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Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 44 Issue Number 29 •

## Colonel Williams returns to 8 Wing, this time as Commander

by Andrea Steiner  
Managing Editor

Little did he know back in 2006, as he left 8 Wing and his position as Commanding Officer of 437 Squadron, that he would return a mere three years later as the Wing Commander.

Colonel Russ Williams, who assumed command from Colonel Mike Hood just last week, admits that this was something he had hoped for, but surely didn't expect.

"Certainly I was keen to get the opportunity, but you never know. There are a number of qualified people who could do the job so that's why I say that I feel very fortunate to have been appointed."

He says he also has been following developments here at 8 Wing as part of his former position as Project Director for the Airlift Capability projects Strategic (CC177 Globemaster III) and Tactical (CC130J), and Fixed-Wing Search and Rescue.

"I've had the opportunity to keep a close eye on the development necessary to support these fleets and the collateral advantage the rest of the base has enjoyed, and will enjoy, in the coming years."

Col Williams is eager to embrace what he terms as "an unprecedented period of development and renewal here at 8 Wing/CFB Trenton."

"It's very exciting. There are obviously some inconveniences that affect our day-to-day activities, but it's hard not to be very excited about the evolution that's happening here in Trenton."

"And not just the fleets, but the renewal of the existing infrastructure. Much of this would have happened in due course, but certainly the arrival of the new fleets and the requirements to support these new airplanes have allowed us to go ahead and replace infrastructure that needed replacing."

"But at the end of the day, there's no doubt that we're going to be far, far ahead of where we've been, in virtually everything we

do."

Col Williams spoke of the new aircraft, including the CC177 and the CC130J.

"The CC177 remains a very new capability for us. We're still learning, and we're going to go through pretty much the same routine with the CC130J. The job of the leadership team at 8 Wing will be to make sure that those capabilities are introduced and developed safely, and that we ensure that our people are properly trained to do what it is we ask them to do."

As for the CC130J Hercules, Col Williams expects the first couple of planes will arrive at 8 Wing next spring or early summer. He says a total of 17 of these aircraft are anticipated, which will come in over a period of years, similar to the arrival of the CC177s.

"We're in the process of phasing out the older airplanes. The plan is that by the time all of the CC130Js have arrived, the older CC130Es will be retired. The newer CC130Hs, 13 of them, will remain to conduct Search and Rescue (SAR) operations across the country, split between Trenton, Greenwood and Winnipeg. This predominately SAR role will continue until the arrival of the new fixed-wing SAR airplanes, which will ultimately replace the CC130Hs and the Buffalo at Comox. The timelines for this new fleet are still being developed."

And of course, with new aircraft must come new hangars.

"We're going to have a number of exciting milestones to witness as we go along, including the opening of the new control tower in the not-too-distant future. And we are obviously going to be very pleased to have the new hangars constructed for the new airplanes, which will make our efforts in support of these fleets much, much easier."

A key priority for Col Williams is the need to maintain the Wing's operational capability.

"I think that the priority has to be that we ensure that the Wing

Photo: MCpl Tom Trainor, 8 Wing Imaging



Colonel Russ Williams assumed command of 8 Wing/CFB Trenton from Colonel Mike Hood on Wednesday, July 15, 2009.

remains capable and continues to excel in operations, at the same time as we introduce new fleets and continue renewal and development. So the trick for all of us will be, as it has been for the last few years, to continue this development as rapidly as possible while we conduct and support operations. We need to make sure here that we continue to do that effectively, notwithstanding the massive changes going on all around us."

As with his predecessor, Col Williams places a high value on fitness.

"Fitness is vital. The Air Force has changed a lot in the last 10 years, in terms of the types of operations we conduct and support, and I think it's become very obvious to all of us that we need to step into operations on short notice. And that is only going to

be easier if each of us is in good physical and mental condition," he said.

Col Williams also considers 8 Wing's close ties to the local community to be very important.

"As I said in my speech at the Change of Command ceremony, it's clear that Col Hood has worked hard to keep that relationship strong. I have already had the opportunity to meet with Quinte West city council and Mayor Williams. It's clear to me that there is a very strong working relationship there and one I certainly will be working to maintain and develop this very important relationship. I see this as a critical alliance."

For the immediate future, Col Williams plans to get out and meet the personnel of 8 Wing/CFB Trenton.

"Chief West and I are keen to

visit the units, to get some one-on-one input from the folks here, and understand what they are happy about and what their challenges might be, so that we can help them with those. We are honoured to represent Wing personnel, military and civilian, and we'll be doing what we can to support them. I look forward to getting out and meeting people face-to-face and to developing a better understanding of all elements of operations here in Trenton."

One other thing the Wing Commander plans to do is fly.

"I will be flying; I am going to renew my qualification on the Polaris starting early next month. One of my goals is to work with our personnel in an operational setting. For that reason I'll also be looking for opportunities to catch a ride with all of our units. I am looking forward to it."

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# 8 Wing personnel respond quickly to crash

by Lisa Bailey  
Contact Staff

By all accounts, 8 Wing/CFB Trenton reacted swiftly and fully when a civilian-owned T-33 jet crashed during a noontime take-off at the Wing on July 15.

"My personal opinion was that the response was very good, the base resources came together and took care of it properly and effectively," said Captain Konrad Ostner of 8 Wing Air Traffic Control, who was the Deputy On Scene Controller the day of the crash.

"It was very impressive, the way the base resources just came together and took care of it right away."

Capt David Jane, 8 Wing Fire Chief, concurred, saying it was "an extremely rapid response."

In fact, he noted, the first Wing fire truck was on-scene in about a minute and four more arrived within two minutes. The fire chief and Capt Ostner both noted that a base fire truck happened to already be on the runway performing an unrelated task when the crash occurred at 12:12 p.m.

A number of other first responders also witnessed the incident, including Capt Ostner. He said he was on the ramp when he saw the T-33 rise about 10 feet into the air then appear to stall and slam onto the runway, fuel spewing from both wing tip tanks as they burst. The pilot tried to brake, leaving skid-

marks on the runway, but the T-33 careened through a fence and continued over the airfield's perimeter road. It came to rest inside the airfield's outer fence next to RCAF Road, straddling a ditch with the wings supporting the fuselage. The jet's landing gear had collapsed and debris such as documents and the pilot's bag had spilled onto the runway, Capt Ostner said.

"I've been in the military for 30 years and this is the first crash I've witnessed ... from lift-off to downing," he said, noting this was also the first crash he's seen since coming to 8 Wing in 2002.

Capt Ostner's first thought was to get back to the ATC tower and sound the alarm for an immediate crash response, but this was done by controllers at the tower who had also seen the incident. Capt Ostner said the crash conference line rang at several agencies, including the 8 Wing fire hall and hospital, Military Police, Wing ATC officer, 424 Transport and Rescue Squadron, Mobile Support Equipment, the terminal (radar for ATC), the chief tower controller, Wing Operations and the Maintenance Operational Control Centre.

Major Donnie Munroe of 8 Wing ATC led the OSCR team which, along with Capt Ostner, included Warrant Officer Pete Banfield and Corporal Kirby Walsh as scribe and assistant respectively.

By the time OSCR reached the

scene to take control of it, Capt Ostner said, the response was well underway. Military Police were already there and ambulance staff were tending to the pilot who was out of the plane. Firefighters, under 8 Wing Deputy Fire Chief Master Warrant Officer Jacques Rene's command, were spraying foam onto the fuel, which was leaking into the ditch.

"The first concern is the aircraft catching on fire," Capt Jane said, given the fuel leak and hot engines.

He said a rescue team was also deployed on foot with a hose to ensure there was no danger of fire.

As firefighters worked at the scene, upwards of 50 off-duty personnel were called in to the fire hall.

"We need to maintain a response to any other emergency," Capt Jane said, noting the recalled personnel would also relieve those working at the scene.

He said it was not "extremely hard work (at the crash site) as far as firefighting goes, but in some cases we have to relieve them of their duties because it's fairly intense work."

While off-duty firefighters were being called in, Quinte West Fire Department covered for them. Quinte West Fire Chief John Whelan was in the area and, in response to his offer of help, trucks from his department were stationed near the air cadet training centre.

See Crash response, Page 3



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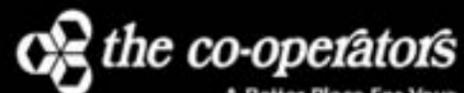
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## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



8 Wing Telecommunication & Information Services Squadron (WTISS) is responsible for the installation, maintenance and operations of the Military Aeronautical Communications System (MACS) located at Carrying Place and Pointe Petrie. MACS is responsible for all air/ground/air (AGA) high frequency (HF) communications for all CF airborne assets. Seen here are Corporals Murray and Vachon handling communications traffic at the MACS consoles located at Carrying Place.



# Crash response very good, swift, Continued from Page 1

Back at the crash site, a number of other Wing personnel were called in, Capt Ostner said. 8 Wing Environment, for example, worked with firefighters to contain the fuel spill. Wing Imaging photographed the scene for investigative purposes while Public Affairs gathered information for media inquiries. The Wing Auxiliary Security Force helped to keep people out of the area for their own safety and to main-

tain the scene's integrity for the investigation, conducted by Wing Flight Safety. The Recovery and Salvage Support team from 8 Wing's Aerospace and Telecommunications Engineering Support Squadron came in to handle removal of the aircraft, and pin down the plane's ejection seat. A fuel bowser defuelled the plane, while 8 Wing Construction and Engineering handled replacing the damaged

fence. "There's a lot of things that have to be considered," Capt Ostner said. As the day wore on, various agencies completed their work and left the scene. By the time OSCR stood down, around 7:15 p.m., all that was left to do was mop up and remove the T-33. The time of day and location of the crash helped facilitate a quick response but, Capt Ostner noted, tabletop

exercises and the staging of two or three mock disasters annually also prepare responders of

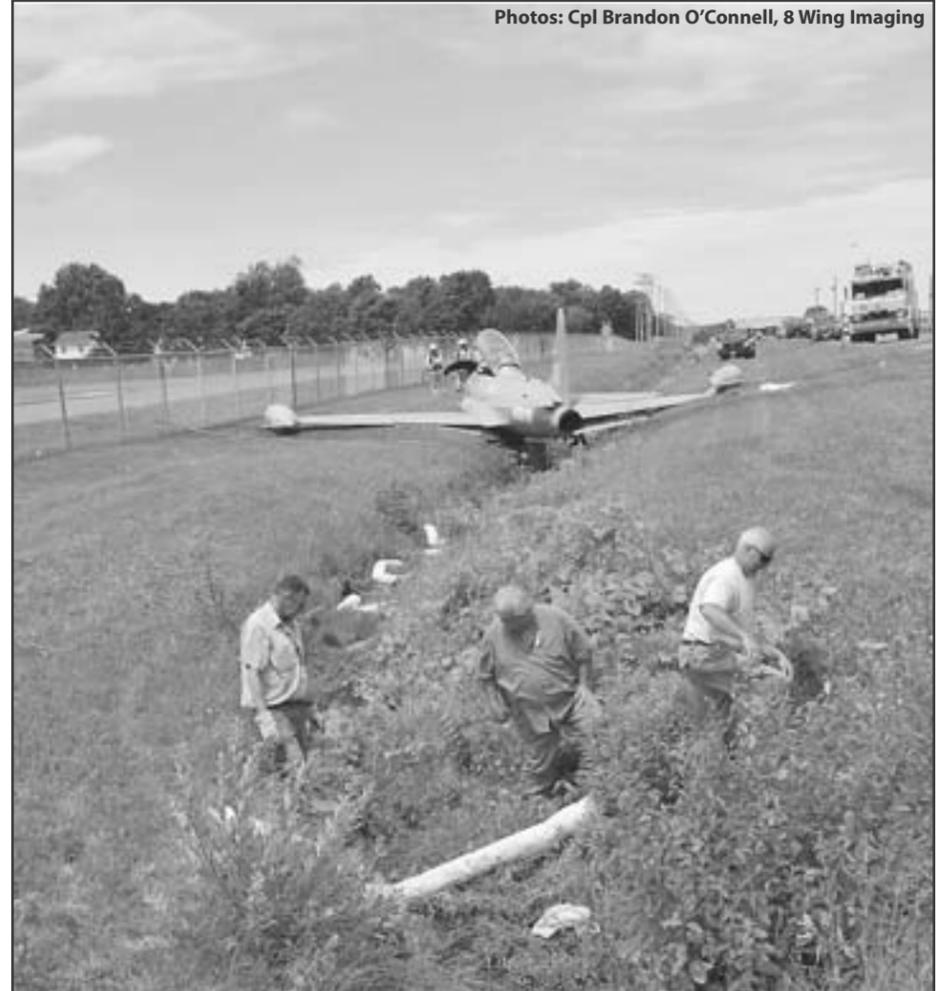
this, the most urgent of emergencies. "We gain our experience from practice so

when we have an actual incident in front of us, we just start reacting to it," he said.

Photos: Cpl Brandon O'Connell, 8 Wing Imaging



8 Wing personnel respond quickly to the crash of a private jet.



Members of the environmental team contain a fuel spill after a T-33 aircraft crashed after take off at the end of 8 Wing Trenton's runway near RCAF road.

## Search & Rescue UPDATE

424 Squadron had another very busy week last week. We completed eight missions and one still ongoing. Our Griffon crews flew all eight missions.

The Hercules crew has been involved in a long search for a missing helicopter in Northern Quebec. The search started Friday night when the crew was called in to go look for a helicopter and two men missing in the northern Quebec territory of Nunavik. At the time of printing the search was still ongoing.

The first of the Griffon missions had the crew tasked to St Jean, Quebec to look for a missing aircraft. While enroute the crew was notified that the missing aircraft was actually a student that was lost in flight. After the student pilot reported visual with the Drummondville airport and was safely on the ground, the crew returned to base.

The next mission was another tasking to look for a possible crash near Drummondville, Quebec; while enroute the tasking was cancelled.

Then Rescue 491 was tasked to home for an ELT signal in the Toronto area. After two hours of searching, nothing was found and the crew was stood down.

The next mission was for the Griffon to medevac a man with an axe injury. While refueling in Trois Rivieres, the crew was informed that the man had been evacuated in an ambulance. The crew returned home.

Next, Rescue 422 was tasked to look for a missing 33-year-old male in Bon Echo Provincial Park. After looking for 1.5 hours, the crew was stood down and returned to base. A few hours later the crew was tasked northeast of Rochester in Lake Ontario to look for a missing boat. The boat was spotted by the US Coast Guard and Rescue 422 came home.

The next day, Rescue 491 was tasked to again look for an overdue boat in the Parry Sound area. The OPP vessel spotted the man and the Griffon was no longer required and returned to base.

Finally the Griffon crew was woken up in the middle of the night to go investigate a flare sighting 100 NM north of Ottawa. When on-scene, nothing was found and the crew was stood down.

That ended a very busy 7 days here at 424 Squadron. Until next week, stay safe.

Missions for 2009: 120 Missions for July: 25 Persons rescued: 9

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- 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 #.
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- **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

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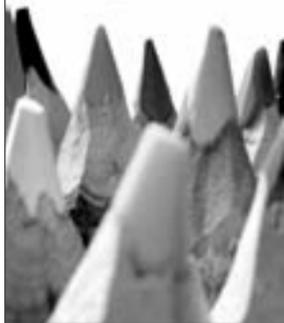
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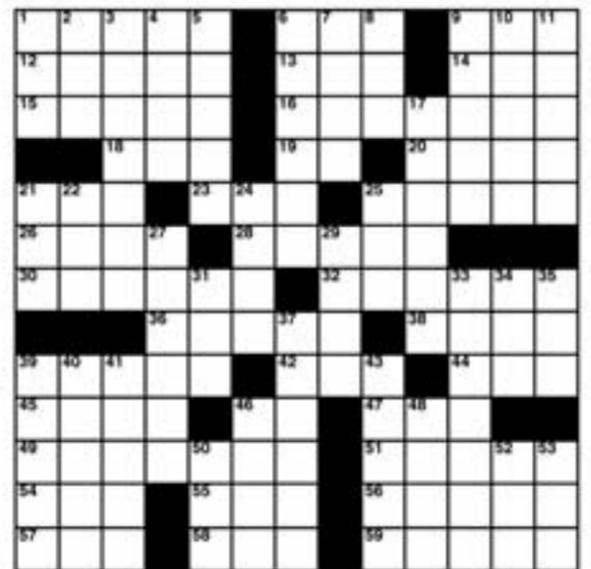
By Bernice Rosella and James Kilner

### ACROSS

- 1 Heart \_\_\_\_\_
- 6 \_\_\_\_\_ mode
- 9 Wood sorrel
- 12 Marksman
- 13 Roue
- 14 Toss
- 15 Forbidden
- 16 \_\_\_\_\_ heart
- 18 Actress Sothern, for one
- 19 Broadbent or Greenspon
- 20 Edgar Allan and kin
- 21 \_\_\_\_\_ Favor
- 23 Mont Blanc for one
- 25 Type faces
- 26 \_\_\_\_\_ heart
- 28 Word before end and after significant
- 30 Valuables
- 32 Raise the stakes
- 36 Evaluated
- 38 Soft drink
- 39 Soul \_\_\_\_\_
- 42 Homeland of N. Mandela
- 44 Opposite of don'ts
- 45 Feed the pot
- 46 Mom
- 47 Sneaky
- 49 Mountain ranges
- 51 Lathers
- 54 Summer, in St Laurent
- 55 Consumed
- 56 Actor Ed
- 57 Crimson
- 58 Sea, to Serge
- 59 Doc

### DOWN

- 1 Cave dweller
- 2 Coastal indent
- 3 Sets sail



- 4 Geological time
- 5 Swedish money
- 6 Receive
- 7 Fat
- 8 Bustle
- 9 Designer Candice
- 10 Common cleanser
- 11 Chasm
- 17 Athletics
- 21 Harper Valley org.
- 22 Americas org.
- 24 \_\_\_\_\_ soul
- 25 Fire, in Frontenac
- 27 More odd
- 29 Bricklayers burdens

- 31 Word before toe and after tic
- 33 \_\_\_\_\_ soul
- 34 Wedding words
- 35 \_\_\_\_\_ Boot, the movie
- 37 Pencil part
- 39 Amplifier
- 40 Commingle
- 41 Silver, for one
- 43 Indian state
- 46 Soul \_\_\_\_\_
- 48 \_\_\_\_\_ heart
- 50 Dodge truck
- 52 Small prov.
- 53 Student govt.

See Answers, Page 26



## This Week in Contact

1979 – The first contingent of Canadian Forces members, initially from 437 Squadron, prepared to depart for Hong Kong from CFB Trenton to assist in Operation Magnet II, evacuating Vietnamese refugees to Canada. Supplementing each 437 crew was a medical team, and servicing and security personnel. A total of 11 flights, utilizing four 437 crews, was planned for the operation.

1989 – The 29th CFB Trenton Air Cadet Camp was well underway with 700 cadets in attendance as the second group training in 1989. The program consisted of two, three and six-week courses. Lieutenant-Colonel L.P. Nolan commanded the camp this year.

1999 – Major Michael Hood (who was later promoted to Colonel and in 2007 became Commander, 8 Wing/CFB Trenton) relinquished command of 436 Squadron during an official Change of Command ceremony overseen by Wing Commander, Col Gaston Cloutier. Major Hood was replaced as CO of 436 Squadron by Lieutenant-Colonel Andre Deschamps.

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



# 412 Squadron welcomes back familiar face as CO

by Captain Mark  
Peebles  
8 Wing PAO

Lieutenant-Colonel Brad Koskie was welcomed back to 412 Squadron as their new Commanding Officer at a ceremony at the Squadron's hangar in Ottawa on Friday, July 17.

412 Squadron hosted the event at the Transport Canada hangar at the Ottawa International Airport which also serves as the squadron's unit lines. The small, simple ceremony was attended by family, friends and colleagues of both the outgoing and incoming COs. The ceremony was followed by a reception welcoming former 412 Squadron member LCol Koskie as the new CO.

Colonel Russ Williams, Commander of 8 Wing, presided over the change of command. He congratulated LCol Volstad for his successful tour of command at 412 Squadron and welcomed

LCol Koskie to the 8 Wing fold.

"I know he will enjoy his tour as Commanding Officer immensely, and we are pleased to have him on the 8 Wing team," he said.

The squadron also said farewell to their former Commanding Officer, Lieutenant-Colonel Eric Volstad, who will move to a post in the Strategic Joint Staff. While he was proud of the squadron's achievements during his tenure as Commanding Officer (CO), LCol Volstad said he is confident that LCol Koskie will build on the Squadron's progress in supporting CF missions around the world.

LCol Volstad quietly left the ceremony afterward, but will remain in Ottawa where he will work for the Directorate General of Plans at the Strategic Joint Staff, focusing on Latin America and the Caribbean. LCol Volstad

Photos: Pte Gisele LeBlanc, 8 Wing Imaging



Lieutenant-Colonel Bradley Koskie, the incoming CO of 412 Transport Squadron (on left) shakes hands with the outgoing CO, Lieutenant-Colonel Eric Volstad, (on right) at the end of their Change Of Command Ceremony. Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, (centre) served as the presiding officer of the ceremony, held July 17, 2009 at the 412 Transport Squadron hangar in Ottawa.

characterized his time as CO of 412 Squadron as "very exciting".

"We flew into Afghanistan for the first time and we continued to bring in newly-winged graduate pilots who proved their value in a very dynamic environment," he said. "It has been a very challenging time as we continued to evolve government VIP service to becoming a full-blown air mobility squadron with a much greater focus on military operations"

LCol Koskie said that the squadron will maintain its Afghanistan and 8 Wing mission support focus as he takes command. He told the audience that taking command of 412 Squadron, where he served from 2002 to 2006, is an "unbelievable" feeling.

"If someone asked me when I got my wings what I wanted, I would have said, 'command of a squadron.' and after serving in 412 Squadron if someone asked me what I wanted, I would have said, 'command of 412

Squadron,'" he said.

LCol Koskie's career has put him in the cockpit of over 40 different aircraft, but he said he still has a special spot in his heart for the CC-144 Challenger. He added that one of his biggest

challenges will be getting back in the cockpit after spending the last couple of years at National Defence Headquarters and the Canadian Forces Joint Command and Staff Program at the Canadian Forces College.

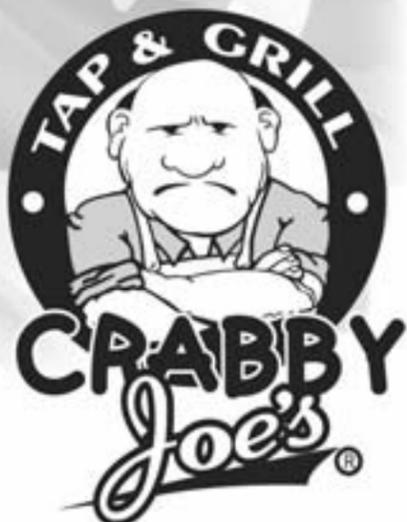


Lieutenant-Colonel Bradley Koskie, incoming Commanding Officer of 412 Transport Squadron, addresses the crowd during his Change of Command Parade.

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# 8 Wing's aircraft wash water system flushes out contaminants, saves money

by Lisa Bailey  
Contact Staff

Tucked in a hangar at 8 Wing/CFB Trenton is a system that prevents toxic contaminants as well as valuable dollars from going down the drain.

A first for the Air Force when it was installed in May 2001, the Aircraft Wash Water Treatment System is a "very good" one, says Wing Environmental Officer Drew Craig.

He described the ultrafiltration (UF) operation as "very simple" but "complete" and readily maintained.

Over the last eight years, the system has processed more than 5.5 million litres of wash water and collected 340,585 litres of hazardous waste. Compared to the past, when all wash water had to be hauled away as hazardous waste, the UF system is a huge plus for the environment and the budget because it recovers most of the wash water and creates only a small volume of hazardous waste.

Hazardous waste carries a pricetag because it must be transported for disposal by a licensed handler and, Craig noted, the cost is the same regardless of whether the material has been diluted

or remains concentrated.

Treating the wash water was an "initial pollution prevention initiative," Craig said. "It was an attempt to remove as much of the contaminants as possible before the water is sent to the wastewater treatment plant for treatment."

What it has also done is reduce the volume of hazardous waste that must be disposed of, thereby reducing that cost and saving money.

Situated in a small enclosed room in Hangar 10, the UF system was supplied by a filtration expert that Assistant WEnv Officer Don Kovanen said he met at a Toronto trade show. It is set up in the same building where aircraft are washed.

"Anything from Trenton gets washed here," Kovanen noted as he stood in the hangar. That includes VIP planes and even aircraft that have served in Afghanistan, such as the Hercules.

Washings, which are prescribed to prevent corrosion, remove such material as sand and dirt as well as oil and grease. Even small amounts of fuel make their way into the wash water, Craig noted.

The wash water flows



Photo: Lisa Bailey, Contact Staff

**This is what a porous membrane looks like. The membranes, 16 in all, are key to 8 Wing/CFB Trenton's Aircraft Wash Water Treatment System as they trap contaminants such as oil and grease.**

into a 60,000-litre underground tank found outside the hangar. When about 35,000 to 40,000 litres has been collected, Kovanen said, the treatment system is fired up. This happens once every three to four weeks and continues year round.

Once activated, the system needs about three days to process the wash water. Key to the operation, Kovanen said, is a series of what look like 16 ordinary pipes but they are actually ringed inside with porous membranes that trap such contaminants as grease and oil as the dirty wash water is flushed through from a holding tank to which the water is pumped from the underground tank. First, though, the untreated water passes through a bag filter that captures sand, grit and even large chunks of grease.

The water is cycled through in a continuous treatment process, Kovanen said, with contaminants collected in a second holding tank in the treatment room and the filtered water sent to the water treatment plant.

Gauges reveal flow rates which staff check as part of monitoring the system. The rates are important, Kovanen said, as they reflect how well the membranes are working. A falling flow rate, for example, could mean the filters are becoming clogged and, left unchecked, that could cause the system to shut down.

Water samples are also taken periodically to ensure the membranes are working properly, Kovanen said.

To keep the UF system in tip top shape, the membranes are cleaned with, of all things, small

sponge balls. They are flushed through the system with water to which a chemical detergent has been added.

Kovanen said the membranes have held up remarkably well, outlasting their guaranteed five-year lifetime span.

In addition to treating the water, the UF system traps a gas given off when certain contaminants break down. Hydrogen sulphide, which can give off an odour and is monitored by a sensor in the treatment room, is piped into a barrel of activated carbon situated on the room's roof.



Photo: Lisa Bailey, Contact Staff

**Don Kovanen, Assistant Wing Environmental Officer, shows a bag filter that is placed in the small tank next to it. The filter captures sand, grit and other larger pieces of contaminants from water used to wash aircraft at 8 Wing.**



Photo: Lisa Bailey, Contact Staff

**Shown here are the porous membranes that remove contaminants from aircraft wash water.**

## PET OF THE WEEK

Apollo is a 2 year old neutered male German shepherd/husky mix. He has always lived outdoors but is ready to be a loyal house pet. He is quiet, affectionate and obedient. Unfortunately he is not good with other animals and should not go to a home with young children.

*Contact the Quinte Humane Society for more information.*

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# SPORTS & RECREATION

## 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 and older 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 and sabre, and give the new fencers a taste of competitive fencing in a fun environment.

For those fencers who demonstrate an interest and ability to pursue

competitive fencing training, beginner programs will run in the fall.

All required equipment will be supplied. Lessons will be taught in small groups.

Participants are to wear appropriate gym attire with running shoes.

Lessons will take place from 6:30 to 8:30 p.m. on the following dates: July 29 for 14 to 16-year-olds; and August 12 for those ages 17 and older.

Cost for military community is \$10 per class, and \$12 per class for the general public.

For more information please call 613-392-2811 ext. 3361.

You may also contact Capt Marilyne Lafortune at 613-392-2811 ext 3563 or 613-475-0318, or at Marilyne.lafortune@forces.gc.ca.

## Golf update: Ladies League

### MONDAY EVENING LADIES LEAGUE

On July 13, Margaret Briscoe won for the second time this year, taking the prize money for closest to the pin on hole number one, edging out Jeri Horton-Joyce by an inch, while Carol Reynolds took the money on hole number three.

Following the golf, the ladies were treated to a dinner of chicken à la king on a bed of rice, courtesy of Roundel Glen and the Landing Restaurant.

### WEDNESDAY MORNING LADIES LEAGUE

Sally Kelly introduced a new game to the ladies on July 15, 2009.

The ladies were divided into teams of

three based on handicaps, and kept net scores using full handicaps.

Team scores were calculated using the lowest of the three scores for the first six holes, the two lower scores for the next six holes, and all three scores for the last six holes.

Lowest team total for the day was Barb Hudson, Jeri Horton-Joyce and Donna Kenny, with 137.

In second place, with 143 were Alison Anderson, Sally Kelly and Joan Griffiths, while Liz Griffiths, Ruth Lynch and Jane Poirier were third, with 148.

Chip-ins were recorded by Sandra MacDonald on hole number eight, Jeri Horton-Joyce on hole number 10 and Barb Hudson on hole number 11.

## Junior 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 Junior Lifeguard Club provides an action-packed challenge for kids who love the water but who want more than "lessons".

The Junior Lifeguard Club is for

quick learners, those between levels or those who thrive in an energetic learning environment.

The mini-camp will take place on Monday, August 24, Wednesday, August 26, and Friday, August 28, from 9 a.m. to 1 p.m. each day.

Cost is \$40 for military community members and \$50 for the general public.

## Would you like to become 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.

The camp will take place on Monday, July 27, and Friday, July 31, from 9 a.m. to 6 p.m. each day.

Cost is \$225 for military community members, plus a \$40 fee for the Lifesaving Manual, and \$250 for the general public, plus a \$40 fee for the Lifesaving Manual.

## 'Kayaking for Kicks' on local waters

Kayaking for Kicks is a three-hour adventure on quiet and serene West Lake – and then, a short portage will take you over to Lake Ontario.

Take this introduction course and then enjoy renting the kayaks available at the Gym on the Southside.

All equipment for the course is supplied. You will be placed into small groups. This is also a great course for families.

Kayaking for Kicks includes a Wet Exit and Re-entry Certificate (issued if wet exit and re-entry is performed).

The course is open to those 12 years of age and over, accompanied

by a parent.

Cost is as follows: \$60 for military community and \$65 for the general public.

The course will take place on the following dates: Sunday, August 9, from 9 a.m. until noon; Wednesday, August 19, from 5:30 to 8:30 p.m.; and Thursday, August 27, from 5:30 to 8:30 p.m.

This course will be held at Bernie Gray Kayaking, located at 177 Main St. in Wellington.

Registrations are being accepted at the RecPlex.

Take advantage of the reduced cost of the course and register today!

## Session Three Red Cross Swim Registration

Registration for 8 Wing community members takes place on Monday, July 27, from 4 to 6 p.m. at the RecPlex.

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

Registration for the general public takes place on Thursday, July 30, from 5 to 7 p.m. at the RecPlex.

Registration for all continues from Wednesday, August 5, to Sunday, August 9, during regular hours of operation.



## Bronze Medallion/Bronze Cross and Standard First Aid: Crash Course

Participants must be 13 years of age or older to register for the Bronze Medallion/bronze Cross and Standard First Aid Crash Course.

This crash course will take place on Monday, July 27, to Friday, July 31, from 9 a.m. to 6:00 p.m. each day.

## Provincial Park Day Passes available

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

Passes are now available at the RecPlex. Provincial Park day passes are available through the RecPlex for a cost of \$7 (per pass). There is a limit of one pass per family.

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

Cost for military community members is \$225, plus the fee of the Canadian Lifesaving Manual, and \$250 for the general public, plus \$40 for the Lifesaving Manual.

*Note: This is an intense program designed for individuals with strong swimming skills.*

Champions keep playing until they get it right.

- Billie Jean King

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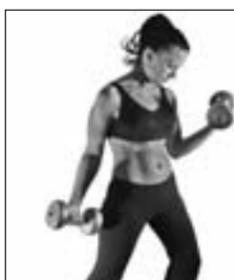
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# FITNESS & HEALTH PROMOTION



## Are fitness and health one and the same?

As we begin to make healthy lifestyle changes and work toward increasing our physical activity levels, it is important to consider the difference between being healthy and being fit.

Contrary to popular belief, they are not the same thing.

By physiological measures, an athlete with a bad knee would be very fit. By health measures, he or she would not be considered healthy due to the injury. On the other hand, many inactive individuals may have blood pressure, cholesterol and lipid profiles within healthy limits.

However, by physiological standards, they may not be regarded as adequately fit. We cannot assume that someone who is fit will also be healthy, and vice versa.

While fitness is typically linked to "performance", health is more often associated with optimizing lifestyle function. This is an impor-

tant distinction to make. With this in mind, those involved in physical activity can determine how much activity is needed to reach different goals. The requirements for someone whose goal is to maximize health benefits are very different than for someone wanting to perform his or her best 10 km running time.

When considering your overall plan for physical activity, it is important to determine what your goals are. If your goal is to maximize health and reduce the risk of heart disease, then more moderate levels of physical activity will allow this goal to be reached.

However, if you have a more rigorous goal such as running a 10km race or completing a triathlon, then higher levels of physical activity will be required. In fact, the balancing act for athletes sometimes centres on trying to maximize fitness while trying to stay healthy. For many elite

athletes, this becomes quite a task.

So, when adding a physical activity component to your lifestyle, take the time to reflect on what your goal really is. Is it to maximize your health and well-being or is it to achieve your highest possible level of performance in a given sport or activity?

Figuring this out early will help you direct your efforts and minimize personal frustration in the long run. In some cases, less time may have to be spent pursuing physical activity interests than you previously thought. This time can then be redirected into other areas of your life and help you achieve a balanced lifestyle.

For more information on how to match your physical activity to your lifestyle goals, contact Lisa Refausse, Fitness Coordinator, 8 Wing/CFB Trenton Fitness and Sport Flight, local 3328.

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BUTT OUT can also help you overcome the addiction to nicotine. You may be eligible to get nicotine gum, the nicotine patch, the bupropion pill, or Champix at DND expense if you also participate in BUTT OUT.

The 8 Wing Health Promotion team can help you BUTT OUT. Appointments are available on Tuesdays and Fridays, from 0830 to 1100 hrs.

Call extension 3768 or email [healthpromotion@forces.gc.ca](mailto:healthpromotion@forces.gc.ca).



## Have fun while being a responsible host

Ahh summer! Sunshine, warm weather, barbecues and the great outdoors.

What better way to enjoy the season than hosting friends on your own patio.

Enjoy the best that summer has to offer with these tips for safe and responsible hosting.

Don't plan physical activities when you serve alcohol. People are generally more prone to injury or mishap after drinking.

Always provide low alcohol and alcohol free beverages such as mocktails, non-alcoholic punch, pop, bottles water, tea and coffee.

Serve snacks with drinks and always have food available throughout the party to avoid drinking on an empty stomach.

Avoid serving salty, sweet or greasy snack foods, as guests will

become thirstier.

High starch and protein foods such as meats, veggies, cheeses, light dips and breads are good choices

Be prepared for overnight guests.

Serve drinks yourself or designate a bartender instead of having an open bar, as guests usually drink more when they serve themselves.

Avoid serving doubles and keep a shot glass or jigger next to the bottles - good measurement makes a big difference.

Have a plan to deal with any guest who drinks too much. Before the party, ask someone reliable to help you keep things under control.

Find out how guests will be getting home from your party. Promote the use of designated drivers and keep cash and



telephone numbers on hand for taxis.

Encourage your guests to leave their cars at home and take public transportation, cabs or walk.

Be prepared to take away car keys. Never drink and drive or ride with anyone who has been drinking.

Stop serving alcoholic beverages at least an hour before the party is over. Bring out more alcohol

free drinks and food. Remember that having coffee after drinking doesn't make you sober.

Plan ahead so that it's easy to follow this advice.

Don't drink too much yourself. As the host, you can stay on top of and avoid potential problems when you can think more clearly and act more quickly.

Source: *Centre of Addictions and Mental Health*

## Did You Know?

Vodka was originally used as an anaesthetic and disinfectant, not as a drink. It wasn't until the 1300's, 200 years after its invention, that vodka was discovered to be an intoxicant and used for that purpose.



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

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**Contact**

**ATTENTION READERS:** The Contact office will be closed from Monday, July August 7 for summer vacation, and will re-open Monday, August 10.



# New Wing Commander building on relationships

by Lisa Bailey, Contact Staff

8 Wing/CFB Trenton's new commander is shifting into building mode on a few fronts.

"These are exciting times for the Air Force, especially here at Trenton," Colonel Russ Williams said in his address after taking the reins of 8 Wing from Col Mike Hood during a ceremony July 15.

8 Wing's "ongoing infrastructure renewal and development is unprecedented" but "the team here is up to the task and I look forward to getting right into that work with you," he told the gathering, which included two marching squadrons of 130 representatives of 8 Wing, about 100 dignitaries and the presiding officer, Major-General Yvan Blondin, Commander of 1 Canadian Air Division.

Col Williams, who received a pennant and signed a certificate to solidify his appointment during the 90-minute parade, also said he looks forward to "meeting many more members of the community and continuing to develop and strengthen the relationship that Col Hood worked so hard to develop."

"I'm keen to see that alliance remain strong," Col Williams said, describing the relationship between 8 Wing and the surrounding community as "mutually beneficial."

The recent Canadian Forces and Air Display Weekend not only celebrated the past, present and future, Col Williams said, but "we had the opportunity to thank the local community for their ongoing support." And he was "very pleased to see a huge crowd take advantage of that opportunity during the weekend."

Col Hood, in his farewell address, said one of 8 Wing's strengths has been "the support we enjoy within our local community." He thanked Quinte West Mayor John Williams and his wife, Heather, who were at the ceremony, for the "great support your fine city provides to us and our families."

MGen Blondin, too, said the relationship between the city, region and the wing is a "big part of the success here in Trenton."

He expressed thanks "for what you do for our fallen" and said CFB Trenton is "becoming Canada's window of our fallen coming back home."

"You do it with dignity, you do it with respect, you're the starting point of the Highway of Heroes," MGen Blondin said.

"Canadians from one coast to another are really proud of seeing how we do busi-



**Colonel M.J. Hood (left), Major-General Y.J. Blondin (centre) and Colonel D.R. Williams Commander, 8 Wing/CFB Trenton, sign to officially transfer Command on July 15, 2009.**

ness in Canada...We're getting famous throughout the world when those pictures move around the TV sets . . .," he said.

Presiding over his first change of command at 8 Wing, he said the wing has faced challenges as it has been pushed into being "the engine of change in the Air Force over the last few years."

"It's difficult. Still, you carry on, still your operations are successful, still your operations are safe and you are making us proud," MGen Blondin said.

Calling it an "exceptionally gratifying command," Col Hood counted the integration of the C177 Globemaster III at 8 Wing and the establishment of the Multi-Engine Utility Flight among the highlights of the past two years. The "construction (done) along the way" is "really only the tip of the iceberg," he added, noting there will be a "complete transformation of 8 Wing over the next three years."

He also expressed appreciation to numerous parties, including various members of a leadership team he said he was "so honoured to work with."

"You have a great team, Russ, and I know they will help you excel as they did me," Col Hood said.

Noting Col Williams is a "leader not of machines but of people," MGen Blondin advised 8 Wing's new commander to work with those around him by not only leading but also mentoring, sharing his vision and then letting them do their job.

"Show them the way and then get out of the way," he said.

As for challenges, MGen Blondin said "we need to do more for our people" and he put a question to Col Williams.

"What more can you do than what you are doing now to take care of our people?"

MGen Blondin vowed to Col Williams that the next two years will likely be the best of his career.

"It's a real command so enjoy it and take care of your family," he said.

"It shall be an honour to represent you, the men and women of 8 Wing Trenton, for the next few years and I guarantee we shall give you our very best in terms of both leadership and support," Col Williams said.

"You will have our complete and undivided attention."



Photos: MCpl Tom Trainor, 8 Wing Imaging

**Above: Colonel D.R. Williams, Commander, 8 Wing/CFB Trenton, commands a general salute to outgoing Commander Colonel M.J. Hood. Under authority of the Chief of Defence Staff, Command of 8 Wing/CFB Trenton transferred from Colonel M.J. Hood, CD, to Colonel D.R. Williams. Commander of 1 Canadian Air Division, Major-General Y.J. Blondin was the presiding officer of the Ceremony.**

**Left: Colonel D.R. Williams, Commander, 8 Wing/CFB Trenton, presents flowers to Colonel M.J. Hood's wife.**





## Napanee's Pickerel Park to offer military discount for fun camping weekend

Savouring summer by camping, fishing and boating is a privilege the folks at Pickerel Park in Napanee know not to take for granted.

Managers Rick and Deanna Furber know that this privilege, along with the many other rights and freedoms they enjoy, are thanks to the actions of Canadian troops who put their lives on the line every day in places such as Afghanistan.

To celebrate these brave men and women, they are hosting a special Troops Appreciation Weekend, August 14 to Aug. 16 at their campground.

"This is something we have wanted to do for a long time, ever since we began our work here as managers well over a year ago. This is our way of saying thanks," said Rick.

Passionate in their commitment to do this, Rick and Deanna - along with some of

their seasonal campers - have been working hard at pulling everything together. "We are getting great support from our staff and our own entertainment committee as well," said Rick. "Many of our campers have sons or daughters fighting in Afghanistan."

The fun weekend kicks off on the Friday evening with a meet and greet at 7 p.m.

Operating on a first-come, first-served basis, campsites are being offered to troops and their families for just \$10 per night, with discounted rates for the rental cottages and RVs.

A free barbecue will take place on Saturday from 4 p.m. to 6 p.m. and the same evening there will be live entertainment from the country and classic rock group, Quinte's own Robin Edgar Band.

And for those not

camping, a day pass is being offered for \$5 per carload of people.

"This event is being held to coincide with our annual Family Fun Weekend and we will be holding lots of family activities and games with prizes to be won," said Deanna.

Simple pleasures such as swimming, fishing or barbecuing with the family are all part of the fun weekend.

Local businesses and corporations are helping make this special tribute weekend a success by donating everything from food to refreshments and more.

For more information, you can always check out the campground's website at [www.pickerelpark.com](http://www.pickerelpark.com).

"This is just our way to say thank you to all the troops who are keeping us safe," said Rick and Deanna.

# 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 published for these two weeks (July 31 and August 7).

The next issue of *The Contact* will publish Friday, August 14.

Thank You.

## Contact

# <sup>1<sup>st</sup></sup> Annual Troops Appreciation Weekend

at Pickerel Park Campgrounds

**Friday, August 14 - Sunday, August 16, 2009**

Campsites offered to troops & families for \$10/night & discounted rates for rental cottages & RVs

## Free BBQ

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# Trenton welcomes new Wing Administration Officer

by Amber Gooding  
Assistant Editor

In a Change of Appointment Ceremony held on July 14, 2009 at Baker Island Community Centre, outgoing Wing Administration Officer Lieutenant-Colonel Debbie Miller handed over the reins to new Wing Administration Officer Lieutenant-Colonel Ross Fetterly.

The ceremony was overseen by Presiding Officer Colonel Mike Hood, then Commander, 8 Wing/CFB Trenton, who bid a sincere farewell to LCol Miller, and a warm welcome to LCol Fetterly.

"It's a sad day for the Wing to lose someone I would describe as a titan," said Col Hood. "She is deserving of all of the credit that we could give her. The biggest credit that I would certainly pass along is that 8 Wing is the rollout entity of choice. Partly because we had ideas before others - ideas that LCol Miller has put forth, but also because other Wings have seen how successful we've been and have asked us to roll out new initiatives in a broad spectrum."

From a personal perspective, Col Hood thanked LCol Miller and noted that her counsel over the last few years was very much appreciated.

LCol Miller leaves after three years of service to this appointment, as LCol Fetterly gets his wish of a posting to Trenton after requesting just that for the past 25 years.

"I'd like to start by thanking LCol Miller for the work she has done in the last few years," said LCol Fetterly. "She has a reputation within the logistics branch for thoroughness, com-

prehensiveness and dedication."

Since arriving at 8 Wing/CFB Trenton, LCol Fetterly has had a chance to meet the Wing Administration leadership team and is looking forward to working with all of them.

"I'm very impressed with the staff here - with the professionalism and dedication to customer service," he said. "I'm looking forward to providing the best support for operations here at 8 Wing."

LCol Fetterly joins 8 Wing from the Air Staff where he was a Section Head in Director of Air Comptrollership and Business Management (D Air CBM), responsible for the financial management of the Air Force Budget and for Cost Analysis in the Air Staff. Prior to his time spent with D Air CBM, LCol Fetterly held the position of Section Head in Director Strategic Finance and Costing (DCFC) within Assistant Deputy Minister (Finance and Corporate Services), responsible for costing analysis of all capital projects and major departmental initiatives, as well as the Section Head in Director Budget responsible for economics.

"When was your last posting to Trenton?" has been the most common question LCol Fetterly has been asked since his arrival, and in fact many are surprised to hear that this is his first posting to the Wing.

"I've never been posted here before and am looking forward to it, and to the challenges ahead," said LCol Fetterly. "I think the challenges are quite significant and it's going to be a lot of fun. I think this is the

most important Wing we have right now - very focused on operation and we're very busy. It's a privilege to serve here and I'm going to do my best to live up to the standards that LCol Miller set and started years ago."

LCol Miller developed a great list of accomplishments to her tenure here at 8 Wing/CFB Trenton and has been incredibly instrumental in building bridges between the military and local communities.

She has worked in partnership with the Prince Edward County health team to provide medical care to military families; was instrumental in the creation of a 24/7 gym facility, and provided a fully functional Return to Work gym, giving members a greater flexibility in achieving the physical fitness level required to return to work.

She envisioned and organized many things throughout her time here, such as the creation of the 8 Wing Air Mobility Conference Centre and the very successful Canadian Forces Weekend and Air Display earlier this month, which opened the Wing to the general public for a glimpse into the lives of CF personnel and the service they provide to our country.

She helped increase the Trenton Military Family Resource Centre's day care capacity by 64 children, and initiated financial support to the MFRC to ensure increased service to military families. She also helped to expand a number of other areas on base, such as living accommodations (at 8 Wing), by requesting authority to build the Hercules Lodge and two additional facilities of

similar design - and facilitated the construction of an improved CANEX facility.

Modest about her success, LCol Miller was also one of the first recipients of the Angel of Hope Award for her work with the community, in support of families and children. She also received the Order of Military Merit during her time here.

There was never a moment spent here that she did not enjoy herself, nor a moment that passed where she was not thankful to be a part of such "interesting times" - as part of a Wing and a team she was so very proud of.

"When I was selected to come here three years ago, I was overwhelmed and very, very happy - I had always wanted to come back to 8 Wing," she said as she addressed the crowd. "I'm very honoured to have taken on this appointment. I am still honoured to have had the opportunity but am not so happy to relinquish it today. But as they say, all good things must come to an end, and for me this is the end of a very long road as the Wing Administration Officer here at 8 Wing."

LCol Miller hopes to venture back here at some point, as a "repeat offender" (this was also her second posting to 8 Wing), but until then, she begins the next chapter with a posting to Ottawa.

"I've relished and appreciated my entire time here, with everyone - it has been more than a great ride - and it is all due to you," she said. "Yes, there were bumps along the way, but for the better part of my tenure here, it was all good. We all learned something from each other, and that too, was good.

We accomplished a great deal. We moved the yard stick, and in the end our projects, plans and customer service were second to none."

Col Hood highlighted the fact that LCol Miller is well-known, certainly in Ottawa and in Winnipeg as the utmost professional who will get anything you ask for done. He also noted that LCol Fetterly would no doubt build upon the great team being handed over to him.

"The pace is not going to slow down," Col Hood said as LCol Fetterly officially took over his new appointment. "You have been selected for this position because you have all of the skill sets that LCol Miller has and there's no doubt in my mind, or in the Chief of the Air Staff's mind, that you're going to be a tremendous success here. Think about how you're going to leave this place a little better than how you found it - and I know you can. You have a fantastic team looking forward to your leadership. So, welcome to 8 Wing and I wish you all the success in the coming years."

For a Wing that has already experienced many changes over the years and prepares to incorporate many more, 8 Wing/CFB Trenton is 'the' place to be.

Upon her departure, LCol Miller's final parting words to 8 Wing's newest Wing Administration Officer was that there isn't a more exciting place to be in the Air Force than here at 8 Wing, with all that is happening around us.

"Enjoy your time here, Ross. It will go by very quickly," she said. "I wish you all the best."



Photo: Sgt Errol Morel, 8 Wing Imaging

Lieutenant-Colonel Ross Fetterly (left), 8 Wing Administration Officer, Colonel Mike Hood (centre), former Commander, 8 Wing/CFB Trenton, and Lieutenant-Colonel Debbie Miller, outgoing Wing Administration Officer, sign the Change of Appointment certificate on July 14, 2009.



# Former RCAF pilot flies with Sabre one last time

by Lisa Bailey  
Contact Staff

Colonel (Ret'd) Peter Howe has flown one last time aboard a beloved aircraft.

"He made a wish . . . that he would love to fly a Sabre again," said Howe's wife of 26 years, Laurie.

The former Royal Canadian Air Force fighter pilot had made the statement before being diagnosed with colon cancer last fall. Unable to fulfill the wish in his subsequent battle with the disease, his family made a point to follow through following his death in February at age 74.

On July 4, during 8 Wing/CFB Trenton's Canadian Forces & Air Display Weekend, Col (Ret) Howe's ashes were carried skyward by an RCAF F-86 Sabre 5 that has been refurbished in the red and gold of the legendary Golden Hawks aerobatic team to mark a century of powered flight in Canada.

"I'll take good care of

him," pilot Steve Will told Col (Ret) Howe's wife as other family members, friends, Hawk One crew and members of the media looked on.

Will and Howe shared a comforting hug and Will later placed a Hawk One crest on the box containing the ashes, noting "you can't fly unless you're a member of the Hawk One team."

"It's a great feeling to know he'll be flying free and in the sky," said Col (Ret) Howe's daughter, Mary Kapitza.

Travelling from Canmore, Alberta, to see her father's wish come true, Kapitza was accompanied to the flightline by her three-year-old son, Bryton.

"I grew up with Dad flying fighter jets and to show this to Bryton means a lot to me," she said.

Daniel Magee of New York State, who brought along his eight-year-old son Andrew, said his stepfather's "favourite stories were always about flying



Photos: Lisa Bailey, Contact Staff

Hawk One pilot Steve Will affixes the team's crest to the box containing the ashes of former Royal Canadian Air Force pilot Peter Howe. The special flight July 4 fulfilled his wish to fly in a Sabre again.

the Sabre and I think it's special that we could kind of give that back to him."

" . . . it's very moving that he can be back in the airplane that he loved so much."

This was the first request of its kind for the Hawk One team, according to public affairs officer Mary Lee.

"It was unusual and unique" but "special" and "not outside the realm of possibility," she said.

A number of parties made the special flight happen, including Daniel Magee and his brother, Marc Magee of Trenton, both of whom have served with the Air Force. Marc, who also attended the CF & Air Display Weekend, relayed his stepfather's wish while Daniel contacted a former Royal Military College classmate who is with Hawk One. As well, the Howes' friend and neighbour in Brighton, Dave Houghton, contacted Vintage Wings of Canada of Gatineau, Que., which

is one of the partners in the Hawk One project.

Lee also credited 8 Wing/CFB Trenton for providing support with such things as security and logistics. "That played a big part," she said.

As a project saluting 100 years of powered flight in Canada, Hawk One pays tribute to "all great aviators," Lee said, noting Col (Ret) Howe

piloted Sabres in Europe during the Cold War.

"It was such an amazing era in the aviation history of Canada," she said, while the Sabre was a "phenomenal" and favourite jet.

Laurie Howe described her late husband as a "bon vivant" who was "Mr. Leadership." During his military career, he commanded 434

Squadron in Cold Lake, Alberta, and was a base commander in North Bay.

She also described him as charismatic and possessing a great sense of humour.

Houghton smiled while recalling Col (Ret) Howe's regret that he "never got to tangle" with the Russians.

He had retired from the Air Force in 1982.



Laurie Howe, the widow of Peter Howe, is embraced by Hawk One pilot Steve Will before Will took the late Sabre pilot's ashes aloft during 8 Wing/CFB Trenton's Canadian Forces and Air Display Weekend.



Eight-year-old Andrew Magee (left) and three-year-old Bryton Kapitza bid their late grandfather Peter Howe farewell before his last Sabre flight.

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# Cadets' spirits soar with tour of CF18

by Lisa Bailey  
Contact Staff

About 20 air cadets imagined the freedom – and possibly their future – when the CF18 Century Hornet touched down at 8 Wing/CFB Trenton on July 16.

The two-hour informational visit was led by 2009 CF18 demonstration fighter pilot Captain Tim “Donor” Woods; he began with a multimedia presentation on the supersonic jet, followed by a ride by school bus to 8 Wing’s flightline for a close look at the Century Hornet that flew in from 3 Wing/Bagotville, Que. The national demonstration jet has been specially painted this year to mark the centennial of powered flight in Canada.

The cadets, who are attending the Regional Gliding School (Central) and the Trenton Air Cadet Summer Training Centre, were impressed with what they saw and heard. Snapping photos of the jet during the tour, they applauded, smiled and gave thumbs up to the experience when back on the bus.

“It’s great. I saw him flying at an air show (in St. Thomas a few weeks ago) so it’s nice to meet the guy actually doing it,” said Corporal Brandon Allen of 862 Squadron in Lambeth. The 15-year-old said he also valued getting to “know first hand what it’s like being a pilot.”

Heather Hunter-Belanger, a corporal with 155 Squadron in Sault Ste Marie, said she plans to become a med tech with the Air Force but dreams of being a helicopter pilot. She said she loved the tour of the CF18, especially enjoying the cockpit and seeing all of the controls.

“I’ve always wanted to come close to a fighter jet,” said Leading Air Cadet Nequita Russell of Pickering’s 856 Squadron, who called the tour an “extraordinary” experience.

She also had high praise for the air cadet program, saying it’s “possibly the best (one) to join.”

“You get to meet the officers, you learn the discipline that’s required, you learn the respect” not to mention ground skills



Photo: Lisa Bailey, Contact Staff

**Corporal Brandon Allen of Air Cadet Squadron 862 in Lambeth listens as Captain Tim “Donor” Woods talks about features of the CF18 jet fighter’s cockpit during the aircraft’s visit to 8 Wing/CFB Trenton July 16.**

and in-class instruction on aviation.

Capt Woods, too, spoke highly of the cadet program when asked at the end of his classroom to talk about how to become a fighter pilot.

“You’re on the exact path that I took,” he told the group.

In fact, Capt Woods said, he was only about 1,000 feet from that spot when, in 1987, he saw a CF18 “go whipping around” while attending air cadet camp at Trenton. Even able to see into the fighter’s cockpit, the Dundas, Ont., native said he “just knew that was what I wanted to do” while he was “hanging off that fence” by the barracks watching the Hornet.

There was a time, though, when he didn’t think he’d make it into the cockpit. He said he threw up his first time flying and “wasn’t sure if I was cut out for it.” Bouts of sickness also arose during subsequent training.

Capt Woods told the young group that “air cadets is the best path” to follow if interested in aviation and flying for the military. Raised by a single mom, he said he could not have afforded to get his pilot’s licence on his own. He earned his licence with the air cadets

the CT114 Tutor in Moose Jaw, Sask., he was chosen to fly the CF18 with 416 Tactical Fighter Squadron at 4 Wing Cold Lake, Alta. In 2005, he completed the fighter weapons instructor course (Canada’s Top Gun) and now works as a squadron weapons and tactics officer and a fighter pilot instructor with 4 Wing’s 410 Tactical Fighter and Operational Training Squadron.

Asked by one of the cadets what inspires him to fly, Capt Woods replied, “I like the freedom of it.”

He cited examples of being able to rip over the clouds at 40,000 feet or flying from Trenton to Hamilton in eight minutes.

Aside from “this incredible freedom that you have to go ahead and fly where you want to,” Capt Woods said, “the precision of it is something that’s impressive to me.”

For example, he noted the ability to have 70 aircraft carry out a mass attack or hit a target with complete accuracy.

“That’s something else,” he said.

With the Century Hornet marking 100 years of powered flight in Canada, Capt Woods also marvelled at the progress of aviation. In just “one person’s lifetime,” he noted, “we’ve gone from the Silver Dart to the F18.

“...think about where we’re going to go in the next 100 years,” he told the cadets.



Photo: Lisa Bailey, Contact Staff

**Captain Tim “Donor” Woods, of 410 Tactical Fighter and Operational Training Squadron at 4 Wing/Cold Lake, Alta., talks to air cadets as they stand beside a CF18 Hornet that landed at 8 Wing/CFB Trenton July 16. The CF18 fighter demonstration pilot for 2009, Capt. Woods gave a classroom presentation before giving the cadets a tour of the aircraft. The cadets were with the Regional Gliding School (Central) and the Trenton Air Cadet Summer Training Centre.**

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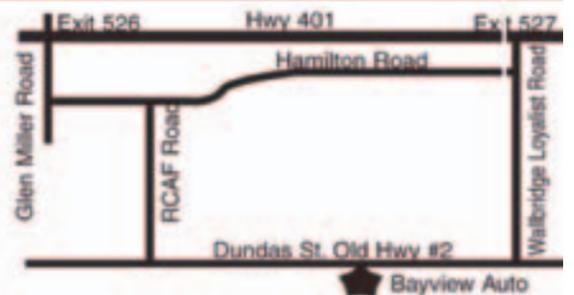
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

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

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

## 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 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.

### Logistic Movers Association Biannual Reunion

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02 Oct 09, Meet and Greet ( 1900 - 0100 Hrs ) K of C Hall

03 Oct 09, LMA Biannual Meeting ( 1100 - 1200 Hrs ) K of C Hall  
03 Oct 09, Dinner ( 1900 - 0100 Hrs ) K of C Hall

04 Oct 09, Champagne Breakfast ( 0900 - 1100 Hrs ) K of C Hall

*Hope to see you all there.*

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

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# FAMILY



## Mealtime.org Vietnamese Crab and Asparagus Soup

**Ingredients:**

- 1/2 pound fresh asparagus
- 1 tablespoon vegetable oil
- 2 tablespoons finely chopped shallots or onions
- 1 tablespoon finely chopped garlic
- 1/4 teaspoon black pepper
- 4 cups canned, reduced-sodium chicken broth
- 2 teaspoons cornstarch
- 2 tablespoons water
- 1 large egg, well beaten
- 1 can (6 ounces) cooked lump crabmeat, drained
- 2 tablespoons thinly sliced green onion
- Salt, to taste (optional)

**Preparation:** Trim the asparagus, breaking off where the bright green color fades, and discard the stalk. Cut each stalk crosswise diagonally into one-inch pieces, but leave the beautiful tips intact. (You should have about two cups). Heat the oil in a medium saucepan over medium-high heat for one minute, then add asparagus, shallots, garlic and pepper. Cook until the shallots and garlic are fragrant, one to two minutes. Add broth and bring to a boil. In a small bowl, combine cornstarch and water, stirring to make a thin, smooth paste. Add to the soup. Stir the soup well and drizzle in the beaten egg, letting it swirl to form lacy shreds in the hot broth. Add crabmeat and stir well. Sprinkle in green onion. Season with salt, to taste, if desired. Remove the soup from heat and serve hot or warm. Servings: Four

*Nutritional Information Per Serving: Calories 130; Total fat 5g; Saturated fat 1g; Cholesterol 90mg; Sodium 720mg; Carbohydrate 7g; Fibre 2g; Protein 15g*

## Activity: Silly Seed Shakers



How many different seeds can you find in your pantry? Dried beans, popping corn and even tiny mustard seeds can be used to make simple shakers.

Here is a simple Comfort, Play and Teach™ activity that will help your child explore seeds and sounds all at the same time!

**You will need:** Clear plastic “child-proof” bottles; assorted seeds (e.g., sunflower, pumpkin, dried fava beans, corn kernels, caraway seeds)

**Instructions:** Fill each

plastic bottle part way with a different seed. Ensure that the lids are securely on the containers.

Talk about the different seeds. What kind are they? Where do they come from? How do they help new plants grow?

If you have a seed catalogue or a grocery store flyer, try to show your child a picture of the plants that produce each seed.

Play a recording of your child’s favourite music and encourage him to shake each bottle and explore the sounds that each different seed makes.

Enjoy this more with Comfort, Play and Teach™:

**Comfort:** Encourage your child’s curiosity about the shakers. If your child points to a bottle, label the

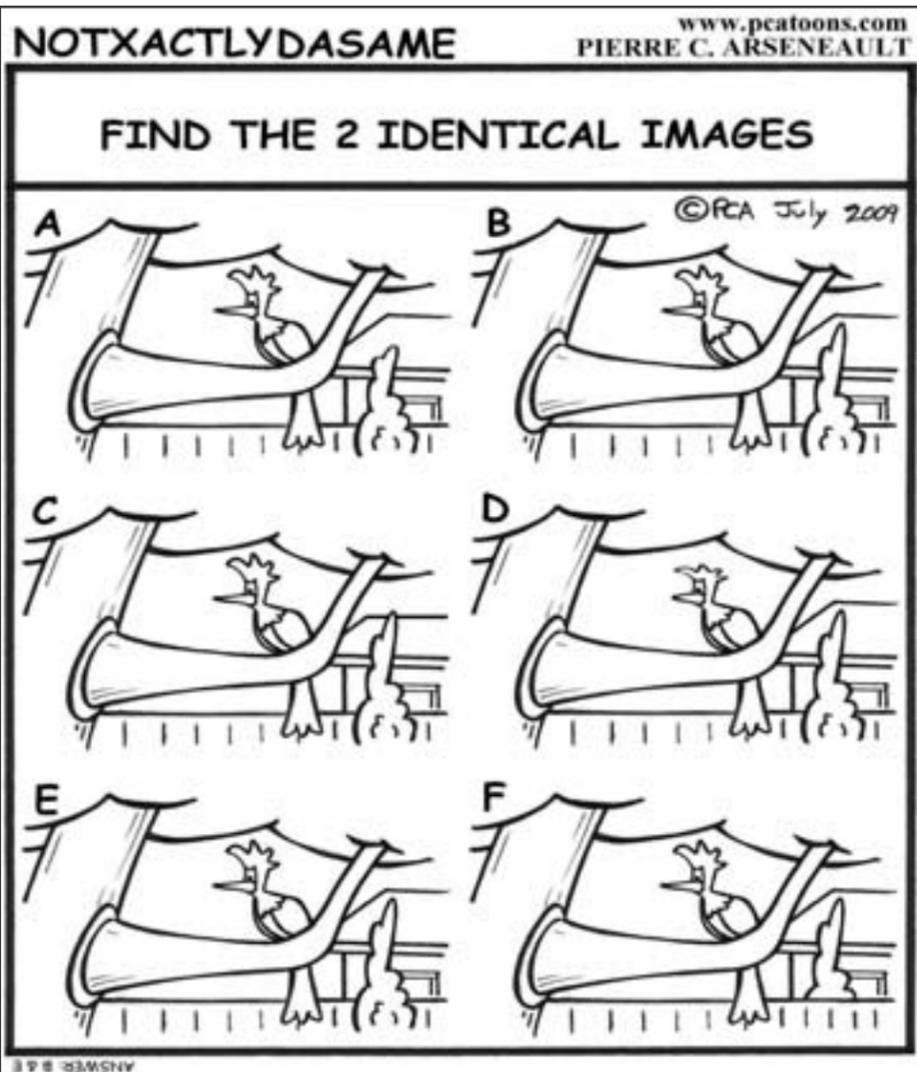
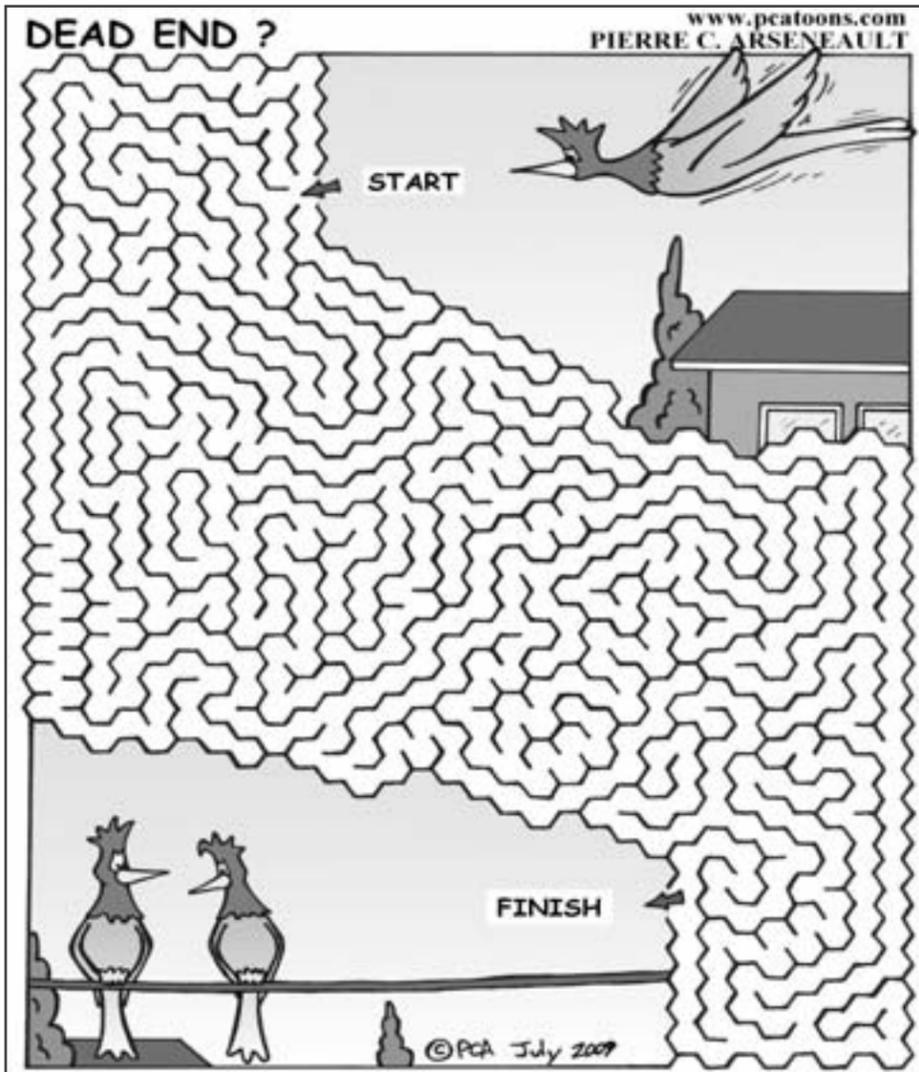
seeds inside for them. Clap along as they shake a bottle and note what beautiful music they’re making.

**Play:** Using the containers for shaking and making music will help your child to think creatively. Make up a silly song together about seeds and plants!

**Teach:** Older children will be very curious about the names of the different seeds. Print the names of each seed on sticky labels and place these on the containers to encourage your child’s interest in letters and words.

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

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



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# HOROSCOPES

Donna's Astrology Weekly  
www.donnavantoen.com

July 26 – August 1

*Theme of the week: This should be a pleasant week for the most part, but there's definitely a need to be realistic. Seeing things the way they truly are can open doors to better relationships both at work and in your private life. Take off the rose-colored glasses!*

**ARIES** (March 21-April 19): If you've got something important to say, this is the week to say it! Work to fulfill your current obligations, but also take some time to let your imagination wander into the future. It could lead you to some new opportunities as long as you're willing to do your homework! Just take these opportunities slowly, as there are apt to be a few unexpected twists and turns on the way to their manifestation.

**TAURUS** (April 20-May 20): Your mating instincts are stronger than usual. You're also wanting to be out and about and participating in community and other social activities. However, you can be less than confident about sharing on some levels, for fear you'll be taken advantage of. Trust will bring better results than wariness on this front. You don't have to bare your soul, but withholding essential information will do you no good. For some of you, a domestic problem is settled.

**GEMINI** (May 21-June 20): Passion and other deep emotions come more easily than usual this week. A friend may be ill or otherwise having a problem. Paying them a visit would cheer them up. Consider this your good deed for the week!

**CANCER** (June 21-July 22): Never mind what was. It's time to create what will be! Just be on the lookout for your negative side, particularly any tendency to be controlling. You can't change other people, but if you change your behaviors you can change the situation.

**LEO** (July 23-Aug. 22): You may be joining a club or renewing a membership this week. You may also become interested in doing some sort of volunteer work. The theme of the week applies particularly strongly to you. Read it again!

**VIRGO** (Aug.23-Sept. 22): The relationship waters are rather turbulent this week. Singles may suddenly become involved in an attraction or relationship that knocks you off balance. The committed among you may be feeling there's no progress in dealing with whatever relationship issues you might have and be getting ready to issue an ultimatum. Again, be realistic.

**LIBRA** (Sept. 23-Oct23): There's some kind of dilemma here, and you're having trouble being optimistic about it. You're therefore not feeling terribly social. Time may be spent catching up on your reading and otherwise sticking close to home.

**SCORPIO** (Oct. 23-Nov. 21): You have a lot of work-related ideas, but they seem to be falling on deaf ears or being met with a can't-do response. Your tendency is to cling to them anyway and pursue them relentlessly with anyone within earshot. This doesn't help. Seek alternatives.

**SAGITTARIUS** (Nov. 22-Dec. 21): You receive an important letter or phone call. It could be to do with work, money, or a relative. You're also looking at buying something and either selling it again for a quick turnover of profit or buying something as a replacement or upgrade and selling the original. Someone is at your service in this process.

**CAPRICORN** (Dec. 22-Jan. 19): You receive some good advice, possibly about money matters. Take it! Meanwhile, a partner or someone close to you has an improvement in their finances. You stand to benefit, at least indirectly.

**AQUARIUS** (Jan. 20-Feb. 18): There's some drama in your daily routine this week. It's probably to do with a relationship issue. While there's potential for spiritual growth, you also need to add practicality to the mix if the drama is to have a happy ending.

**PISCES** (Feb. 19-March 20): Dealing with reality gives you a daily dose of pressure, but your attitude and energy level are good, so chances are you'll cope. If you can make a little bit of time for play, you'll cope even better. You'll go back to the daily grind refreshed and ready to keep rolling.

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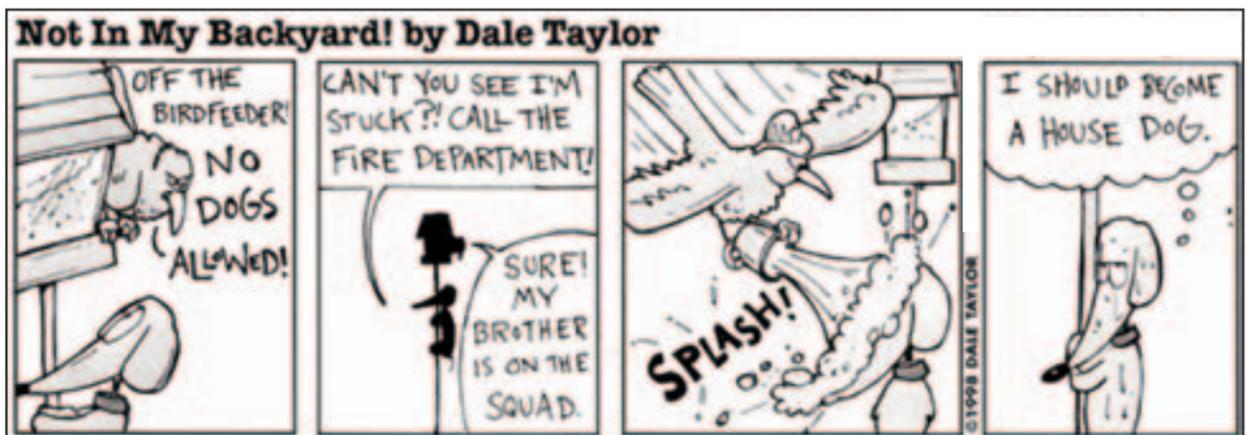
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# ANNUAL BARBECUE SUPPORTS MFRC

Photos: Lisa Bailey, Contact Staff



Ann McKenzie (above photo, centre) of Grand & Toy and Leading Seaman Nathalie Couch of 8 Wing Administration (above right), manager of the Baker Island Community Centre, greet visitors to the MFRC Fundraising BBQ July 15 at the community centre grounds. In its fourth year, the Grand & Toy event featured raffles, giveaways as well as tasty barbecue fare grilled up and served with a smile by (right photo, from left) David Burns, Ryan Hey and Mark Seymour, all of Grand & Toy. Held in sunny, warm weather, the three-hour fundraiser attracted more than 400 people and raised just over \$2,000 for CFB Trenton's Military Family Resource Centre. Smylie's Your Independent Grocer in Trenton was a community partner in the event.



## TRENTON Military Family Resource Centre



### EVENTS & INFORMATION

Family member deployed or going to be deployed?

Come out for a fun event!

**What:** Family Swim and BBQ  
**When:** August 22 1:00-4:00  
**Where:** Recplex & MFRC  
 Register at extension 4532 by August 18th



**Belly Dancing with Cindy Vieau**  
 A beginner class to learn Belly Dancing will be starting along with an Intermediate class for those wanting to continue on with dancing. The classes will run 8 weeks. You may register at the MFRC or for more information call 613-392-2811-2382.

**Beginner – Tuesday August 11 – 7:00-8:30pm**  
**Intermediate - Monday August 10 – 7:00- 8:30pm**  
 Cost: \$50.

### Événements et Information

Avez-vous un membre de la famille déployé ou qui va être déployé? Venez vous amuser!



**Quoi:** Natation en famille et BBQ  
**Quand:** le 22 août 13h-16h  
**Où:** Recplex et CRFM  
**Inscription:** poste 4532 jusqu'au 18 août

**Baladi avec Cindy Vieau**  
 Nous offrirons un cours de baladi pour débutants ainsi qu'un cours intermédiaire. Les cours sont d'une durée de 8 semaines. Vous pouvez vous inscrire au CRFM. Pour plus d'information, veuillez téléphoner au 613-392-2382.

**Débutants: Le mardi 11 août de 19h – 20h30**  
**Intermédiaires: Le lundi 10 août de 19h – 20h30**  
 Coût: 50\$



**Buy your CNE tickets at the MFRC**  
 Save up to 36% and avoid line-ups at the gate!  
**August 21 – September 7**  
 Tickets valid any one day of the 2009 CNE  
 CNE admission includes admission to Ontario Place  
**MAGIC PASS! Admission + rides \$31.00 (save \$16.00)**  
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**Achetez vos billets de CNE au CRFM**  
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**21 août – 7 septembre**  
 Les billets sont valides pour 1 journée à votre choix durant le CNE 2009  
 L'admission au CNE inclut l'admission à Ontario Place  
**MAGIC PASS! Admission + manèges 31.00\$ (rabais de 16\$)**  
**FUN PASS! Admission seulement 10.00\$ (rabais de 5\$)**



For additional information:  
[www.MFRC.CFBTrenton.com](http://www.MFRC.CFBTrenton.com)  
 Contact: Jaimie Corriveau ext 4299



Pour information additionnelle  
[www.MFRC.CFBTrenton.com](http://www.MFRC.CFBTrenton.com)  
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**Three-Bedroom Family Home**  
Plan Number 2-3-703

On the façade of this three-bedroom family home, two-storey stone pillars support an exposed open truss above the front deck, adding character to the exterior. The stairs to the second level lead directly into the expansive family area. A door from the great room opens to the front deck, which also enjoys access from the master suite. The dining room includes an optional buffet and is immediately adjacent to the large kitchen, which is sure to be appreciated by the cooks in the family.

*The home measures 43 feet, 8 inches wide and 43 feet, 4 inches deep, for a total of 1,299 square feet of finished living space.*



Plans for design 2-3-703 are available for \$532 (set of 5), \$592 (set of 8) and \$640 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$25.00 for Priority courier charges within B.C. or \$45.00 outside of B.C. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and postage charges. Our 41st Edition of the Home Plan Catalogue containing over 300 plans is available for \$13.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:

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**Canada's Wonderland** Get your tickets at reduced price at the MFRC

- Senior, Children, 3+ & less than 48" tall ----- \$28.00
- Any Day, May 3 - November 1<sup>st</sup> ( 3-59 years & over 48" tall) ----- \$37.00
- **NEW "2009 Pay Once Visit Twice Ticket"** ----- \$47.00

**Achetez vos billets au CRFM à prix réduit**

- Sénior, Enfants, (3+ & moins de 48" hauteur) ----- 28,00\$
- Un jour, du 3 mai au 1<sup>er</sup> novembre (3-59 ans & plus que 48" hauteur) ----- 37,00\$
- **NOUVEAU "Payez une fois, visitez deux fois "**-----47,00\$

**Partner's Away Wednesday Night**  
6pm to 8pm

Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.

**Groupe Partenaires au loin,**  
**le mercredi soir de 18 h à 20 h.**

Le service de garde est disponible, toutefois vous devez réserver à l'avance pour que nous puissions prévoir suffisamment de gardiennes pour les enfants.

**Volunteer Opportunities**

**The Daycare summer program** will be offering a variety of field trips, swimming activities, and other outings which require a higher adult/child ratio. This is a fun volunteer opportunity for adults and mature teens and offers an excellent opportunity for students to acquire community service hours. Volunteers will be screened for suitability to work with children.

**Occasions de faire du bénévolat**

**Le programme d'été de la garderie** offrira une variété d'activités sur le terrain, des sorties natation et autres escapades nécessitant la présence d'adultes. Une agréable façon de faire du bénévolat pour les adultes et les adolescents matures et une excellente opportunité pour les étudiants d'accumuler leurs heures communautaires. Les bénévoles seront interviewés afin de déterminer leurs aptitudes à travailler avec les enfants.



Are you new at 8 Wing/CFB Trenton?  
Come to the MFRC, get your plant, coupons, information as needed, have a tour of the place. We are looking forward to meeting you.

We also have Welcome Packages from other bases.



Êtes-vous nouveau à la 8e Escadre/BFC Trenton?  
Venez au CRFM pour avoir votre plante, coupons, de l'information et une visite de la place.

Nous avons hâte de vous rencontrer.  
Nous avons les Trousses de bienvenue des autres bases.

The MFRC has now available for your convenience the Quinte West garbage tags. You can purchase them at the reception at the cost of \$2.50 each.

Vous pouvez maintenant vous procurer les étiquettes pour les sacs de vidange de Quinte West au bureau d'accueil du CRFM au coût de 2,50\$

Visit [www.trentonmfrf.cfbtrenton.com](http://www.trentonmfrf.cfbtrenton.com)  
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**LET'S GO TO THE EX** **Canadian National Exhibition**



Discount tickets for The Canadian National Exhibition are available at the MFRC.

You can check on-line at [TheEx.com](http://TheEx.com) for a line-up of events.

There will be a bus trip to the EX on **Saturday September 5th** which is the 60th Anniversary of The International Air Show . The cost is \$15 for the bus only Departure from the MFRC at 8am - departs Toronto at 8pm.

Le CRFM vous offre des laissez-passer à prix réduit pour le Canadian National Exhibition.

Vérifiez sur le site web pour les événements spéciaux [TheEx.com](http://TheEx.com)

VOYAGE EN AUTOBUS au Canadian National Exhibition.

**Le samedi 5 septembre**

L'International Air Show célèbre son 60ième anniversaire.

Départ du CRFM à 8 h et de Toronto à 20 h.  
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Showcase

# Showcase



**Franco-Phare Association**

received a Community Support Award, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**Mr. M. Lovejoy**

received an 8 Wing Community Support Award, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**Trenton Cold Storage**

received an 8 Wing Community Support Award, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**Wedge and Bottle Restaurant**

received an 8 Wing Community Support Award, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**Quinte Media Group**

received an 8 Wing Community Support Award, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**Capt J. Kozicki**

received an 8 Wing Service Person of the Quarter Award, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**Maj J. Latulippe**

received a 10,000 Flying Hour Achievement Award, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**Carole Neave**

received a Personal Development Achievement Certificate (PDAC), presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**Sgt J. Burns**

received a Personal Development Achievement Certificate (PDAC), presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**Jeannette Lane**

received a Personal Development Achievement Certificate (PDAC), presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**Tracy Courneyea**

received a Personal Development Achievement Certificate (PDAC), presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**MCpl M. Kenney**

received a Personal Development Achievement Certificate (PDAC), presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.

***Congratulations! Félicitations!***

Showcase

# Showcase



**MCpl D. Foster**

received a Personal Development Achievement Certificate (PDAC), presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**MCpl C. Bailey**

received an Innovative Practices and Suggestion Award Program (TIPS), presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**Sgt P. Flowers**

received an Innovative Practices and Suggestion Award Program (TIPS), presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**MCpl W. Slocum**

received an Innovative Practices and Suggestion Award Program (TIPS), presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**WO J.R. Audette**

received a promotion to that rank, presented by 436 Sqn CO LCol J.R.F. Martineau and SWO CWO D. Daniels.



**WO M.S. Morrisey**

received a promotion to that rank, presented by 436 Sqn CO LCol J.R.F. Martineau and SWO CWO D. Daniels.



**436 Sqn Crew (Capt H.J. Forrest, Capt D. Stubbs, MCpl J. Misener, & Sgt J.R. Lapierre)**

received a Task Force Kandahar Commander's Commendation, presented by 436 Sqn CO LCol J.R.F. Martineau and SWO CWO D. Daniels



**MCpl T. Parsons**

received a promotion to that rank, presented by 436 Sqn CO LCol J.R.F. Martineau and SWO CWO D. Daniels.



**Pte J. Doyle**

received a completion certificate from CFSACO AC OP QL3 session 0028, presented by LCol W.L. MacKenzie, Cmdt CFSACO.



**Ms Janis Wade (L)**

received a ring, certificate and potted plants in appreciation for her 35 years of Dedicated Service, presented by LCol M. Rancourt, CO Canadian Forces Land Advanced Warfare Centre.



**Pte(t) I. Cleaton**

received a promotion to that rank, presented by 8 AMS ASO Capt Emond. WO Hart accompanies.



**Pte(t) B. Cowie**

received a promotion to that rank, presented by 8 AMS ASO Capt Emond. WO Hart accompanies.

***Congratulations! Félicitations!***



Showcase



# Showcase



**Cpl C. Borquez**

received a promotion to that rank, presented by 8 AMS ASO Capt Emond. WO Hart accompanies them.



**LCol A. Maziarski**

received a Certificate of Service upon his retirement after 35 years with the Canadian Forces, presented by (Left) Col J. Cottingham.



**Cpl K. Arseneault**

received a promotion to that rank, presented by Maj A.T. Spott, CO 2 Air Mov Sqn and CWO JGG Picard (SCWO).



**MCpl J.P.R. Goulard**

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



**MCpl I. Devost**

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



**Alanna Weinber**

received the John Melancon Award, presented by Maj A.T. Spott, CO 2 Air Mov Sqn.



**Cpl A. Normandin**

received a promotion to that rank, presented by CO LCol Marco Rancourt, CFLAWC.



**WO C. Murphy**

received a promotion to that rank, presented by CO LCol Marco Rancourt, CFLAWC.



**MWO B. Rideout**

received a promotion to that rank, presented by CO LCol Marco Rancourt, CFLAWC.



**MCpl F. Duchesne**

received a promotion to that rank, presented by CO LCol Marco Rancourt, CFLAWC.



**MCpl T. Greening**

received a promotion to that rank, presented by CO LCol Marco Rancourt, CFLAWC.



**Sgt D. Anctil**

received a promotion to that rank, presented by CO LCol Marco Rancourt, CFLAWC.

***Congratulations! Félicitations!***



## First solo flight of the summer at Central Region Gliding School

Picton, ON – The sunlight danced on ‘laughtered-silvered’ wings, over the Picton country side, as Guelph resident, Warrant-Officer Second Class, James Harding flew the skies...all alone in the cockpit of the Central Region Gliding School’s Schweizer 2-33 glider.

Yes, all alone on his very first solo. It was the pivotal moment in his training towards achieving his dream of becoming a licenced glider pilot.

This moment did not come easy for the young pilot. Many hours of ground school at his home squadron, “121 Red Arrow”, a qualifying examination, a

review board; and once ‘accepted’, more hours in class and then a continuing batch of tests and exams.

Then it was into the cockpit for the many flights of ‘hands-on’ training and evaluations with his instructor pilot, Lieutenant Adam Cosgrove. Regardless of how anxious James was, it was only when he had consistently demonstrated the knowledge and skills he had assimilated and his instructor felt confident in his abilities, that he heard those fateful words, “Today’s your day! You’re going solo!” Never again would the bonds of earth hold him down.



Photo: Submitted

WO2 James Harding, with ‘121 Red Arrow’, Royal Canadian Air Cadet squadron is congratulated by his instructor, Lt Adam Cosgrove upon landing after completing his first solo flight...the first flight towards his Transport Canada Glider Pilot Licence and coveted air cadet ‘Glider Wings’ badge. WO2 Harding was the first glider candidate to ‘solo’ at CRGS this summer.

# 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 published for these two weeks (July 31 and August 7).

The next issue of *The Contact* will publish Friday, August 14.

Thank You.

## Contact

### 8 Wing Trenton EAP Referral Agents

Karen Brake 7911, Dot Serre 3295, James Leblanc 3053, Nathalie Serre 7413, Daphne Mullin 3652 (bilingual)

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## SURPRISE! THE ANSWER IS...



Last week we asked if you could identify the person in the photo above (shown at age four), chances are many of you couldn't pin down just who this adorable face belongs to. Well, that little blonde-haired boy was none other than former Wing Chief Warrant Officer, CWO Tom (Bull) Secretan! Betcha never guessed it was him!



## Advertise in Contact

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**Information**

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Word ad: 20 words \$3.00 per insertion. GST included. Visa/Mastercard, Cash or cheque to be paid at time of insertion.

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**ERRORS & OMISSIONS**

Advertisers should check their ad the first day it appears. The CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad wherein the error occurred.

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The CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content.

The CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code, The CONTACT reserves the right to make necessary changes in ad copy.

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**Crossword Answers**

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T	A	B	O	O	C	R	O	S	S	M
	A	N	N	E	D	P	O	E	S	
P	O	R	A	L	P	F	O	N	T	S
T	A	K	E	O	T	H	E	R		
A	S	S	E	T	S	O	U	T	B	I
		R	A	T	E	D	S	O	D	A
M	U	S	I	C	R	S	A	D	O	S
A	N	T	E	M	A	S	L	Y		
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E	T	E	A	T	E	A	S	N	E	R
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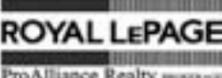
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(NC) —Whether you are shopping for a previously-owned house or a brand new house, an inspection provides insight to the condition of the home you are buying. If you are putting your house on the market, an inspection helps hasten the sale and can generate a higher price.

A home inspection is a thorough visual examination of the home and property.

The process usually takes two to three hours, during which time the house is examined from the ground up. The inspection includes observation and, when

appropriate, operation of the plumbing, heating, air conditioning, electrical, and appliance systems, as well as structural components: roof, foundation, basement, exterior and interior walls, chimney, doors, and windows.

When conducted by a professional, a home inspection covers about 1,000 check-points in approximately 400 items around the home. Findings should be provided to you in the form of a comprehensive report. It is vital that such a report include an objective evaluation of the condition of the home, clearly relating exist-

ing defects and indicating potential problems.

A home inspection report is not a warranty.

Because a home inspection is a visual examination of the home and operating systems, it is not technically exhaustive. There is no assurance, expressed or implied, that equipment will not break down at some future date. However, such protection is available when a home inspection is complemented by a home warranty. When the services are used in conjunction with one another, a home warranty covers the items that were

serviceable at the time of the inspection and subsequently fail due to normal wear and tear.

A home inspection does not detect every conceivable flaw.

It is an inspection of those areas and items that can be seen. Home inspectors cannot see through foundation, floors or walls, and cannot inspect areas or items that are inaccessible.

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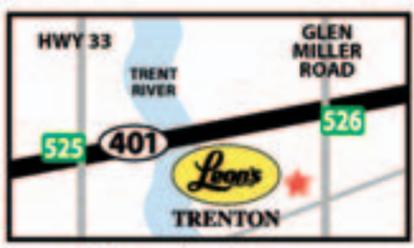
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