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Camp Mirage Memorial Cairn unveiled at National Air Force Museum of Canada

By Amy James

On Wednesday July 6, 2011, a ceremony at the National Air Force Museum of Canada (NAFMC) was held to unveil the Camp Mirage Memorial Cairn. The monument, previously standing in the centre of Camp Mirage, is a constant reminder of the service and ultimate sacrifice made by Canadian Forces personnel. During the ceremony Minister of National Defence Peter MacKay shared his impressions of the monument in theatre, of "feeling pride and a solemn sense of what was at stake. These cairns belong to all Canadians. We join as a nation to mourn loved ones."

The decision to place the cairn at the Air Force museum, "is apropos," stated Robert Burke, chair of the NAFMC. "Camp Mirage was an Air Force base; placing it at an Air Force museum makes sense. It is quite an honour for the museum; we are pleased to have the memo-

ry of service, a tribute to the people."

Following the final phase of renovations, the cairn will be moved to the mezzanine overlooking the Highway of Heroes. It is a poignant final home for the monument and a decision reflective of Wing Commander, Col. Cochran's opening remarks, "The 157 men and women who have embarked on their journeys along the Highway of Heroes in Trenton are commemorated here, ensuring the men and women whose names are inscribed on its surface are never forgotten."

What started as a grassroots initiative in 2005 by the air mobility team at Camp Mirage, "was created by one of the most honourable and basic instincts of humankind - to remember and to honour their fallen," stated Chief of the Air Staff Lieutenant-General André Deschamps. Members of the Engineer Flight Services felt compelled to begin

the project, in reverence of those who gave their lives.

For Lieutenant-Colonel Tom Dunne, the last commanding officer of Mirage, the ceremony was a mirror of the closing. The same Canadian flag that flew over the memorial in theatre was unpacked from its box and raised while reveille played. Padre Philippe Boudreau offered a prayer followed by a minute of silence and then the national anthem. Warrant Officer Ed Storey, responsible for packing the monument stated, "It is good to see the project come to fruition. The intent was to have the cairn with the Highway of Heroes."

At the end of the ceremony, it was Peter Dawe, who lost his son Matthew on July 4, 2007, who best relayed the significance of the cairn. He found the unveiling "very emotional but the speakers brought it together, they got it right." On the fourth anniversary of his son's death, he laid a poppy on his plaque.



Peter Dawe places a poppy on his son, Matthew's, plaque.

Air Force continues 60 years of flying the Royal Family to Canada

By Holly Bridges

When the hottest couple on the planet touched down on Canadian soil last Thursday, they were travelling aboard a Canadian Air Force jet from 437 (Transport) Squadron at 8 Wing Trenton, continuing a 60-year tradition that began with Prince William's grandmother, Queen Elizabeth II in 1951.

It was then that a young Princess Elizabeth and her dashing husband, Prince Phillip, visited Canada for the first time via a Royal Canadian Air Force C-5 aircraft, "arguably the most luxurious of any aircraft in Canada, if not the world," says Canadian Forces historian Major Mathias Joost. "For 16 years, she ferried dignitaries [not just the royal family] to all continents except Antarctica, logging more than 2.5 million miles in 9,500 hours in the air."

For its time, the Canadair C-5 was lavish with its hot and cold running water, divans, a semi-circular lounge, executive desk, swivel chair, filing cabinet, and telephone to reach the cabin.

Prince Phillip returned on the C-5 four

years later for a swing through western Canada during one of the most storied royal flights in air force history. The aircraft was approaching Vancouver when the hydraulic system failed. The co-pilot and flight engineer took turns hand-pumping the landing gear and flaps all the way to the ramp. Exhausted after an otherwise ordinary landing, both men breathed a sigh of relief, hoping the Prince had not noticed anything. To their chagrin, he was standing in the doorway of the cockpit and quipped, "Nicely rowed, chaps!"

Even decorated Second World War Spitfire pilot, retired Lieutenant-General Bill Carr, now 88, found himself slightly weak in the knees in 1958 flying "a very beautiful" Princess Margaret on her western Canadian tour in 1958. The Princess showed a genuine interest in LGen. Carr and the inner workings of the C-5 cockpit, asking questions and signing the 412 (Transport) Squadron guest of honour book. LGen. Carr, who later went on to command the Air Force, said the experience of flying the royals was "second to none and a highlight of my career."

Photo: Sgt Ronald Duchesne, Section imagerie, Garrison Valcartier



Lieutenant Colonel Andy Cook, CC-150 Polaris Mission Commander for the Royal Visit, salutes the Duke and Duchess of Cambridge as they prepare to depart Quebec City enroute to Charlottetown, P.E.I.

Retired Brigadier-General Jeff Brace agrees. The former commanding officer of 437 Squadron, who now lives in Brighton,

Ont., has flown the Queen and Prince Phillip, the Queen Mother, the Pope, and Prince William's parents, Cont'd on page 2



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Flying royalty remains proud Air Force tradition

Cont'd from page 1 Prince Charles and Diana, Princess of Wales. Despite once having to land unexpectedly at 4 Wing Cold Lake, Alta. with the Queen Mum on board his Boeing 707 (which threw the base into an absolute protocol frenzy with barely 25 minutes notice), BGen Brace says the experience rather cemented his affection for his favourite monarch.

"Definitely the Queen Mother - just a lovely, charming, down-to-earth lady," recalls BGen Brace who has particularly fond memories of their in-flight chats. "I remember one trip she boarded the aircraft after waving goodbye to the crowds, and she turned to me in a gentle whisper and said, 'Shall we go, captain? My ankles are killing me.'"

Although the military aircraft flying the royals have changed over the years and evolved into more practical, less costly configurations, such as the removable state room aboard the military's Polaris aircraft that flew William and Kate on Thursday, the essence of royal air travel to Canada remains the same - safety first; protocol second; and, third, a window on a world rarely opened to others.

The former commanding officer of 437 Squadron, Lieutenant-Colonel David Murphy,



Master Cpl Marc-Andre Gaudreault, Canadian Forces Combat Camera

A Canadian Forces CC-150 Polaris, with Their Royal Highnesses crew onboard, prepares to leave Yellowknife airport, in Yellowknife, Northwest Territories, on July 6.

says he will never forget dining with the Queen "in the limited confines of the Polaris at 35,000 feet over Newfoundland," during her trip to Canada in 2002 to mark her Golden Jubilee.

"Later, approaching London on that final leg of the royal flight, I was called to the VIP suite for a private audience with Her Majesty and His Royal Highness. The Queen, ever gracious with that warm smile, thanked the squadron for supporting their Golden Jubilee visit to Canada. After a short conversation, Her Majesty and His Royal Highness signed the squadron Book of Honour, taking time to look through each page bearing their

own earlier signatures, their children's, and several other VIPs we have flown over the years."

"The final leg of their journey was as comfortable and punctual as the first with the aircraft touching down on time, late in the evening of October 15. As she left the aircraft for the last time, Her Majesty met with the pilots and several members of the crew to express her gratitude for their service. She again shook my hand and thanked me for the role played by 437 Squadron in their visit to Canada. As they slipped into their limousine for the short drive to Windsor Castle, I could not help but think how fortunate we all were to have been part of such a historic visit to

Canada."

Canadian Forces Navy, Army and Air Force personnel from Regular and Reserve Force units are supporting the Duke and Duchess of Cambridge during their Canadian tour, June 30 to July 8. The CF is providing logistical and ceremonial support as the royal couple visits Ottawa, Montreal, Quebec, Prince Edward Island, Yellowknife and Calgary. Full military honours with 21-gun salutes, colour parties, bands, 100-person guards of honour, a river cruise on board HMCS Montréal, flights in CF aircraft, and a special meeting with the Canadian Rangers and Junior Rangers highlight the celebrations.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



During the 8 Wing open house (June 4 and 5), Pte MacDonald of 8WFD demonstrates to visitors the water and foam tanks while Cpl Fleming explains the operations inside the cab of the vehicle. Meanwhile, Cpl Nazir shows the hose reel area to visitors while Pte Girard presents equipment. Visitors were pleased with the interaction with the firefighters.

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A parting message from Major-General Yvan Blondin, Commander 1 Canadian Air Division and the Canadian NORAD Region

I've been honoured to serve since 2006 at 1 Canadian Air Division / Canadian NORAD Region Headquarters, with the last two years as your Commander. As I pass the torch to Major-General Alain Parent, I'd like to share a few thoughts with you, the airmen, and airwomen of Canada's Air Force.

As your operational commander, I am so incredibly impressed with the work done by our entire Defence Team from coast to coast and abroad. In the last couple years, we have experienced an operational tempo the Air Force hasn't seen in generations.

Overseas, we have maintained a crucial role with the Air Wing in Afghanistan, deployed CF-18s to Iceland for Op IGNITION, assisted the people of Haiti in Op HESTIA, and we maintain a significant effort with Op MOBILE over Libya. In fact, we are in a time where virtually every fleet of operational aircraft are currently employed on operations.

At home we've supported the

2010 Olympics, the G8/G20, and assisted with flood relief efforts, and forest-fire evacuations across the country. We did all this while saving lives at home with search and rescue and keeping a tireless watch over our skies through our NORAD mission.

No words can express the pride I feel from having had the privilege of serving as your commander. All of our successes are due to you, our proud airmen and airwomen, and your tireless efforts. Yet my appreciation extends also to your families.

Our collective success is due to the support we receive from our loved ones and we must never forget that. In May of 2011, I had the honour of hosting the second annual Family Support Conference in Winnipeg. We saw the results of the Family Support Needs Assessment that captured how military families like yours perceive how their needs are being met. It is a critical step in improving how we support our loved ones as they too sacrifice so much for our country. I'm proud we have

made great strides in strengthening our support to our families. I've had the pleasure of seeing Wings across the country forge ahead with delivering on commitments to the community and military families – specifically in the areas of medical care and child-care.

This kind of dedicated support to each other and your families is the cornerstone of success that allows us to succeed in our missions while ensuring we take care of our most valuable resource – our people.

In closing, I thank you all for your hard work and selfless dedication you continuously demonstrate in service to your country. I am honoured to hand command over to Major-General Parent, knowing what an incredible team he is inheriting.

Sincerely,

Major-General Yvan Blondin
Commander 1 Canadian Air Division and the Canadian NORAD Region



Major-General Yvan Blondin, Commander 1 Canadian Air Division and the Canadian NORAD Region

Message de départ du Major-général Yvan Blondin, Commandant de la 1re Division aérienne du Canada et de la Région canadienne du NORAD

J'ai été honoré de servir depuis 2006 au Quartier général de la 1re Division aérienne du Canada et de la Région canadienne du NORAD et d'avoir été votre commandant au cours des deux dernières années. Au moment de passer le flambeau au Major-général Alain Parent, j'aimerais partager quelques réflexions avec vous, hommes et femmes membres de la Force aérienne du Canada.

En ma qualité de commandant opérationnel, je suis incroyablement impressionné par le travail accompli par toute notre Équipe de la Défense, d'un océan à l'autre et à l'étranger. Au cours des dernières années, nous avons connu une cadence opérationnelle que la Force aérienne n'avait pas connue depuis plusieurs générations.

Outre-mer, nous avons assumé un rôle essentiel en constituant une escadre aérienne en Afghanistan, en déployant des CF18 en Islande dans le cadre de l'opération Ignition et en aidant le peuple haïtien pendant l'opération Hestia, et nous fournissons par ailleurs un important effort pour l'opération Mobile, dans le ciel de la Libye. En fait, nous vivons à une époque où à peu près chaque flotte d'aéronefs opérationnels participe à des opérations.

Au Canada, nous avons appuyé les organisateurs des Jeux olympiques de 2010 et des sommets du G8 et du G20 et nous avons aidé, dans tout le pays, à combattre les inondations et à évacuer des personnes menacées par des feux de forêt. Nous avons accompli tout cela, tout en sauvant des vies avec nos équipes de recherche et de sauvetage et en surveillant sans relâche notre espace aérien dans le cadre de notre mission auprès du NORAD.

Je ne saurais dire à quel point je suis

fier d'avoir été votre commandant. Nous devons toutes nos réussites à vous, fiers hommes et femmes de la Force aérienne, et à vos efforts inlassables, mais je m'empresse d'adresser aussi mes remerciements à vos familles.

Notre réussite collective est due au soutien que nous avons reçu de nos êtres chers, et nous ne devons jamais l'oublier. En mai 2011, j'ai eu l'honneur d'accueillir à Winnipeg les participants à la deuxième conférence annuelle sur le soutien aux familles. Nous avons vu les résultats de l'Évaluation des besoins en soutien aux familles qui a montré comment les familles des militaires telles que les vôtres perçoivent la façon dont la Force aérienne répond à leurs besoins. C'est là une étape essentielle vers l'amélioration des moyens que nous prenons pour soutenir nos êtres chers, car ils consentent eux aussi d'énormes sacrifices pour notre pays. Je suis fier que nous ayons réussi autant à renforcer l'appui que nous leur témoignons. J'ai eu le plaisir de voir des escadres dans tout le pays donner suite à des engagements pris envers la collectivité et les familles des militaires, plus précisément dans les domaines des soins de santé et de la garde d'enfants.

Ce soutien dévoué que nous manifestons les uns envers les autres et au profit de nos familles est la pierre angulaire des efforts qui nous permettent de réussir dans nos missions, tout en prenant bien soin de notre plus précieuse ressource : nos gens.

En terminant, je vous remercie toutes et tous de votre travail acharné et de l'abnégation dont vous faites constamment preuve au service de votre pays. Je suis honoré de céder le commandement au Major-général Parent, en sachant de quelle formidable équipe

il hérite.

Bien à vous,

Le Major-général Yvan Blondin,

Commandant de la 1re Division aérienne du Canada et de la Région canadienne du NORAD

Search & Rescue Update



424 Sqn had 4 callouts this past week.

First, a Hercules was tasked to an ELT near Val D'Or, 3 float planes were found in the area, none were in distress.

Second that week, another Hercules was tasked to an ELT near Manicougan, Quebec. Nearing the position, the crew spotted a column of smoke, and after a brief search, aircraft wreckage as well as persons on the ground. As a local SAR helo was inbound, the crew elected not to deploy SAR techs, but continued to orbit until the helo arrived to hoist down theirs. Both people were recovered and had no significant injuries, and our Herc returned to Trenton

Next, the Griffon was called out to Lake Simcoe to search for an overdue 16-foot vessel with 8 people on board. After searching, the crew spotted the vessel adrift with no power. The Griffon made several low passes and was able to direct the OPP boat to the drifting vessel, who confirmed it was the target. All 8 on board were fine and the Griffon returned to base.

Finally, our Herc took off for the Collingwood area to home an ELT near the Collingwood marina. No visible distress was found and the crew was advised to return to Trenton.

Until next time, stay safe!

Missions for 2011: 76

Missions for July: 4

Persons rescued: 15



Bisons welcome new Commanding Officer for 429 Squadron

By Captain Jennifer Jones
8 Wing Public Affairs

The Bisons officially welcomed a new Commanding Officer (CO) on Friday, June 24, 2011.

Lieutenant Colonel Iain Huddleston, CO since 2009, officially relinquished command of 429 Squadron to (LCol) Jason Stark during the afternoon ceremony held at 7 Hangar.

LCol Stark has just returned from a deployment as the Air Component Commander at Spangdahlem Air Base, Germany. He describes becoming CO of Canada's only CC-177 Globemaster Squadron as a dream come true.

"Since the government announced the CC-177 procurement, I knew I wanted to command this squadron," he said in his first formal address to the squadron. "I'm extremely excited to be here."

LCol Huddleston commanded 429 Squadron since 2009 and called the change of command a difficult day. "On one hand I am filled with pride of all our accomplishments over the last two years, but I'm disappointed to be leaving the camaraderie," he said. "Together we have done some incredible things."

In his address, LCol Huddleston recapped some of the noteworthy achievements of the squadron over his two years as CO, including airlift-

ing supplies and evacuees following the tragic earthquake in Haiti, during Operation HES-TIA.

He also gave special mention to the first CC-177 Globemaster III landing at Canadian Forces Station Alert, the northernmost permanently inhabited location in the world, in April 2010.

"One year later, missions to the Arctic are commonplace and changing the face of Canadian Forces operations in the north," he said, and looking to the months ahead added, "Today, 429 stands ready to take troops and equipment out of Afghanistan."

LCol Huddleston thanked the many individuals who supported him during his command tour, including his family, his administrative assistant, the squadron's honorary colonel and all the men and women of 429 Squadron. He made special mention of 429 Squadron Chief Warrant Officer Bernard, calling him a rock. "You took on an important leadership role during my many absences."

LCol Huddleston is preparing to deploy to Kandahar, Afghanistan in the coming months, and passed on his best wishes to the incoming CO.

"Jason, this Squadron will serve you well," he said. "I wish you great success in what will be a challenging and rewarding command tour."

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton and Presiding Officer at the Change of Command parade, emphasized the demanding schedule of 429 Squadron and commended the continued levels of success achieved by Bisons day after day.

"Within one week of receiving the CC-177, it deployed to provide humanitarian aid to Jamaica for the Government of Canada," he said. "The operational tempo continues to remain high, and this frontline unit continues to be in high demand."

"I am extremely proud of the squadron's accomplishments," added Col Cochrane.

Photo: Corporal Levarre McDonald,
8 Wing Imaging



Above: Lieutenant Colonel Iain Huddleston, outgoing Commanding Officer, 429 Squadron, gives the General Salute to the Presiding Officer during the Change of Command Ceremony.

Below: Incoming CO, LCol Jason Stark (left), Presiding Officer Colonel Dave Cochrane (center) and outgoing CO LCol Huddleston (right) sign the ceremonial scrolls signifying the official Change of Command for 429 Sqn.



Turning to LCol Huddleston, Col Cochrane added, "I think you would agree these have been a couple of busy years. Thank you for your dedication and for exceeding what was asked."

LCol Stark mentioned witnessing first hand how busy 429 is from his time spent across the ocean on deployment and recognizes the hard work that goes into ensuring the unit's successes. "The

squadron never ceased to amaze me," he said. "When the government calls, 429 answers and I know the sacrifices you make to answer this call. I look forward to working and flying with all of you."

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We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940.

We strive to build awareness, morale and *esprit de corps* among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work.

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New Infrastructure for 8 Wing Trenton

The Honourable Peter MacKay, Minister of National Defence, announced contract awards totaling more than \$52 million for two infrastructure projects today during a visit to 8 Wing Trenton.

The projects include construction of a maintenance hangar for the new CC-130J Hercules and the construction of a new facility for the air cadet glider school.

Hangar 2, a two-bay hangar, will cost \$44.2 million, measure 11,582 square metres and hold two CC-130J aircraft. Its completion is estimated for spring 2013.

The \$8.5 million air cadet glider school facility will be used for aircraft maintenance and storage and contain classrooms for instruction. It will measure 4,924 square metres and should be finished by summer 2012.

"Since 2007, the government has invested nearly a billion dollars in infrastructure at 8 Wing

Trenton," said Minister MacKay. "This is a clear indication of the Wing's importance to the Canadian Forces, now and into the future."

In line with Canada First Defence Strategy, there is a need to update and replace aging defence infrastructure to help produce a first-class, modern military that is ready to take on the challenges of the 21st century.

"The men and women of 8 Wing continue to make tremendous contributions to Canadian Forces operations at home and around the world, and their professionalism and dedication ensure we continue to succeed in these exciting and challenging times," noted Lieutenant-General André Deschamps, the Chief of the Air Staff.

"The provision of new hangars and facilities at this busy Wing is another example of the wide-scale

modernization that is occurring within Canada's Air Force – a modernization that will allow us to continue to deliver excellence at home, to be a strong and reliable partner in the defence of North America, and to project leadership abroad by making meaningful contributions to overseas operations."

The Government of Canada conducted open, fair and transparent competitive processes in order to award the contract for construction of Hangar 2 to Graham Construction and Engineering and for the glider school facility to Peak Engineering.

DND holds a large number of properties all across the country to support the Canadian Forces, including some 21,000 buildings, 2.25 million hectares of land, 5,500 km of roads, and 3,000 km of water, storm and sewer pipes.

Military Police ride across Canada for children's charities

Submitted by Cpl. Paul Grantham, National Chairman Military Police National Motorcycle Relay Ride 2011

Canadian Forces Military Police will once again raise funds across Canada for children's charities with the Third Annual Military Police National Motorcycle Relay Ride (MPNMRR)

Last year, many riders completed the entire journey across Canada, joining with local riders for different stages. This year's ride incorporates separate events over seven consecutive weekends and raises money for the Military Police Fund for Blind Children and The Children's Wish Foundation of Canada.

Military members and civilians are welcome to join the ride or participate in the fundraising events, including barbecues, silent auctions, and other activities designed to raise additional funds.

Launching July 16 in St. John's, Newfoundland, the ride features varied opportunities for participants. In St. John's, a one day tour around the area ends with an evening event. The same day, riders from CFB Gagetown and CFB Halifax will leave their respective bases, and merge for a group ride and overnight stay in Prince Edward Island.

The next weekend, the Quebec portion of the MPNMRR departs from CFB Valcartier for a trip to 3 Wing Bagotville where they will

enjoy an evening celebration before returning to their home base the next day.

The spotlight falls on 8 Wing Trenton for the last weekend of July. Riders in this Ontario leg will share the experience of travelling on the Highway of Heroes and engage in a modified poker run before returning to one of Canada's busiest Air Force facilities for a barbecue.

The first weekend of August features the Manitoba leg of the ride, starting at CFB Shiloh. Participants will tour the Brandon and Winnipeg area before returning to base.

On August 13, riders in Alberta will leave CFB Edmonton for the trip to 4 Wing Cold Lake and then finish the day at the Crown and Tower Pub in St. Albert.

Both organizers in Saskatchewan are deployed, and it will be the only province in Canada without a local ride.

The British Columbia portion covers two weekends, and starts in Jasper, Alberta on August 20. Riders will depart Jasper and spend the night in Kamloops, BC, and then travel to Vancouver on August 21.

The final leg starts at CFB Esquimalt on August 27 and ends at 19 Wing Comox with a formal closing ceremony.

For a complete list of provincial representatives, entry forms, and further details, visit mpnmrr.ca.

Military Police Fund for Blind Children

Founded in 1957, the MPFBC specializes in assisting visually impaired children across Canada under the age of 21. To date several million dollars have been given back to the communities in support of this fund. One of the very notable aspects of the Blind Fund is that it is run and managed by Military Police volunteers. It remains unique in Canada, as the country's only military charity.

The Children's Wish Foundation of Canada

Each year, thousands of Canadian children between the ages of 3 and 17 are diagnosed with a life-threatening illness. Since 1984, the Children's Wish Foundation of Canada has worked tirelessly to grant exceptional wishes to over 16,000 children and their families. This year, the Foundation expects to grant 1,000 new wishes and is proud to have never refused a wish to an eligible child, and with the help of volunteers and generous donors, is able to grant nearly three wishes every day.

Each wish is an individual adventure, carefully structured to meet the needs of a particular child and family. The Foundation is a grassroots charity with chapters in every province and territory. Visit: www.childrenswish.ca

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Safety / Feature

There's a safety message in Murphy's Law



Submitted by Wing General Safety Office

Murphy's Law states: "If anything can go wrong, sometime it will."

That's a very negative message, and safety is a positive thing. But when you think about it, Murphy's Law does have something to tell us about safety.

Safety planning really means thinking of the worst things that could happen, and then taking steps to prevent them. You start with a negative idea, and you end up taking steps for a positive outcome.

Here's an example: If you temporarily place a box of supplies in a rarely-used traffic aisle, Murphy's Law says somebody will walk along that aisle, fall over the box and break an arm. Actually, according to Murphy's Law, that someone could be you.

Using this example, how can we put Murphy's Law to good use? We can do this by imagining the worst possible consequences of our actions; and then taking measures to introduce safety into the situation to prevent these consequences. In this case, it would involve thinking of the worst possible outcome if we put the box there, and then taking steps to remove the hazard.

In other words, you use your personal protective Equipment and recommended safe work practices to protect yourself against the worst-case scenario.

When you get into your vehicle and buckle up your seat belt, you don't do it because you think everything is going to go right

that day. You do it because there is a slight chance some drunk will run a red light in front of you, or you will hit a patch of ice and miss a curve on the road.

You wear your hard hat on the job not because you expect everything to go in your favor, but because there is a chance someone might drop a brick from above or you might accidentally bump your head on an overhead obstruction.

You use the handrail while walking down the stairs, not because you are confident everyone else has looked after job-site house-keeping, but because it simply makes good sense to

protect yourself from injury.

When you follow your company's strict safety rules regarding confined space entry, it is not because you are optimistic the atmosphere in there is fresh air. It is because of the chance that it is, or may become, short of oxygen or contaminated by noxious gases.

When you make sure machine guards are in place, you are protecting yourself against the time - perhaps just the one time - when you can't pull your hand away fast enough.

When you learn cardiopulmonary resuscitation (CPR), first aid or rescue techniques, it doesn't have

much to do with the days when everything goes right. It has a lot to do with the rare occasions when a co-worker collapses with a heart attack or is seriously injured in a fall down an underground shaft.

That's how Murphy's Law relates to safety. It means thinking of the worst thing that can happen, and then taking positive steps to prevent that occurrence or to be prepared to deal with it.

"If anything can go wrong, sometime it will." Those are important words to remember in planning and practicing safe work procedures.

All the information you need is just a click away.



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thecontactnewspaper.cfbtrenton.com

Home of the Week

YOUR BUILDING RENOVATION EXPERTS



Spacious Straight Entry Home Plan number 1-3-594

Deceptively modest from the outside, this two-bedroom-plus-den family home packs a big punch, spatially speaking.

The front door opens onto a compact foyer with 12½-foot ceilings. A display cabinet is located over the coat closet on the left. Opposite is a roomy den with a bay window, and beyond are stairs to the unfinished basement. A slight dogleg leads through an archway to the open-plan great room-kitchen-dining area.

The great room, with a built-in fireplace flanked by an entertainment unit, is separated from the kitchen only by an island with a raised eating bar, enabling the cook to catch the television news and keep tabs on the family. The L-shaped kitchen counter ends at a pantry. Beyond is the dining room, with a bayed-out space for the table and chairs and glass doors that open onto a covered L-shaped deck.

On the other side of the home is the master suite, with a walk-in closet. Sliding doors open onto a private sundeck. The ensuite features a soaker tub and an enclosed shower. Two smaller bedrooms boast bay windows and are served by a sky-lit bathroom.

The laundry room includes a cupboard for off-season gear. Thanks to a door into the double garage, the laundry room can double as a mud room.

Ceilings, except in the foyer, all measure nine feet.

Exterior finishes include river rock, wood siding and painted trim. Windows are partially mullioned, and painted pillars with river-rock bases mark the front veranda. The gabled roof-line provides character.

This home measures 45 feet wide and 62 feet, eight inches deep, for a total of 1,688 square feet of living space, not including the unfinished basement included in the plans.



Plans for design 1-3-594 are available for \$654 (set of 5), \$735 (set of 8) and \$782 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$55.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T. (where applicable) to both the plan price and Priority charges.

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If you do not have a user name and a password, you will need to contact the PSP Comm Rec Association to arrange set up of a client account.

Simply drop by the RecPlex at 21 Namao Drive or call the RecPlex Reception at: 613-392-2811 ext 3361 Monday to Friday from 9 a.m. to 8 p.m. Weekends 1:30 to 3:30 p.m or extension 2929 Monday to Friday from 9 a.m. to 3 p.m.

Roundel Glen Ladies League results

Monday Evening Ladies League - Forty women turned out on a pleasant summer evening on June 27 to play the back nine at Roundel Glen Golf Course. Two new winners took the closest to the pin money - Danielle Perron on 10 and Lise Richardson on 17. Play continues every Monday evening, including holidays, with a shot-gun start at 5 p.m.

The league is open to everyone - members and non-members alike. Prior registration is not required; come with friends or come alone and meet

new people.

The closing 18-hole round is slated for Saturday, September 17, with a shot-gun start at 1 p.m. More details will follow.

Wednesday Morning Ladies League - The Wednesday Morning Ladies at Roundel Glen played Fairways on June 29. Sally Kelly recorded the only chip-in of the day, from the bunker on 17. Top score for the day was Alison Anderson, with +29. In second place, Ann McAlpine had +14, and Liz Griffiths took third with +10.

Golf deals at local courses

Oak Hills Golf Course

- \$27 + HST
- May be used at any time - 7 days a week
- Two 18 hole courses to choose from - the Highlands or the Glen Course
- Available to military personnel and CRA Members only
- Limit of one pass per person

Roundel Glen Golf Course

- \$35 + HST
- May be used at any time - 7 days a week
- Pass may be split into two - 9 holes
- Available to military personnel and CRA Members only
- Limit of one pass per person

Purchase your pass at the RecPlex.

Ontario Provincial Parks day passes

The Rec Association now has day passes which may be rented and signed out by Military personnel and CRA members ONLY.

Use the pass at any of the Provincial Parks in our area; Sandbanks, Presqu'Île Provincial Park, North Beach, Ferris, Bon Echo. Pay to sign out the pass - use the

pass and return it either the same day or by 9 a.m. the following morning or 12:45 p.m. on weekends. Cost is \$8.63 plus HST (\$9.75 in total). Limit of one pass per family. Sorry, no reservations. Passes are available on a first come - first serve basis. For more information please call local 3361.

Upcoming yoga & fitness classes

Daytime classes of Gentle Yoga with Nancy will take place on Wednesdays from July 6 to 27 (4 classes) and/or August 10 to 31 (4 classes). Classes will take place from 1 to 2:15 p.m. at the RecPlex.

Fitness classes - Interval Madness, 60 minute sessions, will be held on Mondays at 6 to 7 p.m. from July 4 to July 25 and/or from August 8 to

August 29 (4 classes each) at the South Side Gym.

Group Power classes, 60 minute sessions, will take place on Wednesdays from July 6 to July 27 and/or August 10 to August 31 (4 classes each) from 6 p.m. to 7 p.m. at the South Side Gym.

Register now with PSP Online at www.cfcommunitygateway.com

Summer Kidz Kamp at the RecPlex

The Community Recreation Association (CRA) is already planning for a high energy, fun-filled summer of adventure and fun.

If you are between six and 12 years of age and enjoy swimming, playing sports and making new friends, this is the place to be this summer.

Camp activities include swim and gym, games and crafts, music, special guests, overnighters and an awesome road trip each week!

The camp takes place at the RecPlex (21 Namao Dr.), Monday through Friday from Monday, July 4 to Friday, August 26 (for total of eight weeks).

Camp hours are from 8:30 a.m. to 4:00 p.m.

Before and after care is available from 7 to 8:30 a.m. and 4 to 5 p.m. at a cost of \$2.50 per hour, per child, or any part thereof.

Please note: There will be no Summer Kidz Kamp on Monday,

August 1, 2011.

Cost for military community members is as follows: \$100 for one child; \$180 for two children; \$225 for three children; and \$270 for four children.

Trip day: \$10; Blue Jays trip: \$18. Sleepover: \$15.

Cost per day: \$25 for one child; \$40 for two children; \$55 for three children; and \$70 for four children.

Cost for the general public is as follows: \$110 for one child; \$200 for two children; \$245 for three children; and \$290 for four children.

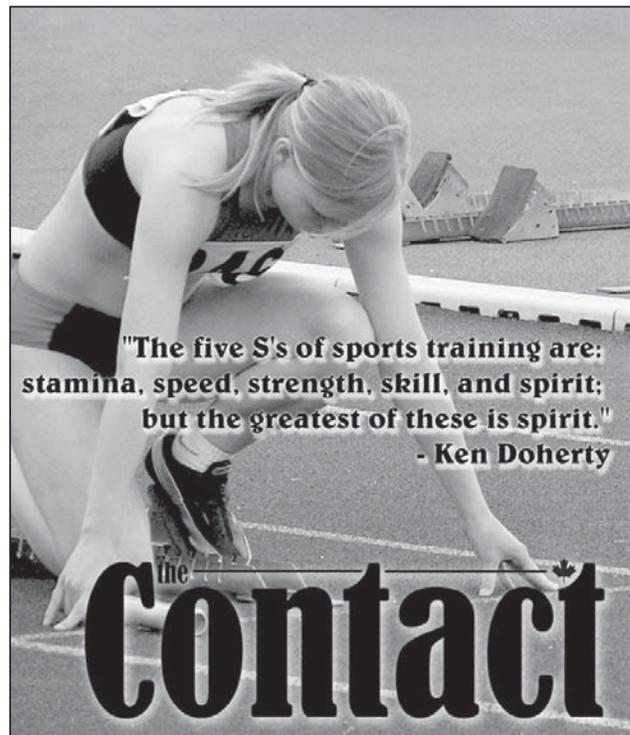
Trip day: \$10; Blue Jays trip: \$18. Sleepover: \$15.

Cost per day: \$30 for one child; \$50 for two children; \$70 for three children; and \$90 for four children.

Please note: No trip fee applies during Week Five (August 2 to 5).

Registration is ongoing at the RecPlex during regular hours of operation.

PSP Community Recreation Association Summer 2011 Brochure of Programs & Services
See our complete line-up of programs & services at www.cfcommunitygateway.com



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FITNESS & HEALTH PROMOTION



A Different Approach to Pain Relief: Muscle Imbalances

By Ryan Abrams
Physical Exercise Specialist,
CFB Trenton

There are many ways injuries and chronic aches and pains can occur; and multiple options to treat or prevent them. As we know, everyone has a unique body shape, lifestyle tendencies, and health and fitness habits that can cause or prevent a wide variety of health issues and benefits.

Something to consider when we do experience an injury, or dull ache or pain is what has changed or needs to be changed to prevent or correct the problem. We are quick to say it is the aging process or physical demands of the job which may be true, but we need to makes the changes to reverse or prepare for such circumstances.

Although an injury or pain is usually related to a certain trauma, the actual cause of injury may be a muscular imbalance leave us in a vulnerable position or posture which ultimately causes the injury. We tend to fixate on the area where the pain is evident and not on

possible structural problems that cause the area to weaken due to increased demand from muscular imbalances.

For example, a bad back might cause shoulder pain to radiate to the elbow or wrist. If your spine or scapula is not in correct alignment we could be asking surrounding structures to take on more work and possibly create an impingement due to the structural inadequacies. By working the back muscles to tighten where needed, this could realign the spine which can take unnecessary pressure of other muscles and joint and therefore relieve the associated pain.

The take home message can be summed up nicely in the following quote by Czech physician Karel Lewit: "He who treats the site of pain is often lost."

If you find you are recommended to work on an area seemingly unrelated to the site of pain, keep this in mind as your health practitioner may be trying to correct the muscular imbalance to solve the problem rather than treat temporary pain relief.

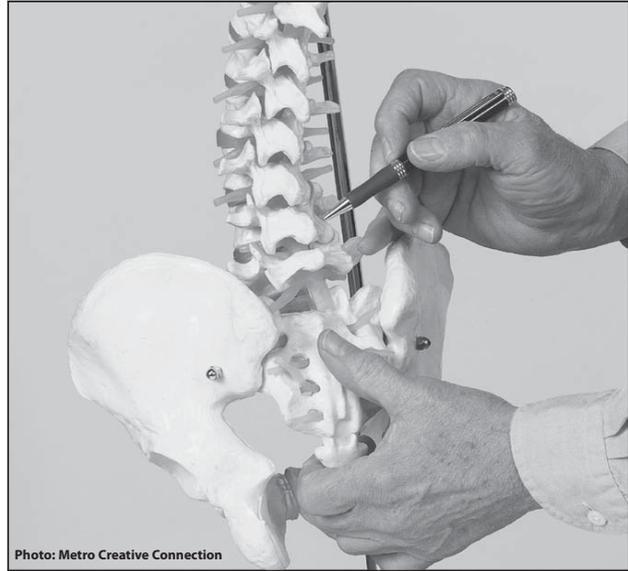


Photo: Metro Creative Connection

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Make A Difference

Community Living Quinte West is seeking people who want to be involved in making a difference in people's lives. If you are looking for ways to give back to your community call us to find out more about the rewards of Board membership at CLQW. We are looking for people who are curious, energetic, collaborative, dedicated.

If the words above describe you, then read on. If you have leadership skills, fund raising expertise, or ability to advocate, and a belief in social justice, please contact us for more information on Board membership.

Community Living Quinte West helps people with intellectual disabilities to live as valuable members of the community. If Board membership interests you, you will have the opportunity to provide strategic direction to the agency while having the opportunity to learn more about the changing attitudes and ways to support people with intellectual disabilities. Your membership on this Board will make a difference.

Call Lisa Monsma, Chair of the Search Committee at 613-394-2222 or submit your letter of interest to:

Community Living Quinte West
Chair of the Search Committee
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Columnist shares love of personal histories with readers

By John Martinello

It would be very difficult to know exactly why or when I became interested in interviewing people and writing stories. It may have come out of smoke-filled rooms, overhearing my father and his friends and relatives quietly talking war stories about the Second World War. Friends like Andy Magee, a Typhoon pilot who became a POW, or Reg Slater, a medic who landed on the beaches of Normandy, or his uncle, Armenio Guidolin, a soldier in the Italian Army who became a prisoner of the Germans.

Or it may have been getting a brand-new, Kodak Hawkeye Instamatic R4 camera (a teal blue and white metal box, with a pop-

open back into which you put a film cartridge) as a Christmas gift in about 1967.

Or it may have been one white-hot, sweltering day in the summer of 1970 in Bluewater Land - Canada's Chemical Valley at Sarnia, Ontario. I cannot recall the precise date, but on that white-hot day, I heard and then saw a dark green, military helicopter fly low and loud over our house on Michigan Avenue. Somehow (it may have been my parents told me or I had read about it, I cannot recall) I knew the helicopter was going to land in Centennial Park on Front Street, beside the mighty St. Clair River. I grabbed my trusty Hawkeye, jumped on my 26-inch, single speed, green Simpson Sears bicycle and peddled my 11 year-

old butt as fast as I could to Centennial Park. I raced to the intersection of Exmouth and Front Street. From this corner I could see the military helicopter had landed and was surrounded by a very large crowd of people. Undeterred, I sped onward to the crowd, skidding to a stop at its edge. At the edge of the crowd, I hopped off my bicycle and plowed it and myself towards the helicopter; my trusty Hawkeye in hand and ready for action.

Breathless, I came to the clearing around the helicopter just as Prime Minister Pierre Trudeau jumped from the side door of the helicopter. As fast as I could move my right thumb, I cranked the rewind lever on my Hawkeye and pushed my index finger on the

shutter button and took one and then two pictures of Prime Minister Trudeau as he walked towards the crowd. I could have and should have taken more pictures, but I did not. I stood there, awestruck, leaning on the crossbar of my bicycle surrounded by the crowd. I had never before, and have never since, seen a Prime Minister in real life.

I cannot recall exactly what happened after I took those pictures. I cannot recall if the helicopter flew away or even if Prime Minister Trudeau stayed in Sarnia, but before I knew it, the crowd was gone, and I rode very slow back to my house on Michigan Ave. I did not want to drop my Hawkeye and lose those pictures. And I did not.

Last Christmas, when I searched the approximately 30 shoe boxes and cigar boxes comprising my parents' photograph filing system, I could not find the pictures I took that sweltering summer day along the mighty St. Clair River.

I did not become a reporter. I joined the Canadian Forces in 1983 as a military engineer and served 22 years, with two tours at 8 Wing/CFB Trenton. Even though I did not become a reporter, I have never stopped talking with people and writing their stories. As a contributor to this newspaper, I look forward to the opportunity to tell your stories. Stories that are important not only to 8 Wing, but also to the surrounding communities - stories that must be told.



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PD13321 Pwr sunroof! 16" Alloy wheels! Factory remote start! Rear spoiler! Automatic, 4 cyl, 4 dr, cruise, tilt, air, steering wheel controls, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, only 12,000kms!!!

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\$98.29 biweekly
0 DOWN
+HST

07 SATURN ION LEVEL 2



P13019 Black! Automatic, 4 cyl, 4 dr, steering wheel controls, cruise, tilt, air, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 45,000kms.

\$8,995
\$82.19 biweekly
0 DOWN
+HST

08 CHEV COBLAT LT



P13329 16" Alloy wheels! Pwr sunroof! Factory remote start! Rear spoiler! Automatic, 4 cyl, 4 dr, tilt, cruise, air, steering wheel controls, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 41,000kms!

\$10,995
\$86.49 biweekly
0 DOWN
+HST

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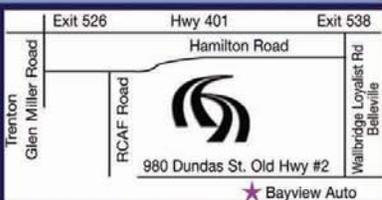
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Bayview Auto



ROADSHOW

Next Week in Cobourg

We are pleased to give you an opportunity to showcase your wonderful items, at no cost! We continuously travel across Canada purchasing a wide variety of antiques, collectibles and precious metals

ITEMS WE MAKE AN OFFER ON MAY INCLUDE...

<p>Coins</p>  <p>Pre 1967 Silver Dollars, Half Dollars, Quarters, Dimes, Nickels, Large Cents, and all others.</p>	<p>War Items</p>  <p>WWI, WWII, War Medals, Swords, Daggers, Bayonets, Civil War Memorabilia, etc.</p>	<p>Collectibles</p>  <p>Toys, Train Sets, Dolls, Advertising, Cast Iron Banks, etc.</p>
<p>Silver</p> 	<p>Gold Coins</p> 	<p>Scrap Gold</p> 



HEART & STROKE FOUNDATION

Any generous donation given during the promotion period† to the Heart and Stroke Foundation will be matched dollar for dollar by the Great Canadian Roadshow up to a maximum of \$50,000 received in donations. The Great Canadian Roadshow reserves the right to further match any or all donations exceeding the aforementioned amount of \$50,000.

†March 1, 2011 to February 28, 2012

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Monday-Thursday:
9:00 AM-6:00 PM
Friday:
9:00 AM - 4:30 PM



You will be paid immediately for items of interest.

■ **BREAKING NEWS: Gold is at a record high!**

ROADSHOW IS COMING TO COBOURG NEXT WEEK!



By: Michael Ross
Great Canadian Roadshow

Gold expert Vanessa Downe with a client.

After two successful weeks in Grimsby, the roadshow is heading to Cobourg! So you better search through your attics and basements, go through your lock boxes and jewelry, because you may be sitting on a small fortune and not even know it! Roadshow experts are here to examine all your antiques, collectibles, gold, and silver.

During our show in Guelph, a woman came in with a jewelry box that she had just inherited from her late aunt. "I don't wear jewelry," explained Cheryl Barnes, "so it was an easy decision to come down to the Roadshow to sell it". She was very excited when she was able to walk away with a cheque for over \$2,100 for jewelry she was never going to wear anyways.

"I'm so happy," Linda explains, "I never would have thought that my old tin of coins was worth so much! I can finally afford to renovate my kitchen."

Expert Cliff Edwards explains, "We have noticed a substantial increase in the amount of precious metals such as gold and silver coming to the Roadshow, which makes sense considering how high it's currently trading at. He added, "The Roadshow is great because it puts money in people's pockets, especially during such hard times. Lots of items that are just sitting around collecting dust in basements and jewelry boxes can be exchanged for money, on the spot! "

At another Roadshow event, a woman walked in with a tin full of hundreds of old coins that were given to her as a young child by her grandfather. She finally decided to come in to the Roadshow and see what he had given her. She was ecstatic to learn she had coins dating back to the late 1800's, some of which were extremely rare. Roadshow consultant Raymond Flack explains "We had uncovered an 1871 Queen Victoria 50 Cent piece, valued at over \$2,000!! She also had a nice assortment of coins that were not rare dates, but she was able to sell them for their silver content". All in all, Roadshow customer Linda Donaldson was able to cash in with \$4,500! "I'm so happy," Linda explains, "I never would have thought that my old tin of coins was worth so much! I can finally afford to renovate my kitchen." Raymond Flack continued, "Canadian coins prior to 1967, and American coins

prior to 1964 are all made with silver, and we have noticed a large increase of customers coming to the Roadshow with coins and cashing them in for their silver value."

Experts at the Roadshow will evaluate and examine your items, FREE OF CHARGE, as well as educate you on them. The Roadshow sees hundreds of people during a one week event, and they have been travelling across Canada to different cities and towns, searching for your forgotten treasures.

Trains, dolls, toys, old advertising signs, pocket watches, porcelain and bisque dolls, pretty much everything can be sold at the Roadshow. Any early edition Barbie's are sought after by Roadshow collectors, as well as a variety of Dinky Toys and Matchbox Cars. Lionel Trains and a variety of tin toys can also fetch a price, especially if they are in their original box or in mint condition. If a collector is looking for one of your collectables, we can always make an offer to buy it.

"We have noticed a substantial increase in the amount of precious metals such as gold and silver coming to the Roadshow, which makes sense considering how high it's currently trading at."

A man brought in a 1950's Marx Tin Toy Robot, in fairly good condition, still in its original box. We were able to locate a collector for that specific toy within minutes, and that gentleman went home with over \$700 for his Toy Robot and a few other small toys.

So whether you have an old toy car, a broken gold chain, or a Barbie sitting in the closet, bring it down to the Roadshow, we will take a look at it for FREE and it could put money in your pocket!

See you at the Roadshow!



8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre

WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

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

Unit Chaplains – aumôniers d'unités

LCdr Padre Stephen Merriman, P; Capt Padre Robert Lavoie, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale; Capt Padre Emanuelle Dompierre, RC, Pastoral Associate/Agent de pastorale; Capt Padre Blair Ross (P); Capt Padre Gerson Flor (P); Capt Padre Allan Lynk (P)

WORSHIP SERVICES

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

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

Chapel Life Co-ordinator

Padre Allan Lynk

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 11h30

Sunday Mass at 1015hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 1015 hrs and coffee

3ième dimanche messe bilingue: 10h15 et café

Confession – Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

St. Clement Astra (P)

Protestant Community

Chapel Life Co-ordinator

Padre Allan Lynk

Worship Service

Sunday Divine Worship, 900hrs

Holy Communion:

1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

SACRAMENT OF BAPTISM

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

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

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

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

SACREMENT DU BAPTÊME

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

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

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

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

Planning to get married?

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

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

Vous planifiez de vous marier?

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

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

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

CHAPLAIN EMERGENCY FUND

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

FONDS D'URGENCE DES AUMÔNIERS

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

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Community Events



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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at [613-965-7490](tel:613-965-7490) or email to thecontactnewspaper@gmail.com at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 7008 for more information.

Fundraiser Book Launch
Saturday July 9 2011, 11am-3pm
 Quinte West Public Library
 7 Creswell Drive ~ 613-394-3381

Author Jennies Edwards signing copies of her new book *God in My Church, 2nd in the God in My House Series*, with part of proceeds to be donated to Katie's Journey Fund for osteosarcoma research at Mt. Sinai Hospital.

Salute to the Forces Night
at Brighton Speedway
Saturday, July 16th, 2011

Join us for a night of excitement and fast paced thrills as we Salute our Troops and feature the Late Models, Canadian Modifieds, Comp 4's, Stingers and Gord's Water Vantastics.

Admission is FREE to the Grandstands for all CFB Trenton Personnel with Base ID

Front Gates Open at 1730hrs, Racing begins at 1900hrs
 Visit www.brightonspeedway.com for more information or call [613.475.1102](tel:613.475.1102)

Waterfront Walk or Run for Heart
Sunday July 10, 2011 ~ 8:30-11:30am
 West Zwick's Park, Belleville

Heart and Stroke Foundation is hosting our annual Waterfront Walk or Run for Heart. This event runs on the same weekend as Belleville's Waterfront Festival, and features a 2K, 5K or 10K walk or run. REGISTER NOW @ fitforheart.ca or in person at our office!!



Call for Volunteers

3rd Annual **Frankford Island Blues Festival**
15, 16, 17th July, 2011



The Loyal Blues Fellowship Inc. is a not-for-profit community based volunteer group. We are looking for volunteers and sponsors for the Frankford Island Blues Festival. Join us to help produce another great weekend of music July 15, 16 & 17, 2011. Over 3 days we feature some of Canada's finest Blues, with over 30 workshops in a relaxed outdoor summer festival environment. Currently looking for volunteers with marketing experience, and setup, gate and hospitality crews for the festival weekend. This volunteer run event is a major fundraiser for our Blues in the Schools program. www.loyalblues.com email: festival@loyalblues.ca or phone (613) 392-1025.



10 GREAT TOWNS SPORTS CENTRE TSN 10 SUMMER DAYS

Vote & Support Trenton High School's Track Quest

THS Track Quest is a national finalist in the Kraft Celebration Tour and will face off in voting against Wallaceburg Outdoor Lacrosse Floor in Wallaceburg, Ontario. The winner will receive \$25,000 towards its cause plus national television exposure.

The Track Quest goal is to have a new track and field facility operational by September 2012.

Voting runs from July 12 noon ET to July 13 11:59:59 a.m. ET. at <http://www.kraftcelebrationtour.ca/>





Big Brothers and Big Sisters of Hastings and Prince Edward Counties

offers some unique programs designed to run in our local school with children grades 1 through 8.

Mentoring is about being a friend to a child or youth. You'd be amazed at what a little friendship, attention and gentle guidance can bring to the life of a child!

For volunteer information Call [613-962-3666](tel:613-962-3666)
 Information can also be found at www.bigsneeded.ca



Quinte Garden Tour & Tea

Saturday July 16, 2011
10 am - 4 pm

Tickets \$20.00
 Available at:

- Greenley's Bookstore Belleville 613 966-9760
- Inova Opticians Belleville 613 968-8846
- Live, Love and Laugh Belleville 613 969-1725
- Quinte Gardens Residence Belleville 613 966-5815
- Farmgate Gardens Foxboro 613 967-1581
- Connon Nurseries Trenton 613 392-0402
- Lottie Jones Florist Trenton 613 392-2537
- Wight Greenhouses Wellington 613 399-2064
- Flowers by Marvin Picton 613 476-7012

Presented By *The Canadian Federation of University Women Belleville and District*
 For further information: [613 966-5677](tel:613-966-5677) gardenour@cfuwbelleville.com





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The Contact Newspaper staff would like to acknowledge Trenton McDonald's as the weekly sponsor of our feature, The Contact Family Feature.

Nadiya's Zodiac Starcast

July 10 - July 17, 2011

Theme of the week: It's a Full Moon in Capricorn! This week will ask us all to weigh the delicate balance between the need we have for stability with our ambition. As we figure out the role each will play in our lives, both areas take on greater meaning. It will be a great week, enjoy!

ARIES (March 21-April 19): You catapult in higher ranks than you have known before. Developments may move you in an uncertain direction and lead you to wonder if this is the progress you want. After a brief moment of uncertainty, you find your footing and celebrate this wonderful development.

TAURUS (April 20-May 20): A conversation opens a philosophical door within you. A practical sign like yours may wonder the value of idea, but there is much to be gained. You're finding new values to support the growing potentials in your life. The right beliefs will only support your success.

GEMINI (May 21-June 20): We may not always consciously appreciate the depth of our commitments to each other. However, those alliances always remain. You have built up a well of good-reserve and are deeply cared for, as will now become evident.

CANCER (June 21-July 22): You may need to balance your needs with those of a partner. Question if the work is worth it. An open and honest approach allows for understanding. It is the work of strengthening love. Compromise will be required. Decide on what feels most comfortable to you.

LEO (July 23-Aug. 22): Health changes have been long overdue. A moment of personal honesty allows you to consider why you established patterns to begin with. With clarity, you find the motivation to make important changes to what you enjoy.

VIRGO (Aug. 23-Sept. 22): You may be asked to make a wager that feels larger than you are willing to bet. You do need to strive to be honest with yourself about what you can reasonably afford to lose, not what you might gain, before you take a chance. If the

jackpot is yours, it won't require your savings

LIBRA (Sept. 23-Oct. 22): Your home life comes into focus, as you consider the changes you want to make versus what you can afford. While you would love more posh digs, your sense of practicality is strong now. You can make slight adjustments that add greater comfort while staying within budget.

SCORPIO (Oct. 23-Nov. 21): A sibling or cousin may ask more of you than you feel you have to give. Whether it's money or time, if you do decide to help, do so with an open heart and only if you can with no expectation of return. The love you share can be strengthened in this moment of need.

SAGITTARIUS (Nov. 22-Dec. 21): There may be financial questions leading to less security than you would hope for. There is another part of you that's thrilled by the possibilities. Ride the wave until you land on the other side, grateful for the spontaneous opportunities that are sure to find you.

CAPRICORN (Dec. 22-Jan. 19): A Full Moon in your sign brings your feelings to the surface, and you can't stop from sharing them with the object of your affection. In the process of your heartfelt deluge, you may not be prepared for the response. The effort is worth it for the honesty it brings.

AQUARIUS (Jan. 20-Feb. 18): Your fears are brought forward as you contemplate making a necessary change to a bad habit. Your need for pleasure and solace seems to be in stark contrast with the direction you know you need to go, but you can find ways to attach joy to the new person you become.

PISCES (Feb. 19-March 20): Your need for friendship is strong now, but you also feel a rise in your need for independence. Reaching a fine balance is the work now. A friend could express romantic intentions causing you to weigh the possible changes this new dynamic could bring.

For expanded forecasts and more, visit Nadiya's Shabs website at <http://www.nadiyashabs.com>

Science Kids

Bringing science + technology together!

- Rabbits and parrots can see behind themselves without even moving their heads!
- Butterflies taste food by standing on top of it! Their taste receptors are in their feet unlike humans who have most on their tongue.
- Most of the dust in your home is actually dead skin! Yuck!

- Although the Stegosaurus dinosaur was over 9 metres long, its brain was only the size of a walnut.
- Humans get a little taller in space because there is no gravity pulling down on them.
- Because of the unusual shape of their legs, kangaroos and emus struggle to walk backwards.
- A hippopotamus may seem huge but it can still run faster than a man.

Source: www.sciencekids.co.nz

Canadiana Crossword

All About O's

By Bernice Rosella and James Kilner

	1	2	3	4	5	6	7	8	9	10	11
ACROSS											
1	Black cuckoo										
4	Apparel										
8	House in need of repairs										
12	Large integer										
13	Indigo dye										
14	Skirt genre										
15	Lout										
16	Nigerian people										
17	First name for a fraulein										
18	Impel										
20	Japanese money										
22	Simpson trial judge										
23	Weather disturbances										
27	Convent or monastery										
30	Ms Deer or Ms Rabbit										
31	Hurt										
32	Incite										
33	Shaft feature										
34	Drunkard, slangily										
35	Bit of matter										
36	Craze										
37	Gnat										
38	Tropical flower										
40	Journalist Francis and Singer Ross, to friends										
41	Biblical yes										
42	Take a breath										
46	Poet										
49	Sound off										
51	Make less bright										
52	Ended										
53	Lip										
54	Rascal										
55	Used car lot item										
56	Cross										
57	Child										
DOWN											
1	Upon										
2	Close by										
3	Intelligence										
4	Merriment										
5	Word before Saxon										
6	Skeleton part										
7	Flower										
8	ATV model										
9	Spiritual being										
10	Peg										
11	Poetic open										
19	Colourful										
21	Summer to Stephane										
24	Foray										
25	Chinese dynasty										
26	Wild plum										
27	Exchange premium										
28	Rude one										
29	Bench in Beaulieu										
30	Father										
33	Corpse										
34	Desire										
36	Expression of distaste										
37	Coined										
39	Electricity source										
40	Aussie dog										
43	Mine entrance										
44	Luxury veh.										
45	Pre or ex follower										
46	Body, slangily										
47	Cheer in the coliseum										
48	Radioactivity unit										
50	Japanese Capital										

See Answers, Page 18

Mealtime.org Caribbean Stir-Fried Shrimp

Stir-fries are speedy, but this one-skillet meal is even faster because all of the vegetables come right out of your pantry. There's no chopping, no peeling, and very little cooking. But the ease and convenience don't mean you're sacrificing flavor. The combination of shrimp, canned tomatoes, peppers, and pineapple is sweet, tart, and dynamic.

Ingredients:

- 2 teaspoons vegetable oil, divided
- 1 medium onion, coarsely chopped
- 1 (20 ounce) can pineapple chunks in juice, drained, and patted dry
- 1 pound frozen, large shrimp, thawed, peeled and cleaned
- 1 clove garlic, minced 1 pinch crushed red pepper flakes (optional)
- 1 (14.5 ounce) can diced tomatoes, drained
- 1/4 cup canned, diced mild green chilies
- 1 teaspoon soy sauce
- 3 cups hot cooked rice (optional)

Preparation Time: 5 minutes Cook Time: 8 minutes

Preparation: Heat a large skillet or wok over medium-high heat. Add half the oil and heat until smoking, about 10 seconds. Add the onion and stir-fry until lightly browned, about 1 minute. Add the pineapple and stir-fry gently until pineapple browns lightly, about 1 minute. Remove pineapple to a bowl and set aside. Add remaining oil to the pan. Add shrimp and stir-fry until opaque, about 1 minute. Add garlic and red pepper, if desired, and stir fry for 10 seconds. Add the tomatoes, chilies, and reserved pineapple and stir fry until heated through, about 1 minute. Stir in soy sauce and serve over rice, if desired. Serves six.



8 AMS raises \$8,000 for Children's Cancer Support Centre

By Corporal Nicholas Broczkowski,
8 Air Maintenance Squadron

On June 24, 2011 8 Air Maintenance Squadron (8AMS) held its 17th annual charity golf tournament in support of the Trillium Childhood Cancer Support Centre at Oak Hills Golf Course in Stirling.

The Trillium Childhood Cancer Support Centre offers and promotes recreational experiences to bring children with cancer and their families together. It provides an environment to normalize relationships and experiences, helping children and their families in the healing process and enhancing their quality of life.

Camp Trillium operates two sites in Ontario: Oddfellow and Rebekah Island, formerly Garratt's Island near Sandbanks Provincial Park in Picton, and Rainbow Lake in Waterford. Camp Trillium also travels to ten different Ontario cities, operating day camp programs in the summer. Throughout the year, youth groups and Trillium in the Community programs are offered in several major centres. The cost to send one child to camp for a week is \$750 and the cost to send an entire family is \$3,000.

Over the past 17 years 8 AMS, through the dedication of its volunteers and support of local businesses has donated more than \$75,000 which helps send more than 100 sponsored children. The personnel of 8 AMS extend their gratitude to local businesses and business owners including Doug Comeau, Raymond Kaufmann, Stewart Title Guaranty Company, Bayview Auto, and many others for donating prizes to



Above, from left to right: Lt Khan, Lt Hardy, Cpl McCabe, LCol Fernandes, Cpl Corona, Scott and Georgia Whyte, Cpl Skanes, Capt Engelbrecht, Cpl Courchesne, Pte Nixon, Cpl Lehnen, Cpl Broczkowski, Pte Caza, Cpl North, 2Lt Conil, 2Lt Aquilina.

Right: 8 AMS CO Joe Fernandes presenting the cheque to Scott and Georgia Whyte. Scott sits on the board of directors at Camp Trillium.

enable the event to generate more than \$8,000 for the charity.

This event would not have been possible without the hard work of the volunteers from 8 AMS, 424 Squadron, and 436 Squadron. This is one more example of the military and community working together to support such a worthy cause.



Photos: Cpl Christopher Bradley

DND Photo Contest



The DND Photography Contest celebrates its 43rd year and is organized by the Canadian Forces Imaging Service and the Canadian Forces Personnel and Family Support Services.

Each year professional and amateur photographers are encouraged to submit photos celebrating the artistic and creative imagery which depicts the many aspects of life in the military community for a chance to win one of more than \$20,000 in prizes (contest rules apply).

The contest is an artistic endeavour considered to be a recreational activity and is open to the Canadian Forces Defence community. For further clarification, please refer to contest rules.

Hints for success! Shoot for the category. A subject matching the intent of the category has more impact. The chance of winning a prize or receiving the Photographer of the Year award is improved by maximizing the number of categories entered, participants can enter in any or all of the following subject categories: Military Life, Family Life, Environment, Animals, Portrait, Special Effects, Sports or Open

The DND Photography Contest is held annually, and this year's entries can be submitted between 1 July 2011 and the closing date 1 October 2011

For more information regarding contest dates, rules and regulations, please visit www.dndphotocontest.ca or email dndphotocontest@forces.gc.ca, or call 613-990-2305.

Organisé par les Services d'imagerie des Forces



canadiennes et les Services de soutien au personnel et aux familles des Forces canadiennes, le concours de photographie du MDN célèbre ses 43 ans d'existence.

Chaque année, les photographes professionnels et amateurs sont encouragés à soumettre des photos qui illustrent de façon artistique et créative les multiples facettes de la vie militaire. Des prix de plus de 20 000 \$ sont décernés aux gagnants (les règlements du concours s'appliquent).

Ce concours artistique est considéré comme une activité de loisirs à laquelle peuvent participer les membres de la communauté de la Défense. Pour plus de détails, veuillez consulter les règlements du concours.

Conseils utiles! Il est important de photographier en fonction de la catégorie envisagée. Un sujet qui se marie bien avec la catégorie a plus d'impact.

Les chances de gagner un prix ou d'être nommé Photographe de l'année augmentent selon le nombre de catégories dans lesquelles est inscrit le participant. Les participants peuvent soumettre des photos dans n'importe laquelle des catégories suivantes : vie militaire, vie de famille, environnement, animaux, portrait, effets spéciaux, sports et sujet libre.

Le concours de photographie du MDN a lieu tous les ans, et cette année les photos peuvent être soumises entre le 1er juillet 2011 et la date de clôture du concours, soit le 1er octobre 2011.

Pour obtenir plus d'information au sujet des dates et des règlements du concours, visitez notre site Web à www.concoursdephotodumdn.ca, envoyez un courriel à dndphotocontest@forces.gc.ca ou composez le 613-990-2305.

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Le 424 fait l'objet d'un roman: Tourbillon

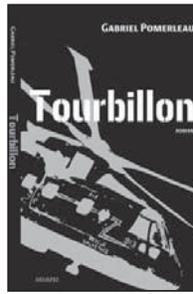
By LCol J. Roy
CO 424 Sqn

Non seulement les lecteurs du tout nouveau roman "Tourbillon", par Gabriel Pomerleau, sont amenés dans une aventure pleine d'action, mais au fil de l'histoire ils ont aussi la chance d'en apprendre un peu plus sur le déroulement des missions de Recherche et

Sauvetage. Imaginez toutefois que ceux vous tentent de sauver ne désire pas être découverts; c'est ici ce qui attend l'équipe de sauvetage de l'Escadron 424, suite à l'écrasement d'un avion servant à des contre-bandiers.

Pilote d'hélicoptère depuis 1982, Gabriel Pomerleau a participé à plusieurs missions de

sauvetage, notamment en temps que membre de l'Escadron 424. Son expérience et ses connaissances dans le domaine permettent au lecteur d'être au milieu de l'action, telle qu'il la vivrait s'il s'agissait de faits vécus. Une aventure pleine d'adrénaline; vous ne voudrez pas lâcher ce livre avant de l'avoir terminé!



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SkyHawks perform at Cobourg Canada Day festivities

Photo: David Lawler



Canadian Forces Parachute Team the SkyHawks entertained crowds at the Cobourg Waterfront Festival on July 2. Photo credit David Lawler.

Local news,
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Help Wanted



Reporter/Writer for
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Location: CFB Trenton

Metroland Media Group is a dynamic media company delivering vital business and community information to millions of readers across Ontario each week. With over 100 newspapers, countless advertising venues, numerous distribution networks, and the Internet and web publishing is looking for a Reporter/Writer for The Contact, a weekly newspaper we produce for 8 Wing Trenton as a service provider.

This is a full-time contract position that requires strong writing and an ability to come up with fresh story ideas. As well as reporting for our newspaper, publications, and special sections, the successful candidate should have layout and editing skills.

The successful candidate must be able to work well with others, be organized, multi-task, meet tight deadlines, show leadership, and have solid news judgment. The successful candidate will work from The Contact office at CFB Trenton.

Evening and weekend work may be required.

Applicants must possess:

- A journalism degree or diploma is preferred;
- Experience in photography would be an asset.
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Please recycle this newspaper. Thank you!

Buying a cottage and keeping the peace

By Phil Windsor, Mortgage Agent, AMP Mortgage Intelligence

Joint ownership can work... if you prepare.

As summer approaches, thoughts start turning to lapping waves, crackling campfires and tranquil forests. It is the time of year when cottage, cabin or beach house fever starts to take hold.

The sunny dream of owning a vacation home may be dampened by the reality of property prices in many of Canada's popular vacation destinations, plus the usual homeownership expenses such as a mortgage, utilities, and taxes. Sharing these costs, along with joint ownership, can be a way for families or friends to buy a place that still feels like their own.

Before making the leap into co-ownership of a vacation property, buyers must be sure that they really understand the ins-and-outs of sharing a vacation property.

Before deciding to split the purchase with relatives or friends, having the right mix of personalities is key to a long-lasting arrangement. You and the other owners will have to decide jointly on everything, from when maintenance or urgent repairs need to get done, to shopping for common supplies.

Consider the following questions as a group before moving forward:

Does owning a vacation property fit your lifestyle?

In addition to the fun and leisure aspects of a vacation home it is important to factor in the time and cost involved in year-round upkeep. How will the property be used? If your dream is to own a ready-to-live-in relaxing hideaway while your co-owners dream of a northern DIY project, you may not see eye-to-eye when it comes to how you will be spending your weekends.

It's important to think carefully about how much time you and your co-owners plan to spend at the vacation property. Will you be vacationing as a group, or do you want to trade off on weekends? Will

one use the property more than the other? Will it be a 50/50 split?

Have you thought about what's involved before you put it up for rent?

While most Canadians buy a second home for recreational use, growing numbers are also buying for investment purposes. Determine in advance how you will split and claim the rental income. In the case of a vacation property you intend to rent out most of the time, the lender may deduct the rental income from your total monthly debt payments when qualifying you for a mortgage. It is important to be aware not all lenders will take rental income into account - a mortgage broker can

advise you on this.

Can you afford the financing?

While it certainly helps to go in with a co-purchaser, you want to be sure that your waterfront property isn't putting you under water. Seek independent advice on what size of mortgage you can reasonably handle - a mortgage broker can arrange a mortgage pre-approval, which will give you a clear price range.

The bottom line is that emotion shouldn't trump common sense when it comes to buying vacation property. Buyers need to do their mortgage homework, and the advice of a mortgage broker can help them get the most for your vacation home dollar.



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