with the business acting as an important partner with the NAFMC.

"We're here today to say thank you," Colton said.

Over the years, the Whitleys have donated more than \$50,000 to the museum, located at 220 RCAF Rd. and marking its 25<sup>th</sup> anniversary this year.

It's not just financial help that's been rendered as Doug Whitley, for example, has been involved with the Air Cadet organization and always agreed "just to be there when we need him to come down and support us at events," Colton noted.

Doug Whitley was also a museum board member and member of the fundraising committee.

"Both Doug Whitley and Whitley Insurance and Financial Services have supported the National Air Force Museum of Canada from its conception and we'd like to formally thank them for their contributions," Colton stated. "Donations like these assist the museum in furthering its goal to complete its expansion project."

Expanding the NAFMC grew from the huge task of restoring the Handley Page Halifax, so the choice of prints to present to the Whitleys was most

appropriate. In 1996, a workshop to restore the iconic bomber, which was retrieved from a Norwegian lake, was added onto the northeastern side of the NAFMC building, formerly the base curling club. As the restoration progressed, more space was needed to continue the work and display the aircraft. Consequently, the museum entered a new construction phase in 2004 and, the following year, the Halifax took its place as the facility's showpiece and the world's only fully restored aircraft of its kind.

By 2009, the second phase of the expanded building was finished. This included a concrete floor, walls and electrical and heating systems. The project remains a work in progress with a goal of creating a finished display area, gift shop, storage area and conference room.

Doug Whitley, for whom the street Whitley Way in the adjacent RCAF Memorial Air Park is named, said after the presentation that he felt "pretty humbled" by the recognition.

He said he watched the Halifax take shape at the NAFMC, marvelling at the dedication and hard work of people who came from all over the globe to restore it

"Every time I walk in there and see it now, I know the wonderful work they did. And how they put it together, I don't know," he said.

Burke pointed out that the framed prints given to the Whitleys were not only limited editions but also signed by Air Commodore Leonard Birchall, a Second World War hero. The Royal Canadian Air Force pilot had been flying over the Indian Ocean when he broke radio silence to alert the British to a Japanese naval invasion of the island of Ceylon, where the Royal Navy's Eastern Fleet was based. Shot down and taken prisoner by the Japanese, he was deemed the "Saviour of Ceylon" by British Prime Minister Winston Churchill.

Air Cmdre Birchall died in Kingston in 2004 at the age of 89.

The 'Halifax Returns Home' prints given to the Whitleys show artist Stephen Snider's rendering of the aircraft flying over a modern-day 8 Wing/CFB Trenton.



Broker/owner Sandra Whitley-Russell of Whitley Insurance and Financial Services (left) watches as her father, Doug Whitley (centre), receives a limited edition print of 'Halifax Returns Home' from Bob Burke, board chairman of the National Air Force Museum of Canada (right) on August 19. The Whitleys were honoured for their longstanding support of and contributions to the museum at 8 Wing/CFB Trenton. Photo: Lisa Bailey, Contact Staff

# OFFICERS' MESS

SUN MON TUES WED THURS FRI SAT

		1	2 Conference Room 8 AMS Sgt Small	3 TGIF Family Nights - Adult & Children Menu Potluck	4 Zooney lunch Conference Room 8 AMS -->Sgt Small	5
6	7 Labor Day	8 CFPU Games Room	9 WO Leiska 39th Annual ACS Symposium	10	11 TGIF Ribs Night Zooney lunch	12
13	14	15 CFPU Games Room MCpl Malcolm	16	17 CFPU Conference Room	18 TGIF Family Nights Corn Boil Adults Steak, Children Chicken Burger sliders CFPU Conference Rm Zooney lunch	19 Wally Berryhill 50th Anniversary M/L EOA Cadet Fireside Lounge
20 EOA Cadet Fireside Lounge -->	21 8 AMS training week Main lounge	22 G/R ATESS-> Ballroom 7-9pm	23 --Tool Control Ballroom 7-9pm	24 436 Sqn Mess Dinner	25 TGIF Pork Tenderloin in main lounge Zooney lunch	26
27 Golf Tickets \$10.00	28	29 Ballroom 7-9pm	30 Ballroom 7-9pm		31 Zooney lunch Menu clam chowder & sandwich	

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6	7 Labour Day Mess Closed	8 Lab Lounge ACS Meet & Greet	9 Lab Lounge ACS Astra ACS Symposium	10 Astra ACS Symposium	11 TGIF Last BBQ Steak Night	12
13	14 Lab Lounge Scuba Club	15	16 Astra WAdmin Indoc Day	17	18 TGIF TBA	19 Astra Wedding Recep J Puffer
20	21 Astra 8 AMS Training Week	22 Astra 8 AMS Training Week	23 Astra 8 AMS Training Week	24 Astra 8 AMS Training Week	25 TGIF TBA Astra 8 AMS BBQ Sports Day	26 Astra Wedding Recep D Risto
27	28	29	30			

# September 2009





## VOLUNTEER APPRECIATION EVENT

Photo: Submitted



Thursday, May 28, marked a special day for the Military Family Resource Centre (MFRC) and the Personnel Support Programs (PSP) Community Recreation Association (CRA). It was a day for these two organizations to give a little something back to the many, many volunteers who devote themselves, and their time to the various programs held. A special "Thank-you" event was held at the Astra Lounge. Volunteers were treated to a buffet supper and hilarious entertainment by hypnotist Richard Cole. This annual event was financially sponsored by SISIP Financial Services. Shown above are Denise Read, SISIP Financial Services (centre) presenting a cheque for \$4,000 to Judi Christopherson, PSP Community Recreation Director (left) and Wendy Synnott, MFRC Volunteer Services Coordinator (right).

## MEMBERS OF THE 2009 NIJMEGEN MARCH

Photo: Submitted



8 Wing/CFB Trenton team members are shown above on a cobblestone road while touring downtown Nijmegen in July during the 2009 International Four Day Marches Nijmegen in the Netherlands. Look for a follow-up story and more photos in next week's issue of The Contact.

# BOWLING

## YOUTH LEAGUES

Age 5-18, Bowl every Saturday, start Sep. 5.

Pre-registration: noon-4pm August 30/2009 & Sep. 5

## ADULT LEAGUES

Start on the 1<sup>st</sup> week of September, Bowl afternoon or every night

Men's, Lady's, Senior's and Mix leagues

## SPECIAL OLYMPIC LEAGUE

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## 8 WING QUESTION OF THE WEEK



### QUESTION:

"What do you do to stay active?"



**Cpl Debbie Godwin**  
8 Air Reserve Flight

"Nordic stick walking because it gets your heart rate going. It's good support for your body."



**MCpl Wendy Lawrenson**  
8 Air Reserve Flight

"Walk my dog. We both need the exercise!"



**Cpl Jennifer Boyle**  
8 Air Reserve Flight

"Workout videos. It's a really good workout."



**WO Tony Hannam**  
Canadian Mission Control Centre

"I'm a runner and I play golf. I just started running in Dubai and I like it . . . At my age, it keeps me fit."



**Sgt Janette Burns**  
French course student

"I play all kinds of sports. I play baseball, I play golf, I bowl. It keeps me somewhat in shape and it keeps me busy."



## PET OF THE WEEK



Eden is an adult spayed female short haired black cat. She is a gorgeous girl who is lovable and sweet! All of our previously fixed cats are on sale for \$65 each.

Contact the Quinte Humane Society for more information.

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# SPORTS & RECREATION

## Martial Arts Registration

September is registration month at the 8 Wing Trenton MAC. Now in its 37th year, the MAC offers one of the widest selections of martial arts on any base in the country.

In-depth instruction is provided for military personnel and their dependents in Karate, Jiu Jitsu (Japanese and Brazilian), Tai Chi and a wide variety of self-defence programs.

Through our affiliated clubs in the area, you can also access other traditional martial arts such as My Jong Law Horn Kung Fu, Hsing I Kung Fu, Okinawan and Chinese Weaponry, Muay Thai, Kali, Wado Ryu Karate and Kenjutsu.

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

Earlier this year, the Chief Instructor this year was awarded an Eighth Degree Black Belt in Jiu Jitsu by the Father of Canadian Jiu Jitsu, Shihan Ron Forrester and a Sixth Degree Black Belt in Karate by Sensei Monty Guest, one of the first Black Belts under the Father of Canadian Karate, Masami Tsuruoka, to be allowed to teach. The Club trains upstairs in the multi-purpose room of the South Side Rec Centre.

Programs are divided into two sections – adults and children. Adult classes are strong and disciplined. If you're looking for a challenge, our classes will offer you some of the most intense training you've ever experienced within a safety conscious environment.

No matter what your age or experience, your self-defence skills and fitness levels will definitely improve.

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

Our mission is to help develop young people who stand up for themselves and succeed in life without



Photo: Submitted

**8 Wing MAC's is affiliated with Ron W. Forrester, the Father of Canadian Jiu Jitsu. Forrester is a former member of the RAF.**

becoming bullies.

This is the reason our program is lauded by parents, educators and law enforcement agencies. The *Karate Kids Don't Do Drugs* campaign was created by our Club.

For further information, please call LCol Dan Lachance at ext 5085 or Sgt Sarah Keoughan at 613-922-9764 or MCpl Gary Hollman ext 3543 or visit [www.snowtiger martialarts.com](http://www.snowtiger martialarts.com).

## Provincial Park Day Passes available

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

Passes are now available at the RecPlex. Provincial Park day passes

are available through the RecPlex for a cost of \$7 (per pass). There is a limit of one pass per family.

Please be advised that passes cannot be reserved in advance and that these passes are available to military personnel and CRA members only.

## 2009/2010 Noon Hour Hockey League

It's that time of year again. The 2009/2010 Hockey Season is almost upon us.

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

The Noon Hour Hockey League (NHL) will commence on Monday, October 5, and play noon hours at a

cost \$80.00 per player.

Player registration for the NHL will be held from September 8 to 18, from 0800 to 1130 and from 1300 to 1530 hrs at the Gymnasium Main Office.

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

## PSP Facility Memberships

1 September 2009 – 31 August 2010

Regular Members	Ordinary Members
Infant (6 mo - 5 yrs): \$15	Infant: \$25
Youth (6-17 yrs): \$50	Youth: \$85
Single (18 yrs+): \$75	Single: \$130
Family: \$160	Family: \$270

- Your membership includes access to the RecPlex, Gymnasium, RCAF Arena and Albatross Outdoor Pool.

- It is for casual use of the facility and does not include any programs and services.

- Regular Members include: Family members of the Regular and Reserve Force, family members of foreign military personnel on duty with the Canadian Forces.

- Ordinary Members include: Retired military personnel, civilian public and non-public employees, retired civilian employees in receipt of an annuity, widows of former members of the CF, full-time DND contract employees, members of the RCMP.

- Restricted Access Hours: During the hours of 11:30 a.m. to 1 p.m. Monday to Friday, access to the Gymnasium is restricted to military personnel and full-time civilian employees. During the hours of 10 p.m. to 6 a.m., the Gymnasium is restricted to military personnel only.

- Members are required to present their membership cards to Reception when accessing the facilities.

- Cost of replacing a lost card: \$10 + GST (Total: \$10.50)

## RecPlex pools shutdown notice

Please be advised that annual maintenance of the indoor pools will take place starting on Tuesday, September 8, and running through until Sunday,

October 4, 2009, inclusive.

During this period of time, both indoor pools will be shut down. Thank you for your patience.

## RecPlex Reduced Hours of Operation

Please be advised that during the period of annual maintenance of the indoor pools from September 8 to October 4, the RecPlex will be open with reduced hours of operation as

follows:

Monday to Friday, from 9 a.m. to 7 p.m.; Saturday, from 12 p.m. (noon) to 6 p.m.; Sunday, from 12 p.m. (noon) to 4 p.m.

## 2009/2010 Wing Hockey League

It's that time of year again. The 09/10 Hockey Season is almost upon us. The 8 Wing/CFB Trenton Hockey leagues are open to CF Military, DND and NPF full-time employees.

The Wing Hockey League (WHL) will commence on Sunday, October 4, 2009 and play every Sunday, Monday, Tuesday, Wednesday and Thursday

evening.

The League organizational meeting will be held at 1000 hrs, on Thursday, September 10, 2009, at the Gymnasium Conference room all interested Team Rep's are to attend.

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

## RV Storage Compound

The PSP Community Recreation Association has been advised by Wing authorities that the RV Storage Compound will no longer be available to members for vehicle storage. Construction of the new EME/Transport facility is scheduled to begin this Fall. Attempts to find a new location for the compound is being addressed, however, members should not rely on the Wing being able to provide a vehicle storage facility. Should a new location be found, it will be advertised on the Splash Page, on [www.cfbtrenton.com](http://www.cfbtrenton.com) and in The Contact newspaper.

## Contact

"Forget your opponents,  
Play against par." - Sam Snead





## Dietary fat: The good, the bad, and the ugly

Should I use butter or margarine? Are nuts healthy? Is fat bad for my heart? What are omega-3 fats? Are you confused about fat? You are not alone.

Dietary fat has been a hot topic for years and ongoing research has shown that not all fat is bad. In fact, some fat is good for you.

**Dietary fat and your health:** Your body needs fat for many important functions. Therefore, healthy eating includes eating some fat. However, as fats and oils are high in calories portions should be small to prevent excess weight gain.

Of greatest importance is the type of fat you choose. Saturated and trans fat may raise your risk of heart attack or stroke because they increase the "bad" LDL cholesterol in your blood. On the other hand, some unsaturated fats lower your risk because they lower the LDL cholesterol and maintain a protective level of "good" HDL cholesterol.

Other unsaturated fats lower risk by lowering blood triglyceride fat and reducing excessive blood clotting.

**The good fat – unsaturated:** All unsaturated fats are healthy. Replacing saturated and trans fat with unsaturated fats can help improve your cholesterol levels and lower your risk for heart disease and stroke.

Unsaturated fats include monounsaturated and polyunsaturated fats. All liquid vegetable oils, nuts and seeds are high in unsaturated fat.

The omega-3 polyunsaturated fatty acids found in fatty fish may also lower blood triglyceride levels and improve immune and inflammatory disorders.

**The bad fat – saturated:** Much of the fat in animal products is saturated. Fatty meats and high fat dairy products such as cheese are the main contributors of saturated fat in our Canadian diet.

Plant sources of saturated fat include palm kernel and coconut oil, plus manufactured hydrogenated vegetable oils. These saturated fats are commonly used in processed and packaged foods.

The different types of saturated

fat are currently being studied closely to determine which pose the greatest risk for heart health. Dietary cholesterol is also present in animal products.

Foods such as eggs and shrimp contain cholesterol, yet are low in saturated fat and therefore can be enjoyed in moderation.

**The ugly fat – trans:** Trans fat is industrially produced when vegetable oils are partially hydrogenated. Trans fat not only increases your "bad" cholesterol but also decreases your "good" cholesterol, and is the most risky fat for heart disease.

Trans fat may also increase blood vessel inflammation that increases risk for other chronic health problems. There are no known health benefits from industrially produced trans fat.

Many Canadian food manufacturers are working to remove trans fats from their products.

**Making healthy fat choices:** Limit the total amount of fat you eat. Choose food products with less fat. Check the Nutrition Facts table on food labels and buy foods with a low amount of fat (grams or per cent) per serving; it is not necessary to always buy "fat-free products."

Use only a small amount of fat or oil in food preparation; avoid deep-frying.

Reduce the quantity of fat used in homemade baking. Enjoy nuts and seeds in small portions.

Limit spreads, dressings, rich sauces, gravies and high-fat desserts and snack foods.

**Avoid trans fat:** Buy foods with zero trans fat or with the least amount of trans fat per serving.

Read the ingredient list and avoid or limit foods made with partially hydrogenated vegetable oil or shortening.

Limit commercial baked goods, crackers, cookies, biscuits, pies, waffles, snack foods and deep-fried fast foods that may be high in trans fat.

**Reduce saturated fat:** Limit shortening, hard or hydrogenated margarines, butter, and lard; only have gravy and other high-fat sauces on occasion.

Check the ingredient list on food labels and limit foods containing hydrogenated vegetable oil, shortening, coconut oil, palm kernel

oil, beef tallow, suet, or cocoa butter. These ingredients are often found in commercial baked goods, crackers, chocolate bars, specialty coffees, non-dairy creamers and whipped toppings.

Choose lean cuts of meat such as sirloin, loin, round, rump, and extra lean ground beef; trim off fat; remove skin from poultry; limit processed meats such as bologna, wieners, bacon, sausages, pepperoni.

Choose skim or 1 per cent milk, low-fat yogurt and "light" or part-skim cheeses; limit ice cream, regular sour cream, coffee cream and whipping cream.

Look for the percentage of milk fat (per cent MF) on the label of dairy products and choose those with the lower percentage, for example cheese with less than 22 per cent MF.

**Choose monounsaturated fat:** Use olive, canola or peanut oil in cooking and baking.

Choose salad dressings and soft non-hydrogenated margarines made with these oils.

Snack on a small handful of peanuts or nuts such as almonds and pecans. Sprinkle slivered or chopped nuts, or seeds on cooked vegetables and salads.

Spread peanut butter or nut butters on toast and bagels instead of butter.

Toss slices of avocado into a salad.

**Increase omega-3 fatty acids:** Enjoy two fish meals a week using fresh, canned or unbattered frozen fish.

Choose fatty fish such as salmon, sardines, herring, mackerel and trout. Shellfish is also a good source of omega-3 fatty acids.

Sprinkle ground flaxseed, wheat germ, walnuts or pumpkin seeds on cereal, yogurt, and salads; use them in baking.

Use canola oil in cooking and baking; choose salad dressings and non-hydrogenated margarines made with canola or flax oil.

Choose foods fortified with omega-3 fatty acids; food manufacturers may use terms such as omega-3, n-3, ALA, EPA, or DHA.

Source: Dietitians of Canada



### ~ Health Promotion ~

8 Wing Health Promotion, 177 Hercules St., Bldg 119  
Angela Prescott, Health Promotion Manager, local 4122  
Kendra Lafleur, Health Promotion Director, local 3768

Visit [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com)

### Did You Know?

There are 3,500 calories in one pound of fat. Creating a deficit of 500 calories/day through a combination of increasing activity and /or decreasing food intake can lead to a weight loss of 1lb per week.



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# Remembering...Squadron Leader Henry Willis Hewson

by Jodi Ann Eskritt, Wing Heritage Office

29 July 1932 – It was mid-afternoon yet the normally hectic airfield at RCAF Station Trenton stood eerily quiet.

No. 3 Squadron's Armstrong Whitworth Siskin and Atlas aircraft were formed up facing the main hangar doors, their engines quiet, bright and polished for the occasion. There would be no flying on this day.

The officers and men of the squadron were forming up on Elgin Street, along with members of the Hastings and Prince Edward Regiment, before they fell in behind the coffin draped in the Union Jack.

At a slow march, the solemn cortege passed through the streets of Trenton; citizens stopped and stood, paying their respects to a fallen hero of the Great War. The pace quickened at Highway 2 then dropped back to a slow march on reaching the air station.

There awaited a solitary bier surrounded by floral wreaths as well a crowd of civilian dignitaries and veterans, including personnel of the Argyll Light Infantry and Belleville's 34th Battery, Royal Canadian Artillery. They were here to make their final farewells to Flight Lieutenant H.W. Hewson, second commanding officer of RCAF Station Trenton.

Henry Willis Hewson was born in 1898 at Clarenceville, Quebec. He was studying agriculture when the Royal Flying Corps (RFC) was setting up its training program at Camp Borden.

In April 1917, the RFC (Canada) was searching for air mechanics to not only to help run their training program but to make up groundcrew shortfalls among overseas squadrons. Hewson leapt at the opportunity and joined.

The RFC might have been looking for mechanics but Hewson soon proved himself as a pilot. Having earned his wings, Hewson joined the recently-formed 99 Squadron, RFC at Yatebury, England, on 23 November 1917.

Flying the DH4, 99 Sqn was destined to join No. 41 Wing dedicated to day bombing against targets in France, Belgium and behind the lines in Germany. Hewson, however, was transferred before that could happen.

In February 1918, he joined No. 27 Squadron. Since 1916, 27 Sqn had been engaged in fighting along the Western front on the reconnaissance and bombing operations.

Just before he joined its ranks, the squadron had turned in its Martinsyde G100 'Elephant' aircraft for the DH4 light bomber – an aircraft now very familiar to young Hewson. With 27 Sqn, he would finally see action in France, most notably on day-bombing operations against the railway centre at Peronne in August 1918.

Following the war, Hewson joined the newly created Canadian Air Force (CAF). It was a brief stay. On 6 May 1921, having resigned his CAF commission, perhaps, in search for adventure abroad, he accepted an appointment to the Royal Air Force (RAF). He would remain overseas until March 1924.

If he was indeed seeking adventure, he no doubt found it as it was reported that he "served in the East, at Iraq, Persia, Kurdistan, where he was decorated."<sup>1</sup>

The Middle East, then as now, was a troubled part of the world. Since the war, the British had occupied the region then known as Mesopotamia. Since the end of the conflict in Europe, "downsizing" was the order of the day.

The British Army's commitment in the East was being greatly reduced. Yet it was still vitally important to maintain stability and control. Air control was seen as one possible solution. Hewson found himself not only in an exotic locale but on the very forefront of aviation theory and practice.

On 1 April 1924, with the publication of the first King's Orders and Regulation for the Royal Canadian Air Force (RCAF), Flying

Officer H.W. Hewson (C 43) returned to Canada and was listed among its original officers at RCAF Station Camp Borden.

There followed a number a command and staff jobs over the next years, including another brief appointment to the RAF. The highlight of these years was, undoubtedly, the opportunity to command the RCAF's Siskin demonstration team during the Trans-Canada Air Pageant of 1931.

As head of the Siskin Fighter Flight, Hewson arrived at RCAF Station Trenton that same year. Cutbacks were affecting all aspects of RCAF operations and the popular Siskins were no exception.

Approval had been given for another summer tour of air demonstrations but it would be much smaller than previous years.

There may be fewer shows, but Hewson was determined to showcase the flying skills of his airmen. As winter turned to spring, the pilots of "B" Flight began training, honing their new routine.

Fowler M. Gobeil recalled the fateful day years later: "We began to feel that we were pretty hot, when disaster struck.

On 26 July 1932, it was decided to try three consecutive loops in a five-plane half-V (an echelon 'squirrel cage' loop). I was flying the No. 3 position on the right.

We completed the first two loops normally when I lost sight of the plane on my left. I sensed trouble immediately and pulled up straight ahead to clear the formation. At that moment the leader's plane hit me from below.

*It was a thoroughly unpleasant experience. I could hear and see the two props thrashing one another and the screech of the engines as they broke off. The solid thud of the impact left no doubt that dear old '23' had come to the end of her days. It was time to get out of it! I had never done a parachute jump before, but I pulled the pin on my safety harness and pushed up as we had been told to do. I waited for the harness to break clear and leave me free to depart – nothing went according to the book! The more I tried to*

*get out, the more the harness held me in.*"<sup>2</sup>

Gobeil was eventually able to clear his aircraft and parachute to safety. Hewson, flying Siskin number 61, was either trapped or injured as his aircraft was cut in half by Gobeil's propellers.

The Trenton Courier-Advocate reported "those who witnessed the accident said that Flight Lieutenant Hewson, considering the enormous flying handicaps he was under, handled his ship with consummate skill."<sup>3</sup> His skill as a pilot was not enough to prevent a serious crash landing.

The station's emergency vehicles rushed to Hewson's aid. He was found slumped in the mangled cockpit, unconscious but alive, his face lacerated and with compound fractures to his right arm and left leg.

The team quickly extracted him from the wreckage and rushed him to Belleville General Hospital. Doctors, at first, felt he had a good chance of recovery in spite of the seriousness of his injuries. Thirty-two hours later, however, Hewson succumbed to those injuries.

Reverend G.G. Wright of Christ Church, Belleville conducted the funeral service held in RCAF Station Trenton's main hangar, the first such solemn occasion at the new air station.

Members of No. 3 Squadron stood in close formation beside the bier. Three volleys from the firing squad, Last Post and Reveille concluded the simple service. Flight Lieutenant Henry Willis Hewson lay in state until late into the day.

That evening Wing Commander L.S. Breadner and Flying Officer L.E. Wray, Hewson's No. 2 on his last flight, accompanied his body to Noyan, Quebec, for internment.

<sup>1</sup> Ontario Intelligencer, 28 July 1932.; <sup>2</sup> Quoted in A Tradition of Excellence: Canada's Airshow Team Heritage by Daniel V. Demsey (Victoria: High Flight Enterprises, 2002) p.38; <sup>3</sup> Trenton Courier-Advocate, 28 July 1932.

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## Military Police National Motorcycle Relay Ride, Continued from Page 1

in honour of Military Police Fund for Blind Children founder Colonel (Ret'd) James Stone.

At the RCAF Flyers Arena at 8 Wing, riders and supporters could enjoy grilled food and refreshments, snap up souvenir T-shirts and other items as well as bid during the silent auction.

Supporters, who were all ages, could also sign a flag strapped to the seat of Maj Edwards' bike. It was given to him by a Military Family Resource Centre in St. John's in hopes of gathering signatures. Among those who'd signed was Prince Edward Island Premier Robert Ghiz.

Local officials also offered support. Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, as well as City of Quinte West Mayor John Williams greeted the eight or so motorcyclists who arrived at the base over the noon hour Saturday. Among the riders was Inspector Earl Johns, Commander of the Quinte

West OPP detachment who, like Farrer, joined in during the Ontario leg.

Missing from the group was Gerry White whose cross-country ride was cut short by a road mishap in the Maritimes that left him with a few broken ribs. He was said to be recovering.

It had been the only sore point to the event. Maj Edwards and other participants reported that Mother Nature had been co-operating for the ride, offering up pleasant temperatures and little rain.

More positive news awaited at 8 Wing, as eight motorcyclists from the Blue Knights Ontario Chapter 15 in Kawartha Lakes/Haliburton Highlands waited to hit the road with the others.

It was one of numerous charity and fun rides in which Chapter 15 members take part, noted Stew Garland, the chapter's past president and web master for the relay ride.



(From left) Patsy Belliveau of Defence Construction Canada and her daughter, Rebecca Belliveau, serve Sergeant Bruno Fournier of the 8 Wing Fire Department while Lieutenant (Navy) Paul Blackmore, 8 Wing Military Police Squadron Commander, waits his turn at a fundraising barbecue and silent auction on August 22. Held at the RCAF Flyers Arena at 8 Wing/CFB Trenton, the event supported the Military Police National Motorcycle Relay Ride as it stopped at 8 Wing.

"We have a pretty good group," he said of the area Blue Knights group.

Comprised of retired and active law enforcement men and women, the Blue Knights number 20,000 in 500 chapters in 29 countries. The non-profit organization does much charity work.

Previously, Farrer told The Contact that the Blue Knights had collected about \$700 U.S. for the relay ride just by passing the hat at a U.S. convention.

Garland said he was happy to help with the relay ride.

"It's just one of those things where you become a club member and do everything you can as a member of the club," he said.

Doing something for others also motivated Maj Edwards, who is also the Atlantic Region representative for the relay ride.

"I decided to get involved because of the charities and I love to ride a motorcycle," he said.

The Military Police Fund for Blind Children assists visually impaired Canadian children up to age 21. It is run entirely by Canadian MP volunteers.

Support Our Troops is a CF Personnel and Support Services' campaign to provide morale and welfare programs and services that enhance the CF community's quality of life while offering Canadians ways to support the dedicated

men and women serving the country.

After about an hour's break at 8 Wing, the motorcyclists prepared to be led by an OPP escort to the Highway of Heroes.

Their next stop was to be Barrie. Before departing, they were blessed by Lieutenant (Navy) Padre Zbigniew Jonczyk, a unit chaplain at 8 Wing. Calling the motorcycle a "charitable instrument," Lt (N) Jonczyk asked that the riders and their supporters be blessed and protected. A quick recovery for White was also part of the blessing.

For more information on the relay ride, including postings from participants, visit [www.mpnmrr.ca](http://www.mpnmrr.ca).



Photos: Lisa Bailey, Contact Staff

Participants in the first-ever Military Police National Motorcycle Relay Ride arrive at 8 Wing /CFB Trenton on August 22.

## SUMMER KIDZ KAMP CAMPERS SUPPORT OUR TROOPS



Photos: Lisa Bailey, Contact Staff

Youngsters participating in the Community Recreation Association's Summer Kidz Kamp gather for a photo before leaving the Rec Plex at 8 Wing/CFB Trenton on a Support Our Troops march on Friday, August 14. The 35 children, decked out in red and taking turns carrying Canadian flags, stopped at the Chapel, Canex and the Military Family Resource Centre to present Support Our Troops ribbons.



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Payments Include EVERYTHING!	<b>05 PONTIAC G6</b>  9639 Alloy wheels, pwr pedals, air, tilt, cruise steering controls, factory remote start, AM/FM/CD, pwr mirror, windows, locks, keyless entry, 80,000kms. <b>\$9,195</b>	Payments Include EVERYTHING!	<b>05 CHEV MALIBU LS</b>  9402 Pwr seat, pwr pedals, wood grain trim cruise steering controls, alloy wheels, air, tilt, factory remote start, AM/FM/CD, pwr mirrors, windows, locks, traction control, keyless entry, 80,000kms. <b>\$8,995</b>	Payments Include EVERYTHING!	<b>07 DODGE CALIBER SXT</b>  D9757 Automatic, 4 cyl., 4 dr., alloy wheels, cruise, tilt, air, AM/FM/CD, pwr mirrors, locks, windows, 50,000kms. <b>\$11,995</b>	Payments Include EVERYTHING!	<b>05 PONTIAC PURSUIT</b>  9287 Automatic, 4 cyl., 4 dr., alloy wheels, radio/cruise steering controls, air, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 50,000kms. <b>\$8,695</b>
	<b>06 PONTIAC PURSUIT</b>  9775 Automatic, 4 cyl., 4 dr., alloy wheels, radio/cruise steering controls, air, tilt, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 13,000kms!! <b>\$10,995</b>		<b>05 SATURN ION LEVEL 3</b>  9188 Automatic, 4 cyl., 4 dr., pwr sunroof, alloy wheels, pwr windows, mirrors, locks, cruise steering controls, air, tilt, keyless entry, 61,000kms. <b>\$8,495</b>		<b>09 DODGE CALIBER SXT</b>  9682D Automatic, 4 cyl., 4 dr., chrome wheels, pwr sunroof, air, tilt, cruise, Sirius radio/CD/MP3, pwr windows, mirrors, locks, keyless entry, only 18,000kms!! <b>\$17,295</b>		<b>06 SATURN ION</b>  9783 Manual transmission, 4 cyl., 4 dr., coupe, air, pwr locks, tilt, AM/FM/CD, only 30,000kms!! <b>\$8,495</b>
	<b>05 NISSAN SENTRA</b>  9099 Automatic, 4 cyl., air, tilt, pwr mirrors, windows, locks, AM/FM/CD, keyless entry, 66,000kms. <b>\$8,995</b>		<b>06 PONTIAC G5 GT</b>  9385 Manual transmission, 4 cyl., 4 dr., alloy wheels, air, tilt, radio/cruise steering controls, pwr locks, mirrors, windows, AM/FM/CD/MP3, keyless entry, 96,000kms. <b>\$9,395</b>		<b>05 FORD FOCUS ZX5 SES</b>  59711 Automatic, 4 cyl., 4 dr., alloy wheels, heated seats, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 64,000kms. <b>\$9,495</b>		<b>06 CHEV MALIBU LT</b>  9197 Automatic, 4 cyl., pwr seat, alloy wheels, factory remote start, air, cruise, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 62,000kms. <b>\$9,995</b>
	<b>06 PONTIAC GR. PRIX GT</b>  9635 Pwr sunroof, pwr seat, alloy wheels, radio steering controls, OnStar, factory remote start, air, cruise, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 78,000kms. <b>\$11,895</b>		<b>06 PONTIAC GRAND PRIX</b>  9277 Pwr seats, Onstar, radio steering controls, pwr windows, locks, mirrors, air, cruise, tilt, factory remote start, alloy wheels, AM/FM/CD, keyless entry, 90,000kms. <b>\$9,995</b>		<b>06 PONTIAC PURSUIT</b>  9750 Automatic, 4 cyl., 4 dr., burnt orange, air, tilt, cruise steering controls, pwr locks, AM/FM/CD, keyless entry, 59,000kms. <b>\$8,495</b>		<b>05 NISSAN SENTRA</b>  9540 Automatic, 4 cyl., pwr windows, locks, mirrors, air, AM/FM/CD, tilt, keyless entry, 62,000kms. <b>\$8,995</b>
	<b>05 SUBARU IMPREZA RS</b>  9723 AWD Manual transmission, 4 cyl., 4 dr., alloy wheels, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 96,000kms. <b>\$12,995</b>		<b>05 CHEV MALIBU</b>  9262 Automatic, 4 door, pwr seats, pwr pedals, wood grain trim, factory remote start, air, tilt, cruise steering controls, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 37,000kms. <b>\$9,995</b>		<b>05 PONTIAC G6 GT</b>  9703 Pwr sunroof, pwr heated, leather seats, chrome wheels, pwr pedals, radio/cruise steering controls, air, tilt, factory remote start, pwr mirrors, windows, locks, traction control, keyless entry, only 33,000kms. <b>\$12,795</b>		<b>06 SATURN ION LEVEL 3</b>  9704 Automatic, 4 cyl., 4 dr. coupe, pwr sunroof, alloy wheels, cruise steering controls, air, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 54,000kms. <b>\$9,995</b>

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Community Events




# Community Events

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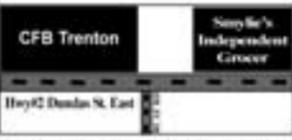
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

### Logistic Movers Association Biannual Reunion

Knights of Columbus Hall in Trenton - Date: 02 - 04 Oct 09

02 Oct 09, Movers Classic Golf Tournament ( 0800 - 1600 Hrs ) 8 Wing Trenton Golf Course  
 02 Oct 09, Meet and Greet ( 1900 - 0100 Hrs ) K of C Hall  
 03 Oct 09, LMA Biannual Meeting ( 1100 - 1200 Hrs ) K of C Hall  
 03 Oct 09, Dinner ( 1900 - 0100 Hrs ) K of C Hall  
 04 Oct 09, Champagne Breakfast ( 0900 - 1100 Hrs ) K of C Hall

Hope to see you all there. All inquiries can be directed to the LMA website at [www.lmacanada.ca](http://www.lmacanada.ca) or email at; [lma933mover@gmail.com](mailto:lma933mover@gmail.com).

### 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 firefighting 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 1 June until approximately 1 September.

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

### Staying Healthy: Boosting Your Immune System Naturally

Join us on November 4 for a Lunch and Learn with Michelle Durkin, Naturopathic Doctor. This session will take place from 12:00 to 13:00 hrs at the Trenton Learning and Career Centre (58 Polaris Ave, Room 113). Those in attendance will have a chance to learn: Proper, preventive diet; Keeping your body alkaline; Adrenal support; Supplementation; Detoxification and more. For more information please contact Nelly at local 2077.



### QUINTE WEST FARMER'S MARKET

MAY - OCTOBER 2009

Join us for a selection of seasonal vegetables, baking, perennials and crafts, located in the Front Street Parking Lot, downtown Trenton. There's always wide selection of local harvest at great prices. For more information please call 613-392-3172.



### Save a Stray Day

## September 12

10:00 am to 4:00pm  
at 268 Dundas St, Trenton

Join us at Trenton Pet Valu for Save a Stray Day. There will be a number of games, prizes, silent auction, a BBQ, pet contests, fish pond for the kids (a prize each time), as well as a bake and craft sale. Low cost microchips will also be available available, and cats for adoption! For more information visit [www.fixedfurlife.com](http://www.fixedfurlife.com)



### Bay of Quinte Harley Owners Group

## 15th Annual Toy Ride

In support of the  
Trenton Salvation Army Christmas Toy Drive



Join us for the Bay of Quinte Harley Owners Group 15th Annual Toy Ride, at the Zellers parking lot, (Trenton Town Centre - 266 Dundas Street East) on Sunday, September 13, 2009

The ride is open to anyone. A toy or cash donation would be greatly appreciated. Registration is from 12 to 1 p.m. in the Zellers parking lot. The ride ends at the Knights of Columbus Hall in Trenton for refreshments and an option to take part in a 50/50 draw.

For more information please visit [www.bayofquintehog.ca](http://www.bayofquintehog.ca)

### Rednersville Road Art Tour

September 5 - 7, 2009

This Labour Day Weekend, drive the scenic Rednersville Road, County Rd 3, Prince Edward County, watch for the signs and visit the studios and workplaces of a wide variety of artists and artisans, beginning at 10 a.m. Pick up brochures at local establishments or call 613-394-5733 or 613-961-7331, or visit [rednersvilleroadarttour.com](http://rednersvilleroadarttour.com)

### Fundraising Barbecue - August 29

Come one, come all to our fundraiser barbecue that will be bigger and better than our last one. Join us on August 29 from 3:00 pm to 6:00 pm at our Seniors Centre, located at 61 Bay St. Trenton.

This barbecue will be held upstairs to give us a lot more room as we had such an excellent turnout in July. Cost is only \$5.00 for adults, and \$3.00 for children six and under. Bring your family and friends.

Tables will be set up inside and outside for your convenience. Tickets can be purchased at our office from 9 am to 12 pm, Monday through Friday.

Any questions please phone our office at 613 392-5400 from 9 am to 12pm. Hope to see everyone there and bring your appetite!

### Seeking Post Secondary and Non-Graduate Mentor Applications

The YMCA Federal Public Sector Youth Internship Program has been renewed for five years which is a testament to the great job all of our Mentors are doing.

We are presently seeking individuals who work in the Federal Public Sector to volunteer to mentor an intern for employment experience. We are recruiting mentors in the Belleville and Trenton area as well as in the Lindsay and Peterborough area. We are also recruiting in the Durham Region, including Ajax, Whitby, Pickering and Oshawa.

**We have positions available for:**

- High School graduates for 6-month internship
- Non-Graduates for 9-month internship

Please have a look at our website for more information on Mentoring an intern, or contact: Elaine Power at 613.392.2811 Ext 3834 or via email to [power.ea1@forces.gc.ca](mailto:power.ea1@forces.gc.ca); or Liz Semark at 613.392.2811 Ext 7640. Please visit our website at: <http://www.canada.fpsyip.com>

If you would like to apply for an intern, please fill out the RFI (Request for Internship) application (found online), along with a description of the internship. Please fax applications to 613.965.3733. Thank you.



# FAMILY



## Playtime with your preschooler



There are lots of opportunities for building (blocks, cardboard boxes), climbing, jumping, swinging, arts and crafts, pretend play, dancing...just keep them coming as your child gets older.

Making a family album with a difference is fun. Instead of just photos, have a page for each member of the family and include information (and pictures) about events, favourite activities, favourite foods and

colours and whatever else your child thinks should be there.

Matching and naming pictures helps your child begin to think in more abstract ways.

For instance, if you have a picture of an umbrella, she has to find another umbrella, but it will be in a different picture, a different setting, and so on. You can do this with colours, shapes, faces, feelings (happy, sad, angry expressions) and more.

Enjoy this more with Comfort, Play and Teach™:

**Comfort:** Talking with your child and encouraging her to share her ideas and feelings about her day, the people in her world, and other things makes

her feel important and builds her sense of confidence and her language skills.

**Play:** Providing your child with blocks, boxes and containers enables him to build many imaginative structures that inspire all kinds of pretend play and encourage him to use his imagination.

**Teach:** Painting with brushes and drawing with crayons, chalk, pencils and markers allows your child to express her ideas through pictures, while developing skills needed later on for printing.

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

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

## Mealtime.org Chicken-Artichoke Risotto

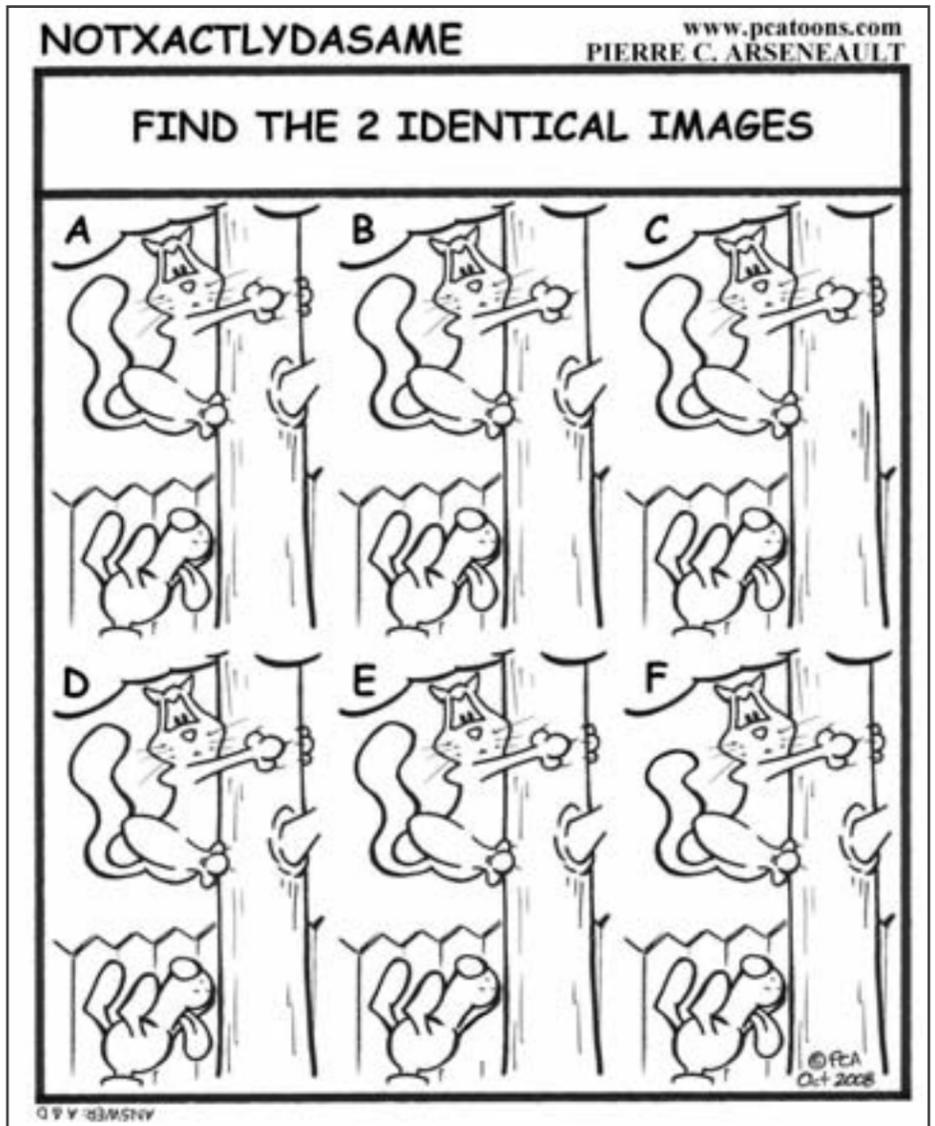
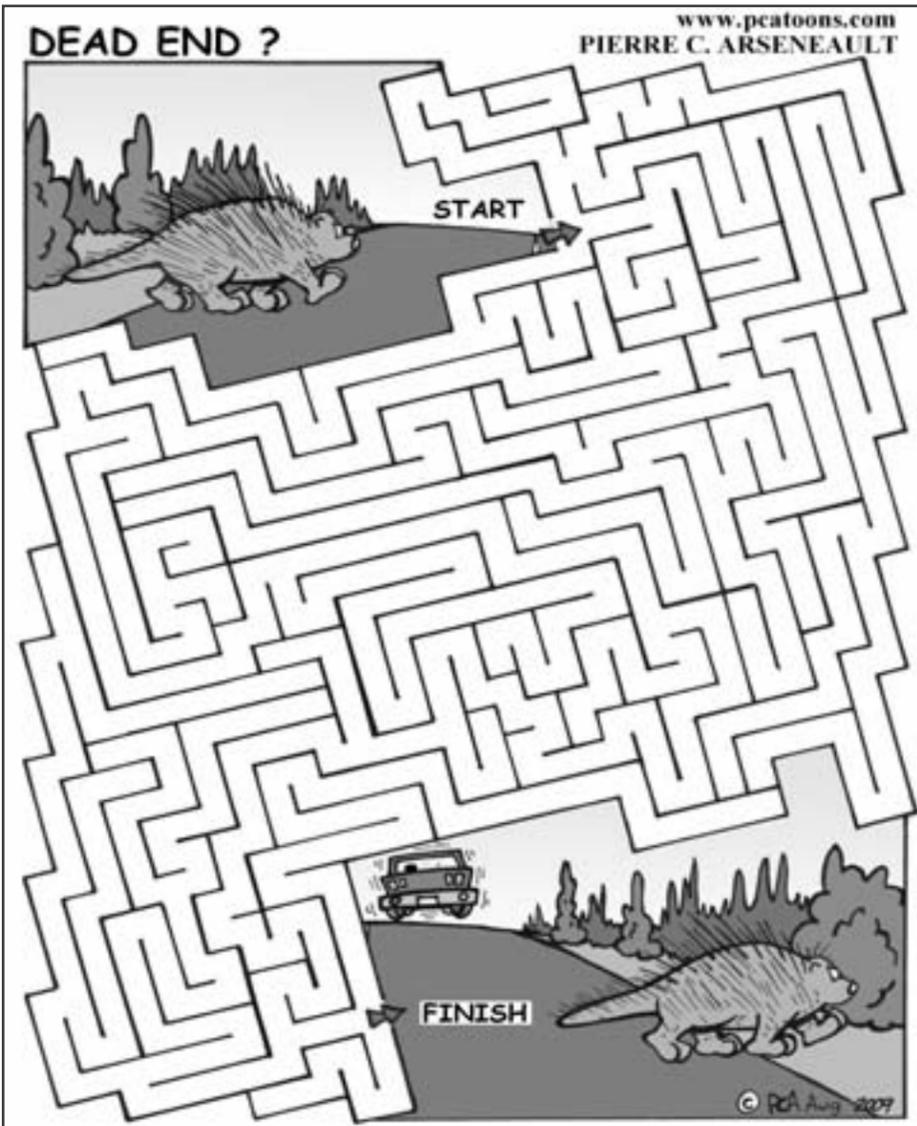
### Ingredients:

- 1 tablespoon olive oil
- 1 cup sliced leeks
- 1 cup Arborio rice
- 1 can (15 ounces) reduced-sodium chicken broth
- 1/2 cup white wine
- 1 can (10 ounces) chicken, drained
- 1 can (14 1/2 ounces) artichoke hearts, drained
- 1/2 cup freshly grated Gruyère or Swiss cheese
- 1/4 cup chopped, fresh or 1 tablespoon dried savory
- Salt and pepper, to taste

**Preparation Time:** 20 minutes    **Cook Time:** 15 minutes

**Preparation:** Heat oil in a medium, non-stick saucepan over medium heat. Add leeks; cook and stir for 5 minutes, until leeks are softened. Add rice; stir, coating rice with olive oil and leeks. Pour in broth and wine. Simmer covered until stock is absorbed and rice is still just slightly firm, about 20 minutes. Gently stir in chicken, artichokes, cheese and savory. Cover; let sit for five minutes. Season to taste with salt and pepper. Serve immediately. Serves: Four.

*Nutritional Information Per Serving: Calories 320; Total fat 9g; Saturated fat 3.5g; Cholesterol 40mg; Sodium 900mg; Carbohydrate 31g; Fibre 1g; Protein 23g; Vitamin A 15 per cent DV; Vitamin C 15 per cent DV; Calcium 20 per cent DV; Iron 15 per cent DV Per serving, this dish provides from MyPyramid: About 1/2 cup Vegetable Group; one ounce Grains Group; 2 1/2 ounces Meat and Beans Group \*Daily Value*



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**HOROSCOPES**  
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 Astrology Weekly  
 www.donnavantocn.com

August 30 – September 5

**ARIES** (March 21-April 19): The period between now and Thursday is a good one for all types of beginnings, so if you want to start something new, here's your chance! It's also a good week for catching up on reading or correspondence or expressing your creativity. There could be ups and downs in terms of money and domestic matters, but overall it's not a bad week at all!

**TAURUS** (April 20-May 20): You seem to be concerned about work, either because things have slowed down or because you're waiting for some sort of news. While it does appear some adjustments may have to be made, in the end things will sort themselves out and your concern will turn out to be largely unwarranted. Just be aware that it may be October before things get sorted out.

**GEMINI** (May 21-June 20): There are opportunities to find an interesting new hobby. Friends may be instrumental in this. You're one of the ones who may have some ups and downs in the domestic sphere, possibly involving a male who wants you to do something you don't want to do or doesn't want you to do something you do want to do. In other words, you've got a mixed bag!

**CANCER** (June 21-July 22): Care is needed if you're handling other people's money or if you have joint bank accounts or credit cards. Someone may not be happy with your spending or some money-handling function. Or you could have to make some adjustments in joint finances. Aside from that, things are ok.

**LEO** (July 23-Aug. 22): You're deep in thought this week. You may be helping someone out financially or they may be helping you out. There could be some kind of financial program or tax rebate program worth exploring, especially if you have a small business.

**VIRGO** (Aug.23-Sept. 22): Every once in a while, exchanging the confines of mundane reality for the world of daydreams is a good thing to do. This is one of those times. Let yourself be inspired by what might be. If you want to make it a reality, cooperation is your key!

**LIBRA** (Sept. 23-Oct. 23): Your thinking is on the impulsive side this week. While overall it's a good week to start new things, care is needed not to jump in with both feet. This is particularly true in the romantic area where a new romance could take you out of the frying pan and into the fire!

**SCORPIO** (Oct. 23-Nov. 21): You could be involved in some sort of research project. Or you might be fine-tuning a paper or proposal. Expect this to be slow going but worth the effort. Elsewhere, a relationship or a legal matter may hit a stalemate. It will take some time to get this back on track.

**SAGITTARIUS** (Nov. 22-Dec. 21): If you're starting something new, it would be wise to do it before Friday. It would also be wise to expect it to be slow going. The next three weeks show a lot of potential for delays, revisions, and obstacles in this project. While results may ultimately be good, they're certainly not instant!

**CAPRICORN** (Dec. 22-Jan. 19): You may receive some sort of important communication from a relative, possibly towards the end of the week. This may involve accepting a new responsibility. In this case, starting this now is not a good idea. It may be harder than it sounds. Wait!

**AQUARIUS** (Jan. 20-Feb. 18): Ups and down in finances and some fine-tuning of your budget are on the agenda this week. You may benefit indirectly from someone else's financial gain. Life is glamorous, but glamour is expensive. Money comes in; money goes out!

**PISCES** (Feb. 19-March 20): New projects started before Friday should yield excellent results, but may get off to a bumpy start. It could take until October for things to settle down. Restlessness can be a problem. Change for the sake of change is not advised.

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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**.





## Makeshifts: Quick but painful



Submitted by  
Don Heans,  
Wing General Safety  
Officer

A carpenter who uses duct tape to re-attach a hammer head, or a painter who ties himself to a roof ladder with a piece of rope, or a worker in a warehouse who stands on a stack of boxes instead of a ladder all have one thing in common.

They are using makeshift solutions.

Makeshift solutions, by definition, offer us quick fixes to our problems. Makeshift problems occur with tools as well as personal protective equipment.

Examples include: opting for hiking boots instead of steel-toed work boots on the job site or using gardening gloves instead of required work gloves. Using

makeshift equipment or wearing the incorrect PPE increase your chances of getting injured on-the-job.

Ever hear the saying, "Duct tape is a person's best friend"? Here's an example of what can happen when using this quick solution: A carpenter tried to re-attach the head of his hammer to the handle using his "best friend", his role of duct tape. When the head of the hammer came flying off, he received a broken thumb. His thumb may have healed, but now his buddies call him by his new nickname: Duct Tape.

If we are honest with ourselves, we can all remember a time when we used a makeshift solution. While variations in makeshift solutions are only limited by the creativity of humans, the reasons we use them are few. Two of the most common reasons are saving time and saving money.

**Saving time...** This is a concept you have to put into perspective. Whose time are you saving? Are

you really saving time? Over time your use of a makeshift solution increases your risk of injury. The odds are that if you suffer an injury it will cost you working time. It will also likely cost the company production time. So you are really betting days and even months of your working life just to save a few minutes.

**Saving money...** Sure, having the right tools and safety equipment can be costly. But if this is a makeshift solution, you'll probably need a new tool or the right one tomorrow. So, where are the savings? And when you try to make do with faulty or improper safety equipment, you are really not doing anything other than risking your ability to work and be productive.

*While it might look like you are saving time or saving money with a makeshift solution, chances are you are doing anything but saving. The reality is that you are throwing the dice, crossing your fingers, and betting your life the duct tape won't break.*

## Tips to help your child avoid injury

(NC) – Choose the right backpack: Forget leather. It looks great, but it's far too heavy. Go for vinyl or canvas.

Pick a pack that has two wide, adjustable, padded shoulder straps, along with a hip or waist strap, padded back and plenty of pockets.

Make sure the pack fits properly, is not too snug around the arms and under the armpits, and that its size is proportionate to the wearer's body.

Pack it properly: They're not moving out. Make sure your children's packs contain only what is needed for that day, and that the weight is distributed evenly.

It's a good idea to know roughly what each item weighs. The total weight of the filled pack should be no more than 10 to 15 per cent of the wearer's own body weight.

Help put the backpack on: It's a good idea to help young children with this, at least the first few times. Put the pack on a flat surface, at waist height. Slip on the pack, one shoulder at a time, then adjust the straps to fit comfortably.

Remember when lifting a backpack, or anything, to use the arms and legs and to bend at the knees.



Wear it correctly: Both shoulder straps should be used, and adjusted so that the pack fits snugly to the body, without dangling to the side.

Backpacks should never be worn over just one shoulder. You should be able to slide your hand between the backpack and your child's back.

The waist strap should also be worn for added stability.

More information about the Pack it Light program or chiropractic care is available online at [chiropractic.on.ca](http://chiropractic.on.ca).

## 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**



# TRENTON

## Military Family Resource Centre






# safeTALK

*suicide alertness for everyone*

**This workshop will help you to identify invitations of someone who may be thinking suicide and how to keep them safe. Become a trained suicide alert helper.**

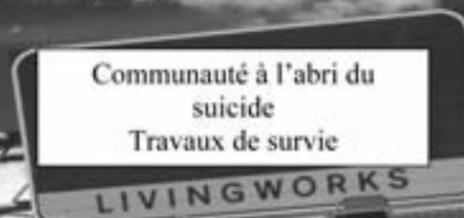
*(For more information on LIVINGWORKS visit [www.livingworks.net](http://www.livingworks.net))*

**DATE: 10 September 2009**  
**TIME: 1:00 – 4:00 PM**  
**LOCATION: 8 Wing Chapel**  
**FREE of CHARGE**

**DEADLINE to REGISTER: 8 September @ 4:00 pm**

**Register at the MFRC**  
**For more information contact**  
**The Prevention, Support & Intervention Coordinator**  
**613-392-2811 local 3899**

**For the CFB Trenton Community**


# Parlons prévention

*Alerte au suicide pour tous*

**Cet atelier vous aidera à détecter les indices d'une personne qui pense à se suicider et comment l'en empêcher. Devenez quelqu'un de qualifié en prévention de suicide.**

*(Pour plus d'information sur LIVINGWORKS visitez le site : [www.livingworks.net](http://www.livingworks.net))*

**DATE: Le 10 septembre 2009**  
**HEURE: 13h – 16 h**  
**ENDROIT: La chapelle du 8<sup>ème</sup> escadron**  
**GRATUIT**

**DATE LIMITE D'INSCRIPTION : le 8 septembre à 16 h**

**Inscription au CRFM**  
**Pour plus d'information contactez la coordonnatrice en prévention, intervention et soutien au (613) 392-2811 poste 3899**  
**Pour la communauté du BFC de Trenton**

Home of the Week



**Musique pour Jeunes Enfants**  
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**Enrichissant pour les familles!**



Depuis 28 ans, Musique pour jeunes enfants\* a toujours été un chef de file offrant une façon innovatrice d'enseigner la musique dans un environnement joyeux dynamique et interactif. Un programme de musique équilibré pour les enfants de 3-9 ans qui rassemble les apprentissages suivants: chant, piano, solfège, rythmique, lecture à vue, théorie, histoire et composition.

**Découvrez la joie du programme MYC!**  
 Pour plus de détails concernant les classes en septembre, faites le  
**Nicole Voyer 613.394.2318**  
 nicole.voyer@sympatico.ca



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### Comfortable Two-Bedroom Cottage

Plan Number 1-2-634

The perfect design for down-sizers, or for a couple just starting out, this comfortable two-bedroom cottage includes an unfinished basement for future expansion.

The master suite, which features a display area just outside the entry, also overlooks the back garden.

The spacious walk-in closet is reached through the ensuite, which includes a soaker tub as well as a corner shower, for a touch of spa-like luxury. The linen closet is close to the bedroom door.

*This home measures 44 feet wide and 56 feet deep, for a total of 1,625 square feet, not including the unfinished basement.*



THIS DESIGN INCLUDES AN UNFINISHED BASEMENT

**MAIN FLOOR PLAN**  
 1625 SQ. FT. (150.9 M<sup>2</sup>)  
 9'-0" CEILING HEIGHT

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WIDTH - 44'-0" (13.4 M)  
 DEPTH - 56'-0" (17.1 M)

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## Chaplain Services

# 8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre

### WING CHAPLAIN SERVICES

#### SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

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

#### Unit Chaplains – aumôniers d'unités

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

#### As support staff - comme personnel de soutien

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

### WORSHIP SERVICES

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

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

Chapel Life Co-ordinator

*Father Philippe Boudreau*

Co-ordinateur de Vie de Chapelle

#### Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

#### Confession – Réconciliation

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

#### Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

**St. Clement Astra (P)**  
Protestant Community

Chapel Life Co-ordinator

*Padre Jim Craig*

#### Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

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

#### Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

#### DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

### SACRAMENT OF BAPTISM

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

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

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

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

### SACREMENT DU BAPTÊME

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

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

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

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

## Planning to get married?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplain's 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 latter have the choice between their Wing Chaplain's 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 padre de votre confession religieuse le plus tôt possible.

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- Immaculate Brick Bungalow on Private Country Lot
- New Custom Cherry Kitchen Cabinetry
- Master Bedroom with Cheater Ensuite
- 28X32 Shop

**MLS# 2094953**

**OPEN HOUSE - 23 Bird Rd., Stirling**  
SUN., AUGUST 30  
2 PM TO 3:30 PM

- Viceroy home situated on a 2.3 acre lot
- Freshly renewed exterior
- Main level master with ensuite
- Possible in-law suite on lower level

**MLS #2094948**

**STIRLING CHARM**  
26 Emma St., Stirling

- Great start in the first charming 1 1/2 storey home
- Good size rooms & new bath
- Verandah on front & porch on back of home
- Beautiful wooden floors on lower level

**MLS# 2094475**

**FARM HOUSE + 86 ACRES**

- 1910 Circa Farm House with numerous upgrades
- 5 bedrooms, 2 baths, 2 staircases
- New windows, new furnace
- Large barn with water & hydro

**MLS #2094610**

**STIRLING - \$184,900**  
3378 Stirling-Marmora Rd., Stirling

- 5 bdrm, 3 baths
- 2 Storey Home
- Fabulous location just 5 minutes from Stirling
- Great open concept with main floor living rm & family rm
- Great Value

**MLS# 2092091**

**FOXBORO - \$219,900**  
142 Fish & Game Club Rd.

- Up-Grade to this newly renovated side-split
- Great Room with Wood Burning Fireplace
- Brand New Kitchen overlooking Great Room
- Fabulous Location on Picturesque Lot

**MLS# 2094064**

**NEW CONSTRUCTION - \$249,900**  
1032B Crookston Rd.

- Quality Hilden Homes
- Colorado with 3 bedrooms, 2 baths
- Finished Rec Room
- Great home tucked nicely on a country lot

**MLS# 2094397**

**NEW PRICE - \$139,900**  
290 Dufferin St., Trenton

- Beautiful 2 Storey Home
- 3 Bedrooms, 1 Bath
- Newer Furnace, Windows & Roof
- Move-In Condition

**MLS# 2093137**

**Thank You John Smiley!**

Our BBQ at Smiley's Independent Grocer was a great success. Many thanks to John and his terrific staff for their help and generous support!

SOLDIER ON SOLDAT EN MOUVEMENT



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\*Total purchase including all applicable taxes, disposable surcharges where applicable and a processing fee of \$79.95 (Eg. \$1500 purchase with \$79.95 PF equals an APR of 3.55%) are due 18 months from the date of purchase. All items available while quantities last. Prices, terms and conditions may vary according to region. Selection may vary from store to store. Pick-up discounts not available on some items. No extra charge for delivery on most items if purchase amount, before taxes and any fees, is \$499 or more. See store for delivery included areas. Not applicable to previous purchases and markdown items. See store for other convenient payment options. All first time buyers in Ontario must put down a 15% deposit on any financed pick-up purchase over \$1,000.