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## CF18 and CC130 aircraft find final resting place at NAFMC

by Karla Benoit  
Public Relations Director  
NAFMC

It has been an exciting month for the National Air Force Museum of Canada with the arrival of two new aircraft.

On May 28, the museum acquired a CC130 Hercules and on the morning of June 25, a CF18 Hornet was delivered to the RCAF Memorial Airpark. Later that day, both organizations responsible for the move, Aerospace and Telecommunications Engineering Support Squadron (ATESS) and 8 Air Maintenance Squadron (8 AMS), as well as Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, came together at the museum to see the aircraft in their new resting place.

The project first came about in September 2008 with the goal to have both aircraft ready during the Centennial of Flight year. Col Hood ensured that both aircraft made it to the museum's airpark just in time for 8 Wing/CFB Trenton's July 4-5 Canadian Forces and Air Display Weekend.

"I didn't think I would see

this day," said Chris Colton, Executive Director of the NAFMC, "but 8 AMS, ATESS and the Wing Commander came together to make this happen. It's wonderful to have these aircraft in the airpark - a beautiful tribute to the fighter and transport world."

It wasn't an easy task as both aircraft were missing pieces and required a significant amount of work before both were suitable for public viewing. The CC130 Hercules got a complete new set of wings and needed many repairs, and the CF18 Hornet received a new canopy board, stabilizer, and a new paint job. ATESS even had the Centennial of Flight logo placed on the tail.

"We are lucky to have the museum right here on the Wing," said Col Hood. "This is truly a place of honour for these aircraft, a fitting tribute to all of its military service."

The Commanding Officer of 8 AMS, Lieutenant-Colonel Art Agnew as well as the Commanding Officer of ATESS, LCol John MacCaull, along with their units, were acknowledged by the Wing Commander for their hard work and dedication that made this

project a reality.

The museum would like to thank all of the individuals involved who made this happen, as well as the Museum's Air Park Manager, John Olson, for the time spent coordinating the arrival of both aircraft, as well as the site preparation.

As the frontline multi-role fighter for Canada's Air Force, the CF18 Hornet is used for air defence, air superiority, tactical support, training, aerobatic demonstration, and aerospace testing and evaluation. Although this particular CF18, aircraft number 188911, has no plans to fly in the future, those present at CFB Trenton's Anniversary Weekend will have the opportunity to see a Hornet do a complete air demonstration.

The CC130 Hercules is a four-engine fixed-wing turbo-prop aircraft that is used for a wide range of missions, including troop transport, tactical airlift, search and rescue, air-to-air refueling, and aircrew training. This CC130, aircraft number 130314, has ties to Trenton as it spent 19 years in the area before spending the last years of its "life" in Greenwood, Nova Scotia doing search and rescue.



Photo: Corporal Brandon O'Connell, 8 Wing Imaging

Members of the Aerospace Telecommunications Engineering Support Squadron's (ATESS) Technical Services Officer Team (TSO) move a CF18 fighter jet to the RCAF Memorial Air Park at the National Air Force Museum of Canada.

## CELEBRATING CANADA DAY



Surrounded by people eagerly awaiting their piece of cake, Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, along with Quinte West Mayor John Williams, cut the Canadian flag cake during the opening ceremonies of the Quinte West Canada Day celebrations at Centennial Park in Trenton. Photo: MCpl Miranda Langguth, 8 Wing Imaging

## Problems with combat boots? Wing Supply is THE place to go

by Andrea Steiner  
Managing Editor

imagine someone not being able to find an appropriate boot."

Incoming Wing Surgeon Captain Bill Swales has an important message that he wants to pass on to all military members at 8 Wing/CFB Trenton: In the vast majority of cases, Wing Supply, not 24 Canadian Forces Health Services Centre, is responsible for footwear in the military.

The question of boots has historically been an enormous issue in the military, and trying to supply soldiers with appropriate footwear is an ongoing challenge, Capt Swales explained.

"We need to properly educate the CF members on where they need to address any boot issues -- the CF Supply Procurement chain has done a superb job and currently provides more than 200 different-sized boots, including a variety of widths, lengths and trade-specific styles. It's very hard to

Capt Swales explained that there has been a long-held misconception in the CF that boots fall into the medical domain -- "if you don't like how your boots fit, you go to the doctor and get a note that allows you to request alternate footwear."

"This is incorrect," said Capt Swales. "Supply personnel bend over backward and are very skilled in finding the appropriate fitting. It would be very rare that a member cannot be provided with appropriate footwear."

The medical role, he said, comes into play when a referral is made for orthopedic footwear for significant medical problems such as traumatic amputations or deformities caused by reconstructive surgery."

On the other hand, Capt Swales explained, "there are many other relatively

See **Combat boots**, Page 2

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# Boots are a Supply responsibility

Continued from Page 1



Photo: Andrea Steiner  
**Captain Holly Trinkwon (kneeling), Head of the Physiotherapy Department at 24 CF Health Services Centre, assists Master Corporal Crystal Lavallee, Senior Med Tech for CDU 2, with inserting orthotics for her standard-issue combat boots.**

minor conditions, such as plantar fasciitis that are treated with inserts or orthotics, not new boots.”  
 Supply personnel are also able to fit members who require orthotics with appropriate boots.

Capt Swales explained that “it is a real challenge for both Supply and medical personnel because of the ongoing confusion among military members over who is responsible for footwear.”

He noted that when members come to the hospital with a boot issue, this ties up a lot of doctors’ and physiotherapists’ time, for an issue that is not theirs to resolve, and this in turn frustrates and wastes the

time of the members themselves.  
 “Supply has spent considerable time, effort and money to ensure they can provide virtually every member with appropriate, high quality footwear.”

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



June 11, 2009, marked the day that Wing Supply christened our “Rock” for posterity. It was during our beautification day that it was painted and unveiled for the first time, located at the entrance to Supply Squadron parking lot. The unit spent the day cutting grass, planting flowers and ensuring the area was presentable to all visitors. Cpl John Henderson put the finishing touches on our new addition with the assistance of CWO Rolland Roy. The keys have long been associated with the Supply Trade and denote guardianship and safe-keeping. - SERVITIUM NULLI SECUNDUS

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# Heard the news? A new face is hitting the beat at The Contact

## Contact Staff

Many of you may have noticed the absence of Tom Philp, our reporter/photographer here at *The Contact*. Well, not to worry, Tom is on leave but will be back later this summer. Filling in for him is Lisa Bailey, who wrote the following introductory article as part of the interview and testing process when we were searching for someone to temporarily take over the reporter/photographer role. Lisa has been a godsend.

Lisa Bailey began her work as a reporter/photographer June 26. She looks forward to meeting members of the 8 Wing/CFB Trenton community and bringing news and information to readers.

"It's a new page in my career as a journalist," Bailey

says. "I've reported on the military community at CFB Petawawa previously but the experience of working full time on a military base newspaper is new for me. It will be a privilege and a pleasure to bring the people, events and issues of CFB Trenton to the forefront and help inform and perhaps even inspire others."

Bailey is no stranger to journalism. A graduate of the Georgian College print journalism program, she has honed her skills by working at several weekly and daily newspapers over the past 22 years. Her beats have included everything from municipal councils and court to business and sports.

In her spare time, she enjoys stock car racing, reading, walking and spending time with three stepchildren, aged 10 to 15. She's also an

avid animal lover, caring for a 17-year-old cat she's had since it was a kitten.

Bailey first came to this area in 2001 for a job, left for a few years and is now back, primarily because of the people and the quality of life afforded by the area's rich cultural and natural heritage.

She looks forward to being part of *The Contact* team.

"The newspaper, like the military, requires teamwork and many parts to work together to make a whole. The hardworking journalists at *The Contact* strive to report news as it happens and that includes interesting people, places and events," Bailey says.

"I can't wait to meet the people of this community and start bringing their experiences and the issues and events of the day to light."

Photo: Andrea Steiner



Lisa Bailey is currently filling in for *The Contact's* reporter/photographer Tom Philp, who will return next month.

Bailey knows 8 Wing/CFB Trenton represents a deep well rich with noteworthy news, with several anniversaries about to be celebrated in July as well as the fact that the base is undergoing an impressive reconstruction/renovation. Sports and

other social aspects of life on a military base will no doubt provide sources for more enlightenment.

Bailey welcomes members of the military community to give her a call or introduce themselves when she's out and about.



## CARRIERS NEEDED

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Leave your name, address, phone number & age.

## Search & Rescue UPDATE



424 Squadron had a fairly quiet week. We were involved in only two missions since our last article. Both missions were for our CC130 Hercules crews.

The first tasking had us out to Lake Erie to aid the U.S. Coast Guard to look for an overdue 28-foot vessel. After completing the assigned search patterns, Rescue 306 was informed by the Coast Guard that the missing boat was safe.

Next mission sent us to investigate a confirmed crash just north of Buttonville Airport. An ELT signal was picked up and homed to the crash site. Upon arrival our crew members observed that local EMS and police were on-scene and they were stood down and returned to Trenton

Until next week, stay safe.

Missions for 2009: 93    Missions for June: 23    Persons rescued: 9

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The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Mike Hood, CD, Wing Commander, 8 Wing / CFB Trenton.

### The Contact Staff

**Editor-in-Chief:** Captain Mark Peebles  
**Managing Editor:** Andrea Steiner  
**Assistant Editor:** Amber Gooding  
**Reporter/Photographer:** Lisa Bailey  
**Advertising Production:** Lindsey White  
**Advertising Sales:** Patricia MacKie  
**Bookkeeper:** Marilyn Miron  
**Circulation:** Russell Webster  
**Translator/Proofreader:** WO Louise Fagan  
**PSP Manager:** John Snyder  
**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.



### 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.**

### Letters to the Editor:

**Internet:** ANDREA.STEINER@forces.gc.ca  
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All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



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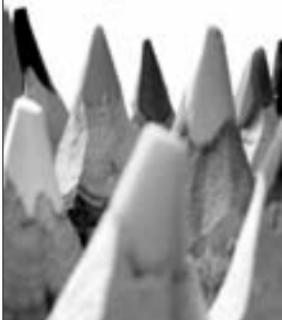
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# Canadiana Crossword

## Canadian Icons

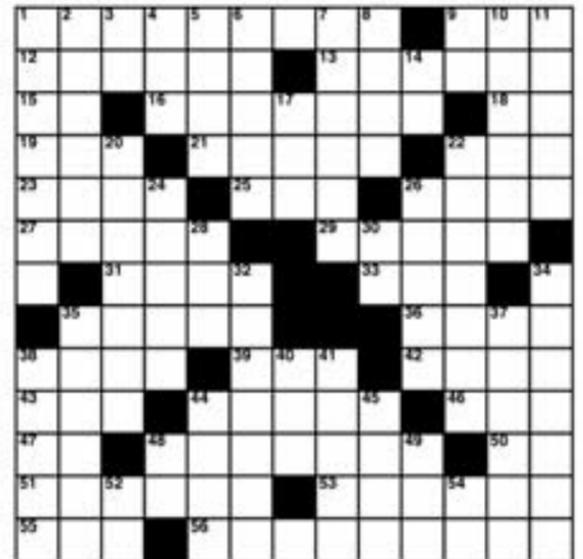
By Bernice Rosella and James Kilner

### ACROSS

- Greatest Canadian nation builder
- Half a fly?
- Mountainous
- Canada's greatest international jurist
- Truckers tech
- Greatest Canadian peace-keeper
- Polish currency (abbr)
- Auction action
- Snooze
- Prompt
- Baseball's Slaughter
- Receptor
- Some service club members
- Promotes
- Mid-east desert
- Young sow
- Greatest Canadian cancer fighter
- Transparent
- Lady of song
- Charles, abridged
- Int. news agency
- Soon
- Males
- Digger of fifties TV
- RCMP rank
- Hosp. unit
- Sound systems
- Yes, to Sergio
- Print errors
- Activity
- Canadian whiskey
- Comforting (var)

### DOWN

- Shakespeare character
- Pigmentation anomaly
- Cdn. news agency



- Bathe
- Aces
- Cole's sidekick
- Light sources
- Descend
- Toronto, slangily
- Greatest Canadian environmentalist
- Gardner and others
- Canadian news org.
- One-time Blackhawk coach
- Greatest Canadian Premier
- Early auto horns
- Piggy places
- Gay
- P. Hearst abductors
- Word before only
- The "Fuddle duddle" man
- Greatest Canadian medical innovator
- Greatest Canadian hockey broadcaster
- Opens a website
- Applaud
- In an
- Intestinal
- Baseball's Mel and kin
- Crazy
- One of the Americas (abbr)
- Juan de Fuca e.g.
- Business letter ref.
- Roman 2

See Answers, Page 20



## This Week in Contact

1979 – The green light was given to realign traffic lights at Highway 2 and the access points to CFB Trenton. Ontario's Transport Minister, James Snow, agreed to traffic flow improvements such as advanced-green arrows for both easterly and westerly traffic; and coordinated green light controls for through traffic and vehicles making right-hand turns into the base. Previously the scene of "numerous accidents," Minister Snow said "the new signal system here will help alleviate this problem."

1989 – The City of Trenton Parks and Recreation Department announced the schedule of summer Sunday concerts at the Centennial Park Amphitheatre, including the Trenton Old Tyme Fiddlers, Lorne Buck and the Flatland Mountaineers, Commodores Orchestra and the Trenton Rotary Talent Show. Concerts were free, but a collection was taken to offset costs.

1999 – Several hundred people gathered at the Royal Canadian Air Force Museum park to witness the unveiling of a monument dedicated to combat aircrews who flew in World War Two and the Korean War. The monument was erected by the Canadian Fighter Pilots Association in memory of the contribution to freedom made by their brethren.

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



# Youngster is living his dream, headed to Quebec in an RV

by Lisa Bailey  
Contact Staff

He's only nine years old but Benoit Pelletier is living his dream.

The French Canadian boy with cerebral palsy and his family have embarked on a two-week, all-expenses paid RV trip courtesy of the Sunshine Foundation: Dreams for Kids.

And he received a proper sendoff when his schoolmates at L'Envol, the French Catholic elementary school at 8 Wing/CFB Trenton, threw a surprise party for him June 19. It included a huge cake, an appearance by the Sunshine Foundation mascot, some gifts for Benoit's family and an RV supplied by one of the foundation's pool of volunteers in Kingston. It pulled up at the school, giving Benoit an idea of what was to come.

"I didn't even know," Benoit said with a sweet smile, his eyes twinkling behind his glasses. "They brought us outside and I was like, 'Oh man, what the heck was happening here?'"

Benoit's father, Dan Pelletier, mother Nathalie Brault and six-year-old sister and fellow L'Envol student Marie-Eve, were all on hand for the celebration.

"I liked it. It was really cool," Benoit said of the event.

Pelletier, who is a corporal with 8 Air Maintenance Squadron, said fulfilling his young son's dream means so much to the family as they deal with the challenges presented by CP.

"It's overwhelming,"

Photo: Lisa Bailey, Contact Staff



Local student Benoit Pelletier starts packing his toys and other necessities for his dream vacation to Quebec, courtesy of the Sunshine Foundation: Dreams for Kids.

Pelletier said. "I wish they could grant dreams to everybody."

Established in 1987 in London, Ont., the Sunshine Foundation makes dreams come true for children aged three to 18 in Canada who are living with severe physical disabilities and life-threatening illnesses.

Pelletier said he learned of the foundation last year. Another organization had granted the wish of a friend's son who was stricken with leukemia and the friend suggested the family apply. That organization guided Pelletier to the Sunshine Foundation, which states it is the only Canadian charity making

dreams come true for kids with severe physical disabilities and life-threatening illnesses. Nancy Sutherland, national executive director, noted 80 per cent of the children helped by the foundation have a severe physical disability, so Benoit was a perfect candidate.

"Ben is an awesome little guy and we're very excited for him and his family," Sutherland told The Contact.

She said the dream requests "are as unique as the kids," ranging from meetings with celebrities to room makeovers.

Benoit's idea was unusual, she said.

Pelletier noted his son "changed his mind 300 times of what he wanted to do" for his dream. Benoit settled on a family RV trip after seeing the

Robin Williams' comedy RV.

Applying to the foundation last May, the family's dream was quickly granted. Pelletier said they could have taken the trip last August but the family couldn't re-arrange Benoit's annual summer visit to the U.S. for intense physiotherapy. This year, however, the trip was on and the family is headed to Quebec to visit relatives and enjoy some amusement parks.

As he prepared for the adventure, Benoit made a list of must-haves to take along including a camera and some of the games presented at the party by the Sunshine Foundation.

Asked what he looked forward to the most, Benoit quickly replied, "Having fun."

His father couldn't say enough about the Sunshine

Foundation and its work.

"In these tough times, if people could have seen Ben's face that day . . . It's a good foundation to help and people can do it online.

"It's for our kids, it's for our children," Pelletier said.

According to Sutherland, the foundation has fulfilled more than 6,500 dreams in 20 years. But there is more work to do, as more than 150 children are hoping to realize their dream and more than 50,000 children are eligible to receive dreams.

She noted the foundation has a "long history" with the Department of National Defence as members have been part of the board and volunteer.

To learn more about the Sunshine Foundation: Dreams for Kids, visit its website at



Photo: Submitted

Benoit poses with the Sunshine Foundation Mascot and his family: mother Nathalie Brault, six-year-old sister and fellow L'Envol student Marie-Eve, and his father Dan Pelletier, who works at 8 AMS. They will be taking a trip to Quebec in an RV similar to the one in the background here.



Photo: Submitted

A representative from the Sunshine Foundation: Dreams for Kids greets an ecstatic Benoit Pelletier at a surprise party held at L'Envol in June.



# Thunderbirds embrace a part of their past

by Lisa Bailey  
Contact Staff

Howard Hyde is a living testament of the motto: "Once a Thunderbird. Always a Thunderbird." 8 Wing's 426 (Transport) Training Squadron welcomed the 86-year-old Second World War veteran to its mug out at the Baker Island Community Centre June 26.

Hyde was presented with a squadron jacket in gratitude and respect and he, in turn, gave the Thunderbirds a squadron crest from 1943.

"I thought, 'What better place to turn it back in?'" Hyde said, noting the framed emblem has survived much through the years, including a fire.

Hyde, too, is a survivor. Joining the then-fledgling squadron during the war, he was a tail gunner aboard a Halifax Bomber that was shot down over Germany in 1943. Hyde was a prisoner of war for about a year before escaping a camp south of Berlin.

He described his reunion with the squadron as "quite a coincidence";

others might call it fate.

About six weeks ago, the Penetanguishene resident said, he and his son-in-law came to 8 Wing to see the Halifax Bomber at the National Air Force Museum of Canada. They then headed to the Thunderbirds' headquarters to see if Hyde could get a squadron ball cap. Wandering the halls of the building, they bumped into Sergeant Lou Carpan who, as luck would have it, had gone to the office briefly while a mug out was taking place at Baker Island for 426's Commanding Officer, Colonel Dave Cochrane.

Reflecting on the meeting now, Sgt Carpan could only wonder at the timing of the encounter.

"Two minutes on either side of that little window and this would never ever have happened," Sgt Carpan said.

He took Hyde to the mug out where the veteran was introduced to those present and shared his experiences. Hyde did get his ball cap but the squadron wanted to do more to recognize his con-

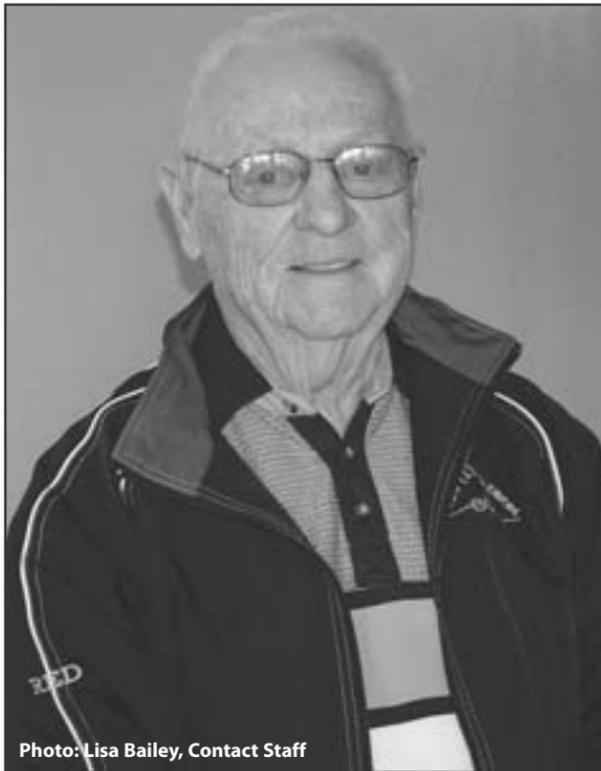


Photo: Lisa Bailey, Contact Staff

**Howard Hyde proudly wears the jacket he received from his squadron, 426 (Transport) Training Squadron.**

tributions. Consequently, he was invited to last week's mugout for Thunderbirds posted elsewhere and received a 426 jacket to a standing ovation. Emblazoned on one sleeve is 'Red,' a name bestowed to Hyde because of his red hair.

really, really something," he said, admitting it's a source of pride to know that "my squadron is still here."

Sgt Carpan noted that Hyde is a remarkable part of the 426 family.

"For a war that happened 60 years ago, it's like bringing the past to our present and shows it doesn't matter if you're young or old in this squadron, we're a family and that's the way it's supposed to be," he said.

Hyde said he already had his wings when he joined 426 in Yorkshire, England. He was part of a crew that, except for the British engineer, was all Canadian. While on a bombing mission over Germany, he said, the enemy "blew the wing off the plane so we all had to bail out."

"It happened so fast and you've trained for it and when everything is fire all around, that (training) kicked in," Hyde said.

Parachuting from the plane, Hyde was captured and held as a prisoner of war for about a year. During that time, he survived a "death march" from

a prisoner-of-war camp in Poland to a site south of Berlin. The experience, which occurred in January as the Russians were advancing, is etched in Hyde's memory as prisoners froze to death or were shot if they couldn't keep up. The group, he said, was loaded onto a boxcar near the end of their journey but by then they had walked most of the way to their destination. In all, the march lasted about 30 days; Hyde recalled how fortunate it was that his feet didn't freeze and how he had gotten a U.S. Army overcoat "from somewhere."

This and other poignant war remembrances were likely shared at last week's mugout between Hyde and 426's Honorary Colonel, Arthur Sherwin, who was a fighter pilot during the Second World War.

And more memories are likely to stir for Hyde as he and his wife planned to accept the invitation to attend the upcoming Canadian Forces Day & Air Display Weekend.

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# SPORTS & RECREATION

## Community Recreation Association: 2009 Summer Swim Schedule

The following CRA Summer swim schedules are effective beginning on Saturday, June 27, and running through until Monday, September 7, inclusive.

### REC PLEX POOLS

#### REC SWIMS - Both Pools Open

Monday to Friday: 1 to 3 p.m.  
Monday, Wednesday, Friday: 6:30 to 8:30 p.m.  
Saturday: 5:30 to 8 p.m.  
Saturday, Sunday and Holidays: 1 to 3 p.m.

#### MILITARY NOON HOUR SWIM (Main Pool)

Monday to Friday: 12 to 1 p.m.

#### \*BUG SWIMS - Main Pool

Friday, July 3: 6:30 to 8:30 p.m.  
Friday, July 10: 1 to 3 p.m.  
Friday, July 17: 6:30 to 8:30 p.m.  
Monday, July 20: 1 to 3 p.m.  
Friday, July 31: 6:30 to 8:30 p.m.  
Wednesday, August 5: 1 to 3 p.m.  
Friday, August 14: 6:30 to 8:30 p.m.

Friday, August 21: 1 to 3 p.m.

#### PARENT AND TOT SWIMS (Warm-up Pool)

Monday to Friday: 3 to 4 p.m.  
Monday, Wednesday, Friday: 5:30 to 6:30 p.m.  
Saturday, Sunday and Holidays: 3 to 4 p.m.

#### ADULT LANE SWIMS (Main Pool Open)

Monday, Wednesday, Friday: 5:30 to 6:50 a.m.  
Monday, Wednesday, Friday: 5:30 to 6:30 p.m.  
\*Tuesday and Thursday: 5:10 to 6:10 p.m.  
Monday to Friday: 3 to 4 p.m.  
Saturday, Sunday and Holidays: 3 to 4 p.m.

All timings free for Regular Force military personnel upon presentation of military ID card and PSP facility members.

\*NEW: Children six years of age and under must be accompanied in the pool by a parent or guardian 16 years of age and over who must remain within

one arm's reach at all times. Please note that there is a maximum of two children per adult.

\*NEW: Children under the age of 10 years must be accompanied on the pool deck by an individual 12 years of age or older who is responsible for the child's direct supervision.

Parent and Tot swims are restricted to infants five years of age and under.

Residents of Quinte West are invited to access the pool during the above timings, (except during military noon hour swim times), on a "space availability" basis.

Shower before entering and re-entering the pool

\*During the Tuesday and Thursday Adult Lane Swim from 5:10 to 6:10 p.m., only four lanes of the pool will be available.

#### DROP-IN FEES

Military community, non-members: Six months to five years old: \$1; Six to 17 years old: \$2; 18 years old and over: \$3

General Public: Six months to five years old: \$2; Six to 17 years old: \$3; 18

years old and over: \$4

#### ALBATROSS OUTDOOR POOL (Tentatively scheduled to open June 29)

#### REC SWIMS

Seven days per week: 1 to 4:30 p.m.; Holidays: 1 to 4:30 p.m.

#### MILITARY NOON HOUR SWIM

Tuesdays and Thursdays: 12 to 1 p.m.

Drop-in Fees: \$2/person/visit. Payable at the pool. Please ensure you bring correct change.

Free for Regular Force military personnel and PSP facility membership pass holders.

Children seven years of age and under must be accompanied in the water by an adult who must remain within one arm's reach at all times.

All those entering through the gates must present proper ID or pay the drop-in fee regardless if they are swimming or not.

For more information please contact the RecPlex at 613-392-2811 ext. 3361 or visit [www.cfbtrenton.com](http://www.cfbtrenton.com).

## What else is going on at the Community Recreation Association?

### Want to be a Lifeguard?

Join our Aquatic Leadership Camp and we will get you started. During this week-long Aquatic Leadership camp participants will work towards achieving their Standard First Aid/CPR "C", Bronze Medallion and Bronze Cross Certifications. Participants must be 13 years of age or older. Monday, July 27 - Friday, July 31 from 9 a.m. to 6 p.m. each day. \$225 - Military Community + \$40 Lifesaving Manual - \$250 - General Public + \$40 Lifesaving Manual.

### Jr. Lifeguard Club Mini Camp

The Junior Lifeguard Club offers serious fun for kids eight years of age and up who can swim at least 25 metres and tread water for two minutes. The Jr. Lifeguard Club provides an action-packed challenge for kids who love the water but who want more than "lessons". The Jr. Lifeguard Club is for quick learners, those between levels or those who thrive in an energetic learning environment. Monday, August 24, Wednesday, August 26 & Friday, August 28 - 9 a.m. to 1 p.m. each day. \$40 - Military Community - \$50 - General Public

### Introduction to Fencing

You've heard of fencing but never actually had a chance to try it? Want to try a new sport for the summer? Fencing might be for you!

In order to introduce the youth fencer 10 years of age & up to competitive fencing, the PSP Community Recreation Association is offering youth and adult

Learn to Fence nights this summer. These programs, run by a NCCP Level IV qualified coach will teach the basic fundamental skills of balance, coordination, agility, speed and reaction, provide an introduction to the fencing disciplines of foil & sabre, and give the new fencers a taste of competitive fencing in a fun environment. For those fencers who demonstrate an interest & ability to pursue competitive fencing training, beginner programs will run in the fall.

- All required equipment will be supplied
- Small groups
- Participants to wear appropriate
- Gym attire with running shoes

#### Dates:

From 6:30 to 8:30 p.m.  
July 15 for 10-13 years old  
July 29 for 14-16 years old  
August 12 for 17+ and adults

#### Cost

\$10.00/class - Military Community  
\$12.00/class - General Public

Information: 613-392-2811 ext 3361 or Capt Marilyne Lafortune at 613-392-2811 ext 3563 Home number: 613-475-0318, or email [Marilyne.lafortune@forces.gc.ca](mailto:Marilyne.lafortune@forces.gc.ca).

### Summer Red Cross Swim Lessons - Registration for Sessions 1 & 2

#### 8 Wing Community

Began Wednesday, June 24 from 4 to 6 p.m., and continued until Tuesday, June 30 at the RecPlex during normal hours of operation.

#### General Public

Began Thursday, July 2 from 5 to 7 p.m. at the RecPlex.

Registration for all continues Friday, July 3 to Sunday, July 12 at the RecPlex during normal hours of operation.

#### Registration for Session 3

#### 8 Wing Community

Monday, July 27 from 4 to 6 p.m. at the RecPlex. Registration for 8 Wing continues Wednesday, July 29 to Monday, August 3 at the RecPlex during normal hours of operation.

#### General Public

Thursday, July 30 from 5 to 7 p.m. at the RecPlex. Registration for all continues Wednesday, August 5 to Sunday, August 9 during normal hours of operation.

#### Super Golf Deals!

Round Glen - \$25  
Oak Hills (Highlands & Valley Course) - \$27  
Trillium Wood - \$42 for two rounds plus other 2-for-1 deals  
Purchase your golf pass at the RecPlex. Available to military personnel and CRA members only. Limit of 1 pass per person per purchase.

#### Provincial Park Day Passes

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. Now available at the RecPlex. \$7 per pass. One pass per family. Passes cannot be reserved in advance. Available to military personnel and CRA members only.

#### Kayaking for Kicks

A three-hour adventure on quiet and serene West Lake...and then...a short portage will take you over to Lake Ontario.

Take this Intro Course and then enjoy renting the kayaks available at the Gym on the south side.

- All equipment supplied
- Small groups
- Great for families
- Includes Wet Exit & Re-entry Certificate (issued if Wet Exit & Re-entry performed)

- Youth 12 years of age and over may take the course if accompanied by a parent

Cost: \$ 60 - Military Community, \$ 65 - General Public

Upcoming Dates: Wednesday, July 15 - 5:30 to 8:30 p.m. - Sunday, August 9 - 9 a.m. to noon - Wednesday, August 19 - 5:30 to 8:30 p.m. - Thursday, August 27 - 5:30 to 8:30 p.m.

Location: Bernie Gray Kayaking 177 Main St., Wellington - Register at the RecPlex to take advantage of the REDUCED cost of the course!



# FITNESS & HEALTH PROMOTION



**8 Wing Health Promotion**

Shalyn Mann, Health Promotion Admin  
Local 3767

Angela Prescott, Health Promotion Manager  
Local 4122

Kendra Lafleur, Health Promotion Director  
Local 3768

177 Hercules St., Bldg 119  
healthpromotion@forces.gc.ca

## Did You Know?

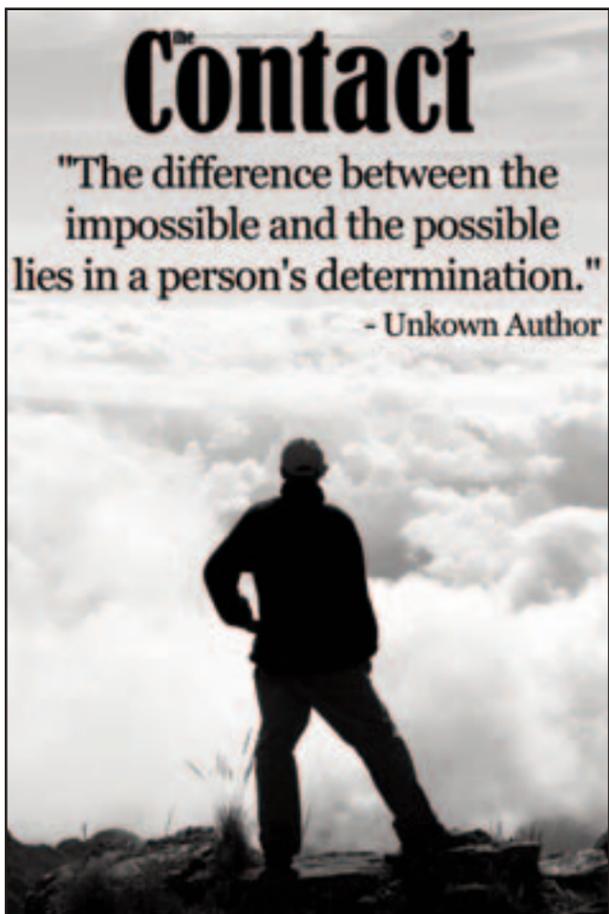
People who put their commitments in writing - and who tell others what they plan to do - tend to be more successful in meeting their goals than those who do not.



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

# Contact

"The difference between the impossible and the possible lies in a person's determination."  
- Unknown Author



## To make that change, say AAAAA

Maintaining a healthy lifestyle means making positive choices that enhance your personal physical, mental and spiritual health.

For the most part, learning to make these choices involves changes in behaviour.

Although behaviour change is not always easy, considering a few "A" words could simplify the process.

Affirm your commitment. Write down all the reasons you have to make the change. The more reasons you have, the better. They are a valuable resource if motivation fades and you are having a hard time remembering "Why am I doing this to begin with?"

Acknowledge the behaviour that needs to change. If your healthy lifestyle includes weight management, are there eating or

physical activity behaviours you need to address? If stress management is your goal, how are you currently reacting to the stressors in your life?

Accept that there is a reason why you have developed that behaviour. It begins with understanding the need that the behaviour satisfies. Do you smoke to cope with stress? Do you eat out of boredom? Once you recognize the intention behind the behaviour, it becomes easier to develop alternative behaviours and make other choices to get the same result.

Anticipate that there will be challenges. Know your personal triggers that encourage undesirable behaviours. Plan ahead and develop strategies for high-risk situations, implement your strategies and continue to devel-

op alternative behaviours. Practice. Practice. Practice.

Analyze your alternative behaviours. Use the outcome as a learning experience for next time. Were you happy with the results? What worked? What didn't? What will you do next time to achieve the desired outcome?

Account for your actions. A powerful tool for changing behaviours is monitoring your progress in writing. List your high-risk situations. Identify your alternative behaviours.

Scratch off the ones that aren't working for you, keep the ones that do. Behaviours are often automatic. Reviewing your notes will help identify problem areas, but also help you recognize the successful changes you have made in making healthy lifestyle choices.

## It may be time to revisit, rejuvenate and renew New Year's resolutions

Quit smoking, drink less, lose weight, exercise more, eat healthy. If you are one of the 96 per cent Canadians who made a New Year's resolution on January 1, you may have set a health-related goal. How are you doing?

Research shows that 20 per cent of Canadians achieve their resolutions. You can be one of them. It may just take a second look at your resolutions.

Resolutions are all about goal setting. Are your resolutions SMART?

SMART goals are Specific. They define exactly what you want to achieve.

SMART goals are Measurable. They include clear benchmarks to know that you are succeeding.

SMART goals are Achievable. They provide challenge, but are still within reason.

SMART goals are Relevant. They are important to YOU.

SMART goals are Trackable. They include a way to record progress.

An example of a SMART goal would be: "I will

use my pedometer to record my steps each day and increase my steps by 10 per cent each week until I am taking an average of 10,000 steps per day."

Goals can help to increase motivation by providing us with direction and build our confidence with increased feelings of success when they are met. So what happens when motivation starts to fade? That is the time to revisit your goal.

Sometimes goals feel too big to tackle or take so long to achieve that it is difficult to stay focused. Consider breaking large goals into smaller "bite size" pieces and determine if your goals match your preferences. Is it motivating for you to set goals slightly higher than you are likely to achieve? Perhaps you prefer goals that are modest and can easily be met or exceeded, or you may prefer to have your goals match your performance.

By thinking about your preferences and adjusting your goals to fit, you can rejuvenate your motivation to achieve them, renew your resolutions and reach your goals for 2009!



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# Avoid a major accident by reporting close call incidents



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

Close call incidents happen more frequently than you think. Did you catch yourself from slipping any time today? Did you walk over a spill in the lunch room? Or did you get a minor

electrical shock from a power tool you were using?

All of these minor incidents can lead to major accidents if they are not reported and the hazard repaired or removed.

It may seem a little ridiculous to you to report every little incident you may encounter during the day. What if your boss gets angry at you for reporting a close call incident? What if you ruin your perfect safety record for reporting a near-accident? No doubt these questions have crossed your mind – but are any of

these questions important if a close call incident forgotten turns into the death of a co-worker? It happens.

Perhaps you are not sure what a close call incident is. Let's look at these examples:

- A co-worker is using a ladder. It seems fine, but as he comes down, one of the rungs sags as he steps on it. He notices a crack. He puts the ladder back without tagging it as needing repairs. The next day you grab the same ladder. As you start to climb you put your foot through the rung, lose your balance and fall, spraining your

ankle.

- You are hurrying into work as you are running late. As you back out of your driveway, you bump the garbage can because your brakes don't seem to respond normally. You think nothing of it, but as you drive home that evening, your brakes fail and you crash into a telephone pole.

- Your co-worker grabs a cup of coffee and spills some of it on the floor. You see him spill it but you step over it on your way to the coffee pot. The next minute you hear a loud crash. Someone

else has gone in the lunchroom with supplies and has fallen on the floor after slipping on the coffee. He has broken his wrist.

All three of these accidents involved a warning signal. That warning is a close call incident. In the case of the cracked ladder rung, all it would have taken was a tag saying "defective" or "not usable" and then reporting it to the right people to have it fixed. With the car brakes, it would have taken a telephone call to a reliable mechanic as soon as you suspected trouble. And the

spilled coffee? You saw it spilled as well. Even if the one who created the spill doesn't clean it up, that doesn't mean you just step over it. You have a responsibility to clean it up as well. Do you report a spilled cup of coffee to your supervisor? Probably not – but leaving it could mean filling out an accident report later.

These close call incidents may seem small, but all little incidents can lead to big accidents. Be on the lookout. With your eyes open you will prevent grief for yourself or a co-worker.

# Going on vacation? Take these steps to protect your home



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

Don't let your great vacation give way to a possible break-in.

Precautions for the safekeeping of your home while your family is away on vacation can provide the important benefits of safety and peace of mind.

Inform a trusted neighbour of your departure and return

dates. Leave a number where you can be reached in case of an emergency. Be sure to leave a house key with your neighbour, and ask him to park in your driveway.

Have your neighbour pick up newspapers and mail. Arrange for trimming of the lawn and clearing of the walk-

ways.

Valuables should be stored in a safe deposit box.

Use clock timers to activate lights or radios at intervals, giving the impression that someone is home.

All tools and ladders should be out of sight and locked up. Don't provide a thief

with tools to invade your home.

Unplug all electrical appliances and the television to prevent against a fire hazard in your absence.

Close the fireplace flue to prevent birds or animals from entering.

Put your garbage cans in the basement

or in a storage shed; empty ones are a sure sign you're away.

Before leaving, double check to ensure all entries are secured.

Any unoccupied dwellings are a favourite target for a thief. Be sure to safeguard your home before leaving on vacation.

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## Westben concert hits high notes for Military Families Fund (MFF)

by LCol Debbie Miller  
8 Wing Administration Officer

I had the occasion this past weekend to attend the opening concert at the "Westben Concerts At the Barn" series just three kilometres west of Campbellford.

The reason was simple, the Artist and Managing Director - Brian Finley - had written requesting that 8 Wing send representation to attend and participate in the concert. The military presence at the concert, he wrote had two goals: first, they would love participation during the concert to bring greetings on behalf of the military and to explain what the Military Families Fund (MFF) means to the families involved; and, to allow those present to express their appreciation to our military in a very personal way. As mentioned they were interested in the MFF and as such they wanted to contribute monetarily to the fund.

So, up until receiving the invitation I must admit that I did not have a clue about the Westben Barn. However, it was not too long after my arrival at the concert that I received the grand tour and the explanation as to just what Westben was all about.

The Westben Arts Festival

Theatre is a charitable, not-for-profit organization committed to creating, enriching and integrating communities of professionals and amateurs in world-class musical projects in a beautifully unique setting. This year they are celebrating the 10th anniversary of *Concerts at The Barn* with "the Season of Joy": 35 concerts at their beautiful performance Barn. As a prelude to their summer-long musical celebrations, they traditionally present a musical event, which raises money for an international charity. In past seasons, they have supported such organizations as "Song for Africa" AIDS awareness and "Spread the Net." They had heard about the MFF and this year, they wanted to support the fund created by General Rick Hillier. They provided me with the opportunity to talk about the fund and provide a few examples of the great work it does in support of the families. I also took a moment to invite them to the Anniversary Weekend to gain a further appreciation of the capabilities of the Canadian Forces.

As you will recall, the MFF was created as a responsive means to provide financial assistance to military families from the support received from Canadians across the country.

Wing/Base Commanders have been delegated the authority to use the MFF when immediate financial assistance is required by a family member. The MFF is only to be used when there are no other means to provide support to the family, and here at 8 Wing we have used the MFF and received great support from Sandy Gauthier/DGPFSS.

The concert Saturday evening was entitled "Songs of War & Peace". This community showcase featured many of the area's favourite popular music acts such as: the Lemmon Sisters, Ken Tizzard and the Variety Show Players, Scrap Metal, Bad Poetry and more. Music included hits of Bob Dylan, Pete Seeger, U2, John Lennon and many others. I found myself singing along with the concert-goers to a great many tunes from the '70's and '80's. All in all it was a great evening and they managed to raise a tidy sum of money that will go to the MFF.

The Westben Arts Festival is a hidden gem in the area; if you like very good music of all types in a great serene setting check them out at [www.westben.ca](http://www.westben.ca). Take bug spray because as the sun goes down the mosquitoes come out.

## Cairns and Monuments: A trail of history

by LCol Debbie Miller  
8 Wing Administration Officer

History is all around us here in Trenton, history about the base and where it came from, along with the 'characters' that were involved in its establishment, growth, and heritage of the Base. Characters that included politicians (federal, provincial, and local), military, contractors, entertainers, workers, along with a host of others you know and the names you do not.

But there is a trail to remember some of them by and the history surrounding the base. Did you know that there are a number of cairns/monuments here on the Wing that commemorate events and activities from our history? Apparently there are, and I set out to locate them Wednesday evening.

Number 1 - Air Cadet Camp, cairn and bell to commemorate the years that air cadets have been coming to Trenton.

Number 2 - Corner of Anson and Yukon, by the Junior Ranks Mess, heading towards the southside gym is the one placed by the Government of Canada, dedicated to the British Commonwealth Training Plan.

Number 3 - Adjacent to Number 1, presented to the 'Officers and Personnel of CFB Trenton in Appreciation of Fifty Years Cooperation and Service to the Local Community' by the Centennial Committee on behalf of the City of Trenton, 1980.

Number 4 - Also adjacent to Number 1, Dedicated on the Occasion

of the 60th Anniversary of the Royal Canadian Air Force To the Officers and Personnel who served at CFB Trenton 1924-1984' by the Township of Sidney July 7, 1984.

Number 5 - Corner of Anson and Oxford, tucked just off the road between two fir trees, lies this next cairn. This cairn was dedicated to the person who provided the funding for the former sports field, oh so many years ago. 'Nathanson Field, made possible through the generosity of NL Nathanson, Esq. of Toronto, August 1941.'

Number 6 - Corner of Anson and Yukon, just adjacent to the Wing Headquarters lies the first of two cairns. By the oak and two pyramidal cedars, 'This English oak tree was planted on 30 September 1999 by Major-General P. Gartenburg, Assistant Chief of the Air Staff, and Colonel E.G. Cloutier, Commander 8 Wing/CFB Trenton, as a continuing symbol of our proud heritage.'

Number 7 - Also adjacent to the Wing Headquarters Building is an etched monument celebrating the 75th Anniversary of the RCAF. 'This monument a tribute to the Men and Women of 8 Wing, was unveiled on 30 September 1999 by Mr. Robert Bertrand, Parliamentary Secretary to the Minister of National Defence and Colonel E.G. Cloutier, Commander 8 Wing/CFB Trenton in commemoration of the 75th Anniversary of the formation of the Royal Canadian Air Force.'

Number 8 - The Memorial Gates stand as a monument and testament to

the will of the human spirit and the tenacity of a nation to perform and produce under enormous pressure. 'Their Shoulders Held the Sky Suspended.'

Number 9 - If you walk due east along the line of oak trees, transplanted from the estate of the Marquess of Camden estate in Sussex and stop at the thirteenth tree, just in line with the front door of the Officers' Mess and the Gardens you will find number 9. 'This oak tree was planted by Virginia Bell Irving, April 11, 1945. One of a number presented to the RCAF by the Air Ministry London England in recognition of Canada's part in the British Commonwealth Air Training Plan 1939-1945.'

Number 10 - Last but certainly not least is the Cornerstone on the Wing Headquarters Building just below the blue 142 Yukon sign, 'This Stone was Laid by His Excellency The Earl of Bessborough, P.C.G.C.M.G. Governor General of Canada, May 6th 1934. PER ARDUA AD REM.'

So Number 10 is where the construction started all those many years ago, it continued through the war years, waned in the intervening years, picked up in the late 70s and 80s when Trenton Crane pitched up to construct more than a few buildings on the base including JR single quarters. Trenton Crane continued to participate in the construction of other buildings - the Lodges, the Chapel, etc. Which brings us to the present construction here on the Wing, monumental and due to be completed in 2010. History continues here on the Wing.



# Greening 8 Wing

## Others green with envy over 8 Wing's composting program

by Lisa Bailey  
Contact Staff

An environmental gem has taken root at 8 Wing/CFB Trenton that diverts waste from landfill and helps to beautify the base.

Since 1996, the Wing Construction Engineering Squadron's composting facility has been converting food and yard waste into a soil-like substance that nurtures plant growth.

"Let nature do its thing, that happens here," says Ron Hadwen, CE roads and grounds foreman.

Composting, he says, "is a perfectly natural thing. Here we provide the optimum conditions to hasten it."

And happen it does. To date, more than 2.5 million pounds of food waste and 3,000 to 5,000 cubic metres of yard waste have been processed. In essence, Hadwen notes, 8 Wing has diverted its food waste from the waste stream.

It's a continuous collaborative effort involving CE and Wing Environment and all Wing and base personnel. They can take their yard waste to the facility from noon to 1 p.m. Monday to Friday.

Hadwen notes the program's popularity has grown as word of it spreads; lineups have formed at the facility as people drop off their leaves, branches and grass clippings.

"We've got a lot of support," he says.

Food waste, meanwhile, comes from all of the messes. Picked up three times a week, the food preparation material and uneaten food is ground up and deposited in a bin at the mess. It does accumulate. Last week, for example, about 17 bins holding 80 litres of food waste each were collected over two days.

The facility's success stems from everyone's support of 8 Wing's commitment to fostering environmental stewardship, preserving the environment and minimizing its operational impact on the environment.

"Green is in but we've been doing this for 12 years so it's not just a matter of being green . . ." Hadwen says.

Composting, he notes, makes sound economic and environmental sense – it recycles natural products that would otherwise have to be transported and disposed of, creating costs as well as pollutants.

"Part of DND's philosophy is, 'Don't give your problems to other people.' If we're creating waste, the more waste we can keep on site the better it is for us," Hadwen says.

"It helps people realize they are actually doing a good thing."

The actual process of creating compost involves



Employee Neil "Hollywood" Verheyen checks gauges on the composter at the CE site.

numerous steps.

At the CE composting facility, bins holding the ground-up food waste and yard waste, which has passed through a chipper to resemble wood chips, are lined up by the composter. The large industrial-sized machine is fed the two types of waste, which are mixed manually in the mouth of the contraption before dropping into the enclosed body. There, with the help of oxygen and heat, it is processed and monitored by staff.

Emerging from the composter 28 days later, the waste has been broken

down by microorganisms and lost 90 per cent of its bulk. Byproducts of the processing, such as carbon dioxide and water, are captured and released by a biofilter fitted onto the composter.

The compost is then piled on site and allowed to break down further. Hadwen calls it "letting it finish."

Moisture and temperature are monitored and water is added if necessary.

"Once the temperature of the pile is the same as outside, it's as close to dirt or humus as you can get," Hadwen says.

Finishing can take three weeks to six months, he says, noting the bacteria needs more time in the cold of winter to work its magic.

When it's completely finished, the compost can be screened into different grades. Fine grade, which looks just like soil, is mixed with fertilizer and earth to grow flowers in the nearby base greenhouses. Medium grade is applied to the gardens around the base.

The facility began with one composter, built to WEnv specs by Wright Environmental Management Inc. of Toronto. Hadwen says the



Student labourer David Horner holds the reduced waste produced by the composter.

need for a second machine became apparent after food volumes rose with the cadets' arrival at 8 Wing's summer training camp. It was noted, too, that freeze-up in winter was a possibility. As it happened, Hadwen says, the second composter came from the CF base in Halifax; it was no longer needed after the city instituted a regional composting program and established an operation.

A building and other equipment are also part of the composting facility, which operates year round

five days a week with two full-time employees.

Capable of expanding, the operation is a model of success and co-operation that has attracted noteworthy attention; government visitors from Ottawa and even Seoul, South Korea, have taken a tour, Hadwen says.

He's not surprised by the composting facility's progress. It's a testament, he says, to what can occur when many parties with good intentions come together and say, "Let's make it happen."



Photos: Lisa Bailey, Contact Staff

Employee Neil "Hollywood" Verheyen watches food waste empty into the top of the composter.



# 437 Transport's new Honorary Colonel embraces duties

by Lisa Bailey  
Contact Staff

A new partnership was forged for 8 Wing's 437 (Transport) Squadron on June 25, with John See welcomed as Honorary Colonel.

During a 30-minute investiture ceremony held in the Officers' Mess Upper Lounge, HCol See signed his certificate as about 100 people, including 437 members, dignitaries and family members, watched. Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, was presiding officer and Lieutenant-Colonel John Komocki, Commanding Officer of 437 Squadron, also took part.

In his address, HCol See praised the Huskies for their "excellent and earned reputation, and very, very, rich history" and helping to keep Canada "atop the world" and "admired by people everywhere" for its freedoms and social liberties, among other things.

The TD Bank executive told the gathering he was "honoured and humbled" when asked to take on the role and will look to 437's motto of Anytime Anywhere "to guide me as I look for ways to advance your squadron and the Air Force."

HCol See added that he hopes to get to know 437's men and women, learn about their experiences and challenges, "and share my perspective" with them.



Photo: Cpl David Hardwick, 8 Wing Imaging  
**John See, the new Honorary Colonel of 437 Squadron, speaks to the gathered members during the investiture ceremony held at the 8 Wing Officer's Mess on June 25, 2009.**

That perspective played a part in his selection for the role.

According to Col Hood, HCol See "gave an outstanding lecture on leadership" at a professional development seminar that exposed 8 Wing's men and women to various leadership examples. Col Hood also cited TD Bank for being at the forefront of hiring military veterans and seeking out those injured abroad. He said he "was impressed with their commitment to those of us in uniform."

It may be an honorary appointment but HCol See is expected to fulfill a number of duties including advocating for the mission of Canadian Forces, the Air Force, 8

Wing Trenton and, in particular, 437 Squadron; representing the unit within both his personal and professional communities; learning the history and maintaining 437's customs and traditions; being an active and visible part of the unit by participating in social events and formal functions; and connecting personally with 437 members, sharing his unique experiences as a mentor and contributing to unit morale and effectiveness.

HCol See is eager to embrace this work, LCol Komocki said.

"Four weeks ago, on day one of his exposure to military service, it was wonderful to share his pride and enthusiasm as

See turn to me with a grin and ask if it was against regulation to wear his flying suit home!"

Earning both Bachelor of Science and Master of Business Administration degrees from Queen's University in Kingston in 1979 and 1981 respectively, HCol See's career in the banking industry has included international assignments. He is senior vice-president of TD Bank's investor services and president and chief executive officer of TD Waterhouse.

It's a decidedly different background from his predecessor, HCol Pete Porter, but LCol Komocki said the two men share the same "commitment and enthusiasm to represent 437 Squadron and develop a close relationship with its members."

Attending the investiture, Mr. Porter had a front row seat to hear tributes to him. Col Hood called him the "epitome of an honorary colonel" and noted his longstanding attachment to the Huskies.

A young RCAF pilot

fresh from training in England, he was assigned to the newly formed, all-Canadian flying squadron dubbed No. 437 RCAF Squadron in 1944.

At the end of 1945, after nearly two years of operations with 437, Flying Officer Porter was repatriated to Canada.

He sought other professional challenges once home but, LCol Komocki noted, "aviation was in his blood to stay" and Mr. Porter maintained his private pilot licence until age 75.

Now 86, Mr. Porter's past six years of work as honorary colonel was acknowledged with 10 former 437 commanding officers attending the investiture. They were "specially here to join us all in thanking you both, Col Porter and (wife) Sarah, for your valued association to our squadron. You will always remain an indelible part of this unit's proud history," LCol Komocki said.

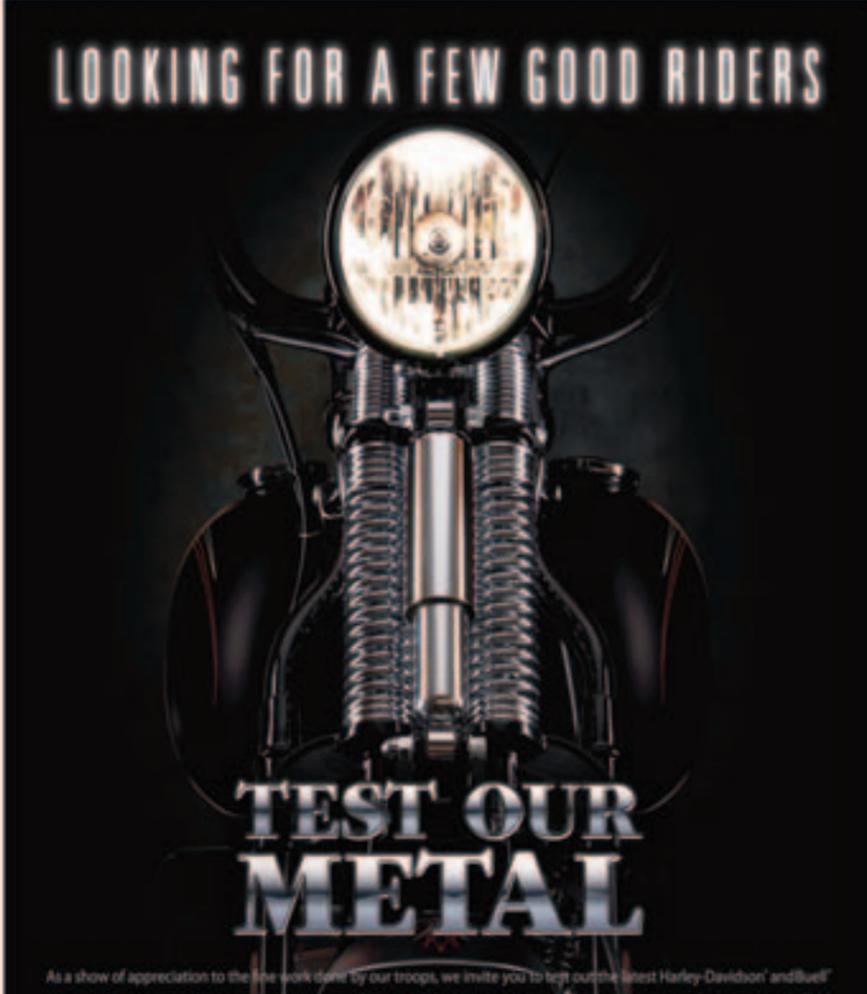
A reception followed HCol See's investiture, with a mess dinner scheduled to take place that evening.



Photo: Cpl David Hardwick, 8 Wing Imaging

Lieutenant-Colonel John Komocki (left), CO of 437 Squadron, Colonel Mike Hood (centre), Commander, 8 Wing/CFB Trenton, and Honorary Colonel John See (right), sign the papers granting Mr. See the position of Honorary Colonel of 437 Squadron.

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**Place: 8 Wing Trenton CANEX SuperMart Parking Lot**



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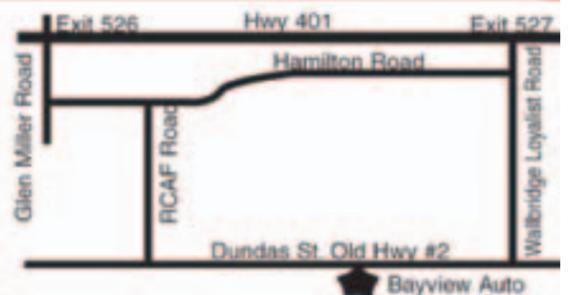
<p><b>06 PONTIAC PURSUIT</b></p> <p>9399 Automatic, 4 cyl., burnt orange, radio/cruise steering controls, air, tilt, pwr locks, mirrors, windows, AM/FM/CD, keyless entry, 60,000kms.</p> <p><b>\$8,995</b></p>	<p><b>05 CHRYSLER PT CRUISER</b></p> <p>9556 Automatic, convertible, pwr seat, pwr windows, locks, mirrors, air, AM/FM/CD, tilt, alloy wheels, keyless entry, 74,000kms.</p> <p><b>\$9,995</b></p>	<p><b>08 VOLKSWAGON JETTA</b></p> <p>A5240 Pwr sunroof, pwr heated leather seats, alloy wheels, air, tilt, pwr locks, windows, mirrors, cruise, AM/FM/CD/MP3, keyless entry, 74,000kms.</p> <p><b>\$19,995</b></p>	<p><b>06 PONTIAC G6 GT</b></p> <p>8505 High polish wheels, pwr sunroof, pwr heated leather seats, air, radio/cruise steering controls, factory remote start, pwr windows, mirrors, locks, traction control, keyless entry, 35,000kms.</p> <p><b>\$15,495</b></p>
<p><b>05 PONTIAC VIBE</b></p> <p>9404 Automatic, 4 cyl., air, AM/FM/CD, cruise, tilt, pwr mirrors, locks, windows, keyless entry, 67,000kms.</p> <p><b>\$10,995</b></p>	<p><b>05 SATURN ION LEVEL 3</b></p> <p>9188 Automatic, 4 cyl., 4 dr., pwr sunroof, alloy wheels, pwr windows, mirrors, locks, cruise steering controls, air, tilt, keyless entry, 61,000kms.</p> <p><b>\$8,795</b></p>	<p><b>05 PONTIAC GR. PRIX GT</b></p> <p>9437 Pwr sunroof, pwr seat, OnStar, alloy wheels, radio steering controls, air, tilt, cruise, factory remote start, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 76,000kms.</p> <p><b>\$10,495</b></p>	<p><b>07 SATURN ION LEVEL 2</b></p> <p>9196 Automatic, 4 cyl., 4 dr., air, cruise steering controls, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 38,000kms!</p> <p><b>\$9,295</b></p>
<p><b>05 NISSAN SENTRA</b></p> <p>9099 Automatic, 4 cyl., air, tilt, pwr mirrors, windows, locks, AM/FM/CD, keyless entry, 66,000kms.</p> <p><b>\$8,995</b></p>	<p><b>06 PONTIAC G5 GT</b></p> <p>9285 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.</p> <p><b>\$9,395</b></p>	<p><b>05 PONTIAC G6</b></p> <p>9441 Automatic, pwr windows, locks, mirrors, factory remote start, AM/FM/CD, radio/cruise steering controls, alloy wheels, keyless entry, 78,000kms.</p> <p><b>\$8,995</b></p>	<p><b>06 CHEV MALIBU LT</b></p> <p>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.</p> <p><b>\$9,995</b></p>
<p><b>05 SATURN ION</b></p> <p>9421 Automatic, 4 cyl., pwr windows, locks, mirrors, AM/FM/CD/MP3, tilt, air, cruise steering controls, alloy wheels, keyless entry, 75,000kms.</p> <p><b>??,???</b></p>	<p><b>06 PONTIAC GRAND PRIX</b></p> <p>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.</p> <p><b>\$9,995</b></p>	<p><b>06 SATURN ION L3</b></p> <p>D9264 Automatic, 4 door coupe, air, AM/FM/CD, pwr windows, locks, mirrors, tilt, cruise steering controls, alloy wheels, keyless entry, only 19,000kms!</p> <p><b>\$10,995</b></p>	<p><b>05 NISSAN SENTRA</b></p> <p>9540 Automatic, 4 cyl., pwr windows, locks, mirrors, air, AM/FM/CD, tilt, keyless entry, 62,000kms.</p> <p><b>\$8,995</b></p>
<p><b>06 PONTIAC PURSUIT</b></p> <p>9267 Automatic, 4 door, air, radio/cruise steering controls, AM/FM/CD, pwr windows, locks, mirrors, alloy wheels, tilt, keyless entry, only 35,000kms!</p> <p><b>\$9,995</b></p>	<p><b>05 CHEV MALIBU</b></p> <p>9282 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.</p> <p><b>\$9,995</b></p>	<p><b>06 CHEV MALIBU MAXX</b></p> <p>9443 Automatic, pwr windows, locks, mirrors, 2 pwr sunroofs, AM/FM/CD/DVD, pwr seat, wood grain trim, tilt, factory remote start, cruise steering controls, keyless entry, only 25,000kms.</p> <p><b>\$12,495</b></p>	<p><b>05 BUICK ALLURE</b></p> <p>9538 Automatic, pwr seats, air, OnStar, AM/FM/CD, wood grain trim, pwr windows, locks, mirrors, tilt, factory remote start, cruise steering controls, keyless entry, only 24,000kms!</p> <p><b>\$11,995</b></p>

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# Community Events

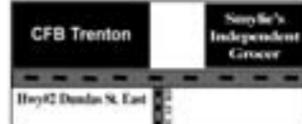
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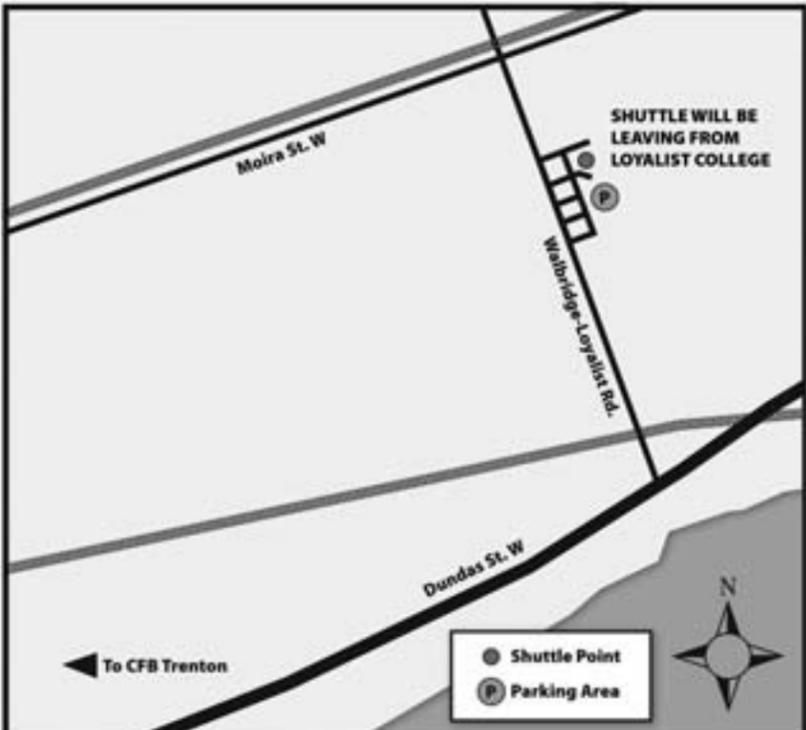


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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

## 8 WING CFB TRENTON CANADIAN FORCES WEEKEND AND AIR DISPLAY SHUTTLE MAP



SHUTTLE WILL BE LEAVING FROM LOYALIST COLLEGE

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Wainbridge-Loyalist Rd.

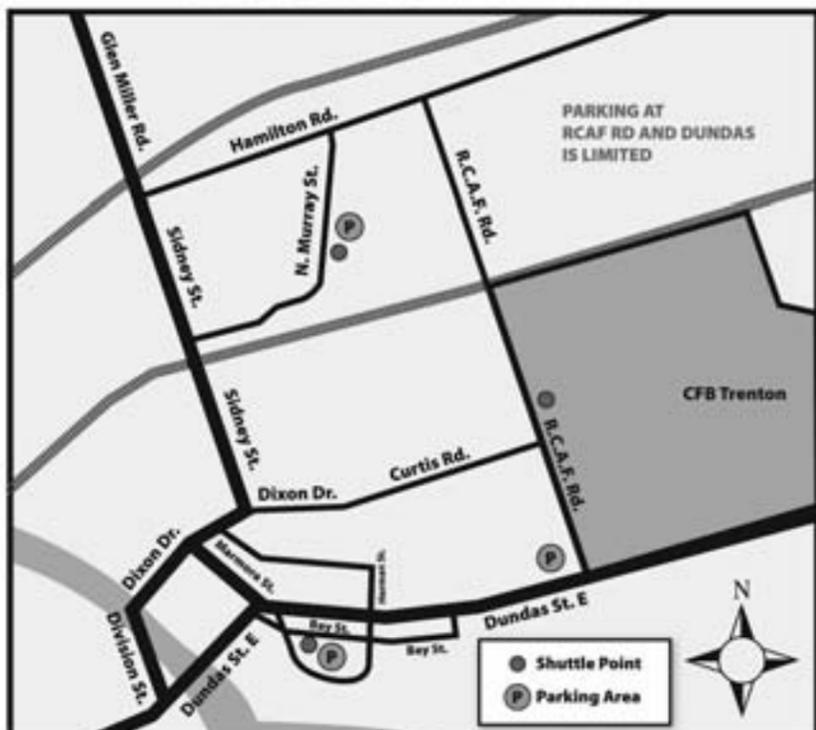
Dundas St. W

Dundas St. E

To CFB Trenton

● Shuttle Point  
● Parking Area

## 8 WING CFB TRENTON CANADIAN FORCES WEEKEND AND AIR DISPLAY SHUTTLE MAP



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Sidney St.

Curtis Rd.

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Dixon Dr.

Dundas St. E

Dundas St. E

CFB Trenton

● Shuttle Point  
● Parking Area

## Concerts in the Park

Concerts will be held at the Ted Snider Band Shell, Fraser Park on Friday nights from 6 p.m. to 8 p.m. Joining us again this year are local artists providing 'Art in the Park' organized by the Arts Quinte West group.



- July 3: Open Stage, Matt Goodman
- July 10: Stacey Doling and Darlene Brooks
- July 17: The Cadillacs - Downtown Sidewalk Sale
- July 24: Tom Savage
- July 31: Flashback
- August 5: Air Cadets (2pm Wednesday afternoon)
- August 7: Robert Vance
- August 14: Ground Speed
- August 21: Fade Kings
- August 28: Barn Cats
- September 5: Open Stage, Matt Goodman

**Please note: The above information is a provisional list of performers - changes may be made at any time.**

## 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 feel free to contact the Fire Department business line at local 3511.

1<sup>st</sup> Annual Frankford  
**Island Blues Festival**



JULY 10, 11, 12  
2009



Come and join us for the first Frankford Island Blues Festival, in the town of Frankford, Ontario, Hwy 33, 10 minutes north of the 401, exit 525, (by boat: lock 6 on the Trent Severn waterway). Plan to spend the entire weekend, onsite camping is limited, book early! Weekend passes and daily tickets available!

For more information please visit [www.loyalblues.ca/festival.htm](http://www.loyalblues.ca/festival.htm)

Feature

FAMILY



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**Mealtime.org Tuna Mandarin Roll-ups**

**Ingredients:**

- 1 can (11 ounces) Mandarin orange segments, drained
- 1/3 cup finely chopped, canned water chestnuts, drained
- 1 can (12 ounces) solid, light tuna in water, drained
- 1/4 cup fat-free mayonnaise
- 1/4 teaspoon curry powder (optional)
- 4 (6-inch) flour tortillas
- 2 cups loosely packed, torn lettuce leaves or baby spinach leaves

**Preparation Time:** Approximately 15 minutes

**Preparation:**  
Set aside half the Mandarin orange segments and several water chestnut slices. Break up tuna in a medium bowl. Mix in mayonnaise and curry powder, if desired, with a fork. Stir in oranges and water chestnuts. Spread 1/2 cup tuna mixture onto each tortilla to within 1 inch of the edge. Make a funny face using 1/2 cup lettuce for hair, the extra Mandarin orange segments for a mouth and eyebrows and extra water chestnut slices for eyes. Roll up and serve immediately or keep cool. Or, get right to eating and top with lettuce, extra Mandarin orange segments and water chestnut slices. Roll up and serve. Serves: Four

*Nutritional Information Per Serving: Calories 250; Total fat 3.5g; Saturated fat 1g; Cholesterol 25mg; Sodium 620mg; Carbohydrate 28g; Fiber 3g; Protein 25g; Vitamin A 60 per cent DV\*; Vitamin C 50 per cent DV; Calcium 8 per cent DV; Iron 15 per cent DV. \*Daily Value*

**DEAD END ?** www.pcatoons.com  
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**Activity: Ice cube painting**

Have you ever tried painting a picture using tinted ice cubes? This is a simple art activity that will encourage your child's creativity while you enjoy some Comfort, Play and Teach™ time together!

You will need: Ice cube tray; water; food colouring or powdered paint; paper; tray; smock to protect your child's clothes.

**Instructions:** Place a sheet of paper onto a tray. If using ice cubes tinted with food colouring, place one or two onto the paper. Your child can grasp each ice cube and slide them around on the paper, creating patterns as the ice melts.

If using clear ice cubes and powdered paint, sprinkle two different colours of paint onto the paper so your child can observe what happens as the colours combine.

Comment on the way your child is painting (e.g., "Look at how you are making circles with the ice cubes!") or on the pattern he has created (e.g. "Your picture reminds me of falling snow!").

Enjoy this more with Comfort, Play and Teach™:

**Comfort:** Let your child know that you admire the artwork they have created. Knowing that you appreciate their efforts will help to build self-esteem and encourage your child to explore their creativity even further.

**Play:** Making paintings using ice cubes helps your child to think about creative ways to make designs. What else can you experiment with? Try painting with feathers, pinecones, cotton swabs, crumpled tinfoil or other unusual items.

**Teach:** Painting with ice cubes introduces science concepts like freezing, melting and colour combining in a way that is simple and fun.

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

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# HOROSCOPES

Donna's Astrology Weekly  
www.donnnavantoen.com

July 5-11, 2009

*Theme of the week: Some of you are returning from vacation and are thinking about all the things you need to do before you go back to work. Others are thinking about everything you need to do before you leave on vacation. Either way, planning is high on most agendas. A lunar eclipse July 7 additionally shows important matters coming to a head or being completed for those of you born in the 4-6 period of any month. Specifics will vary, but all in all, expect a busy week!*

**ARIES** (March 21-April 19): Duty calls, probably insistently. Some of you may be very active in public meetings. Others will be busy on the domestic front. Self-improvement programs figure for many of you. There will be ups and downs, but it certainly won't be dull!

**TAURUS** (April 20-May 20): If you have in-laws, you may be more interested than usual in their welfare. If you don't, you may be more involved than usual with a friend or relative who lives some distance away. Last but not least, some of you are heading off for a vacation. Those who are not will retreat from the world through rest and gentle pastimes.

**GEMINI** (May 21-June 20): If you've applied for some sort of special funding, this is the week when you'll get the news. You may be helping someone else improve their financial picture or working to beef up your own. Either way, money matters now. Stick to your plan. You'll reap the rewards!

**CANCER** (June 21-July 22): Your energy level is beyond high. You're super-charged and ready to take on the world. That's fine. Just bear in mind that cooperation is your key to success. Get contentious and you'll have problems. If you need to de-stress, explore aromatherapy. It may be just the ticket!

**LEO** (July 23-Aug. 22): You're one of the many who's heavily into making plans. That's good, but just to be on the safe side, keep them close to your chest until you're ready to put them into action. They may need some fine-tuning before you go public with them. Right now, the time's not right.

**VIRGO** (Aug.23-Sept. 22): Refrain from scheduling or doing anything that smacks of being an irrevocable decision or iron-clad commitment. Quitting your job, getting cosmetic surgery, buying or selling your house would be examples. Wait a couple of weeks. If the idea still appeals, then go for it.

**LIBRA** (Sept. 23-Oct23): There could be a major event connected with marriage or family life. If you're looking for a new home, a cottage, or an investment property, the hunting's just fine. Avoid July 7 for signing papers, though.

**SCORPIO** (Oct. 23-Nov. 21): This could be an important week for you. It may involve some sort of communication from a relative or childhood friend you've lost touch with. Whoever it is, the two of you have a lot to catch up on!

**SAGITTARIUS** (Nov. 22-Dec. 21): Innovations in communications are featured. There may also be a trip to visit a relative. Plans are less dramatic than for many of the other signs, but may require some fine-tuning. Trust your intuition.

**CAPRICORN** (Dec. 22-Jan. 19): There's a fair bit of tension in the work area this week, but you could also be very creative. Your energy level is fine, so you'll finish what you need to get finished, but the deadline will make you nervous until you're done.

**AQUARIUS** (Jan. 20-Feb. 18): You've moved into a cycle where you have greater flexibility in your schedule. The freedom exhilarates you, but it could also make you rather impulsive. Don't make snap decisions. Otherwise you'll find yourself painted into a corner by time constraints again.

**PISCES** (Feb. 19-March 20): The sullen become scintillating and someone or something gives you cause to celebrate. Enjoy yourself, but use care in the kitchen and around the barbecue. Burned fingers hurt, and singed hair is not attractive! In other words, this is not a good week to play with fire!

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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**.

**GINGER & SHADOW** BY BARRY CORBETT



GINGER, I CAN'T FIND SHADOW. HAVE YOU SEEN HIM?  
OH, DR. DESARD PICKED HIM UP AND BROUGHT HIM DOWN TO THE LAB.  
WHAT?! WHO? I DIDN'T OKAY THAT!! IS HE A VET?  
NO, BUT HE HAD A NICE WHITE COAT.  
HE'S NOT EVEN A VET?! WHY DOES HE HAVE A LAB?  
WHEN I SAY LAB, I MEAN LABRADOR.

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



ELSA WILL NEVER FIND ME UNDER HERE.  
BUT I HAVE.  
ONE SMALL TWIST FOR SQUIRREL. ONE GIANT BATH FOR DOGKIND.

**DuJour**

**NEW HIRE** ROBERT SEMOUR



I understand you're **QUITE** a motivator .....

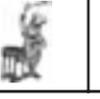
**Stuff!**



Do as I say or I'll sue you !!!

**Dominant Horses!**

# JR RANKS MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
			 1 Canada Day! (Mess Closed)	 2	 3 Astra Air Show Party	4
5	6 Lab Lounge Scuba Club Meeting & BBQ	7	8 Astra Recruiting Brief	9 Astra Recruiting Brief	10 TGIF BBQSteak	11
12	13	14 Astra 8 AMS Flt Safety Brief	15 Astra 8 AMS Flt Safety Brief	16	17 TGIF BBQSteak	18 Astra Wedding Recep Pte Grayson
19	20	21	22	23	24 TGIF BBQSteak	25 Astra Wedding Recep J Moloughney
26  Toronto Zoo Trip	27	28 Astra Staff Cadet Function	29	30	31 TGIF BBQSteak 	



## July 2009

CANADA



Anniversary Weekend  
Week-end commémoratif  
Vêtements Souvenir Clothing

Polo Shirts / Chandails Polo  
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## TRENTON Military Family Resource Centre



### EVENTS & INFORMATION

#### "FLAT OUT" Weekend

July 10-11-12, 2009

Shannonville Speedway

Live Music - Drive-In Movie - Beer Garden

Admission: Fri/Sat - \$10 Sunday - \$5

[www.farfromstock.com](http://www.farfromstock.com)

### Événements et Information

#### "FLAT OUT" Fin de Semaine

10-11-12 juillet, 2009

Shannonville Speedway

Admission: vendredi/samedi - 10\$ dimanche - 5\$  
Spectacle de musiciens - Cinéma en plein air - Bière plein air

[www.farfromstock.com](http://www.farfromstock.com)

Family member deployed or going to be deployed?

Come out for a fun event!



What: A Hawaiian Beach Party

When: July 18<sup>th</sup> 12:00-3:00

Where: WOs & Sgts Mess

Register at extension 4532 by July 15<sup>th</sup>

Avez-vous un membre de la famille déployé

ou qui va être déployé? Venez vous amuser!!!

Quoi: Un Fete "Hawaiian"

Quand: le 18 juillet 12m-15h

Où: Mess des Sgt et Adjudants

Inscription: poste 4532 jusqu'au 15 juillet



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# ATTENTION READERS



The Contact office will be closed from July 27 - August 7 for summer vacation, and will reopen Monday, August 10.

Please note, there will be no papers for these two weeks.

**Contact**

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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 padré pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême.

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

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

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

## Planning to get married?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing 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. À noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

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

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

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### Crossword Answers

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

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## Study shows majority of homebuyers will choose energy efficiency for next home

(NC)—A new trend is emerging among those Canadians thinking of buying or building a new home.

According to a survey by EnerQuality Corporation, a home energy training and consulting firm licensed to deliver Natural Resources Canada's (NRCan's) Office of Energy Efficiency (OEE's) new housing initiatives, nine out of 10 buyers will be looking for energy efficiency features in their next home.

A full 90 per cent of respondents also said they were willing to spend more for homes that deliver better indoor air quality and are more energy-efficient.

The findings could help explain the explosion in the number of homebuilders lining up to become licensed in delivering OEE's new housing programs - EnerGuide Rating System (ERS), ENERGY STAR for New Homes and R-2000.

The homebuilding industry is undergoing one of its most significant transformations in recent years as it responds to higher consumer demand for greener homes and more energy-efficient building practices.

In order to satisfy the demand, homebuilders are implementing a number of federal and regional programs across Canada designed to

provide a consistent, cohesive approach to building energy-efficient homes. It's important to understand the available initiatives so take note.

The ERS determines the home's level of energy efficiency on a scale from 0-100. Tools such as the ERS and R-2000 Standard are used in support of regional energy-efficiency initiatives such as ENERGY STAR for New Homes, Power Smart New Homes, Built Green, Yukon GreenHome, and Novoclimat.

The R-2000 standard reflects the best in technology development by the federal government and the homebuilding industry. Homes built to the R-2000 standard achieve a minimum energy efficiency rating of 80 on the EnerGuide scale.

This translates to a home that uses approximately 30 percent less energy than an average newly built home. In addition, there is a series of technical requirements for ventilation, airtightness, insulation, choice of materials, water use and other factors...

If you plan to build or buy a home in the coming months, you should brush up on the latest trends, terminology and technology, and look into R-2000 and other regional housing energy efficiency initiatives, at [www.newhomes.nrcan.gc.ca](http://www.newhomes.nrcan.gc.ca).



Photo: NewsCanada

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**8 Britton Place, Belleville**  
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## Hottest trend in new home construction is solar power

(NC)—As more and more Canadians become aware of the environment and look for ways to reduce their ecological footprint, the benefits of incorporating renewable energy into new homes is irrefutable. If you are planning to build a new home in the coming months, some recent developments may help you with your research.

Solar power, for example, is the hottest trend in new home construction these days; in fact, Natural Resources Canada (NRCan's) Office of Energy Efficiency (OEE), responsible for licensing builders to construct energy-efficient homes, has completed an 18-month pilot project in Ontario to fund the construction of 100 new "SolarReady" homes. The project was a huge success and now the OEE is encouraging all Canadians to incorporate Solar Ready features into their building plans.

Basically, a Solar Ready home is equipped for the future use of solar power

for necessities such as hot water or electricity. When you choose the Solar Ready option, your builder or contractor will design cost-effective adjustments for your home so you can install solar equipment in the future. Solar power is a cost-effective upgrade you can choose for your new home - an upgrade that could help you make big savings in energy costs and put you in line for environmentalist of the year on your block.

A Solar Ready home must meet five basic requirements for the installation of solar energy systems: a roof location of

suitable size, pitch and orientation; labelled conduits from the mechanical room to the attic; extra plumbing valves and fittings on the water heater; an electrical outlet at the planned solar tank location; construction plans that indicate the future component locations.

It's a good idea to read up on the federal government's Solar Ready technical guidelines, programs and research on solar power and other renewable energy sources.

You can find all the latest information at the OEE website at [www.newhomes.nrcan.gc.ca](http://www.newhomes.nrcan.gc.ca).



Photo: NewsCanada



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MLS# 2094072 \$184,500

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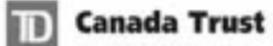
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<p><b>\$285,000</b></p>  <p><b>IN-LAW SUITE</b></p> <ul style="list-style-type: none"> <li>- Super quality home with attached &amp; detached garage.</li> <li>- One of a kind custom built</li> <li>- Self contained unit in basement</li> <li>- One of a kind home - call to view</li> </ul> <p><b>MLS# 2093490</b></p>	<p><b>REDNERSVILLE RD BUNGALOW!</b></p>  <p><b>MINIS TO BELLEVILLE</b></p> <ul style="list-style-type: none"> <li>- Wonderful water view in a sought after area</li> <li>- 3 bedroom, 3 bath bungalow</li> <li>- 4+ acres</li> <li>- Beautiful gardens</li> </ul> <p><b>MLS# 2092740</b></p>	<p><b>\$149,900</b></p>  <p><b>FRANKFORD SEMI</b></p> <ul style="list-style-type: none"> <li>- Great location walking distance to town</li> <li>- Completely renovated top to bottom</li> <li>- Private backyard</li> <li>- Dead-end street</li> </ul> <p><b>MLS# 2091379</b></p>	<p><b>142 FISH &amp; GAME CLUB RD.</b></p>  <p><b>NEW LISTING</b></p> <ul style="list-style-type: none"> <li>- Upgrade to this newly renovated side-split</li> <li>- Great Room with Wood Burning Fireplace</li> <li>- Brand New Kitchen overlooking Great Room</li> <li>- Fabulous Location on Picturesque Lot</li> </ul> <p><b>\$219,900 • MLS #2094064</b></p>

# Quick Tips on Buying a New Condominium

(NC)-In many cases Condominiums offer many advantages including: better amenities less maintenance responsibilities and more security. Some drawbacks to condominium living may include restrictions on pet ownership and increased maintenance costs in the form of common expense fees.

"When you buy a condominium you buy a home and buy into a community lifestyle at the same time," says Joe Kavanagh, of Ontario's Consumer Protection Branch. And that could mean restrictions on lifestyle choices -

restrictions condo buyers need to ask about before buying.

"There are a wide variety of condominiums to choose from each with its own unique characteristics. It is critical to do your homework in order to understand what you are purchasing". Kavanagh recommends that you work with a lawyer or real estate professional who specializes in condominium purchases to assist you in the purchasing process.

Ontario's Condominium Act requires builders to make disclosures to buyers about the project at the time of sale. If you change your mind and wish to

cancel the contract, the Act gives you a 10 day "cooling off period" from the time you receive a signed copy of the purchase and sale agreement or the disclosure statement (whichever comes later). In addition, the builder must provide a table of contents as part of the disclosure statement to enable the purchaser to find the disclosed information quickly and easily.

For more information about your rights under the Condominium Act, 1998, go to [www.ontario.ca/consumerprotection](http://www.ontario.ca/consumerprotection) or call toll free 1-866-351-5655.

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