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THE COST OF FREEDOM

Photo: Cpl Halina Folfas, 8 Wing Imaging

Simon Vidal, a United Way volunteer, *arrests* **Private (Pte) Dave Turner, a Resource Management Clerk ,as part of the United Way Jail 'n Bail fundraiser on October 27. Members of the 8 Air Maintenance Squadron orderly room donated money to have Pte Turner arrested and held for 20 minutes. A total of $1,300 was raised at the event, bringing the campaign total raised to date to $42,433, or 57 per cent of this year's goal. Campaign Chair Major Dave Burley noted, "the Jail 'n Bail was a huge success and everyone enjoyed themselves immensely (even those of us who spend most of the day in jail). Congratulations to everyone involved with this extremely successful event."**

Free parcel service offered

OTTAWA (October 24, 2006) — Canada Post today announced it will provide free parcel service for family and friends of deployed Canadian troops for the holiday season. Effective October 26 through January 15, 2007 Canada Post will deliver parcels free of charge to designated Canadian Forces Bases, where they will be forwarded through the Canadian Forces postal system to our troops overseas.

"We are pleased the Department of National Defense accepted our offer to send regular parcels, free of charge, from anywhere in Canada to members of the Canadian Forces deployed overseas during the holiday season", said Moya Greene, president and Chief Executive Officer of Canada Post. "It is our way of recognizing and supporting our troops and their families during this special time of year when separation is often most keenly felt."

With capacity limitations on military aircraft carrying supplies to deployed forces, this offer is restricted to family and friends of the servicemen and women serving in Afghanistan, Bosnia-Herzegovina, Sinai and Jerusalem. Troops serving on any of the deployed Her Majesty's Canadian ships are also included in the offer.

"We sincerely appreciate Canada Post's generosity in offering this free parcel service," said the Chief of the Defence Staff, General Rick Hillier. "The importance of helping our troops overseas remain connected with their loved ones in Canada cannot be understated, especially during this time of year."

To ensure the proper customs declaration form and addressing information, the parcels will need to be deposited at a Canada Post or dealer retail outlet (not a street letter box) where they will be forwarded to Canadian Forces Bases in Halifax, NS, Victoria, BC and Trenton, ON. Once delivered to the military bases, the Department of National Defence will take charge of the parcels and ensure their delivery overseas. Parcels must be addressed to a specific soldier, including rank and mission information.

Operation Wish underway

TORONTO, ON - November 1, 2006 - Sears Canada is launching Operation Wish – a not-so-top-secret mission where over 3,000 Canadian troops away from home over the holidays can still play Santa to their loved ones back home.

The program, announced today by Sears Canada in co-ordination with the Canadian Forces Personnel Support Agency (CFPSA), allows Canadian troops stationed abroad to place a customized order from the Sears Wish Book through a dedicated email address. Copies of the catalogue were flown out of 8 Wing Trenton on October 26, to begin their journey to Canadian soldiers, sailors and Air Force personnel posted on operational missions in Afghanistan, Africa, the Balkans, the Caribbean, the Middle East, Southwest Asia and the Arabian Gulf Region, as well as those serving on HMCS Ottawa.

This program is inspired by the actions of Dartmouth, Nova Scotia Sears associate Elaine Mason and her team of volunteers, who, a few years ago, wanted to do something to connect deployed troops and their families during the holidays. Elaine arranged to have the Sears Wish Book catalogue delivered to naval ships leaving Halifax Harbour. Soldiers leaving for operations that year were able to shop from the catalogue and, through Sears, their gifts were delivered to their families. Elaine's effort to bring joy and happiness to troops stationed abroad and their families has grown into a national initiative this year.

"Operation Wish is our way of trying to make the season a little brighter for the men and women who are deployed around the world and who won't be able to spend this Holiday season with their families," said Dene Rogers, President, Sears Canada. "Being away from home for any extended period of time is always difficult, but being away during the holidays is particularly hard on families."

They will receive a special discount on all orders and Sears will arrange to have presents individually wrapped and delivered to families at their home bases. Military personnel can also include a special message to be included with their gifts. To top things off, Sears is also working with Military Family Resource Centres at bases across Canada to host holiday parties.

Sears has also contributed $10,000 to the CFPSA's Operation Santa Claus; a program that sends gift packages to CF members who are deployed during the holiday season. Effective with the launch of Operation Wish, the Company also announced that it would make an additional donation to Operation Santa Claus for any order its customers make across Canada of $150 or more from the Sears Wish Book between now and December 24. In addition, customers will receive double Sears Club points. Customers only need to quote this coupon code, 941622512, when they place their order at www.sears.ca or 1-800-26-SEARS.

The CFPSA develops and delivers morale and welfare programs, activities and services to members of the CF and their families, in Canada and overseas. These activities include sports and recreation, health and fitness, family services, retail operations, financial services and, mess management. In addition, the CFPSA deploys approximately 60 civilian personnel per six-month rotation to Afghanistan to conduct morale and welfare programs.

Photo: Cpl Tom Parker, 8 Wing Imaging

Members of 2 Air Movements Squadron load an LD3 container on October 26, 2006 with Sears catalogues for delivery to troops in Kandahar. Afghanistan. Pictured left to right : Cpl Alex Tracey , Pte Marie - Pierre Tremblay , Sgt Bernie Langlois and Cpl Jason Arsenault.

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À partir de novembre 2006, le CMR offrira le mode d'inscription continue afin de s'adapter au rythme opérationnel du MDN; les étudiants pourront s'inscrire tous les mois plutôt qu'au cours des mois traditionnels de septembre, de janvier et de mai.

Au cours de la phase initiale de l'inscription continue, les étudiants pourront s'inscrire à six cours d'histoire – trois en anglais et trois en français : HIF104 – Étude du Canada après la Confédération; HIF205 – Histoire militaire du Canada des origines à 1870; et HIF342 – Histoire militaire de la Deuxième Guerre mondiale. Comme la période d'inscription débutera le 1er novembre 2006 et les cours aussi tôt que le 8 janvier 2007, les intéressés devraient s'inscrire sans tarder.

Pour de plus amples renseignements sur l'inscription continue, le vaste éventail de cours de premier cycle et des cycles supérieurs offerts au CMR et le Programme d'études militaires professionnelles pour les officiers (PEMPO), veuillez consulter le site de l'enseignement à distance du CMR : , ou appeler au 613-541-6000, postes 6798/9734/6797 pour parler avec un conseiller.

RMC advances in distance education

Distance learning is fast becoming the preferred option for busy people who want to upgrade their education. The Royal Military College of Canada is paying attention to the needs of its unique clientele, offering serving CF members and DND personnel – and their respective families – education opportunities that are challenging, flexible, and portable.

Beginning in November 2006, RMC will implement continuous registration to make its university programmes keep pace with DND operational tempo; students will be able to register for courses on a monthly basis rather than waiting for the traditional September, January, and May dates to start their studies.

In this initial phase of continuous registration, students will be able to choose from six History courses – three in English and three in French: HIE104 – A Survey of Post-Confederation Canada; HIE205 – Canadian Military History: Origins to 1870; and HIE301 – Aboriginal Peoples in Canada: A History. With registration opening 1 November 2006 and classes starting as early as 8 January 2007, interested students should register without delay.

If you want to know more about this exciting opportunity, or about the wide variety of academic undergraduate and graduate courses and degrees RMC offers, as well as the Officer Professional Military Education (OPME) programme, visit the RMC Distance Education website at or phone (613) 541-6000 x 6798 / 9734 / 6797 to speak to a counsellor.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

CONGRATULATIONS AND BEST WISHES!! On Sept. 21, 2006, a retirement dinner was held in honour of CWO M.M. (Mimi) Caron, CD at Baker Island. Joining the celebration were her family, colleagues and many friends. Mimi and her husband Martial have semi-retired in Témiscamingue, PQ. They are planning the opening of a bed and breakfast, which will oversee a golf course and a lake. Congratulations on 28+ years of service to Queen and Country.

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Volunteering: the essence of CASARA

by Captain Nicole Meszaros, 8 Wing Public Affairs Officer

The Civil Air Search and Rescue Association, or CASARA, is a Canada-wide volunteer aviation association dedicated to the promotion of Aviation Safety, and to the provision of air search support services to the National Search and Rescue Program.

Comprised of approximately 2800 volunteers nation-wide, these men and women actively augment the Canadian Forces' primary Search and Rescue (SAR) assets during SAR missions by supplying spotters for military search aircraft but also by providing pilots, navigators and aircraft when called upon to do so by any of the three Joint Rescue Coordination Centres (JRCC) in Canada.

All CASARA volunteers are certified by the organization to ensure a high level of service can be provided to the CF but also to ensure that those in need have high quality professionals searching for them.

CASARA volunteers willingly agree to participate in searches when environments are challenging and weather conditions are adverse.

"The essence of being a volunteer is that you cannot demand their service, the CASARA member has to volunteer because they want to", said John Davidson, President of CASARA. "We encourage a positive approach towards our volunteers because the most valuable commodity they give us is time."

An average of 1,000 hours each year has been flown on actual search operations since the association's inception in 1986. "Our people have volunteered approximately 200,000 hrs last year to be trained and on stand-by for the JRCCs or whoever needs us," Mr Davidson said.

Mr Davidson explained that one of the association's greatest contributions to CF SAR assets is the local knowledge that the pilots, navigators, spotters, ground personnel and coordinators have of their respective areas. "Our members might know of an airplane in an area so that if emergency locator transmitter goes of, we might have a good idea of where to look."

This local knowledge may have the effect of quickly ending a search or allowing CF aircraft to not participate thereby reducing the workload on SAR squadrons.

The president acknowledged that working alongside the Canadian Forces poses certain challenges but that there exists pride in helping on CF SAR missions. "The whole reason we are there is to assist the military when resources are short and to reduce the workload when the CF needs something to maintain them through tough times," Mr Davidson said.

"The volunteers are proud they can provide this service and fiercely proud of serving with the Canadian Forces."

In September, 424 Transport and Rescue Squadron hosted the National Search and Rescue Exercise (SAREX) at 22 Wing/CFB North Bay. The goal of National SAREX was to help SAR squadrons and CASARA units from across the country work together to in a common environment and to allow them to test their standards and evaluate their proficiency.

CASARA units fared well at the exercise with the Yarmouth CASARA team winning the award for team spirit, proof the positive approach towards volunteering is successful

CASARA Executive

President – John Davidson; VP Trng/Ops – Brian Bishop ; VP Fin/Admin – Mike Daniels; VP Plans/Equip. – Doug MacDonald.

Search & Rescue UPDATE

Photo: Sgt R. Ruthven, CFLAWC

424 Squadron flew four missions last week.

The first mission was with the Griffon on October 27. when Rescue 440 was tasked to help a person in the water near Kingston, but the crew was stood down shortly after takeoff. Rescue 440 then returned to base without further incident.

On October 30, Rescue 440 was again tasked, this time to aid a possible person in distress on Georgian Bay. Our Griffon arrived on scene and inserted two SAR-Techs—one lady was found safe and in no distress. Rescue 440 retrieved the two SAR-Techs and then returned safely to base.

On October 31 both of our SAR aircraft were launched. The first was Rescue 491, which was launched to search for two overdue kayakers on the Ottawa River. Two young men were found waiting for help in a cabin. The kayakers were airlifted to La Posse to meet with local OPP, and the crew returned to base without further incident. Also on that day, our Hercules Rescue 307 was tasked to search over Lake Erie northwest of Cleveland due to possible flare sightings. Nothing was found and Rescue 307 safely returned to base.

Until next week, stay safe!

Missions for 2006: 211 Missions for Oct.: 16 Persons rescued: 39

Opinion / Editorial

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 priviledge to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel T.J. Lawson, CD, Wing Commander, 8 Wing / CFB Trenton.

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do **not** include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution,to ensure quality reproduction.

Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.

• ARTICLES MUST BE RECEIVED BY TUESDAY AT NOON PRIOR TO PRINT DATE AT THE CONTACT OFFICE.

Letters to the Editor:

Internet: LEBLANC.AL@forces.gc.ca
Intranet: LeBlanc AL@CFBTrenton@Trenton

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

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The Contact newspaper is a Personnel Support Programs (PSP) entity . Our newspaper relies almost solely on revenues generated through advertising and sponsorships.

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Correction

In the October 6, 2006 issue of The Contact, in the article entitled Dedicated to remembering all that came before, the number of annual visitors to the RCAF Memorial Museum was reported incorrectly. The number should have been 50,000, not 15,000. The Contact very much regrets the error.

Have an opinion or story to tell?

Want to be published?

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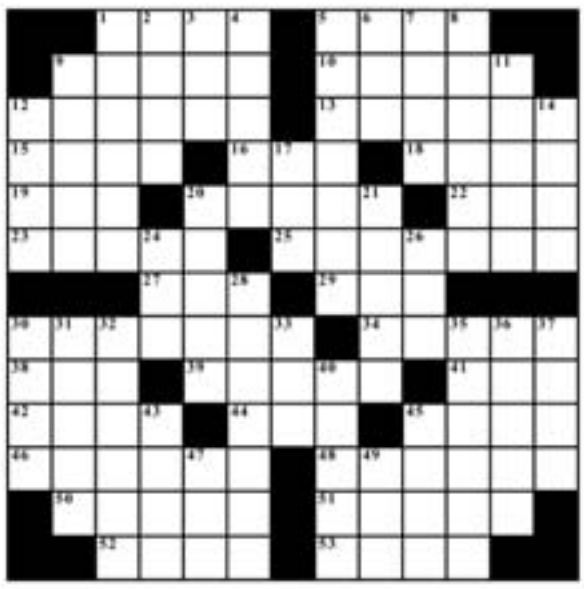
The Contact

Canadiana Crossword

Gordie the Great

By Bernice Rosella and James Kilner



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17 Genetic info
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21 Misses in Montmartre, abbr.
24 Itinerary ref.
26 Number of NHL scoring championships Gordie won
28 Gordie's childhood sweetheart and wife
30 Breath mint
31 Zones
32 Itinerants
33 Command right
35 More plentiful
36 Hints
37 Level
40 Uplands
43 Gordie's other hockey playing son
45 Singer McLachlan
47 Hawaiian greeter
49 Have, to MacBeth

This Week in Contact

1976 – The most unique course ever conducted in the Canadian Forces is in progress at CFB Trenton. The goal of getting "the Right Person in the Right Job" is the ultimate objective of 25 Personnel Selection Officers (PSO). The two-week course is the first advance classification training to be conducted for PDEV/PSEL 77C officers. Course members include base PSOs from Canada and Europe as well as command staff, recruiting and NDHQ staff.

1986 – The Honourable Perrin Beatty, Minister of National Denfence, has announced new opportunities for women in the Canadian Armed Forces. Accepting the recommendations of General Paul Manson, Chief of the Defence Staff, Beatty said that qualified women will now be eligible to serve at sea aboard the operational replenishment ships of Canada's navy; with service battalions, field ambulances (medical units), military police platoons and as aircrew aboard maritime patrol, maritime reconnaissance and electronic warfare aircraft.

1996 – 8 Wing team members came together early last week to provide disaster relief shipment to victims of Hurricane Lilli in Cuba. Responding to a short notice request from the Canadian International Development Agency (CIDA) and the Red Cross, crews from 2 Air Movements Squadron worked feverishly, day and night to receive and load humanitarian cargo from across the province. More than 15,000 lbs of blankets, water purification tablets and medicines were loaded up and shipped to Cuba on flight YF2252 courtesy of 429 Squadron.

Created by Lt J. H. MacDonald, Compiled by Amber Gooding.

Lieutenant-General Marc Dumais marks half century of UN peacekeeping

by Lt (N) Pierrette LeDrew
A1 Programs 2

TRENTON – Lieutenant-General (LGen) Marc Dumais, Commander Canada Command and former 8 Wing/Canadian Forces Base Commander, was the guest speaker during an evening event celebrating 50 years of UN peacekeeping held on the wing on 24 October 06.

The event also marked the 10th anniversary of the foundation of the Belleville branch of the United Nations Association of Canada (UNAC). In front of a crowd of about 100 members of the community, Dr. Alexander, the branch's president, welcomed LGen Dumais back to 8 Wing/CFB Trenton and the Quinte area.

For LGen Dumais, this was a sort of homecoming on many levels. Not only was he stationed at 8 Wing for many years during his career, he was involved with the UNAC since its beginning. He was the group's first guest speaker and was a guest at its 5th anniversary.

"I am now indeed honoured that you included me in your plans to celebrate both your 10th anniversary as an association and significantly, Canada's historic 50th anniversary as a world leader in peacekeeping," said LGen Dumais in his opening remarks.

Touching on the history of peacekeeping in Canada, LGen Dumais emphasized what many already know: Canada has been a world leader in peacekeeping since the beginning, when then Foreign Minister Lester B. Pearson introduced the concept. "Through the years, Canada (has) gained a world-wide reputation as peacekeeper per excellence, with a flair for neutrality, even-handedness, and an ability to establish a strong calming influence on belligerents, earning the respect of all along the way." But he also linked Canada's past peacekeeping record to its current involvement in Afghanistan.

Speaking of Canada's troops in Afghanistan, LGen Dumais said that "despite the significant dangers of the mission, our soldiers are very mission focused and extremely professional, and despite personal hardship they soldier on, because they believe in this mission, and they believe they are doing the right thing for all of us."

These sentiments were echoed by a past peacekeeper who was also invited to speak at the gathering. Mr. Jean-Paul Dupuis, a veteran of the early days of peacekeeping, spoke of the impact of the blue beret in the world.

"The blue beret saved lives then and it still does today, and so does the UN badge." Although his address was light-hearted, his message was clear: the UN and peacekeepers had a crucial role to play in the world 50 years ago, and they still do today.

LGen Dumais, who addressed the crowd one last time, offered his final tribute to the men and women of 8 Wing, whose support of the troops in Afghanistan "is just outstanding." The crowd gathered for the event could not have agreed more.

MP Russ Hiebert visits 8 Wing/CFB Trenton to gather information

by Lt (N) Pierrette LeDrew
A1 Programs 2

TRENTON – On October 20 and 21, 2006, Mr. Russ Hiebert, Member of Parliament and Parliamentary Secretary to the Minister of National Defence, visited 8 Wing/CFB Trenton to gather information on the Quality of Life issues that affects the members of the wing and their families. The visit was productive.

Two meetings were held at the Trenton Military Family Resources Centre. Between 35 and 45 people showed up for each 90-minute discussion. Topics included housing, life on the base, communication, pay and benefits, training, spousal employment and training, deployment, transfers and retention.

According to the Wing Administration Officer, Lieutenant-Colonel Debbie Miller, the "two groups were sincere and endeavored to ensure that the Parliamentary Secretary obtained a complete explanation of the concern proffered." She added that the concerns expressed were consistent with those seen across the Canadian Forces.

The information gathered in Trenton will be used at the upcoming Defence Quality of Life Committee meeting.

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Post Traumatic Stress Disorder

by Lt (N) Pierrette LeDrew
A1 Programs 2

Since returning from duty overseas, your partner is no longer the happy go-lucky, fun loving person he was a year ago. He is withdrawn, often lost in his thoughts. He suffers from anxiety and is often irritable. Maybe he has taken up excessive drinking. Maybe he has nightmares. Your family is suffering along with the stranger who came back instead of your partner. You are worried and wonder what happened and what is going on.

You have every reason to wonder. Although a tour of duty in a war zone is challenging for everyone, at times the challenge reaches beyond the ability of a person's defense system to cope with it. Exposure to traumatic events, especially those that threaten the safety or the life of an individual, can leave deep psychological scars. Recognized for centuries, and described and treated in a wide variety of ways, today this condition is called Post Traumatic Stress Disorder (PTSD). It can affect anyone, regardless of gender, age, culture, personality, background or rank.

Trauma is an individual thing. A person may be deeply traumatized by an event that only moderately disturbs someone else. We all have our own perception of events around us, and we experience events in our own unique way. We all have our breaking point, our own unique psychological threshold. No matter what, the results are the same: the person exposed to the traumatic event reacts with intense fear, helplessness, or horror. And although many people affected by this condition recover over time, many can't do it on their own. They need help.

There are many ways to recognize the symptoms of PTSD and to help a person who suffers from it. Education is key in order to understand the disorder, to recognize its symptoms, and to seek proper treatment.

To that end, the Trenton Military Family Resource Centre will host an information session titled "Operational Stress Injuries – A Challenge for Families." This event will take place at the Siskin Centre on November 8, at 7 p.m. Anyone living with someone who is suffering as a result of exposure to a traumatic event, or anyone who cannot cope with the aftermath of a traumatic event, is strongly encouraged to attend this information session. It will help you recognize the signs and symptoms of PTSD, will provide you with guidance and will show you how to get help for yourself and for your loved ones.

For further information or to register to attend this information session, please call 613-965-3575 or 613-965-3595.

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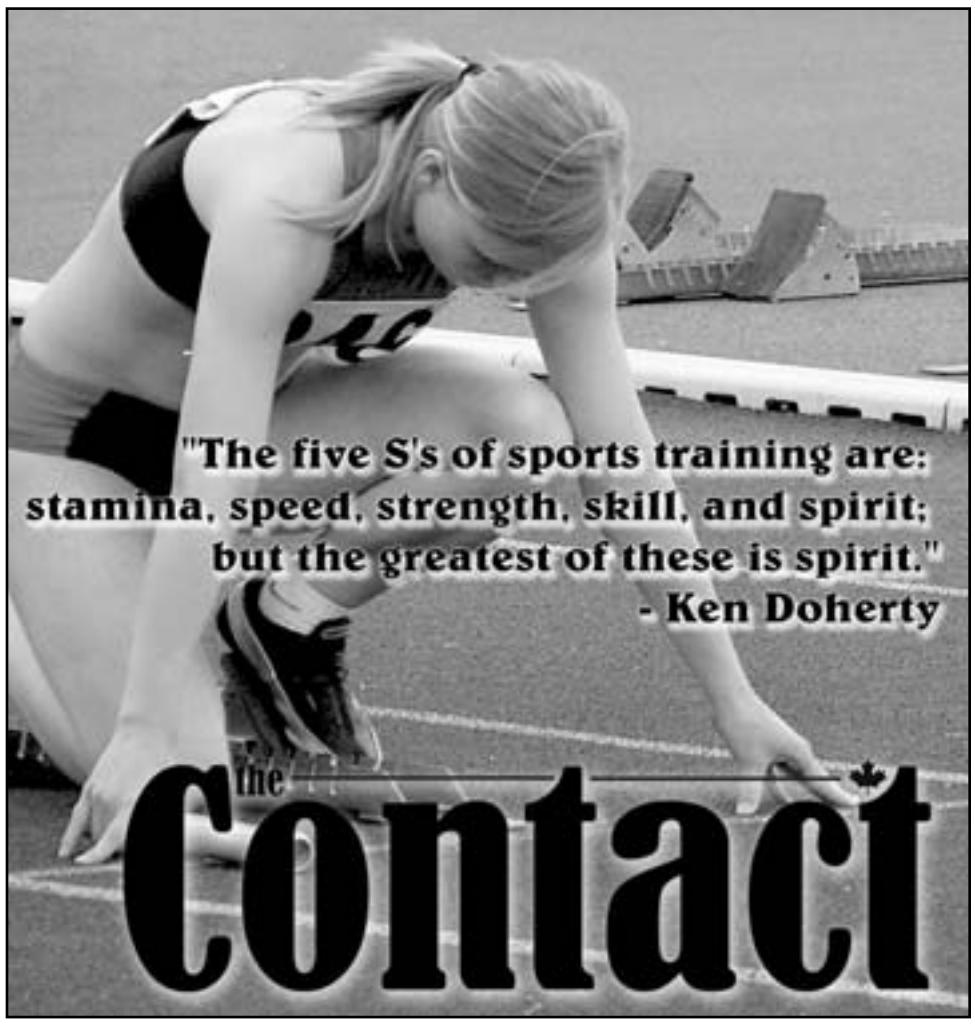
STEP UP! HALLOWEEN SYTYLE

Photo: Amber Gooding, Contact Staff

Participants of the Halloween Bash Class, a Master Fitness Class that was held on October 31 at the south side Gymnasium, worked out over the lunch hour with spirit shinning through. Almost everyone that attended Tuesday's class wore a costume, and in the very least, dressed in the festive colours of orange and black.



Astra Lanes bowling report

Astra Lanes Youth Bowling is in full swing with over 30 young bowlers of all ages.

The game's of the week belonged to Nathan Hoskin for the Bowlasaurus division. For Peewees it was Rory Black with a 90. Seamus MacNeil rolled a 121 to lead the bantams while Tony Quinn rolled 164 for the junior division. Marissa Roy led all bowlers with an impressive 246 single.

Congratulations to both Marissa and Robert Roy for their great effort in the Senior Mixed qualifying last Sunday.

High Averages: Pee-Wee Divison
- Annabelle Beaulieu 85
- Cody O'Neil 72

High Averages: Bantam Division
- Brittany Laporte 69
- Seamus MacNeil 97

High Averages: Junior Division
- Alisha Williams 92
- Conner MacNeil 157

High Averages: Senior Division
- Marissa Roy 195
- Robert Roy 168

Lady Flyers hockey team update

Last Thursday, our opponents were not able to make it. Instead, six players from the intersection league stayed back to play with us, (thanks guys!).

During the scrimmage, goals were scored by Second-Lieutenant Annie Morin, Master Corporal Adriana Dilworth, and Private Claudia Cote-Pellerin.

Shannon Bergen came out to fill our net for BTAT-bound Captain Gill Parker. Well done and thanks Shannon!

The Lady Flyers play each Thursday night at the RCAF arena. Games start at 19:30 hrs. Our next guest's will be Marmora on November 2. Come on out and support the regional champions!

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~ 20 minute games ~

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There will be a number of prizes and awards presented. Limited space is available for this event, and will be determined on a first-come, first-serve basis.

Cost is $160 per team. All proceeds will benefit the 8 Wing/CFB Trenton Government of Canada Workplace Charitable Campaign.

Labatt - Proud to Salute Those Who Serve!

For detailed information, or to register, please contact:
~ Corporal Stenning at local 2777
~ Warrant Officer Hamilton at local 2618
~ Bryan Pearce at local 4110

Home spas - know what you're getting into

Submitted by Don Heans, Wing General Safety Officer

With the increasing popularity and numbers of home spas comes a corresponding increase of hot tub casualties.

People must realize there are important safety responsibilities to owning and using a hot tub.

The hot bubbling water swirling around your body relaxing and soothing those aching muscles can have severe consequences.

The average temperature in a spa is hot enough to raise your body temperature by several degrees above normal levels.

About 10 to 15 minutes is safe for most users; but longer exposure can put enough stress on the cardiovascular system and cause changes in blood pressure and heart rate.

Consider your health before entering a tub.

Older people with circulatory problems or heart conditions should stay away from a hot tub. Pregnant women and young children are also advised against hot tub use.

Do not go for a soak if you are on any medication even such non-prescription drugs as antihistamines. Such drugs can make you drowsy, which introduces the risk of falling asleep and possibly drowning in the tub.

If you lose track of how long you've been in the water or if you start to feel tired or faint, get out slowly. Getting out of the hot tub slowly allows your body to get accustomed to the change in blood pressure.

Keep breakables such as drinking glasses and bottles away from the tub. Never drink alcoholic beverages in a hot tub.

Electrical appliances such as radios and stereos should also be kept out of the area.

Hot tubs located on an outdoor deck should use grounded lights for illumination.

When children are around the hot tub, strict rules should be set to avoid accidents. Horseplay should be avoided as should running around or near the tub.

Children should always be accompanied by an adult while in the tub.

Never allow diving to the bottom of the tub as the pull of the suction unit may tend to hold a child underwater.

In winter, watch for ice build-up in and around your outdoor tub. Ice build up causes a slipping hazard while walking to and from your spa.

A hard protective cover over the top of your tub is recommended. You may also purchase these with locks for extra protection.

Proper storage and handling of your spa chemicals is very important.

Careless handling and storage of chemicals can result in serious injury if basic precautions are not taken. Always make sure children and pets are kept away from open containers.

Read and follow directions on the labels and measure quantities closely. Overdosing your pool water will not make the water any cleaner but it can give bathers irritated eyes and skin.

Don't smoke around chemicals because they can be ignited from a single cigarette. The most basic and perhaps the most important rule when mixing chemicals for spas is never add water or liquid chemicals to a dry chemical - always add the chemical to the water.

Improperly stored spa chemicals can give off noxious gases, cause fires and corrode surrounding equipment.

All spa chemicals should be stored separately from other household chemical compounds.

Liquid chemicals should never be stored above dry chemicals and all chemicals should be locked away on high shelves in a cool, dry, well ventilated cabinet.

Keep the original lids on all chemical containers and make sure the lids are tightly sealed when not in use.

It's also a good idea to keep records of how old your chemicals are and throw out any that are beyond their expiry date.

There are few things more appealing than a nice soak in a hot tub.

But as with anything else, the secrets of enjoying a hot tub are common sense and a good knowledge of just what it is your are getting yourself into.

The differences between the flu and a cold

(NC)—Do you have a cold? Or perhaps it's the flu?

The flu (influenza) and the common cold are both respiratory illnesses but they are caused by different viruses.

Because these two types of illnesses have similar symptoms, it can be difficult to differentiate between them.

Here's a quick guide to help you tell them apart.

The common cold

According to the Canadian Centre for Occupational Health and Safety, over two hundred different viruses have been identified as possible causes of the common cold.

Cold-causing viruses live in our noses and throats and are carried on the droplets we expel when talking, coughing or sneezing.

Contrary to popular belief, colds are not very contagious, but require close personal and prolonged contact for the cold virus to spread. Cold symptoms usually persist for two to seven days.

How do I reduce the likelihood of catching a cold? Canadians can help prevent the spread of the cold by:

- Washing their hands frequently, especially if in contact with anyone suffering from a cold
- Keeping their distance from people with colds, especially when they cough or sneeze
- Eating well-balanced meals, exercising and trying not to get chilled or over-tired

The flu

Influenza, commonly called the 'flu,' is a highly contagious viral illness caused by only a select few influenza A and B viruses.

That's why there is a vaccine for influenza and not for the common cold.

According to the PHAC, unlike the common cold, the flu is a serious illness that leads to 4,000-8,000 deaths each year.

The flu lives in the respiratory system and is characterized by a sudden onset of fever, chills, fatigue, severe headache and muscle aches.

There is no such thing as the "stomach flu," although occasionally nausea and vomiting can be symptoms of the virus.

Flu symptoms usually persist for two to three weeks.

How do I reduce the likelihood of catching the flu? Canadians can help prevent the spread of the flu by:

- Washing their hands frequently
- Covering sneezes and coughs, preferably with a tissue or shirt sleeve
- Getting an annual influenza vaccination
- Taking an antiviral medication to prevent getting the flu if someone with whom you've been in contact has been diagnosed with influenza.

Health Unit flu clinics to start November 20

Hastings and Prince Edward Counties

A delay in the production of vaccine means a later start, but flu vaccination clinics are now scheduled.

The Hastings and Prince Edward Counties Health Unit will run free flu vaccination clinics from Monday, November 20, to Thursday, December 14. Their complete schedule is available online at **www.hpechu.on.ca**.

A recorded message giving flu clinic information can be heard at any time by calling 966-5513 ext. 665. The province offers free flu vaccinations to anyone who lives, works, or attends school in Ontario. Here are the clinics for the first week of the schedule and numbers to call for information.

Belleville: Oddfellows Lodge, 111 Bay Drive
Nov. 20 from 12 p.m. to 7 p.m.
613-966-5500

Picton: Salvation Army, Queen and Elizabeth Street
Nov. 20 from 12 p.m. to 7 p.m.
613-476-7471

Trenton: Knights of Columbus Hall, 57 Stella Court
Nov. 21 from 10 a.m. to 6 p.m.
613-394-4831

Bancroft: St. John's Anglican Church, Flint Street
Nov. 22 from 10 a.m. to 6 p.m.
613-332-4555

Bancroft: Ebenezer Christian Reformed Church, 18 Fourth Avenue
Nov. 23 from 3 p.m. to 8 p.m.
613-394-4831

Belleville (Thurlow): Thurlow Community Centre, 516 Harmony Road
Nov. 24 from 10 a.m. to 3 p.m.
613-966-5500

Belleville: Oddfellows Lodge, 111 Bay Drive
Nov. 24 from 10 p.m. to 3 p.m.
613-966-5500

Influenza, or "the flu" is a serious, acute, respiratory illness that is caused by a virus. People who get influenza may have a fever, chills, cough, runny eyes, stuffy nose, sore throat, headache, muscle aches, extreme weakness and fatigue. Although most people are ill for two to seven days, some become very ill.

"Those who get the flu can pass it on to others, including babies, older relatives and people for whom it could be a serious health risk," says Pat Brown, director of family health at the Health Unit. "There's a slogan – The flu. It's not just about you."

For more information about the flu see the homepage at **www.publichealthontario.ca**.

Cold vs. Flu

(NC)—If you come down with the flu, it is important to see your doctor within 24-48 hours of symptom onset for a diagnosis so they can prescribe an antiviral treatment, which are the only medicines available to attack the virus and prevent the spread of the virus, helping patients feel better faster. Here is an easy reference chart showing the difference between cold and flu.

Signs and Symptoms	Influenza	Cold
Onset	Sudden	Gradual
Fever/Chills	Common	Rare
Cough	Usual: severe	Less common: mild - moderate
Headache	Prominent	Rare
Muscle aches/pains	Usual and often severe	Slight
Fatigue/ weakness	Usually: lasts up to 2 - 3 weeks	Very mild

(Source: Canadian Coalition for Immunization Awareness & Promotion, www.immunize.cpha.ca)

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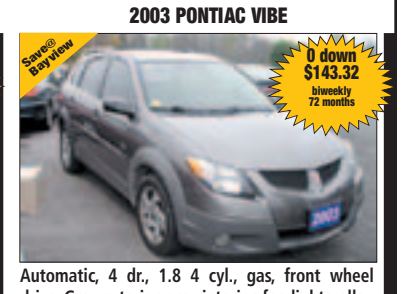

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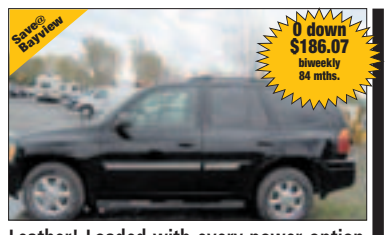

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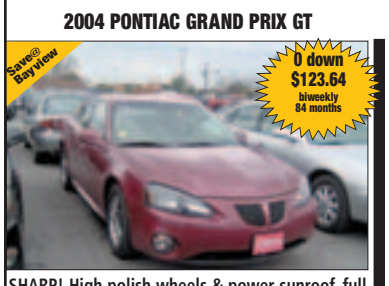

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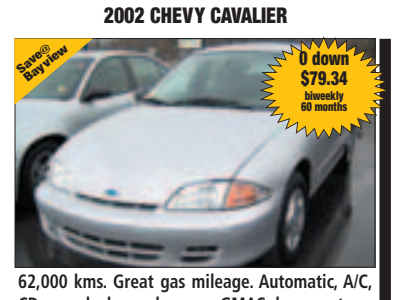

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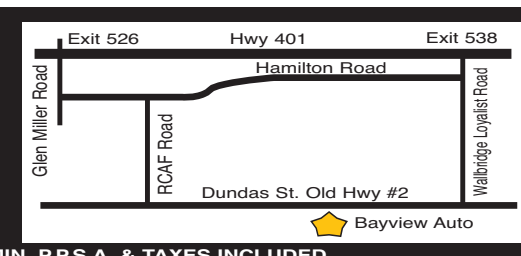

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ASTRO ADVICE WEEKLY By Eugenia Last
November 5 – November 11

ARIES (March 21-April 19): Get serious about your future on the 5 and 6 and where you see yourself being this time next year. You have so much to learn, develop and play with to get where you want to go. A gift, winning or surprise is heading your way. Get your idea out there on the 7 and 8. Travel, communication and pushing to get ahead are in the stars so don't waste time thinking about what you want to do. Get busy and make it happen. Work hard on the 9 and 10. Don't let your emotions stand in the way. Business, travel and getting ahead should be your prime concern. You'll impress everyone on the 11 with your high energy and ability to get things done.

TAURUS (April 20-May 20): Set the record straight on the 5 and 6, own up to old misdeeds and move forward with a commitment. Once you rid yourself of some of the things you have left hanging, you'll feel less stressed. Slow down and decide what's really important on the 7 and 8. A partnership may be causing you some concern or an older or younger relative may be a burden. Emotional matters may escalate on the 9 and 10 but, if you're receptive, willing to compromise and understanding of other people's needs, you'll do the right thing. Someone may try to push you into something you don't want to do on the 11. Hold your ground, but don't be stubborn.

GEMINI (May 21-June 20): Make up your mind and stick to it on the 5 and 6. If whatever you're being asked to do fits into your schedule, fine, but if it will infringe on what you need to do yourself, take a pass. Keep your feet on the ground and your head out of the clouds on the 7 and 8. Finish what you start. Someone may try to sabotage what you're doing. Emotional matters will surface on the 9 and 10, making it easier to deal with such issues. Solutions can be found if you're willing to try something a different. If you get involved in something you enjoy on the 11, opportunities will develop. A change in your career will make a difference in your attitude.

CANCER (June 21-July 22): You have insight into future trends on the 5 and 6 and, although you don't normally welcome change, you'll see the possibilities and will be eager to go the distance. Someone from your past will help you make a decision on the 7 and 8. Emotional connections may be enticing but it's best to move slowly. Whether you travel physically, mentally or down the information highway doesn't much matter. It's the information you receive on the 9 and 10 and the people you meet along the way that will count. Not everyone will agree with you on the 11, but if you follow your own path you'll learn, grow and understand yourself better.

LEO (July 23-Aug. 22): The more you do for others on the 5 and 6, the less of a problem it will be for you to deal with personal issues at home. Get out and socialize with people you're unfamiliar with. Take part in an event you believe in. A surprise attack by someone you thought you could trust will put things in perspective quickly on the 7 and 8. Uncertainty will result from too little research. Proceed with caution on the 9 and 10. Nothing will be as it appears, everyone will be trying to one-up you. If you keep things secretive on the 11, you stand a better chance of getting the support you need when you're ready.

VIRGO (Aug. 23-Sept. 22): You should really be on vacation or planning your next one on the 5 and 6. A romantic connection can be made, or a promise put into play. Do whatever it takes to talk your way in and out of things on the 7 and 8. A colleague, peer or a friend will let you down. You can't go wrong on the 9 and 10. Your ability to deal with any situation you face will be your guide to success. Emotional matters can be resolved and talks will get you what you want. Don't judge other people on the 11. Once you realize what's good for you may not work for someone else, you can get far more accomplished. Changes at home will be good.

LIBRA (Sept. 23-Oct. 22): Confusion regarding money, position and your future may be daunting on the 5 and 6. Be careful not to let anyone mislead you regarding an idea or project. Make up your own mind. On the 7 and 8 you should conduct business by email or phone rather than in person. A change in career will help utilize your talents. If you become emotional or let your guard down, you'll lose out on the 9 and 10. Stick to your game plan and finish what you start. Don't be shy; you have what it takes. Use your imagination and you'll find something interesting to do or pursue on the 11. Trust in your ideas.

SCORPIO (Oct. 23-Nov. 21): Wager the pros and cons of any personal matter on the 5 and 6 before you make a final decision. Someone you have relied on in the past may throw you a curve. Think with your head not your heart. A deal can be put on the table or completed on the 7 and 8. Changes to your home can be positive if you make decisions based on facts. Be prepared to ask questions and say no. Turn on your Scorpio charm on the 9 and 10 and you'll get whatever you want. Change will occur that will lighten your load and rid you of the people and things no longer important to you. Don't listen to what others think on the 11th. Be true to yourself and follow your intuition.

SAGITTARIUS (Nov. 22-Dec. 21): You may feel like taking off on the 5 and 6. Before you do, consider whether you're going against the grain or delving into something illegal or against the rules. Emotional matters concerning a partner will leave you feeling uncertain about your future on the 7 and 8. Don't get mystified by someone who appears to be more experienced on the 9 and 10. Listen, observe and take notes, but hold your own. Much can be gained if you're smart, focused and ready to settle. Keep your eye on your financial situation on the 11 and be prepared to make a move or change a deal.

CAPRICORN (Dec. 22-Jan. 19): An unusual set of circumstances will revolve around money matters on the 5 and 6. Be smart, industrious and blunt about what you want. Take a different approach to whatever you need to do on the 7 and 8 and you'll surprise the people who may want to hold you back. You'll make everyone stand up and take note on the 9 and 10. Don't take too much time to think: Reactionary measures will keep everyone around you on their toes. Your emotions are likely to lead you down a difficult path on the 11. If you give in to the whims of others, consequences can be expected.

AQUARIUS (Jan. 20-Feb. 18): Be careful what you say on the 5 and 6, you're likely to offend someone or pass along the wrong information. Question your own motives. Exaggeration can be expected and emotional measures used to lead you in a direction you probably shouldn't go on the 7 and 8. A different lifestyle may be good for someone else but for now, stick to what you know. You could easily put yourself in a precarious position regarding a problem with a youngster in your life on the 9 and 10. Don't expect everyone to be honest with you. Ask questions and look beyond what's being said. You'll be subject to ridicule on the 11 if you can't compromise.

PISCES (Feb. 19-March 20): Your good fortune, success and ability to draw attention will make someone jealous on the 5 and 6. Watch your back. Protect your money, ideas, position and relationships. You won't be able to trust everyone on the 7 and 8 but, when acting on your own instincts, you'll do extremely well. Gifts, winnings or paybacks can all be expected on the 9 and 10. You should be able to make a commitment or plans for the future. You have to be willing to go the distance, experience the most and expand your way of thinking on the 11 if you want to turn a profit or grow spiritually, philosophically or mentally. Open your heart and share your thoughts.

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The Contact Newspaper staff would like to acknowledge Royal Lepage ProAlliance Realty as the weekly sponsor of our newest feature, The Contact Comics.

Not In My Backyard! by Dale Taylor

DuJour

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Stuff!

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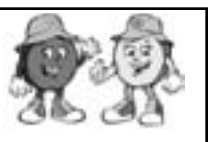
Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email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

Girl Guide Cookies For Sale



On November 15, 2006 local members of Girl Guides of Canada, from 8 Wing/CFB Trenton and the Bayside district will be selling cookies in the PMQs between 6:00 and 7:30 pm.

If we miss you and you would like cookies please feel free to call 613-392-9927. Thanks for your support.

Diabetes Information Session

Daniel Tolj and Tammy Keller of Quinte Foot Care Clinic will present "The Latest Therapy for Diabetes Foot Complications: Prevention".

This information session will take place at the Knights of Columbus Hall, located at 57 Stella Crescent in Trenton. The Canadian Diabetes Association's Quinte Branch will host this free presentation on Tuesday, November 7 at 7 p.m. The hall is wheel chair accessible with ample free parking. All are welcome.

For more information, please contact the Quinte Branch of the Canadian Diabetes Association at 613-921-6520.

10th Annual Food Bank Toll Booth

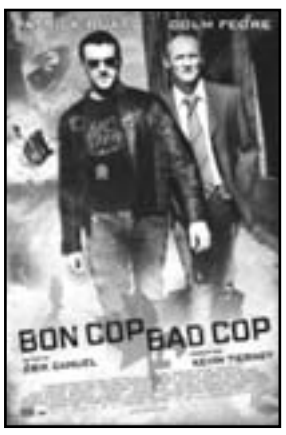
ATESS will be conducting its 10th Annual Food Bank "TOLL BOOTH" at the north entrance of the Base on Thursday, November 16, 2006. All proceeds will be donated to the Trenton Area Food Bank.

The toll is a non-perishable food item or a monetary donation, which will be used to buy food for the Food Bank. The gate will be manned from 0630 to 0830 hrs. All donations and support are greatly appreciated. Approximately $8,400 and 8,600 lbs of food have been gathered in the past 9 years.

Le cinema Centre Theatre de Trenton (120, rue Dundas O.) présente le film:

BON COP BAD COP

Version originale française et anglaise. Présenté les samedi et dimanche, 11 et 12 novembre 06 à 15:15hrs.
Adultes : $6.00, Enfants : $5.00
Nous comptons sur votre participation, passez le mot!



David Bouchard (Patrick Huart) et Martin Wood (Colm Feore) ne pourraient être plus différents : l'un parle français et est originaire de Montréal, l'autre est un anglophone de Toronto. L'un obéit à la loi, l'autre fait la sienne. Lorsqu'ils seront forcés à travailler ensemble sur une enquête dont la juridiction géographique est aussi nébuleuse que les motivations de l'auteur du crime, leurs différences vont à la fois mettre en péril l'enquête et les aider à élucider le mystère. (Le film est 50 pour cent en français et 50 pour cent anglais).

Pour information veuillez contracter M. Alain St-Arnaud au 613-392-5948, le cinéma de Trenton au 613-392-6100 ou, visitez le site Internet du Franco-Phare au : www.franco-phare.ca. Une initiative appuyée par le Franco-Phare, en partenariat avec le cinéma de Trenton.

UNIFORM DRIVE

Your 8 Wing Band needs you help!

Are you about to retire and considering what to do with all those Air Force DEU items in the basement that supply let you have? Then the 8 Wing/CFB Trenton Band has a home for your Air Force DEU items.

We will be happy to receive any Air Force DEU item you no longer have a use for. Due to temporary changes the band is unable to access Air Force DEU for our new civilian volunteers and you can help us outfit them.

If you would like to participate please bring your Air Force DEU items, both male and female, to Sergeant Gord Smith, at local 3510, located at the 8 Wing Band room (North side, next to the bowling alley). Your support of the 8 Wing Band Uniform Drive will be greatly appreciated!

Canadian Blood Services

Needs Volunteers

Volunteer and save lives!. Volunteers are needed monthly at our **8 Wing/CFB Trenton Blood Donor Clinics**.

Clinic Volunteers are our goodwill ambassadors in the blood donor clinics. The position is essentially one of customer service. The clinic volunteer is not involved in anything that requires medical/technical skills, dealing with blood or movement of heavy equipment.

The volunteer's role is to provide individual attention to the blood donors ensuring that he or she feels well and is happy with their experience so that they will continue to donate, fulfilling an ongoing demand for blood and blood products.

If you are interested, please call 416-313-4641 or 1-800-701-7803 ext. 4641 to volunteer. We look forward to hearing from you, and to you joining our team!

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Information

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

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

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First-ever awarding of Military Valour Decorations

OTTAWA, 27/10/2006 — Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada, announced the awarding of the first four Military Valour Decorations to members of the Canadian Forces who have displayed gallantry and devotion to duty in combat.

The recipients will be invited to receive their decoration from the Governor General at a presentation ceremony to be held at a later date.

Military Valour Decorations are national honours awarded to recognize acts of valour, self-sacrifice or devotion to duty in the presence of the enemy. They consist of the Victoria Cross, the Star of Military Valour and the Medal of Military Valour.

This marks the first time that these decorations, which were created in 1993, have been awarded.

Photo: Canadian Forces

General Rick Hillier, Chief of the Defence Staff, stands with some real Canadian heroes. From left to right: Corporal Lamont, Master Corporal Fitzgerald, CDS Gen Rick Hillier, Sergeant Denine and Sergeant Tower.

Citations

Star of Military Valour: Sergeant Patrick Tower, S.M.V., C.D. (Edmonton, Alberta, and Victoria, British Columbia).

Sergeant Tower is recognized for valiant actions taken on August 3, 2006, in the Pashmul region of Afghanistan.

Following an enemy strike against an outlying friendly position that resulted in numerous casualties, Sergeant Tower assembled the platoon medic and a third soldier and led them across 150 metres of open terrain, under heavy enemy fire, to render assistance.

On learning that the acting platoon commander had perished, Sergeant Tower assumed command and led the successful extraction of the force under continuous small arms and rocket-propelled grenade fire.

Sergeant Tower's courage and selfless devotion to duty contributed directly to the survival of the remaining platoon members.

Medal of Military Valour: Sergeant Michael Thomas Victor Denine, M.M.V., C.D. (Edmonton, Alberta).

Sergeant Denine deployed with 8 Platoon, C Company, 1 PPCLI during Operation ARCHER in Afghanistan.

On May 17, 2006, while sustaining concentrated rocket-propelled grenade, machine gun and small arms fire, the main cannon and the machine gun on his light armoured vehicle malfunctioned.

Under intense enemy fire, he recognized the immediate need to suppress the enemy fire and exited the air sentry hatch to man the pintle-mounted machine gun.

Completely exposed to enemy fire, he laid down a high volume of suppressive fire, forcing the enemy to withdraw. Sergeant Denine's valiant action ensured mission success and likely saved the lives of his crew.

Medal of Military Valour: Master Corporal Collin Ryan Fitzgerald, M.M.V. (Shilo, Manitoba, and Morrisburg, Ontario).

Master Corporal Fitzgerald deployed with 5 Platoon, B Company, 1 PPCLI Battle Group in Afghanistan. He is recognized for outstanding selfless and valiant actions carried out on May 24, 2006, during an ongoing enemy ambush involving intense, accurate enemy fire.

Master Corporal Fitzgerald repeatedly exposed himself to enemy fire by entering and re-entering a burning platoon vehicle and successfully driving it off the roadway, permitting the remaining vehicles trapped in the enemy zone to break free.

Master Corporal Fitzgerald's courageous and completely selfless actions were instrumental to his platoon's successful egress and undoubtedly contributed to saving the lives of his fellow platoon members.

Medal of Military Valour: Private Jason Lamont, M.M.V. (Edmonton, Alberta, and Greenwood, Nova Scotia).

Private Lamont deployed with the Health Support Services Company, 1 PPCLI Battle Group during Operation ARCHER.

On July 13, 2006, an element of the reconnaissance platoon came under heavy enemy fire from a compound located in Helmand Province, Afghanistan, and was isolated from the rest of the platoon.

During the firefight, another soldier was shot while attempting to withdraw back to the firing line and was unable to continue.

Without regard for his personal safety, Private Lamont, under concentrated enemy fire and with no organized suppression by friendly forces, sprinted through open terrain to administer first aid.

Private Lamont's actions demonstrated tremendous courage, selflessness and devotion to duty.

Please note: The rank used in this document reflects the substantive rank held by the member at the time of the incident.

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