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SkyHawk landing

A SkyHawk drops onto the button on Baker Island to the delight of the Kidz Camp children and adults in the background Monday afternoon as the final RecPlex Kidz Camp began. See more pictures on page 15

Photo Ross Lees

2 MP Squadron names its first Honorary Lieutenant Colonel

Hon. Lt.-Col. Kevin Weaver dedicates his tenure to the memory of his daughter, Canadian Armed Forces Military Police Cpl. Lauren Weaver

By Ross Lees

When newly invested Honorary Lieutenant Colonel Kevin Weaver said he was honoured to be named the first Honorary Colonel of 2 Military Police (MP) Squadron at 8 Wing, there was a lot of emotion in his voice.

He dedicated his tenure as 2 MP's first Honorary Lt.-Col. to his daughter Lauren, who had served as a Military MP in this very unit prior to succumbing to cancer.

Hon. Lt.-Col. Weaver recalled vividly the three words which changed his life in January of 2010: "Dad, it's cancer."

"My daughter, Canadian Armed Forces Military Police Cpl. Lauren Weaver was diagnosed with triple negative breast cancer that would claim her mortal life 16 months later."

Stationed at that time at 16 Wing Comox, Cpl. Weaver was granted an administrative transfer to 8 Wing Trenton so she could be closer to her family and receive treatment in Kingston. Her cancer was discovered just prior to her being deployed to Afghanistan.

Capt. Ben Kelly, involved in the ceremony Thursday, was assigned as assisting officer and proved to be a blessing for Mr. Weaver and his family as Cpl. Weaver progressed through those last 16 months. Hon. Lt.-Col. Weaver thanked Capt. Kelly for his help in assisting Cpl. Weaver and her family through that time and also for assisting in installing Hon. Lt.-Col. Weaver in the Honorary Colonel program.

"The last few weeks of Lauren's life allowed me to experience many people from her military family, how they came forward with such courageous displays of honour and dignity, compassion and care – and fun too," Hon. Lt.-Col. Weaver told the gathering. "Throughout this culmination of care and support, they offered Lauren and our family so many advantages throughout her treatment, but most importantly it allowed her to come home to die with dignity."

It was that care and support he hoped to be able to repay throughout his tenure as 2 MP's Honorary Lt.-Col.

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8 Wing Officers' Mess Ladies Club thriving



Louise MacDonald, Mess representative, Kim Holden, chairperson, and Betty Hutchison, media representative, are all long-time members of the 8 wing Officers' Mess Ladies club which is always seeking new members or charities to support.

Photo Ross Lees

Social club introduces members, helps disadvantaged, supported by associate members

By Ross Lees

Perhaps the sole surviving Officers' Mess Ladies Club in the Canadian Armed Forces, the 8 Wing Officers' Mess Ladies Club appears to have found a way to survive where many others failed.

The secret of their success may be three fold: their original mandate of serving as a social networking group dedicated to providing enjoyable functions for their members; they strive to better the lives of the disadvantaged in the community and those farther afield; and they are grounded through their associate members who have anchored the club

through many years of changing members.

This group of sociable ladies has perhaps also extended the club's life by making subtle changes as they progressed through the years.

"Originally, we started out as an Officers' Wives group," wrote long-time member Nola Simmons in 2010, "and progressed to a ladies group which included female officers. We have now opened our membership to anyone who is a member of the Officers' Mess in Trenton, their spouses or partners. Also, a member may bring guests to any of our events."

Any time the ladies begin to talk about their club, they go right back to their roots.

"It's not always easy for young spouses at a new base," stated Louise MacDonald, the Mess Representative. "They need to start somewhere and this is a good place."

Like many civilian or military clubs today, they struggle keeping their membership, according to Chairperson Kim Holden.

"We have a constant revolving door of members, so at our September meetings, we always try to get as many people as possible out," she noted, including retired members still paying mess dues.

This September meeting (Sept. 11 at 6:30 p.m.) is their annual Meet and Greet which they call an Indoor Picnic. They try to get as many women as possible to pay their \$20 membership fee at that meeting and first-time members of the 8 Wing Officers' Mess Ladies Club get a free one-year membership. Members of all ages are welcome.

Each of their subsequent meetings throughout the year is themed or features a guest speaker; another subtle change which might have contributed to their longevity. Sporting 30 to 50 members per meeting, the numbers go up or down depending on the popularity of the theme for that particular meeting.

Their most popular event is perhaps the Spa night, when local aesthetic people come out and members and their guests pay for spa treatments. In fact, this event has become so popular they recently received a call from Bagotville where they want to use a similar event as a base fundraiser.

These ladies prove over and over again they are not one-trick ponies. Besides the Spa night and Indoor Picnic, they hold a Fall Fashion show (Oct. 9 - 7 p.m.), a Charity Auction (Nov. 13 - 7 p.m.), a Christmas dinner (Dec. 11 - 6:30 p.m.), a Bunko night (Jan. 8 - 7 p.m.), How to avoid being scammed (March 12 - 7 p.m.), Dessert Contest (April 9 - 7 p.m.), Bingo (May 14 - 7 p.m.) and an end of year dinner (June 11 - 6:30 p.m.). And they're always open to suggestions for new ideas or for charities to support (chambersj@live.ca).



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CAV Juno Unit presents \$1,000 cheque to Afghanistan Repatriation Memorial



Representatives from the Juno Unit Canadian Army Veterans Motorcycle Units presented a cheque to Quinte West Mayor John Williams and Committee Member Hugh O'Neil for \$1,000 Aug. 19 to go towards the Afghanistan Repatriation Memorial. The proceeds were collected at the Ride with the Pack Rally which took place in Napanee, Ontario in July. Representatives from the group included: (Back row from left) Nathan Ross; Justin Bernard, Sgt.-at-Arms; Pavel Mokros, President; Andrew Whynott, VP; Andre Mrozewski, Road Captain. (Front row from left) Christiane Whynott, Entertainment representative; Bernadette Mrozewski, Entertainment representative; and Nicolas Whynott.

Photo by Jaclyn Grimmon

2013 /2014 NHL

It's that time of year again. The 2013/14 hockey season is almost upon us. The 8 Wing/CFB Trenton Hockey leagues are open to CF Military, DND and NPF full-time employees.

The Noon-Hour Hockey League (NHL) is scheduled to start on Monday, Sept. 30 and play through noon hours. Cost per player is \$80. Player registration for the NHL will commence on Tuesday, Sept. 3 to Friday, Sept. 20. The gymnasium main office hours are from 8 a.m. to 11:30 a.m. and from 1 p.m. to 3:30 p.m., Monday to Friday.

For further information contact the Military Sports Coordinator, Mr. Dan Cormier at Loc. 3373.



2013 /2014 WHL

The Wing Hockey League (WHL) will commence on Sunday, Sept. 29 and play every Sunday, Monday, Tuesday, Wednesday and Thursday evening at a cost \$1,500 per team. The League organizational meeting will be held at 10 a.m. on Thursday, Sept. 12 at the gymnasium conference room.

All interested team representatives are encouraged to attend.

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

For further information, contact the Military Sports Coordinator, Mr. Dan Cormier at Loc. 3373.

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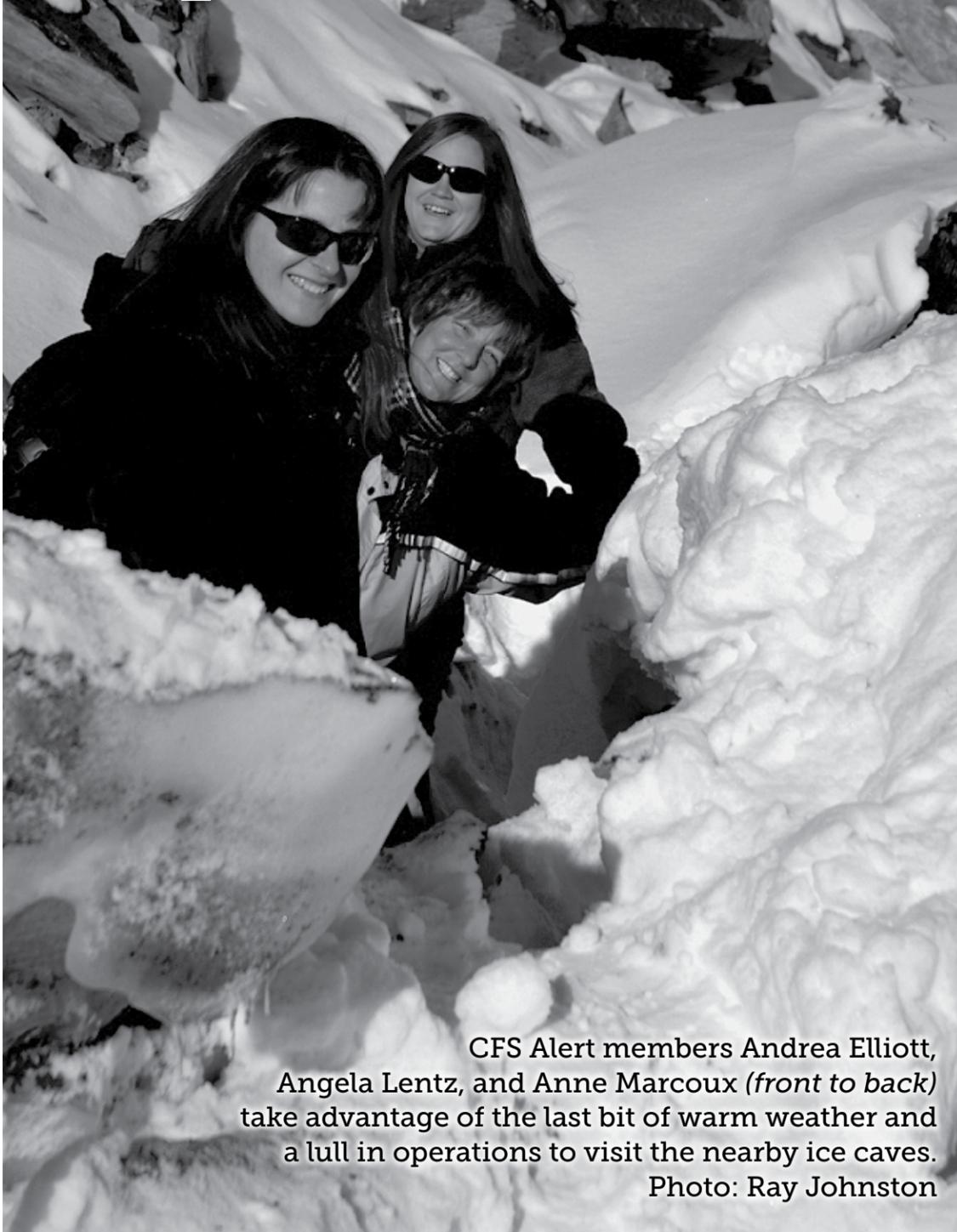
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CFS Alert members Andrea Elliott, Angela Lentz, and Anne Marcoux (front to back) take advantage of the last bit of warm weather and a lull in operations to visit the nearby ice caves.
Photo: Ray Johnston

Wing Logistics and Engineering Picture of the Week



Wing CE /81 Construction Engineering Flight was tasked to construct a new C-Span located in Mountain View. Once completed, the building will be used by the Mountain View SNIC team to store their equipment used to keep the run way operational. This photo shows 81 CEF, ED Tech section member Pte. John O'Brien wiring the supervisory for the fire suppression system.

Photo: Sgt Duplisea, 81 CEF

The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Armed Forces at work.

The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies.

In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Sean Friday, CD, Wing Commander, 8 Wing/CFB Trenton.

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Guidelines for submissions: ARTICLES AND PHOTOS

THE CONTACT produces news and information about 8 Wing/CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

- Articles should be typed in upper and lower case (Not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art or graphics within typed pages. Additional graphics/logos may be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include author's full name, rank, unit and phone number.

- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in either a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Tuesday at noon prior to print date.

Letters to the Editor:

All letters must be signed and the name of the author will be published. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



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CAF Chief Military Engineer presides over final TACSTC graduation of 2013

Approximately 700 cadets display their skills for family and friends

By Ross Lees

Approximately 700 cadets put their skills on display at the final graduation ceremony for the Trenton Air Cadet Summer Training Centre (TACSTC) in front of a high ranking alumni of the Trenton program.

Major-General Christine Whitecross, Chief Military Engineer of the Canadian Armed Forces (CAF) and Chief of Staff (Infrastructure and Environment) told the cadets she was thrilled and honoured to be back as the reviewing officer for their cadet graduation parade, calling the cadet program the "best youth program in Canada, bar none."

"I must admit, with close to 700 cadets on parade, this is the largest pa-

rade I've had the privilege of presiding over and I couldn't be more proud," she told the cadets and their families at the Aug. 16 graduation ceremony. "I also have to admit that way back in that olden age, I was actually a cadet staff here, long before many of you were born or even thought of, and I certainly remember those days very fondly."

Maj.-Gen. Whitecross obviously enjoyed the ceremony and her part in it as she took extra time to talk with many of the cadets during the inspection, to the point she was the last inspecting officer off the parade square. But she asked many of the cadets pertinent questions about their courses and their future endeavours (and about the food) and enjoyed the interaction with the cadets.

She told the cadets that a very large portion of the senior leadership within the CAF were former cadets and that the training received at TACSTC was a good foundation for life, both civilian and military.

"I am certainly impressed with the calibre of cadets we see in front of us today and I can certainly appreciate the tremendous hard work that goes into running a successful summer training program," she noted, thanking all those people responsible for supplying that training opportunity.

She said the cadet training program wasn't only about marching and learning basic bush craft, first aid or drill.

"It's about learning how to meet life's challenges head on, how to work as a team and how to build lasting friend-

ships and camaraderie and about making the most of who you are and about who you will become," she stated.

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Cadet Sarah James from 779 Squadron in Mount Hope, Ontario was the recipient of the Award for Top Cadet on the Drill and Ceremonial Instructor Course. She was also the recipient of the ANAVETS Medal of Excellence, given to the cadet who is deemed most proficient on his or her respective course. Cadet James received her award from (L-R) Mr. Don Robison and Course Officer Captain Michele Tardif along with Mr. Brian Woodley, who along with Mr. Robison, represents the Army, Navy, Air Force Veterans Association of Canada.

Photo Ross Lees



Cadet Christian McLean from 614 Squadron in London, Ontario was the recipient of the award for top musician on the Advanced Music Course. He was also the recipient of the ANAVETS Medal of Excellence given to the cadet who is deemed most proficient on his or her respective course. Cadet McLean received his award from (L-R) Course Officer Lt(N) John Lilje along with Mr. Don Robison and Mr. Brian Woodley both representing the Army, Navy, Air Force Veterans Association of Canada.

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Do you know... when to step in to save a life?

Would you stand between your buddy and potential life-threatening harm? Would you expose yourself to some of the riskiest substances and activities around? If you did this, what do you think this would look like?

In an article printed in the March 2010 edition of the American Journal of Preventive Medicine entitled "Preventing Deaths

in the Canadian Military," Dr. Homer Tien and others reviewed the causes of death of Canadian military members who died during the study's 25 year period (Jan. 1, 1983 to Dec. 31, 2007). The purpose of the study was to determine the leading causes of death of Canadian Forces personnel.

The study's results indicated that of the 1710 deaths reviewed; approximately 35 per cent

were classified as being likely caused by behaviours that can be changed, with the three main ones being smoking, alcohol consumption and suicide.

Dr. Tien noted that these potentially preventable deaths do not get enough attention, despite the fact that they accounted for such a high proportion of deaths among Canadian Forces personnel.

The results of this study show the role an individual's decisions and behaviours can play in his/her long-term health. So, the next time your buddy says they are calling it a night it means that they have had enough, there is no need to offer them one more. When someone quits smoking, support their decisions – don't taunt them with cigarettes. Some things are meant to be serious.

At the end of the day, the most important thing is that we are still around – so why don't we support each other? Let's prevent the things we can.

If you are looking for more information on preventing harmful alcohol consumption or risky behaviours, you can contact your Wing Addictions Counsellor, Bill Turvey at x3774, or Local Health Promotion Officer at x3768.

Savez-vous... quand intervenir pour sauver une vie?

Est-ce que vous seriez prêt à intervenir pour stopper un danger qui menacerait la vie d'un ami? Est-ce que vous seriez prêt à vous exposer à des substances à très haut risque et à entreprendre des activités dangereuses? Qu'en pensez-vous si tel était bien le cas?

Dans ce cadre, un article publié dans le numéro de mars 2010 de la publication américaine *American Journal of Preventive Medicine* sous le titre «Pre-

venting Deaths in the Canadian Military» (*trad.* Prévenir les décès parmi les militaires canadiens) examine les principales causes de la mort des membres des Forces canadiennes au cours d'une période de 25 ans allant du 1^{er} janvier 1983 au 31 décembre 2007.

Les résultats de l'étude, réalisée notamment par le Dr Homer Tien, montrent que sur les 1 710 décès examinés, quelque 35 p. 100 sont classés comme

ayant été causés vraisemblablement par des comportements qui pouvaient être changés, les trois principaux étant le tabagisme, la consommation d'alcool et le suicide.

Selon le Dr Tien, ces décès, que l'on pouvait potentiellement éviter, ne reçoivent pas suffisamment d'attention, bien qu'ils représentent une grande proportion des décès parmi le personnel des FC.

Le comportement d'une per-

sonne et ses décisions peuvent avoir, en effet, un impact sur sa santé à long terme, indique l'étude, si bien que la prochaine fois que l'un de vos amis vous dira que la soirée est terminée cela signifiera qu'il en a assez et qu'il sera, par conséquent, inutile de proposer une prolongation. De même, lorsque quelqu'un arrête de fumer apportez-lui votre soutien et ne le provoquez pas avec des cigarettes! Certaines choses doivent être prises au sérieux!

Finalement, ce qui compte le plus c'est que nos amis et nous-mêmes soyons toujours là – alors pourquoi ne pas se soutenir les uns les autres? Évitez donc ce qui est évitable!

Dans cet esprit et si vous souhaitez en savoir plus sur la prévention de la consommation nocive d'alcool ou sur les comportements à risque, vous pouvez communiquer avec votre bureau local de la Promotion de la santé au x3768.

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id and food choices before, during and after physical activity, as well as ensuring adequate energy and nutrition to properly fuel your activity. It also emphasizes recovery strategies in between activities. This information will help one maximize their training. Another topic in the program is Body Composition allowing one to learn how to adjust their food and exercise habits to modify their body composition. Dietary Issues and Supplements is a popular topic and one that provides great insight into the marketing myths used to sell expensive dietary products and key messaging one should be aware of before taking a nutritional supplement. Finally the program wraps up with fine-

tuning food choices by learning the key components to label reading and a look at foods that promote long term health.

This program has received national recognition in the nutrition world and is truly a staff favourite amongst Strengthening the Forces employees. If someone is looking to build their knowledge or even just fine tune their skills this program is for them. We are fast approaching race season. Any multi-events athletes, Surf n' Turf participants, Nijmegen marchers, road racers or competitive athletes will be sure to benefit. This course clearly outlines and provides ways to apply learning to help bring your activity to a new level.

Health Promotion is cur-

rently wait-listing individuals who want to be contacted when the next available date is scheduled. The more members on the list, the sooner a class will take place. So get wait-listed and let Health Promotion contact you when registering becomes available. As all programs have a max number of participants, be the first to sign up.

All programs are free of charge and available to the entire CF Defence Team: Regular and Reserve members and their families; as well as DND civilian and Non-Public Fund employees. Registration can be done on line at the following link <http://healthpromotion.cfbtrenton.com> or by calling local 3768.

Source: Strengthening the Forces

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La liste des ingrédients figure sur l'emballage de tous les aliments. Tous les éléments sont énumérés par ordre décroissant en fonction de leur poids; le produit contient donc une plus grande quantité des ingrédients indiqués en haut de la liste. Les trois premiers ingrédients vous donnent une bonne idée de ce que vous mangez.

Un hamburger géant accompagné de fromage peut

représenter jusqu'à 700 calories, 40 grammes de gras et plus de 1 800 milligrammes de sodium. La prochaine fois que vous irez dans un établissement de restauration rapide, informez-vous sur la valeur nutritive des aliments proposés, ainsi vous saurez mieux ce que vous mangez.

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Une bouteille de bière (12 oz ou 341 ml) contient 157 calories;

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Maintaining:

Afghan maintainers ahead of the curve



Photo by PO2 Bob Mellin Can

By PO2 Bob Mellin Can

KABUL, Afghanistan – When WO Andy Sargent arrived at the structures of 440 Air Expeditionary Advisory Sqn in Kabul, Afghanistan, from 8 Wing Trenton, he was quickly impressed with the work being done by his Afghan counterparts.

“They have strong leadership and very good delegation in the section. They know the procedures as any section would in North America,” he said.

Over the course of one year, the structures section has grown by leaps and bounds. Col. Mohammad Yasin attributes much of that success to the role of the

ISAF mentors.

“Mentors play a key role in the structures shop,” he said through an interpreter. “They have taught us a lot of things and we appreciate them.”

WO Sargent is the first Canadian working in the section. Although he can see the challenges the Afghans face on a day-to-day basis, he also can see the success of their hard work.

“They have challenges with the supply of materials, but when they have the required materials their level of work is inspiring. This is a great personal experience for me to meet the people and to appreciate their culture.”

Education Fair ideal time to check your future options

An Education Fair will be held Sept. 6 at the Warrant Officers’ and Sergeant’s Mess from 10 a.m. to 3 p.m.

Education is the key to professional development, career enhancement, personal empowerment and professional designation. Take this opportunity to ask questions and gather the information required to make an informed decision about your career and your future.

This open forum event offers easy access to the various universities, colleges and learning centres. They can provide

the information and tools you need to get started. The WPSO will be on site to respond to questions you may have.

Some of the education facilities which will be on hand include: Academy of Learning and Business College, Athabaska University, Brock University, Loyalist College Continuing Education, Ministry of Training, Colleges and Universities, Queens University, Quinte Adult Education, Royal Military College, Royal Roads University, Trenval Business Development Corp., and many more.

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Paws Fur Thought campaign marching into Quinte area

Former Captain and PTSD service dog trying to raise funds to aid military members

By Ross Lees

A Star of Courage recipient, and former Search and Rescue crew member, and his faithful companion Thai, his post-traumatic stress disorder service dog, will bring the Paws Fur Thought campaign to the Northumberland and Hastings counties regions beginning Aug. 30.

Captain (retired) Medric Cousineau and Thai are walking across part of Canada for Paws Fur Thought to raise awareness of the benefits of pairing service dogs with those suffering with PTSD. The goal of the campaign is to raise funds for 50 dogs for 50 veterans.

Capt. Cousineau and Thai will bring the campaign into Norwood-Havelock on Aug. 30, Marmora on Aug. 31 and Sept. 1, Stirling on Sept. 2, Trenton on Sept. 3, Belleville on Sept. 4, and Tweed on Sept. 5, according to the Paws Fur Thought website. Canadian Army Veterans Riding Club, 83 units and 4,800-plus members strong, will be supporting the Walk through this portion of the trek.

On the night he earned the Star of Courage, Lt. Cousineau was serving with 12 Wing Shearwater as a tactical co-ordinator on a Sea King helicopter whose primary role was anti-submarine warfare.

However, his secondary role was Search and Rescue. The following text is from his Star of Courage citation:

On the night of Oct. 6, 1986, Lt. Medric Cousineau, a member of the crew of a Canadian Armed Forces Search and Rescue helicopter, risked his life in order to effect the rescue of two seriously-injured crewmen from an American fishing boat. At the time of the rescue it was dark and weather conditions were terrible, with rain, strong winds and heavy seas; and the deck of the boat, which was pitching and rolling continuously, was obscured by antennae, fishing apparatus and machinery. Fully aware of the hazardous conditions, Lt. Cousineau volunteered to be lowered to the deck of the vessel in order to move the injured men from the boat to the helicopter. On the first attempt he was thrown overboard when the boat pitched violently, but on a second attempt, although he fell into the sea, he managed to scramble aboard. He was able, despite the flying spray and the tremendous noise of the large helicopter hovering close overhead, to quickly organize the preparation and evacuation of the two injured crewmen. Had Lt. Cousineau not willingly put his own life in jeopardy, both of the

injured men would certainly have died.

As great as that rescue was, Capt. Cousineau has struggled with PTSD for the 26 years since that rescue. His life only took a change for the better almost two years ago when he received his service dog, Thai. Since that time, he's lost weight, reduced his medication and deals better with stress and anger.

He now hopes to bring similar aid to 50 other veterans through the Paws Fur Thought campaign. He hopes to raise \$350,000 through the campaign and to bring awareness to Canadians at both the political and social levels.

Watch next week's Contact for an interview with Capt. Cousineau and more detailed information about the local stops.



(Left) Captain (retired) Medric Cousineau

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New 2MP Squadron Honorary Lieutenant Colonel accepts incredible honour with pride, sincerity and humility



Hon. Lt.-Col. Kevin Weaver (left) and 2 MP Squadron Commanding Officer, Maj. Chris Graham sign the documents making him 2 MP Squadron's first Honorary Lt.-Col.

Photo Ross Lees

Continued from page 1

He talked of the void left by the death of his child and how he hoped to be able to assist the families of those who lost children while serving in the military to get through that period of their lives.

"With this opportunity comes a source for me to give back to help others and be a comforting source of understanding and support for some of these families, maybe somewhere along the way," he stated.

It was this experience and willingness to become involved with the military family which helped 2 Military Police Squadron choose Hon. Lt.-Col. Weaver as their first Honorary Lt.-Col., according to 2 MP Squadron Commanding Officer Maj. Chris Graham.

"All the knowledge you can glean from a book or manual is not a substitute for experience," he noted. "Experience is what we must call upon to help guide our decisions in the future and this is

where the Honoraries have and will continue to shine. Their roles as advisors and mentors provides us with a second look at things from a different perspective is critical to our ongoing success as a professional organization. Hon. Lt.-Col. Weaver, I would like to thank you for taking on this challenge and for being willing to contribute on a personal level to the success of the Royal Canadian Air Force, the Military Police branch and, in particular, to 2 MP Squadron."

Hon. Lt.-Col. Weaver noted that he had recently had the opportunity to look through Lauren's deployment handbook and how he was struck by some of the language in the introduction.

"It speaks of military personnel who are to be deployed, how they must possess resilience, meaning they must be able to adapt to their operational environment, the challenges. Resil-

"All the knowledge you can glean from a book or manual is not a substitute for experience"

ience is the ability to thrive in the face of adversity, to bounce back from difficult experiences and enhance those challenges as being opportunities. This section read to me like it was written for Lauren," he said, "about her determination, her outlook at her disease. Lauren exuded that resilience. Throughout the adversity she faced, her diagnosis, her treatment and her surgeries, she exuded resilience to the very day she died.

"It's with a great sense of pride, sincerity, and humility that I stand here before you today and I accept this incredible honour and, with your support and with your blessings for this call to service, I ask that my tenure as Hon. Lt.-Col. be dedicated in the memory of my daughter, Lauren Weaver, to honour her perseverance, resilience and my the legacy of her life offer me continued strength and guidance while I embrace this role."

With over 40 years of experience as a business leader in the Northumberland and Quinte regions, Hon. Lt.-Col. Weaver has worked throughout Ontario within the industries of manufacturing, oil and gas, retail, hospitality and the funeral pro-



2 MP Squadron Hon. Lt.-Col. Kevin Weaver is reflected in this mirror displaying the Military Police emblem.

Photo Ross Lees

As well as being a small business owner, he has worked as an executive in public, private and non-profit organizations and assisted both small and medium sized companies in their business development and strategy implementation.

Along with his work achievements, Hon. Lt.-Col. Weaver has played a vital role in several community service organizations and spent his life dedicated to people, service and contribution. He is strongly committed to building relationships, uniting communities, and putting ideas into action to produce positive

results. His experiences include: Past President of Campbellford DBIA, Past Member of the Campbellford Community Policing, Founding Organizer of the Downtown Revitalization "Mainstreet" Project in Campbellford, Board of Stewards of St. John's United Church Campbellford, Past President of the Trenton Kiwanis Club, Board of Directors of Hospice Quinte and the Founder of The Compassionate Friends, Quinte Chapter.

Currently, the Organizational Development Coordinator within his family business, Weaver Family Funeral Homes, Hon. Lt.-Col. Weaver combines his wide diversity of experience and entrepreneurial spirit to assist families and their communities in understanding the meaning of bereavement and life transitions. Combining professional and personal experience within the world of grief and loss, he is dedicated to promoting awareness and education as a seminar leader and facilitator. His focus is on researching, developing and presenting programs, options and processes for the understanding and betterment of people travelling the grief path. As a certified Funeral Celebrant, he works with families and plays a vital role in helping people align their knowledge, understanding and meaning within their bereavement, helping others to transform experiences of loss and to create healing in life.

On a personal level, Hon. Lt.-Col. Weaver is an avid hockey fan and player. He enjoys playing the piano, guitar and singing. He has a great sense of adventure, and loves to travel across the continent on his motorcycle on long distance trips. He has four daughters, Katie, Charlotte, Lauren and Heather, a son-in-law, Marcus, a granddaughter, Malaya, and currently lives in Belleville with his partner, Penny.

With a love for lifelong learning, family and community, Hon. Lt.-Col. Weaver is deeply committed to nurturing and encouraging the personal development of others, and creating a strong sense of leadership within his community.



Hon. Lt.-Col. Kevin Weaver (left) receives his Honorary scroll and pin from 2 MP Squadron Commanding Officer Maj. Chris Graham at his Hon. Lt.-Col. investiture ceremony Aug. 15.

Photo Ross Lees

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continued from page 5

“Learn as much as you can from those you respect and those you look up to and remember that some day, someone will be looking up to you in very much the same way. This is an essential stepping stone to your future endeavours.”

Maj.-Gen. Whitecross also took time to thank 8 Wing Commanding Officer Col. Dave Lowthian for his support and that of 8 Wing as a whole.

“Your support has been nothing short of spectacular and vital to the summer training program,” she said.

Maj.-Gen. Whitecross also gave the cadets advice before they returned to their homes and schools this coming fall.

“Work hard during your school years because these are the only means to measure your potential for the future at your age,” she said. “Be positive regardless of the situation because opportunity comes from adversity and, most of all, be proud of your cadet organization, of your uni-

form and your family, your faith, whatever that may be, our nation and most important of all, be proud of who you are and who you will become.”

Mr. Bill St. Jean, the representative for the Ontario Provincial Committee of the Air Cadet League of Canada, said he felt sure the summer training had benefitted the cadets.

“I’m confident each of you strengthened your own understanding of your abilities and hopefully it has helped you discover your true potential as a person,” he noted.

Maj. Darryl Rolfe, Commanding Officer of TACSTC, said the cadets had demonstrated that day that there simply was no finer youth development program than the Cadet Program.

He said it taught the cadets “... tremendous teamwork, selfless acts of support to each other, athletic prowess, a strong competitive spirit, and all with huge smiles that could brighten anyone’s day.”



This family watched attentively as their cadet took part in the final TACSTC graduation parade of the summer of 2013.

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Maj. Gen. Whitecross takes a moment to speak with Cadet Sarah James from 779 Squadron in Mount Hope, Ontario, during the inspection Aug. 16. A few moments later, Maj. Gen. Whitecross would be presenting Cadet James with the Top Cadet award and the ANAVETS Medal of Excellence.



There were more happy faces than just this one at the final graduation ceremony of TACSTC in the summer of 2013.

Photos by Ross Lees



CWO James Davis was given this special presentation by WO1 Keaton Weir-McPherson for having spent the last several years working with senior cadets in training (Staff Cadets) at TACSTC as well

as the Central Region Gliding School. Preparing to retire in the near future, CWO Davis was instrumental in the training, development and guidance of staff cadets.

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Learn to run

Tuesday evenings at 7 p.m. starting Sept. 17. Meet at the MFRC. All levels welcome, it doesn't matter if you've never ran before. The aim is to get out, meet people and get active. Already know how to run but want to get out and socialize? We can pair up runners with similar paces and distances. A great way to meet running buddies. Register at the MFRC or by emailing JR-CASEY@DAL.CA Free!

Apprenez a courir

Les mardis à 19h, débutant le 17 septembre. Point de rencontre au CRFM Gratuit! Tous les niveaux sont bienvenus. Vous n'avez jamais couru, pas de problème. Le but est de sortir, rencontrer des gens et être actif. Vous savez déjà comment courir, mais aimeriez sortir et socialiser. Nous pouvons jumeler les coureurs avec le même rythme et longueur de pas. Une belle façon de rencontrer des copains/copines pour courir. Inscription au CRFM ou par courriel à JR-CASEY@DAL.CA Gratuit!

12-Week Latin and Ballroom Dance Session

Beginner/Experienced beginners, Dates: Every Wednesday from Sept. 25 to Dec. 11. Time: 7:45 p.m. to 9 p.m. Location: RCAF Museum. Dances offered: Foxtrot, Cha cha, and Swing. Cost: \$135 per couple or \$80 per single individual

Intermediate

Dates: Every Wednesday from Sept. 25 to Dec. 11. Time: 6 p.m. to 7:30 p.m. Location: RCAF Museum. Dances offered: Cha cha, Waltz, Merengue and Samba. Cost: \$150 per couple or \$90 per single individual
Payments will be handled at the beginning of the first class and will accept cash or cheques. Please come 15 minutes earlier to register. Please register early with the MFRC 613-965-3575 by Sept. 18 to ascertain your spot in the course and to avoid cancellation of the course due to insufficient enrolment. Minimum of 10 people required per class. Note: There is no guarantee that a partner will be available for you so for that reason, it is recommended to bring along a partner.

Session de 12 semaines Danses sociales et latines

Débutants/Débutants avec expérience Dates: Tous les mercredis du 25 septembre au 11 décembre. Heure: de 19h45 à 21h. Endroit: Musée de l'Arc. Danses: Foxtrot, Cha Cha et Swing. Coût: 135\$/couple ou 80\$/célibataire

Intermédiaire

Dates: Tous les mercredis du 25 septembre au 11 décembre. Heure: de 18h à 19h30. Endroit: Musée de l'Arc. Danses: Cha Cha, valse, merengue et samba. Coût: 150\$/couple ou 90\$/célibataire.
*Les paiements sont dûs au début de la première classe. Nous acceptons l'argent comptant et les chèques. SVP, arrivez 15 minutes à l'avance. Inscrivez-vous tôt au CRFM, 613-965-3575, avant le 18 septembre pour vous assurer d'une place et éviter la cancellation du cours à cause d'un manque de participation. Un minimum de 10 personnes est requis par session. *Il n'y a aucune garantie qu'un/une partenaire sera disponible pour vous, il serait donc préférable que vous ameniez un/une partenaire avec vous.*

2013 Fall Cooking classes With Grace

(Eight weeks) from Sept. 9 to Nov. 4. (Every Monday evening, except Oct. 7.) Grace's cooking class is coming back. We will share the different ingredients, spices, cooking skills, and food culture together as usual. You will gain amazing ideas of the most popular International Cuisines and bring more happiness to your family and friends! Visit our website FamilyForce.ca for the list of meals you will prepare. Class time: 6-8 p.m. Location: MFRC office kitchen. Sign up in person: At the MFRC reception. Call: (613) 965-3575. Minimum number in each class four to six. Please remember to bring your own apron, cutting board, and cooking knife. \$200 per person (register and pay for classes before Aug. 30).

Cours de cuisine avec Grace, automne 2013

(Huit semaines), du 9 septembre au 4 novembre (Tous les lundis, à l'exception du 7 octobre). Les cours de cuisines avec Grace sont de retour. Nous partageons, comme toujours, les différents ingrédients, épices, talents et culture alimentaire. Vous découvrirez des idées des cuisines internationales populaires et votre famille et amis apprécierons la nouveauté. Visitez notre site internet Forcodelafamille.ca pour la liste des mets que vous préparerez. Heures: de 18h à 20h. Endroit: La cuisine du

CRFM. Inscription au CRFM, 613-965-3575. Le minimum de participants/tes requis est de 4-6 par classe SVP, apportez un tablier, une planche à découper et des couteaux de cuisine.

Coût: \$200 par personne, l'inscription doit être payée pour le 30 août.

Good Baby Box now available through the MFRC

Brought to you by the Community Development Council of Quinte, you can now order your 'Good Baby Box' at the MFRC as well as the popular 'Good Food Box.' For more information, please see our website FamilyForce.ca or call the MFRC reception at 613-965-3575.

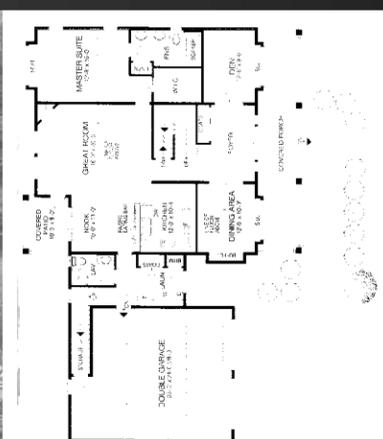
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Un programme du Community Development Council of Quinte's, vous pouvez maintenant commander votre "Good Baby Box" au CRFM, tout comme le 'Good Food Box', la boîte de nourriture qui est très populaire. Pour plus de détails, visitez notre site internet Forcodelafamille.ca ou téléphonez notre réception au 613-965-3575.

Continued on page 13

Home of the Week

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An unusual feature of this three-bedroom family home is a bonus room located over the double garage and neatly separated from the main living areas, making it an ideal spot for a studio, play area or quiet hide-away. Linked to the garage by a space that contains the laundry room, coat storage and a lavatory, the house features a gracious covered porch across the front. Double front doors open into a roomy foyer with a convenient coat cupboard. To the right is a den, and straight ahead is the great room. Open to the kitchen and an eating nook, the great room boasts a corner fireplace, as well as access to a covered patio that overlooks the back garden. A partial double-height ceiling adds drama in the great room, eating nook and dining area. The kitchen is separated from the nook by a raised eating bar, so the cook will never feel isolated. The U-shaped counter configuration will save steps. Next to the kitchen is a formal dining area, with a built-out buffet and an extra-deep sill on the window that overlooks the covered front porch. On the opposite side of the home is the master suite, with a window, fitted with a cozy seat that looks onto the back garden. The partial double-height ceiling lends this room an airy spacious feeling. A large walk-in closet and an en-suite with double basins and a soaker tub, as well as a linen cupboard, complete the amenities. On the second floor of the main house, reached via a U-shaped staircase, are the second and third bedrooms, each with its own three-piece bathroom. The rooms are separated by a loft with a vaulted ceiling. At each end is a railing, with the floor below visible beyond it. The exterior of the home is finished in shingles and horizontal siding, with decorative wooden bracing in the gables. Windows are partly mullioned. Painted pilasters with stone bases complete the look of old-world comfort. This home, which includes an unfinished basement, has nine-foot ceilings throughout and measures 73 feet wide by 49 feet deep, for a total of 2,873 square feet.

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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. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Each event should be typed out in the format of those below. Please do not send posters.

Quinte Needlearts Guild

Stitching for fun with Quinte Needlearts Guild, (a chapter of the Embroiderers' Association of Canada). It offers innovative, traditional, and new techniques, workshops, and lessons. You can also come work on your own embroidery piece with new friends. Sessions take place at St. Andrews Presbyterian Church at 67 Victoria Ave - south door - on the first and third Thursday each month, September to June, 9:30 a.m. to 3 p.m. Call 613-476-7723 or 613-243-3999 for details.

Bhachu@forces.gc.ca or by calling local 5134. All information is also on the Splash Page.

Sept. 27-29 – 424 Sqn 70th Anniversary weekend

Past and present members of 424 Sqn, 8 Wing Trenton, are urged to join their fellow Tigers in celebrating the squadron's 70th anniversary weekend and get together for some Tiger celebrations and camaraderie. You can also order a special edition 70th anniversary coin. To RSVP or more information, visit www.424sqn70th.ca or call 613-885-4823.

Sept. 27 - Blood Donor Clinic at Baker Island

The next Blood Donor Clinic on the base is Sept. 27 from 10 a.m. to 2 p.m. and all donors are encouraged to come out to help resupply the system. The clinic takes place at the Yukon Galley, 75 Yukon Road.

Aug. 24 – CAV-sponsored comedy hypnosis show supporting Afghanistan memorial

The Canadian Army Veteran motorcycle unit Juno is having a fun comedy hypnosis show in Centennial Park with Nathan Ouwehand in support of the Afghanistan Repatriation Memorial. Only 200 tickets are available for this show from the Quinte West Chamber of Commerce, the Trenton Military Family Resource Centre or by calling 613-398-7830. Tickets are \$25 per person and there is one show only. This is a comedy hypnosis show, not a motorcycle event. The CAV is only the supporting force behind it. Please come out and support this worthy cause while having a great deal of fun!

continued from page 6

Some nutrition advice

Stay Active. Eat like a Champion!

Reducing fat in your diet will lower your caloric intake.

A healthy diet should include no more than 20-35 per cent of total calories from fat.

The ingredient list is found on every food package. Items are listed in descending order by weight so the product contains more of the ingredients at the top of the list.

The first three ingredients will give you a good feel for what you are eating.

An oversized burger with cheese can add up to almost 700 calories, 40grams of fat and more than 1800 milligrams of sodium. Next time you go to a fast food restaurant ask for their nutritional information so you can get an idea of what you are eating.

Calorie counts in alcohol can add up significantly:
12 oz bottle of five per cent beer has 157 calories
1.5 oz of spirits contains 93 calories
5 oz glass of red wine has 102 calories
5 oz of sweet dessert wine has up to 220 calories

Aug. 30 – Three Oaks Self-esteem workshop for girls and mentors

Three Oaks is doing a Self-esteem Workshop for Girls ages seven to 12 and their female mentors from 10 a.m. to 3 p.m. at Bridge St. United Church, 60 Bridge St. E, Belleville.



8 Wing PMQ Community Council

Next Event: Hosting the BBQ for the MFRC Sept. 8. More info to follow! Look us up at Facebook/8 Wing PMQ Council

Sept. 11 – 8 Wing Officers' Mess Ladies Club In-door Picnic Meet and Greet

The Officers' Mess Ladies Club 2013-2014 season begins with an in-door picnic dinner meet and greet event at 6 p.m. at the Mess. Admission: free dinner with new membership. Invited guests of members \$15. For info, e-mail chambersj@live.ca

Sept. 16 – 424 Squadron 2nd Annual Herc Pull

424 Squadron 2nd Annual Herc Pull will take place at the North Ramp at 1 Hangar. Teams of 20 members will compete to pull a 90,156 pound Herc 25 metres using a tug-of-war type rope attached to an approved aircraft tow bar. The feat was accomplished in 26 seconds to win last year's event. To enter a team or for more information, contact Cpl. Blair or Cpl. Bhachu by email or by phone at Leslie.Blair@forces.gc.ca or Ramanjit.

Upcoming Health Promotion Programs

Open Registration

Butt Out Self Help

It takes a smoker on average 6-10 attempts to become smoke free. Sign up with the Butt Out program to get your cessation medication free with a supportive environment to help you. Please contact Health Promotion at 3768 to make your appointment today.

Mental Fitness Mondays

Every Monday enjoy a healthy body and mind with our Health Promotion Managers as they direct you through a physical and mental adventure.

Time: 12 noon until 12:45 p.m.

Location: South Side Gym

Program: Alternating Mondays with Spin and Bosu!



McDonald's in Trenton proudly supports our troops, and the men and women at CFB Trenton.

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McDonald's in Walmart Trenton
Smoothies now available



supports our troops

Continued from page 11

Quinte West Pops and Tots

Open to everyone from the community – Bilingual drop-in playgroup. A program designed for dad's to interact, have fun, and enjoy dinner with their little ones.

Play – Learn – Create. From Sept. to May, Thursdays from 5 p.m. to 7 p.m. at the MFRC. Open House on Sept. 5. For registration or information contact Jim or Rob at popsntotstrenton@gmail.com

Ouvert à toute la communauté – Groupe bilingue de jeux.

Un programme où les papas peuvent partager, s'amuser et apprécier un repas avec leurs petits. Jouez – Apprenez – Créez. De septembre à mai, les jeudis de 17h à 19h au CRFM. Soirée Portes ouvertes le 5 septembre. Pour vous inscrire ou pour plus de détails, contactez Jim ou Rob à [Papas et Bambins de Quinte West popsntotstrenton@gmail.com](mailto:popsntotstrenton@gmail.com)

Spanish classes - Beginners Level I

Monday evening from 6.30-9 p.m., starting Sept. 16. Duration - 10 weeks. Cost - \$70 military and military family member/\$80 non-military.

Beginners Level II

Tuesday evening from 6.30-9 p.m. starting Sept 24. Duration - 10 weeks. Cost - \$70 military and military family member/\$80 non-military. Minimum five persons required to run each course. Instruction will be in English. Please contact Nathalie Vadeboncoeur to register at (613) 392-2811 ext.3855 or email: nathalie.vadeboncoeur@forces.gc.ca
Cours d'espagnol

Débutants Niveau I

Le lundi soir de 18h30 à 21 h commençant le 16 septembre. Durée - 10 semaines. Coût - 70\$ pour les membres des familles militaires et 80\$ pour les non-militaires.

Débutants Niveau II

Le mardi soir de 18h30 à 21 h commençant le 24 septembre. Durée -10 semaines. Coût - 70\$ pour les membres des familles militaires et 80\$ pour les non-militaires. Un minimum de 5 participants est nécessaire. L'enseignement sera en anglais. Pour vous inscrire, veuillez contacter Nathalie Vadeboncoeur au 613-392-2811, poste 3855 ou par courriel : nathalie.vadeboncoeur@forces.gc.ca

French Conversation Club

Do you want to improve your French speaking skills? Come and join our French Conversation Clubs where a bilingual instructor will be on hand each week to help keep the conversation flowing and organize games! All levels welcome. Open to everyone (16+) - military members, military spouses and civilians. The target language will be used all the time by the instructor. When: French: Tuesday 12-1 p.m. or Monday 7-8 p.m., starting Sept. 23-24. Where: MFRC (Military Family

Resource Centre) 50 Rivers Drive, Trenton. Cost: \$35 for eight weeks (Minimum of five persons is required to run a club). For more information, contact Nathalie Vadeboncoeur on 613 392 2811 ext. 3855 or by email: Nathalie.Vadeboncoeur@forces.gc.ca

Club de conversation en français

Désirez-vous améliorer votre français? Alors joignez l'un de nos clubs de conversation en français. À chaque semaine, un instructeur bilingue animera la conversation et les jeux! Vous êtes les bienvenus quelque soit votre niveau. Ce programme est offert à tout le monde (16+) - aux membres militaires, aux conjoint(e)s de militaires et aux civil(e)s. Notez que la langue ciblée sera utilisée en tout temps par l'instructeur. Quand: Français : mardi de 12h à 13h ou lundi de 19h à 20h commençant les 23 et 24 septembre 2013
Endroit: CRFM (centre de ressources pour les familles militaires) 50 Rivers drive, Trenton. Coût: 35\$ pour 8 semaines (un minimum de 5 participants est requis). Pour de plus amples informations, contactez Nathalie Vadeboncoeur au 613-392-2811, poste 3855 ou par courriel Nathalie.Vadeboncoeur@forces.gc.ca

Second Language Training - English and French

Starts the week of Sept. 16, registration deadline is Sept. 6. Courses for military spouses/partners and their immediate family (minimum age 16 years) are offered at the Trenton Military Family Resource Centre for beginner and intermediate levels. Classes run for 10 weeks beginning in September, January and April. Each session offers a total of 60 hours of instruction. Classes are held twice a week, either mornings or evenings depending on the level. A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85 per cent of classes. The Second Language Training is a national program and courses can be continued at most CF Bases across Canada. Courses are also open to military members for a cost of \$75 non-refundable and to members of the community at a cost of \$125 per session, however, priority will be given to spouses of military members. (A minimum of five military spouse participants, with a maximum of 10 students, is required per course).

Come in and complete the registration form at the MFRC reception or contact Nathalie Vadeboncoeur at 613-392-2811 ext. 3855 (nathalie.vadeboncoeur@forces.gc.ca) for further information. An evaluation of your level will be made by telephone following your registration. You can also download the registration form via our website www.familyforce.ca

Cours de langue seconde – anglais et français

Commence la semaine du 16 septembre, inscription avant le 6 septembre. Les cours sont offerts au Centre de ressources pour les familles des militaires de Trenton pour les conjoints des militaires et

leurs familles immédiates (16 ans et +), niveaux débutant et intermédiaire. Les classes débutent en septembre, janvier et avril pour une durée de 10 semaines. Chaque session offre un total de 60 heures d'enseignement. Les cours sont offerts deux fois par semaine, de jour ou de soir, selon le niveau. Un dépôt de 50 \$ est requis lors de l'inscription, qui sera remboursé si l'étudiant se présente à 85% des cours. Les cours de langue seconde font parti d'un programme national et peuvent être poursuivis dans la plupart des bases au Canada. Les cours sont aussi ouverts aux membres des forces militaires au coût non remboursable de 75\$ et aux membres de la communauté au coût non remboursable de 125 \$. Par contre, la priorité sera accordée aux conjoints de militaire (un minimum de 5 conjoints de militaire et un maximum de 10 étudiants par cours est requis).

Venez vous inscrire à la réception du CFRM ou communiquez avec Nathalie Vadeboncoeur au 613-392-2811 poste 3855 (nathalie.vadeboncoeur@forces.gc.ca) pour plus d'information. Une évaluation de votre niveau sera faite par téléphone après votre inscription. Vous pouvez aussi télécharger notre formulaire d'inscription à partir de notre site internet www.forcedelafamille.ca

Self-employment

A women's self-empowerment program that teaches assertiveness skills, healthy communication, builds self-esteem, promotes self-care and emotion management skills. Tuesdays from 6-8:30 p.m., Sept. 24 to Nov. 12. To register or for information contact Audrey Gillis 392-2811 ext 4017 or Ashlee Allen ext 5541 before Sept. 14.

Un programme d'empowerment pour femmes

Ce groupe est un programme d'empowerment pour femmes, qui enseigne l'affirmation de soi, la communication saine, l'estime de soi, prendre soin de soi et la gestion des émotions. Mardi de 18 h à 20:30, du 24 septembre au 12 novembre. Pour information ou inscription

contactez Audrey Gillis au 392-2811 poste 4017 ou Ashlee Allen poste 5541 avant le 14 septembre.

Ladies Club thriving

Continued from page 2

This group was one of the first to donate to the Wall of Heroes. They also support snowsuit programs on the base, Three Oaks, the food bank, the Red Cross, the Cancer Society, and, for several years, they assisted a young native girl in Nepal to receive education and training to become a doctor so she could administer to her own people. They also provided a water purification system in Nepal, because one of their members had an aunt who was a missionary nurse in that area.

More recently, the club's popularity has grown with their reputation. They continually get calls from local business people to participate in things like the Spa night or fashion shows, as it helps the Ladies Club but also helps the business get known within the military community.

Kim Holden Louise MacDonald and Betty Hutchison, the club's media representative are what they all term "diehards."

"We've been ladies club members for 30 years and we've met a lot of friends who are still friends," they note. "We really don't want to see the club close."

As if that is not enough for these ladies, they also give back to the Mess by decorating it for the Christmas season. And they always get high praise for the job they do.

New members are always welcome to just drop in and suggestions for new charities are also welcome any time by emailing chambersj@live.ca If you want more information, use the same contact information and understand these ladies always welcome the chance to talk about their club.

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Safety

Confined spaces can be deadly

Confined spaces are dangerous for many reasons.

They may be poorly ventilated, causing an accumulation of toxic gases, hazardous airborne substance or a lack of oxygen. There might be moving equipment, slippery or dangerous surfaces, electric shock hazards, falling objects, water or other liquid contents, chemicals or extreme temperatures. Noise, poor visibility or shifting materials such as grain of sand could be present.

Atmospheric hazards cause most deaths in confined spaces. Instead of using test equipment, people think they can rely on their sight, taste and smell to detect toxic atmospheres. The air in confined spaces can present respiratory and other physiological hazards. When there is too little oxygen in a confined space, a person can smother. The oxygen can become used up by displacement with another gas, from combustion or simply breathing. Toxic gases, dusts and fumes can cause injury or death when inhaled or contacted by the skin.

Fire and explosion are other dangers that may be caused by confined space atmospheres. These could occur when a space is ventilated with

oxygen instead of air. Flammable gases, vapors or dusts can also be set off by a spark.

You should never enter a confined space without training. Written procedures and an entry permit system are essential. Here are some of the guidelines that might be included, depending on the type of work to be carried out.

Take atmospheric precautions. The atmosphere should be tested before you enter - by trained people using the right equipment. The confined space should be ventilated until it tests safe, and possibly afterwards. If this is not possible, the right respiratory protection should be worn.

Purging may be necessary. Inert gas is pumped into the confined space to replace the hazardous atmosphere with breathable air. Pure oxygen should not be used, however, since it could contribute to fire and explosions.

Lock out energy sources. Lines carrying gases, liquids or solids should be disconnected or blocked off before you enter. Valves and electrical circuits should be locked out and tagged.

Remove possible sources of ignition. Use non-sparking tools and



lighting devices in a potentially flammable atmosphere. Barricade the area if ventilation or rescue equipment will interfere with traffic.

Be fully prepared before entry. Be sure you are wearing the required Personal Protective Equipment (PPE) including hard hat, safety-toed footwear, gloves and your breathing apparatus.

Wear a lifeline. The lifeline should be connected from your body harness to a winch outside the confined entrance so you can be pulled out in case of emergency.

Have trained and equipped personnel outside of the confined space, for communication and rescue if necessary. Backup personnel must be equipped for confined space entry, trained in first aid and ready to contact emergency agencies if necessary.

Make sure you are fully trained in confined space procedures for your workplace. Take all the right precautions before entering a confined space, even in an emergency.

Sports



End of Summer Party

Ages six to 12 years of age - Thursday, Aug. 29, 6 p.m. to 9 p.m. at the RecPlex. Pre-register by Tuesday, Aug. 27.

Skills and Drills

Open to beginner hockey players of all ages, Mondays, Aug. 26 to Sept. 30., 5:30 p.m. to 7 p.m.

Provincial Park Passes

The Community Recreation Association has two passes which may be rented for use at any of the Provincial Parks in our area. (Sandbanks; Presqu'ile; North Beach; Ferris; Bon Echo). This service is available to serving military personnel and CRA members in possession of a current PSP facility membership. One pass per family may be rented. Sorry....but passes cannot be reserved in advance. They are available on a first come, first served basis. When renting a pass, the pass must be returned by close of business on the same day or no later than 8:30 a.m. the following day. Available at the Kiosk at the south side Gym. \$ 8.85 + HST = \$10.

Speciality Events for Youth and Families

End of Summer Party - Thursday, August 29, 6 p.m. to 9 p.m., Summer Shinny Hockey for Youth/Teens - Monday to Friday at the RCAF Arena
 Tyke/Novice - 9 a.m. to 10:30 a.m.; - Atom - 10:30 a.m. to 12 p.m.; - PeeWee - 1 p.m. to 2:30 p.m.; Atom - 2:30 p.m. to 4 p.m.; Bantam/Juvenile - 4 p.m. to 5:30 p.m. Choose either to drop-in or save money by pre-registering, \$20/weekly - Military Community - Drop-in Fee \$5 - \$25/weekly - General Public - Drop-in Fee \$6.

Advanced Aquatics

Red Cross Water Safety Instructor Re-certification, Monday, Aug. 26 from 12:30 p.m. to 5:30 p.m., Lifesaving Society AED Instructor, Saturday, Aug. 24 from 9 a.m. to 5 p.m., Lifesaving Society Advanced First Aid Instructor, Saturday and Sunday, Aug. 24 and 25 from 9 a.m. to 5 p.m.

Photo Feature

RecPlex Kidz Camp final week given a flying start

Photos by Ross Lees

The final week of Kidz Camp at the RecPlex got off to a flying start as the SkyHawks jumped from 6,000 feet and descended onto Baker Island while performing some of their spectacular aerial tricks for the children and adults at the camp.



These SkyHawks produce a colourful display throughout their descent.



A SkyHawk prepares to land on Baker Island.



A SkyHawk performs a rainbow demonstration as he descends from the sky while two other SkyHawks wait for their opportunity to perform some aerial manoeuvres. (Above)



(Right) Lt.-Col. Francois Dufault, Commanding Officer of the Canadian Forces Land Advanced Warfare Centre, in background, watches as Capt. Vic Mover demonstrates the parachute packing technique to Sofia and Audrey Dufault.



The children and adults of the Kidz Camp watch with rapt attention as the SkyHawks descend.

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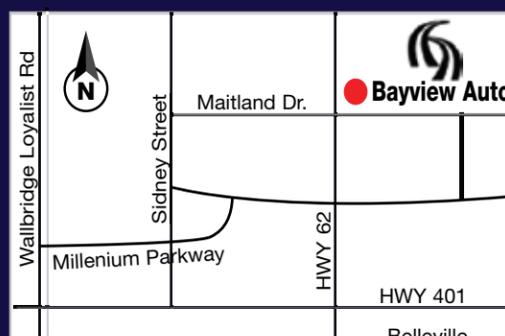
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