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Parkette dedicated to Spitfire vet

by Amber Gooding
Contact Staff

Each year, millions of people unite on Remembrance Day to show appreciation for the veterans whose immeasurable sacrifices led us to where we are today – to preserving a life, in a country, of freedom.

On November 3, one week before the iconic date of November 11, 86-year-old veteran, Charley Fox, former Spitfire pilot and current Honorary Colonel of Ottawa-based 412 Squadron (belonging to 8 Wing/CFB Trenton), was presented with a parkette in his honour.

The small park is located at the front of London International Airport and houses a T-33 Silver Star jet and a mounted plaque which reads "This Parkette is dedicated in the name of Honorary Colonel Charles W. Fox, DFC, in order to honour the men and women of the Canadian Air Force and its predecessor the Royal Canadian Air Force, whose valiant efforts in the pursuit of freedom must never be forgotten."

Steve Baker, President and CEO of London International Airport, started the presentation off with gratitude for Fox, who has become a familiar and fond trademark in Canadian

aviation and the history of our great nation.

"Charley continues to contribute to our history through his dedication," said Baker. "It is an honour to dedicate this parkette, at such an important time of year. On behalf of London International Airport, we thank you."

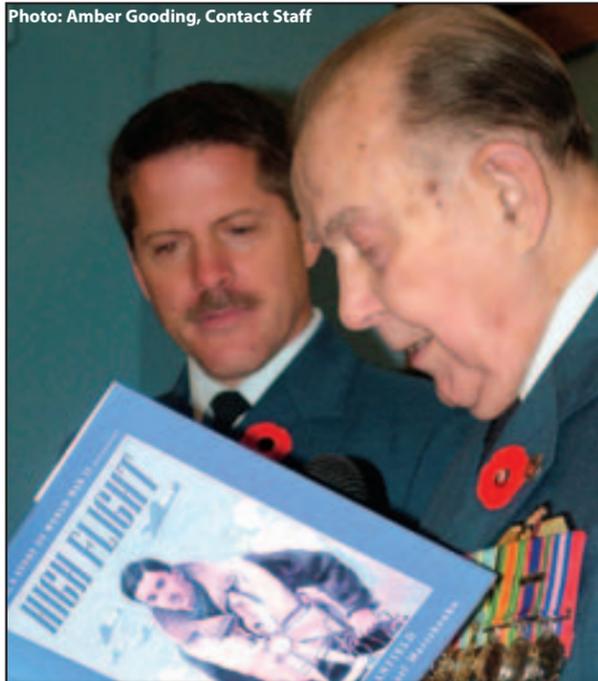
Anne Marie DeCicco-

Best, London Mayor, said she values Fox's contributions, both locally and throughout Canada, especially with young people.

"Charley is an amazing role model. We owe him, and all veterans, a debt of gratitude we can never repay," said DeCicco-Best. "Thanks

See Charley Fox, Pg. 2

Photo: Amber Gooding, Contact Staff



Charley Fox (front), Honorary Colonel of 412 Squadron, presents Lieutenant-Colonel Dave Dagenais, Commanding Officer of 412 Squadron, with a copy of High Flight, which has become a trademark for Canadian Forces aviations and enthusiasts alike.

At centre ice on Remembrance Day

by Lt(N) Pierrette LeDrew
A1 Programs 2

The Wing will be well represented on Remembrance Day when Sergeant (Sgt) Nathalie Mallet, from 436 Transport Squadron, drops the puck at centre ice at the Air Canada Centre to start the game between the Toronto Maple Leafs and the Montreal Canadiens.

Sgt Mallet, from Le Goulet, New Brunswick, will share this honour with Corporal Brock Vigon, 1 Royal Canadian

Regiment, from Toronto. Sgt Mallet was the loadmaster on the first tactical airdrop done by a Canadian aircrew since the Korean War. She has spent more than six months in Afghanistan.

When she heard that she had been selected, Sgt Mallet says that she was very surprised. "I am really proud to represent 8 Wing," she added.

The special evening is meant to pay tribute to the men and women of the Canadian Forces who are making a difference overseas.

A message from the CDS

For generations, Canadian men and women in uniform have demonstrated their commitment and their willingness to fight when necessary for our interests and values.

On this day of remembrance and commemoration, the heroic deeds of those who once wore the Canadian uniform can only inspire us as we face today's challenges.

This has been a notable year for the Canadian Forces, just as 1917 was for a previous generation of Canadians.

At Vimy Ridge, four divisions of the Canadian Corps — operating together for the first time — fought with resolve and valour against a determined enemy.

Vimy is widely regarded as a part of Canada's coming of age — a place where our soldiers' heroism and bravery was hailed both at home and by our allies.

In Afghanistan, in other parts of the world, across this continent and through this country, your work echoes the courage and tenacity of your predecessors

of some 90 years ago.

You are working to preserve our way of life.

You are fighting for the principles we all believe in.

You are serving as Canadians.

There is no doubt that this has been a challenging year for each and every one of you. As Chief of the Defence Staff, I can only be proud of the work that you have done for Canada.

Your efforts are resonating across this great country. From coast to coast to coast, Canadians are wearing red in support of your work.

But this simple tribute — coming at this time of year — also gives the people of Canada cause to reflect on the legacy of your predecessors in uniform.

On November 11th — whether you stand at a local cenotaph in the crisp autumn air or at the Canadian monument at Kandahar Airfield — I know you will be thinking of your comrades and friends who have sacrificed so much to give Canadians the freedom we enjoy today.

I also know that your



Gen Rick Hillier

hearts will be reaching out to the families of Canadian personnel who have recently lost their loved ones. Throughout, they have shown a level of dignity, commitment and grace that is an inspiration to us all.

Like them, we cannot and will not forget that our freedom has come at a steep price.

It is a sacrifice that will be remembered for generations and that will forever make us proud.

*General Rick Hillier
Chief of the Defence Staff*

A message from the Governor General

A symbol of the tremendous dedication and valiant courage of our fallen soldiers, the poppy is worn today as a sign of remembrance of the terrible price paid on the battlefields to ensure our precious freedom.

It is a simple flower worn close to our hearts, for we have not forgotten that thousands of men and women, many of whom had not yet reached the age of 20, left everything behind. They risked everything to give us the chance to live as we do today, in a country where we are free to pursue our most ambitious dreams, limited only by our imagina-



Michaëlle Jean

tions.

With an incredible openness of heart and mind, they made the ultimate sacrifice and gave their lives in the effort. Their bravery and

commitment deserve not only our admiration, but also our full recognition and deepest gratitude. It is now our turn to ensure that this freedom and peace triumph over the tyranny and madness that gripped the last century.

On Remembrance Day, let us teach our children and future generations to cherish the invaluable legacy they have left to us. Let us take a moment to pause and reflect on this with those around us. And may every poppy keep that memory alive.

*Rt Hon. Michaëlle Jean
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Charley Fox honoured, Cont'd from Pg. 1

to the courageous efforts and altruistic sacrifices of our veterans, Canada remains on of the best places in the world to live and we must live every day to the fullest to ensure their legacy."

There are many events throughout Fox's life that he is proud of – but nothing more so than his recent efforts in acknowledging Canada's military heritage, and in that, honouring those fallen, who otherwise do not have their names, let alone their efforts and contributions, memorialized individually.

"I am passionate about recognizing our background and what we've done," he said. "We have a proud history of military involvement."

Although Fox is dedicated to memorializing the efforts of so many lost, he's humble in accepting the same in return – if only on behalf of those fallen soldiers. These past few years he has dedicated his time to doing just that.

"Many vets don't like to talk about the war, as many friends were lost and tragedies endured," he said. "But now I'm making it my duty to fill those blanks, to reveal the history."

Even Fox admits that it's easier to repress the painful memories of war, but that over time, the importance of uncovering the emotional truths and taking a valiant stand for comrades lost in combat is more heroic than heroism itself.

Each year around Remembrance Day, Fox is in high demand to speak at numerous events as one of Canada's heroes. Although he does not see himself as a hero, but rather a lucky man who has managed to live a very long, prosperous life, he does acknowledge that veterans are Canadian heroes, and that it is part of his job to break the silence, relating to an otherwise unspoken era.

"Young people need to maintain an open mind, and gain a sense of history in order to cope with an uncertain future," said Fox.

At the brief park dedication ceremony, Fox recalled a time when he was faced with a question he could not answer – one he has lived with for decades.

After the war, he was working at a department store and a familiar, grief-stricken woman, with tears in her eyes, approached him.

She grabbed him and gasped, "Why my Andy and not you?" (Referring to Andy Houghton, a friend killed during the Second World War.)

Still to this day, Fox can feel her anguish. Her husband had died in that war. Fox had survived. Fox got an award and Andy got an obituary.



Photo: Amber Gooding, Contact Staff

A plaque that appears in the dedicated parkette was unveiled by Lieutenant-Colonel Dave Dagenais (left), Commanding Officer of 412 (T) Squadron and Honorary Colonel of 412 Squadron, Charley Fox, alongside London Mayor Anne Marie DeCicco-Best and Chair of London International Airport, Gabe Valente.

"Who's the real hero here?" he asks rhetorically. If he were to answer that, in all seriousness, it's 'the Andys of our nation.'

The award he is referring to is the Distinguished Flying Cross and Bar, which is awarded to officers or warrant officers for an act or acts of valour, courage or devotion to duty performed while flying in active operations against the enemy.

To Fox, no award will ever be as fulfilling to him as knowing he has survived his friends for the greater good. One project that he is very proud of is Torchbearers, non-profit organization that educates young people about Canadian military exploits.

"It's so important to expose them to this," he said. "They are receptive, inquisitive and are becoming more involved. They need this information, especially as they're exposed to the situations going on overseas right now."

After the parkette dedication, Fox presented Lieutenant-Colonel Dave Dagenais, Commanding Officer of 412 (T) Squadron, with a hardcover copy of a book *High Flight* by Linda Granfield.

The story, about Royal Canadian Air Force Pilot John Magee, was developed from a poem he had written weeks before he was killed, entitled "High Flight", and has become an anthem for all who love to fly.

"This is the only book that I know of that is a children's book all about Magee, what happened to him, and the vital role he played in our history," said Fox. "I know this book off by heart and know that you will find as much joy in flipping

through the pages as I do, uncovering pieces of our history and of our legacy."

LCol Dagenais graciously accepted the gift, noting that the heartfelt reminder of the beauty of the skies has become one of the most well known poems to emerge from the Second World War.

As the day's presentations concluded, Fox voiced his appreciation for those who attended the ceremony and for the support and respect he continues to receive.

When asked if there was one message that Fox would like to be remembered for, it's that you believe in yourself and all that you do. Regardless of what it is, as long as you hold a passion for it, then you have a reason to get up in the morning.

Looking into his eyes, you cannot help but notice the passion he calls his own. He inspires people to seek out the hidden stories that lie deep within, and as he speaks about the unforgettable experiences of life, only one word comes to mind – remarkable.

It is recorded that 66,655 Canadians died during the First World War, and 172,950 were wounded. During the Second World War, 45,000 died and 55,000 were wounded. There were another 1,558 casualties during the three-year Korean War, 516 of which were fatal.

To Fox and many other Canadians, it doesn't matter whether you knew each of those who lost their life in any given war, or that you have an immediate connection to relate to – all that matters is that we recognize them, with gratitude.

As Canadians, we must remember those who lived to tell – and even more importantly, those who didn't.



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PICTURE OF THE WEEK



The cook supervisor during the Mountain View Ex Blue Fire in October 06 was MCpl W.C. Hollett. This picture marks the first time in Trenton's history where a field exercise has been supported with local cooks and kitchen trailers. MCpl Hollett, with more than 10 years of field experience, was in charge and passed on his expertise to five Yukon Galley cooks who only possessed rudimentary skills and minimal exposure to this type of feeding activity. We see MCpl Hollett testing the spaghetti before the meal in this picture...because quality testing is a very important role of the cook supervisor!

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HISTORY IN THE MAKING



Photo: Submitted from theatre

History was made in the skies over Afghanistan on Nov. 7 when the CC-130 tactical aircrews from 8 Wing/CFB Trenton provided crucial delivery service of supplies to Canadian soldiers deployed in a forward operating base west of Kandahar. A bull's-eye score was achieved as the crews dropped the containers on time, on target. For more information on the role of the CC-130 Hercules crews in Afghanistan, read next week's Contact.

Search & Rescue UPDATE

Photo: Sgt R. Ruthven, CFLAWC



424 Squadron flew two missions in the past week.

The first mission was on November 2. Our Herc, Rescue 307, tracked an ELT signal outside of Rochester, New York. SAR-Techs were inserted to investigate a possible downed hot air balloon. The object was determined to be a tent and there was no one in distress. Sar-Techs were recovered and Rescue 307 returned to base.

The second mission was during the evening of November 7. Our Griffon, Rescue 491, was tasked to investigate a mayday call at the east end of Lake Ontario. The crew arrived on scene but was not able to conduct a search due to inclement weather and elected to return to base. A second search attempt is being conducted at the time this article is being written.

Until next week, stay safe!

Missions for 2006: 214 Missions for Nov.: 2 Persons rescued: 39

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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 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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Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed 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.

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



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Stories of war

Throughout the past 12 months I have witnessed the birth of a new generation of Canadian war stories, all of which are set in an unremarkable location—the tarmac of 8 Wing/CFB Trenton—and all of which are largely going untold. I take a moment now to recount a couple that are worth the while to pass on.

During one of our many Repatriation Ceremonies, the mother of a soldier, who was deployed in Afghanistan, arrived at the base to attend the ceremony on the ramp. Ordinarily, this woman would not have been admitted to the airfield, but as she explained that her son had held in his arms a dying soldier, who was on this night coming home for the last time on the repatriation flight with 437 (T) Squadron, she asked if she might be granted access. She elaborated on her need to attend the ceremony by explaining that her son had called her from Afghanistan to implore her to come to Trenton to meet the fallen soldier and to speak to that man's mother... I can only imagine the sentiments and emotions exchanged between the two mothers.

On another occasion, a fallen soldier's wife, who was herself a soldier, returned to Canada on the same flight as her deceased husband - they were deployed in Afghanistan together when the unimaginable happened. When deplaning the Airbus in advance of her husband's body, she spotted General Rick Hillier at the bottom of the stairs and she burst into tears at the sight of him. In a knowing move, he ran up the stairs to embrace her and quietly talked to her as he walked with her to the terminal.

On a different occasion, another soldier who was injured in a mortar accident in Afghanistan that resulted in the death of Canadian soldiers arrived at the passenger terminal to attend a Repatriation Ceremony. He said little but his eyes were haunted and I could only wonder at what thoughts and memories must play through his mind.

And I have my own war story to tell. I have seen so many Canadian families on the East Ramp, bravely facing north as the cargo door of the Airbus slowly opened time after time to reveal the flag-draped caskets of so many loved ones who fell in that foreign and far away land. Shattered families trying to make sense of what has happened to them, openly wounded and quietly sobbing.

The sound of the sobbing on the tarmac at Trenton is something that is never going to leave me.

Captain Nicole Meszaros
 Editor-in Chief

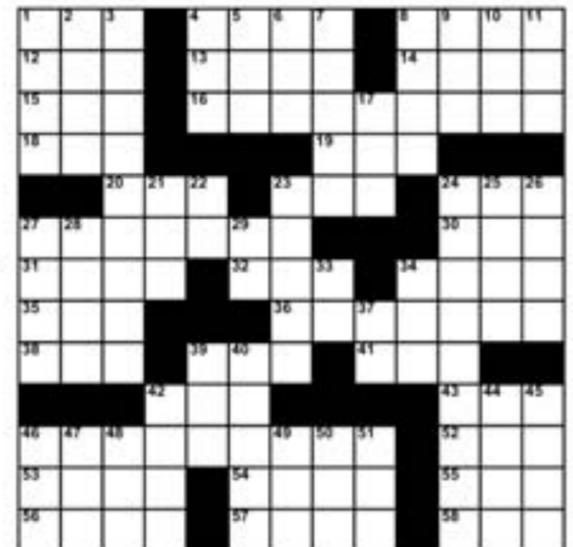
Canadiana Crossword

Valley Tally North

By Bernice Rosella and James Kilner

- ACROSS**
- 1 Clairvoyance, for short
 - 4 Associate
 - 8 From a distance
 - 12 Household god
 - 13 Fiancee
 - 14 Burial cloth
 - 15 Marquee message
 - 16 River to the Beaufort Sea
 - 18 Part of a med. checkup
 - 19 Have debt
 - 20 One who has taken orders?
 - 23 BC Exhibition
 - 24 Visual communication
 - 27 Atom
 - 30 Ms Rabbit
 - 31 Daughter of Zeus
 - 32 Engine part
 - 34 We, in St Wenceslas
 - 35 Smallest prov.
 - 36 Night club
 - 38 Gregory and George
 - 39 Compass pt
 - 41 Affirmative
 - 42 Politician, for short
 - 43 Bit
 - 46 Northern Alberta river
 - 52 Gambler's note, colloquially
 - 53 Paw
 - 54 Conceal
 - 55 Sole
 - 56 Donne creation
 - 57 Sicilian volcano
 - 58 After expenses

- DOWN**
- 1 Other
 - 2 Cutty
 - 3 Likely outcome
 - 4 Anti weapon weapon, abbr.



- 5 Meadow
- 6 Lake, to Luc
- 7 River to the Bering Sea
- 8 Bane of teens
- 9 Turkish topper
- 10 Onassis, for one
- 11 Ruff's mate
- 17 Ms Shropshire
- 21 Shoshonean
- 22 Negative
- 23 River to Lake Athabaska
- 24 Admiration
- 25 Rake
- 26 Challenge
- 27 Rascals
- 28 Fat
- 29 B. Mulroney or G. Hees
- 33 Mother, to some
- 34 No, to Robbie
- 37 Near
- 39 Cry
- 40 River to Great Slave Lake
- 42 Hand part
- 44 Top drawer
- 45 Twosome
- 46 Current unit
- 47 Faith
- 48 Colour
- 49 Arrange
- 50 Relatives
- 51 Flower petals



This Week in Contact

1976 – As part of a study to determine the feasibility of operating search and rescue facilities from Newfoundland, two Labrador helicopters from 413 Squadron are being deployed from CFB Summerside to St John's, Nfld. The deployment will also include four crews, including six rescue specialists and adequate support personnel. The 424 Squadron Voyageur helicopters with air and ground crews are also being deployed from CFB Trenton to CFB Summerside to replace the Labradors in that area.

1986 – Adolph Coors Company, America's fifth-largest brewer, saluted Canada's military veterans by presenting an original oil painting to Minister of Veteran Affairs, George Hees, at a ceremony in Winnipeg. The painting, entitled "The Canadian Armed Forces," is Coors' effort to acknowledge the sacrifices Canadians have made in serving alongside American military personnel in numerous wars and conflicts. It depicts the honour and lineage of the Canadian military from the earliest colonial wars up to United Nations operations worldwide.

1996 – The RCAF Memorial Museum now boasts another addition to its already impressive collection of display aircraft as a CP-107 Argus patrol, an anti-submarine aircraft, was unveiled at the museum's Air Park. The Argus served the RCAF and the Canadian Forces with distinction from 1958 until 1981.

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

Advertising

BEHIND EVERY GREAT MEAL...



Photo: Cpl Frieda Van Putten, 8 Wing Imaging

There's nothing quite as satisfying and comforting on a cold fall day as a large hot helping of spaghetti with a pizza chaser! The unseasonably cool and damp weather, while not popular with local golfers, has incited large numbers of 8 Wing personnel to come in out of the cold for a great (and cheap!) lunch. Held every second Friday from 11:00 to 13:00 in the Yukon Galley, the 8 Wing Government of Canada Workplace Charitable Campaign has hosted the pasta and pizza lunches, which according to 8 Wing's Campaign Chair, Major Dave Burley, has been an unprecedented success. But, as Major Burley goes on to say, "Behind every great meal, is an even better chef. This part of the campaign wouldn't be possible," he continued, "if not for the hard work and outstanding support of MWO Jim (Rocky) Seguin, and his crew." The next lunch is scheduled for Friday, November 17, so skip breakfast, leave your lunches at home and come out for a good feed and an even better cause. Pictured above, from left to right: MWO J. Seguin, MCPL W. Spencer, PO2 E. Smith, M. Richard (Rocket) Fournier, CPL T. Dicks, SGT R. Fortier, SGT D. Cahoon and SGT D. Schmidt.

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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.

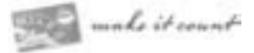
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Health

Binge drinking: Dangerous for your health

How many of you enjoy going out on a Friday night for a few drinks with your friends, to wind down after a stressful week? My guess would be that many of you fall under this category. The practice of having one or two drinks on a Friday or Saturday night is not usually a bad thing. However, what if one or two becomes a lot more and you binge drink? This pattern of behavior is more dangerous than you think.

What is binge drinking? There is much debate in the scientific community but is generally accepted that a binge is five or more drinks in one sitting for males and four or more in one sitting for females. Binge drinking has to do with how much you consume in one sitting/time period. So, if you go to the pub after work, leave at midnight and have six drinks over six hours,

that is a binge. (It is still a binge if you drink in more than one place!)

Research shows that binge drinking poses significant health and safety risks and that binge drinkers cause themselves more damage than people who restrict themselves to the recommended maximum of one to two drinks per day. Binge drinkers achieve higher levels of intoxication and are more prone to accidents, injuries and other possible negative consequences of drinking such as work and legal problems. Binge drinkers repeatedly subject themselves to withdrawal from alcohol during their periods of abstinence following a binge.

They also show more depressed moods and decreased performance on short-term memory tasks than their regular drinking counterparts. Binge drinking is associ-

ated with raised blood pressure and increased risk of heart attack and stroke. The effects of alcohol are more pronounced in females, as estrogen increases the brain's sensitivity to alcohol. These are only a few of the negative effects that make binge drinking dangerous.

The only safe amount of alcohol is none. However, if you choose to drink, be sure to stay within the Low Risk Drinking Guidelines. Limit your consumption to 1-2 drinks a day, nine drinks a week for women and 14 drinks a week for men. And remember - stop and think before you drink!

For more information on this or other topics, contact the HP staff (local 3768) or visit our website at: hr.ottawa-hull.mil.ca/health/Services/Engraph/health_promotion_home_e.asp

Consommation excessive d'alcool: plus dangereuse que vous ne le croyez

Combien d'entre vous aimez sortir le vendredi soir et prendre quelques verres avec des amis, afin de décompresser après une semaine de travail stressante? Je soupçonne que beaucoup d'entre vous entrent dans cette catégorie. Le fait de consommer un ou deux verres le vendredi ou le samedi soir n'est pas une mauvaise chose en soi. Toutefois, que se passe-t-il si ces quelques consommations deviennent beaucoup plus nombreuses et que vous participez à une beuverie (une cuite). Ce type de comportement est plus dangereux que vous ne le croyez.

Qu'est-ce que une cuite/une beuverie ou la consommation excessive d'alcool? Beaucoup de discussions entourent ce phénomène dans le milieu scientifique, mais en général, on définit la «beuverie» comme quatre consommations ou plus en une occasion pour la femme, et en cinq consommations ou plus en une occasion pour l'homme. La consommation excessive d'alcool a trait à la quantité d'alcool consommée en une seule occasion. Donc, si vous allez dans un bar après le travail, partez à minuit et consommez six verres sur une période de six heures, c'est une beuverie. (Si vous consommez de l'alcool dans

différents endroits au cours de la même soirée, c'est toujours une cuite!)

La recherche démontre que la consommation excessive d'alcool présente des risques importants pour la santé et la sécurité. Les buveurs excessifs causent davantage de tort à eux-mêmes que ceux qui se restreignent à la limite maximale recommandée, qui consiste en un ou deux verres par jour. Les buveurs excessifs atteignent des niveaux d'intoxication plus élevés et sont donc plus enclins aux accidents, aux blessures et autres conséquences négatives possibles de la consommation d'alcool comme les problèmes liés au travail et les démêlés avec la justice.

La recherche suggère également que la consommation excessive d'alcool est plus nuisible pour le système nerveux que la consommation d'alcool sur une base régulière (c.-à-d. dix verres au cours de la fin de semaine sont plus nuisibles que dix verres au cours de toute la semaine). On pourrait expliquer ce phénomène du fait que les buveurs excessifs se soumettent régulièrement à un sevrage d'alcool durant des périodes d'abstinence suivant une beuverie. Le buveur excessif affiche une humeur maussade et une diminution de son rende-

ment plus importante en ce qui touche les tâches de mémoire courte que son homologue qui boit de façon régulière. La consommation excessive d'alcool est associée à la pression artérielle élevée et au risque accru de crises cardiaques et d'accidents vasculaires cérébraux. Les effets de l'alcool sont encore plus prononcés chez la femme, puisque l'œstrogène augmente la sensibilité du cerveau à l'alcool. Ce ne sont que quelques-uns des effets négatifs qui font de la consommation excessive d'alcool une pratique dangereuse.

Ne pas boire demeure la meilleure façon de réduire les risques de problèmes liés à l'alcool. Toutefois, si vous choisissez de boire, assurez-vous de suivre les Directives de consommation à faible risque. Limitez votre consommation d'alcool à un ou deux verres par jour, à neuf verres par semaine pour les femmes et à quatorze verres par semaine pour les hommes. Et souvenez-vous, pensez-y deux fois avant de consommer! Pour plus de renseignements concernant cette question ou d'autres sujets, communiquez avec le personnel de la promotion de la santé ou visitez notre site Web: http://hr.ottawa-hull.mil.ca/health/services/frgraph/health_promotion_home_f.asp.

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Fitness, Sports & Recreation

Goalie needed for Lady Flyers

The Lady Flyers hockey team is seeking a female goalie. Equipment is available. Our regular goalie will be deploying and the team has an urgent requirement to fill the position. The team would also like to announce their latest win. The Cold Creek Comets came to visit us at the RCAF Flyers Arena. It was a huge night for Corporal Isabelle Langevin, sinking the puck five times! One goal was not counted and thus the final score was 4-1! Well done Izzy! Assists were handled by Second-Lieutenant Annie Morin (3), Second-Lieutenant Allison Besnard (2), Master Corporal Adriana Dilworth (1) and Shelly Cameron (1) visiting on course from Winnipeg. Captain Gill Parker starred in the net. Thank you to coaches Master Corporal Norm Harriett and Bryan Pearce. See you next Thursday at 19:30, when we host Colborne.

Instructor Recertification Course

This recertification course is scheduled to take place on Sunday, November 26, from 4:15 p.m. to 8:15 p.m. Cost is as follows: CRA members, \$60; staff and non-members, \$65; general public, \$75. The course will be directed by instructor Tanya Grierson.

Looking for ice monitors

Ice monitors needed for family skating. Wednesdays, 4-5 p.m.; Fridays, 6-7 p.m.; Saturdays/Sundays, 1-3 p.m. Must be 16 or older. Contact Holly Lalonde at ext 3348.

Girls Spa Night

Calling all girls, ages 13 to 18. A spa night will take place on November 18, from 5 to 10 p.m. at the Youth Centre. Admission is just \$10/person.

CRA Ice Times

Family Skating:

- Wednesdays: 4 to 4:50 p.m.
- Fridays: 6 to 6:50 p.m.
- Saturdays: 1 to 2:50 p.m.
- Sundays: 1 to 2:50 p.m.

Parent and Tot Skating:

- Tuesdays: 10 to 11:20 a.m.
- Wednesdays: 10 to 11:20 a.m.

Shinny Hockey:

- Bantam/Midget: Tuesdays, 6 to 6:50 p.m.
- PeeWee: Wednesdays, 5 to 5:50 p.m.
- Atom: Tuesdays, 5 to 5:50 p.m.
- Tyke/Novice: Thursdays, 4:30 to 5:20 p.m.

Full CSA hockey gear is required. Rules are in effect. No parents on the ice except for the volunteers in charge. Entrance fees are free for military personnel and CRA members with a PSP facility membership; \$1 for military community non-members; \$2 for the general public.

Take your pick fitness classes

Purchase a punch card and you have the choice of any or all the fitness classes. Cards and schedules are available at the RecPlex. Classes started on September 18. Punch cards are good for 15 classes.

Cost is as follows: military and CRA members: \$75, military community non-members: \$85; General public: \$95. There is also a drop-in fee option, if you do not have a card but wish to participate. As always, space permitting. Drop in fees are as follows: military community with proper ID: \$4; general public: \$5.

We have a wide variety of classes to choose from including: Ab and Back, Abs and Stretch, Aerobics, Body Sculpting, Circuit Workout, Kicking Cardio, Legs, Bums and Tums, Spin and Super Spin, Step Aerobics and Stretch and Flex.

Swim to Survive courses at the RecPlex

If your child were to accidentally fall into deep water and become disoriented would he or she have the ability to support themselves long enough to survive?

The Lifesaving Society has developed a Swim to Survive standard, which is recognized as the minimum national standard swimming skill for all children.

Hoops program returns to the RecPlex

The new Hoops program helps kids understand the game of basketball and develop skills. It's good for the beginner or advanced. The program is designed for co-ed youth, to learn fundamentals and develop skills.

Hoops takes place on Tuesdays at the RecPlex Gym. Put your name on our list to be informed of the start date.

Bronze Cross and Standard First Aid crash course

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities.

Bronze Cross is also a prerequisite for the NLS Course.

Course dates are as follows:

- Friday, November 10 and 17, from 5:00 p.m. to 9:00 p.m.
- Saturday, November 11 and 18, from 9:00 a.m. to 4:00 p.m.
- Sunday, November 12, from 9:00 a.m. to

Swim to Survive Clinics will be held every Tuesday from 4:30 to 5:15 p.m., from October 3 to December 5. Children must be 7 years of age or older to participate in the Swim to Survive Clinics.

Participation is free. Registration in advance is recommended as this program is limited to 10 children per course date.

Programs for juniors, for ages 8 to 10, will take place from 5 p.m. to 6 p.m. The intermediate, for ages 11 to 13, will take place from 6 p.m. to 7 p.m.

Cost: CRA members, \$20; military community non-members, \$25; general public, \$30. Includes t-shirt. Pre-registration is required.

4:00 p.m.

The exam is scheduled for Sunday, November 19, from 9:00 a.m. to 1:00 p.m.

Prerequisite: Must be 14 years of age and have completed the Bronze Medallion Course.

Cost is as follows: military and CRA members, \$130; military community, non-members, \$140; general public, \$160.

There is an additional cost of \$35 for the Lifesaving Manual and \$15 for the First Aid Manual, (if required).

Youth b-ball

The new co-ed youth recreational basketball league takes to the court this winter for 10 weeks. This program stresses fun and safety, along with learning the fundamentals, strategies and rules of the game.

This program will take place on Tuesdays from 7 to 8 p.m. in the RecPlex Gym. Sign up at the RecPlex to be notified of the start date.

Cost is as follows: CRA members, \$20; military community non-members, \$25; general public, \$30. Prices include a t-shirt. Pre-registration is required.

PA Day Swim

Join us from 1 to 3 p.m. on the next PA day, (November 24), at the RecPlex for a swim!

Drop-in fees will apply.

Boiler Room

We are heading to the Boiler Room for a day of fun on Friday, November 24. We will be leaving the RecPlex at 9:30 a.m. and will return at 4 p.m.

Cost is \$26/person and includes admission, climbing equipment and transportation. You must also bring your own bag lunch. Must be between 13 and 18 years of age and pre-registration is required. Registration is taking place at the RecPlex or the MFRC. For more information, please call ext 2929.

Ball hockey

The drop-in ball hockey program is designed to help develop hockey skills in a fun atmosphere.

Non-competitive game play and instruction will be included while the fundamentals of fair play and team work are stressed.

This program runs until December 14 at the RecPlex gym. The peewee division will play from 6 to 7:00 p.m.; bantam and midget will play from 7 to 8:00 p.m.

Cost: CRA members, \$1; military community non-members, \$2; general public, \$3.



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very frustrating time, and many home owners have given up their dream of selling their home themselves.

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This content is courtesy of Owen Bayley, Broker CENTURY 21 Lanthorn RE Ltd. 613-967-2100.

Auditions for monologues

Have you ever been interested in performing in "The Vagina Monologues"?

Or even interested in being part of the "behind the scene" crew and activities?

If so, mark your calendars because auditions are being held for 'The Vagina Monologues', with a main focus on working to raise awareness and towards ending violence against women and girls.

This is a benefit production for the Sexual Assault Centre for Quinte and District, the Trenton Military Family Resource Centre (MFRC) and the United Way of Quinte.

No experience is necessary, just a

willingness to be part of a fun, exciting and rewarding experience!

If you are interested in any of the above, then we invite you to attend the upcoming Vagina Monologues audition, reading and information session. The audition is scheduled to take place on Wednesday, November 15, at 6 p.m., at The Youth Centre (which is located in the Siskin Centre), at 50 Rivers Drive, 8 Wing/CFB Trenton.

To RSVP or to obtain more information, please feel free to contact Elise Hineman at The Sexual Assault Centre for Quinte and District by phone at (613) 967-6300 or via email at sacqd@lks.net.



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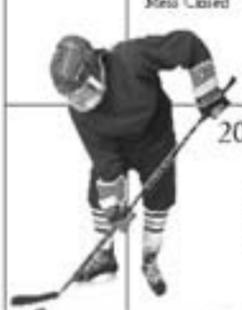
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Remembrance Day

November 11th

The Final Inspection

*The soldier stood and faced his God,
Which must always come to pass;
He hoped his shoes were shining bright,
Just as brightly as his brass.*

*"Step forward now, soldier,
How shall I deal with you?
Have you turned the other cheek?
To my church have you been true?"*

The soldier squared his shoulders and said,

*"No, Lord, I guess I ain't;
Because those of us who carry guns,
Can't always be a saint.*

*I've had to work most Sundays,
And at times my talk was rough;
I've had to break your rules my Lord,
Because the world is awfully tough.*

*But, I never took a thing
That wasn't mine to keep;
Though I worked a lot of overtime,
When the bills got just too steep.
And I never passed a cry for help,
Though at times I shook with fear;
And sometimes ... God forgive me,
I've wept unmanly tears.*

*I know I don't deserve a place
Among the people here;
They never wanted me around,
Except to calm their fears.*

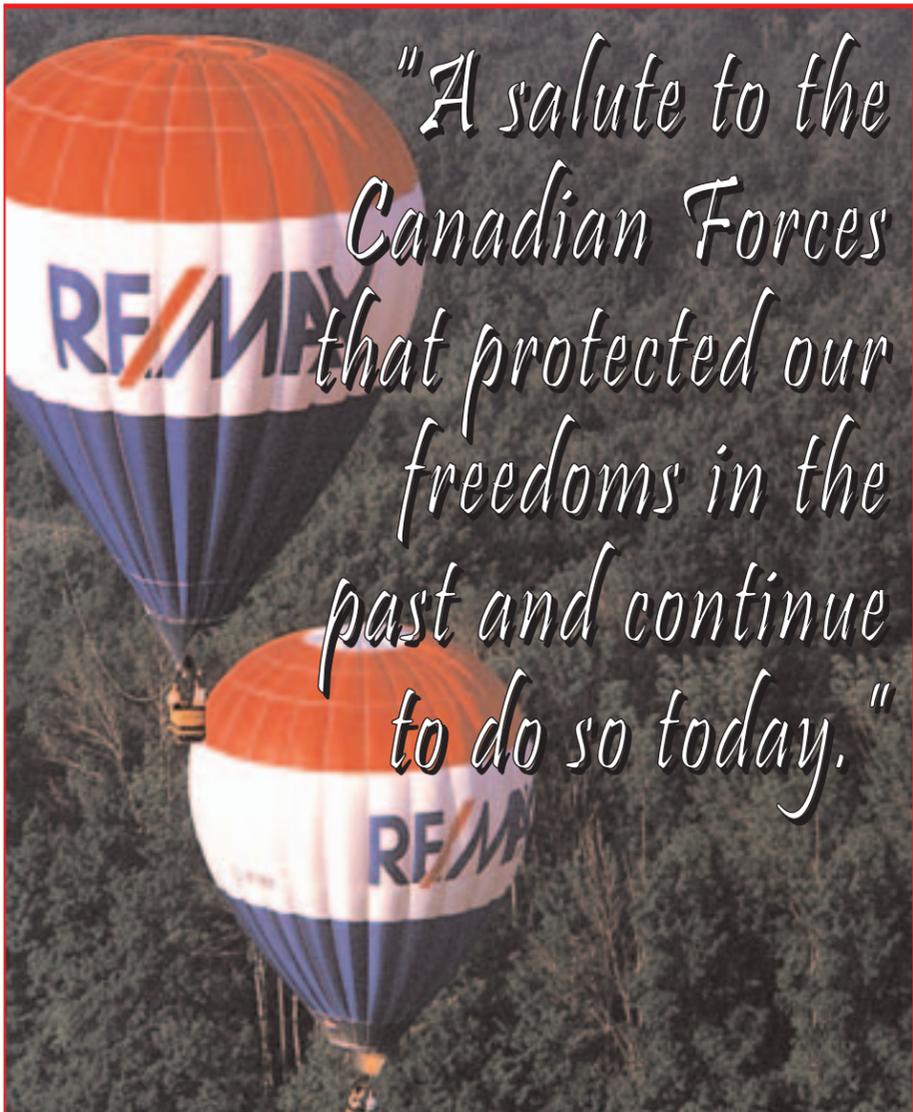
*If you've a place for me here, Lord,
It needn't be so grand;
I never expected or had too much,
But if you don't, I'll understand."*

*There was a silence all around the throne,
Where the saints often trod;
As the soldier waited quietly,
For the judgment of his God.*

*"Step forward now, soldier,
You've borne your burdens well;
Come walk peacefully on Heaven's streets,
You've done your time in HELL!"*

- Author Unknown -

Remembrance Day



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Remembrance Day



Why Remember on November 11?

Veterans Affairs Canada

We must remember. If we do not, the sacrifice of those one hundred thousand Canadian lives will be meaningless. They died for us, for their homes and families and friends, for a collection of traditions they cherished and a future they believed in; they died for Canada. The meaning of their sacrifice rests with our collective national consciousness; our future is their monument. (Heather Robertson, *A Terrible Beauty, The Art of Canada at War*. Toronto, Lorimer, 1977.)

These wars touched the lives of Canadians of all ages, all races, all social classes. Fathers, sons, daughters, sweethearts were killed in action, were wounded, and many of those who returned were forever changed. Those who stayed in Canada also served - in factories, in voluntary service organizations, wherever they were needed.

Yet, for many of us, war is a phenomenon viewed through the lens of a television camera or a journalist's account of battles fought in distant parts of the world. Our closest physical and emotional experience may be the discovery of wartime memorabilia in a family attic. But even items such as photographs, uniform badges, medals, diaries can seem vague and unconnected to the life of their owner. For those of us who were born during peacetime, all wars appear to be far removed from our daily activities.

As Canadians we often take for granted our current way of life, our freedom to participate in cultural and political events, and our right to live under a government of our choice. The Charter of Rights and Freedoms in our constitution ensures that all Canadians enjoy protection under the law. The Canadians who went off to war in distant lands went in the belief that

such rights and freedoms were being threatened. They truly believed that "Without freedom there can be no ensuring peace and without peace no enduring freedom." (King George VI at dedication of National War Memorial, Ottawa, May 21, 1939.)

In remembering their service and their sacrifice, we recognize the tradition of freedom they fought to preserve. These men and women had faith in the future and by their acts gave us the will to preserve peace for all time. On Remembrance Day, we acknowledge the courage and gallantry of those who served their country.

During times of war, individual acts of heroism occurred frequently; only a few were recorded and received official recognition. In remembering all who served, we recognize the many who willingly endured the hardships and the fear so that we could live in peace.

Pourquoi se souvenir?

Anciens Combattants Canada

Il nous faut se souvenir, sans quoi le sacrifice de cent mille vies canadiennes perd tout son sens. Ils sont morts pour nous, pour leurs foyers, leurs familles et leurs amis, pour un ensemble de traditions qu'ils chérissaient et pour un avenir en lequel ils croyaient. Ils sont morts pour le Canada. Le sens de leur sacrifice dépend de notre conscience nationale collective; notre avenir leur sert de monument. (Heather Robertson, *Beauté tragique : Les deux conflits mondiaux vus par des artistes canadiens*; Toronto, Lorimer, 1977.) (Traduction)

Ces guerres ont influencé les vies de Canadiens et de Canadiennes de tous les âges, de toutes les races et de toutes les classes sociales. Des pères, des fils, des filles, ainsi que des amoureux et des amoureuses ont été tués au combat; ont été blessés; et un grand nombre de ceux et de celles qui sont revenus ont été transformés à jamais par la guerre. Ceux et celles qui sont restés au Canada ont également servi leur pays - dans les usines, au sein d'organisations de service volontaire, et partout où l'on avait besoin d'eux.

Et pourtant, pour un grand nombre d'entre nous, la guerre est un phénomène vu à travers la

lentille d'une caméra de télévision ou raconté par des journalistes chargés de nous relater les combats engagés dans des régions éloignées du globe. Notre expérience physique et émotive la plus concrète de la guerre peut être la découverte de souvenirs de guerre dans le grenier de notre résidence familiale. Toutefois, même des articles comme des photographies, des insignes d'uniformes, des médailles et des journaux personnels peuvent nous sembler vagues et distants par rapport à la vie de leur propriétaire. Pour ceux d'entre nous qui sommes nés en temps de paix, toutes les guerres semblent être un phénomène très étranger à la vie de tous les jours.

En tant que Canadiens et Canadiennes, nous tenons souvent pour acquis notre mode de vie actuel, notre liberté de participer à divers événements culturels et politiques et notre droit de choisir notre propre gouvernement. La Charte des droits et libertés inscrite dans notre constitution garantit à tous les Canadiens et toutes les Canadiennes d'être protégés par la loi. Les Canadiens et les Canadiennes qui sont allés à la guerre dans les régions éloignées avaient la conviction que ces droits et libertés étaient menacés. Ils croy-

aient fermement que : « Sans liberté, il ne peut y avoir de paix durable, et sans paix, point de liberté durable. (Le roi George VI lors de la cérémonie de consécration du Mémorial national de guerre à Ottawa, le 21 mai 1939.)

Lorsque nous nous souvenons de leur service et de leur sacrifice, nous perpétons l'importance de la tradition de liberté qu'ils ont voulu préserver pour nous en allant affronter l'ennemi. Ces hommes et ces femmes croyaient en l'avenir et, par le biais de leur action, ils nous ont donné la volonté de préserver la paix pour toujours. Nous soulignons, à l'occasion du jour du Souvenir, le courage et la bravoure de ceux et celles qui ont servi la patrie.

En temps de guerre, de nombreuses personnes accomplissent des actes individuels d'héroïsme. Toutefois, seulement une infime partie de ces actes est consignée, et fait l'objet d'une reconnaissance officielle. Lorsque nous nous souvenons de tous ceux et toutes celles qui ont servi en temps de guerre, nous témoignons notre reconnaissance envers les nombreuses personnes qui ont accepté d'affronter les rigueurs de la guerre et de vivre dans un état de crainte, pour que nous puissions vivre en paix.

Prayer for the Canadian Troops

Father God, protect our troops, our favoured sons and daughters, keeping peace in foreign lands and sailing distant waters.

Here, beneath the northern sky, from shore to glorious shore, we're praying for their safety as they face the threat of war.

Grant them wisdom and courage for the perilous job they do, and in support of her troops, keep Canada strong and true.

Guide and guard our forces, Lord. Lead them - each step of the way. Bless and keep their families. Bring them safely home to stay.

~ Terri McPherson ©



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Remembrance Day

City of Quinte West

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Mayor and Council
City of Quinte West.

Remembrance Day
November 11th
Lest we forget

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May their memory serve as an inspiration to us all

Gordon O'Connor
Minister of National Defence

November 11th is Canada's 88th day of remembrance—marking the end of the First World War and commemorating the sacrifices of our fallen soldiers, sailors, airmen and women, and war veterans. We also pay our respects and offer our thanks to our current-serving members deployed around the world, and we appreciate the support of their families, friends and loved ones.

I have had the privilege of meeting many of our Canadian Forces personnel from across our country—their families and friends included. And everyday I am reminded of the tremendous sacrifices made by the brave men and women who proudly wear the uniform of the Canadian Forces.

I would like to pay tribute to the Canadian Forces members who have made the ultimate sacrifice over the course of the past year while serving their country on operations in Canada and around the world. I have supported and stood with their families and close friends. Despite the grief and hardship they have endured and must live with, they recognize the importance of the work of the Canadian Forces.

As Defence Minister, I've met twice with our troops in

Afghanistan. They are justifiably proud of what they are doing, and they believe in their mission. It's in our national interest to ensure Afghanistan never again becomes a haven for international terrorists to threaten global security. That's why, at this moment, courageous men and women in desert camouflage are rooting out terrorism at its source and protecting Canada.

In profound ways, there are common threads that tie their work to that of their predecessors. Like the Canadians who served and fell in the mud and fields of Flanders and France, the soldiers who are fighting amidst the sand and dust of Panjwayi District are dedicated to building a stable, free country where people have the hope of a better future. Like the airmen who flew in the darkened skies of Europe during the Second World War, those who fly into Kandahar Airfield know that their mission is an important one, and one that requires a certain skill and professionalism even under the most demanding of circumstances. Like the sailors who hunted an unseen enemy in the cruel seas, the sailors and aviators now patrolling distant waters are demonstrating the valour and determination that Canadians are known for around the world. And like the soldiers who fought in the bone-chilling mountains and ravines



Gordon O'Connor

of Korea, the men and women who are rooting out the Taliban from the vineyards of southern Afghanistan, understand that safeguarding our freedom at home sometimes means helping stamp out tyranny abroad.

We must always remember the debt we owe to our veterans. They embody our common values and highest ideals. They have given so much to a grateful nation.

On Remembrance Day, pay tribute to those who have given their lives in the service of Canada. Reflect on the difference Canadian soldiers have made in the past and are making today in places like Afghanistan. Our veterans have left us a proud legacy. May their memory serve as an inspiration to us all. Lest we forget.

Message de la gouverneure générale Michaëlle Jean

11 novembre 2006 – Symbole de l'immense dévouement et du courage des soldats tombés au champ d'honneur, le coquelicot se porte aujourd'hui dans le respect de la mémoire et du lourd tribut des combats menés pour cette liberté si chèrement acquise.

Une simple fleur sur notre cœur pour dire que nous nous souvenons qu'ils ont été des milliers d'hommes et de femmes, dont plusieurs n'avaient pas 20 ans, à tout laisser derrière eux et à tout risquer pour qu'aujourd'hui nous puissions vivre, comme nous le faisons, dans un pays où l'ampleur de nos rêves et la possibilité de les poursuivre n'a de frontière que celle de l'imagination.

Il fallait un esprit de dépassement sans pareil pour consentir comme ils l'ont fait au sacrifice ultime de leur vie. Leur bravoure et leur engagement méritent non seulement notre admiration mais toute notre reconnaissance et notre entière gratitude. Ce que nous leur devons, c'est d'avoir fait triompher la liberté et la paix sur la tyrannie et la folie meurtrière qui ont déchiré le siècle dernier.

En ce jour du Souvenir, faisons en sorte que les jeunes d'aujourd'hui et les générations à venir réalisent le précieux héritage qui nous a été légué. Prenons le temps d'y réfléchir avec ceux qui nous entourent et que chaque coquelicot nous serve d'aide-mémoire.

Message du General Rick Hillier Chef d'état-major de la Défense

Pendant des générations, les militaires canadiens, hommes et femmes, ont montré leur engagement et leur volonté de se battre lorsque nécessaire pour protéger nos intérêts et nos valeurs.

En ce jour de souvenir et de commémoration, les actes héroïques accomplis par les militaires canadiens du passé ne peuvent que nous inspirer alors que nous affrontons les défis d'aujourd'hui.

Ce fut une année notable pour les Forces canadiennes, tout comme 1917 l'a été pour une génération antérieure.

À la crête de Vimy, quatre divisions du Corps canadien, qui travaillaient ensemble pour la première fois, se sont battues avec détermination et bravoure contre un ennemi décidé.

Beaucoup considèrent que la bataille de Vimy a marqué un tournant dans l'histoire du Canada: Vimy est le lieu où l'héroïsme et la bravoure de nos soldats furent reconnus par les Canadiens et par nos alliés.

En Afghanistan, ailleurs dans le monde, partout sur le continent nord-américain et dans notre pays, votre travail fait écho au courage et à la ténacité de ceux qui vous ont précédés il y a presque 90 ans.

Vous travaillez pour la préservation de notre mode de vie. Vous combattez pour protéger les principes en lesquels nous croyons tous. Vous servez en tant que Canadiens.

Il n'y a aucun doute que cette année a été difficile pour chacun d'entre vous. En tant que Chef d'état-major de la Défense, je ne peux qu'être fier du travail que vous avez fait pour le Canada.

Vos efforts se font sentir partout dans ce grand pays. D'un océan à l'autre, les Canadiens portent le rouge pour appuyer votre travail.

Mais ce simple hommage, fait en cette période de l'année, donne aussi aux Canadiens une raison de réfléchir à l'héritage que nous ont laissé vos prédécesseurs.

Le 11 novembre, que vous soyez devant un cénotaphe à l'air vif de l'automne ou devant le monument canadien au terrain d'aviation de Kandahar, je sais que vous allez penser à vos camarades et à vos amis qui ont fait de si grands sacrifices pour donner aux Canadiens la liberté dont ils jouissent aujourd'hui.

Je sais aussi que vos cœurs vont se joindre aux familles des militaires canadiens qui ont récemment perdu un être cher. Pendant tout ce temps, elles ont fait preuve d'une dignité, d'un engagement et d'une grâce qui sont une source d'inspiration pour nous tous.

Comme eux, nous ne pouvons ni ne devons oublier que nos vétérans ont payé un prix élevé pour notre liberté.

C'est un sacrifice dont nous nous souviendrons pendant des générations et dont nous serons toujours fiers.

Puisse leur souvenir nous inspirer tous

Gordon O'Connor
Ministre de la Défense nationale

Le 11 novembre, le Canada souligne le jour du Souvenir pour la 88e fois. Ce jour marque la fin de la Première Guerre mondiale et commémore les sacrifices de nos soldats, marins, aviateurs et aviatrices tombés au combat, ainsi que de nos anciens combattants. Nous rendons aussi hommage et offrons nos remerciements à nos militaires déployés partout dans le monde et nous apprécions le soutien de leur famille, de leurs amis et de leurs proches.

J'ai eu le privilège de rencontrer beaucoup de membres des Forces canadiennes de tous les coins du pays, ainsi que leurs proches et amis.

Chaque jour, je me rappelle les énormes sacrifices faits par ces hommes et ces femmes qui font preuve de bravoure et portent fièrement l'uniforme des Forces canadiennes.

J'aimerais rendre hommage aux membres des Forces canadiennes qui ont fait l'ultime sacrifice au cours de la dernière année, pendant qu'ils servaient leur pays au Canada et ailleurs dans le monde.

J'ai donné mon appui et je suis resté aux côtés de leurs proches et amis. Malgré la peine et la douleur qu'ils ont éprouvées et qui les habitent encore, ils reconnaissent l'im-

portance du travail des Forces canadiennes.

Comme ministre de la Défense nationale, j'ai par deux fois rencontré nos soldats en Afghanistan. Ils sont à juste titre fiers de ce qu'ils font et ils croient en leur mission. C'est dans notre intérêt national de veiller à ce que l'Afghanistan ne devienne jamais un sanctuaire pour les terroristes internationaux qui menacent la sécurité mondiale.

C'est pourquoi, en ce moment, de braves hommes et femmes en tenue de camouflage du désert attaquent le terrorisme à sa source et protègent le Canada.

Des traits communs lient profondément leur travail à celui de leurs prédécesseurs.

Comme les Canadiens qui ont servi et sont tombés dans la boue et les champs des Flandres et en France, les soldats qui combattent dans la poussière et le sable du district Panjwayi se consacrent à la construction d'un pays stable et libre où les gens peuvent espérer un avenir meilleur.

Comme les aviateurs qui ont fendu le ciel obscur de l'Europe pendant la Seconde Guerre mondiale, ceux qui s'envolent de l'aérodrome de Kandahar savent que leur mission est importante et exige une compétence et un professionnalisme extraordinaires, même dans les circonstances

les plus exigeantes.

Comme les marins qui ont pourchassé un ennemi invisible dans les mers cruelles, les marins et aviateurs qui patrouillent présentement les eaux lointaines font preuve de la vaillance et de la détermination qui ont fait la renommée des Canadiens partout dans le monde.

Et comme les soldats qui ont combattu dans les ravins et les montagnes glaciales de la Corée, les hommes et les femmes qui combattent les talibans dans les vignobles du sud de l'Afghanistan comprennent que, pour préserver notre liberté ici, il faut parfois contribuer à éradiquer la tyrannie à l'étranger.

Nous devons toujours nous souvenir de ce que nous devons à nos anciens combattants.

Ils personnifient nos valeurs communes et nos idéaux les plus élevés. Ils ont tant donné à une nation reconnaissante.

En ce jour du Souvenir, rendons hommage à ceux qui ont donné leur vie au service du Canada. Prenons le temps de réfléchir à tout ce qu'ils ont fait dans le passé et à tout ce qu'ils font encore aujourd'hui dans des endroits comme l'Afghanistan.

Nos anciens combattants nous ont légué la fierté. Puisse leur souvenir nous inspirer tous.

Nous nous souviendrons.

Remembrance Day

How do we remember?

Veterans Affairs Canada

On November 11, especially, but also throughout the year, we have the opportunity to remember the efforts of these special Canadians. In remembering, we pay homage to those who respond to their country's needs. On November 11, we pause for two minutes of silent tribute, and we attend commemorative ceremonies in memory of our war dead.

Following the First World War a French woman, Madame E. Guérin, suggested to British Field-Marshal Earl Haig that women and children in devastated areas of France could produce poppies for sale to support wounded Veterans. The first of these poppies were distributed in Canada in November of 1921, and the tradition has continued ever since, both here and in many parts of the world.

Poppies are worn as the symbol of remembrance, a reminder of the blood-red flower that still grows on the former battlefields of France and Belgium. During the terrible bloodshed of the second Battle of Ypres in the spring of 1915, Lieutenant-Colonel John McCrae, a doctor serving with the Royal Canadian Army Medical Corps, wrote of these flowers which lived on among the graves of dead soldiers:

*In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

John McCrae

The flowers and the larks serve as reminders of nature's ability to withstand the destructive elements of war by men, a symbol of hope in

a period of human despair. In Canada, traditionally the poppies which we wear were made by disabled Veterans. They are reminders of those who died while fighting for peace: we wear them as reminders of the horrors of conflict and the preciousness of the peace they fought hard to achieve.

The two minutes of silence provide another significant way of remembering wartime while thinking of peace. Two minutes are scarcely enough time for thought and reflection. As we pause and bow our heads, we remember those brave men and women who courageously volunteered for the cause of freedom and peace.

For those who lived through these wars, remembering means thinking of comrades. It evokes memories of men and women who never returned home. Those born after the wars might picture the youthful soldiers who eagerly joined up from high schools, businesses and farms across the country, only to meet death while fighting against the enemy. They may imagine the anguish of a man leaving a new wife, a young family, an elderly mother. The important thing for all of us to remember is that they fought to preserve a way of life, Canadian values, and the freedom we enjoy today and often take for granted. Remember that the silence is to honour their sacrifice and memory.

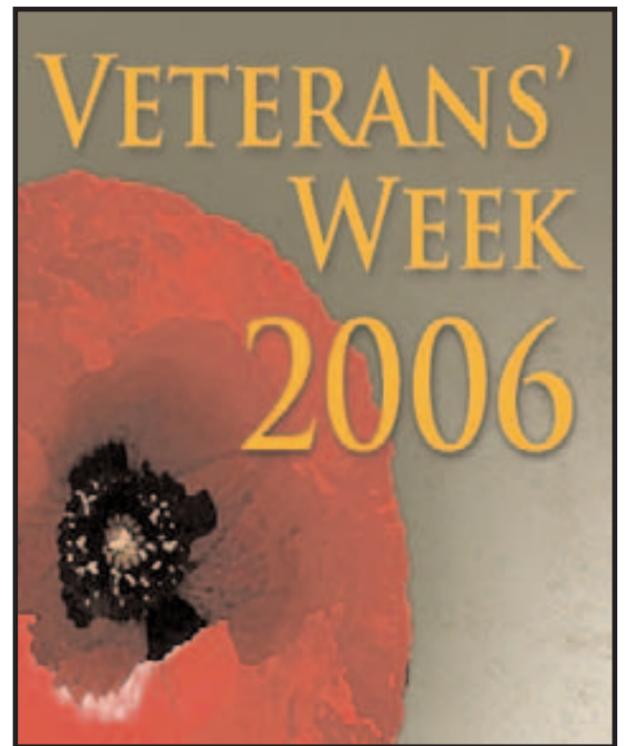
There are memorials to commemorate the service of Canadian troops in Canada and overseas. The National War Memorial in Ottawa was originally designed to recognize those who served in the First World War. It has been rededicated to symbolize the sacrifice made by Canadians in the Second World

War, in Korea, and in subsequent peacekeeping missions. The National War Memorial symbolizes the unstinting and courageous way Canadians give their service when values they believe in are threatened. Advancing together through a large archway are figures representing the hundreds of thousands of Canadians who have answered the call to serve; at the top of the arch are two figures, emblems of peace and freedom.

The Tomb of the Unknown Soldier is located next to the National War Memorial and contains the remains of an unknown Canadian First World War soldier who was exhumed from a cemetery near Vimy Ridge. The Tomb and its Unknown Soldier represents all Canadians, whether they be navy, army, air force or merchant marine, who died or may die for their country in all conflicts - past, present, and future.

The Books of Remembrance which lie in the Memorial Chamber of the Peace Tower are another record of the wars. In addition, most cities and towns across the country have dedicated a monument, a building, or a room to their native sons and daughters who gave their lives. These commemorative locations are an enduring record of the losses suffered by communities as Canadians went forward to fight for what they believed was right.

One day every year, we pay special homage to those who died in service to their country. We remember these brave men and women for their courage and their devotion to ideals. We wear poppies, attend ceremonies, and visit memorials. For one brief moment of our life, we remember why we must work for peace every day of the year.



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On November 11, what should we remember?

Veterans Affairs Canada

Formal records tell us about the size and strength of armies, military strategy, and the outcome of battles. Such information is vital, yet to fully appreciate military history we must try to understand the human face of war. Loss of comrades, extreme living conditions, intense training, fear, as well as mental, spiritual and physical hardship helps illuminate what the individual sailor, soldier and airman experienced in battle.

The First World War 1914-1918

In the First World War, the Canadians' first major battle occurred at Ypres, Belgium, on April 22, 1915, where the Germans used poison gas. As approximately 150 tonnes of chlorine gas drifted over the trenches, Canadian troops held their line and stopped the German advance in spite of enormous casualties. Within 48 hours at Ypres and St. Julien, a third of the Canadians were killed. One of those who survived described the aftermath of a dreaded gas attack:

The room was filled with dying and badly wounded men; trampled straw and dirty dressings lay about in pools of blood. The air, rank with the fumes of gas, was thick with the dust of flying plaster and broken brick, and stifling with the smoke from the burning thatch.

Using outdated 19th century military strategy, allied generals believed that sending wave after wave of infantry would eventually overwhelm the enemy. Soaring casualty rates proved that soldiers attacking with rifles and bayonets were no match for German machine guns. Each side dug in and soon the Western Front became a patchwork of trenches in France and Belgium stretching from Switzerland to the North Sea.

In April 1917, Canadians helped turn the tide of battle when they won a major victory at Vimy Ridge. This triumph came at high cost: more than ten thousand casualties in six days. Even with this victory, the war continued for more than a year. Finally, on November 11,

1918, the Armistice was signed and the Canadians took part in the triumphant entry into Mons, Belgium. Throughout this conflict, Canadians proved that they could pull their weight, and by their effort earned for Canada, a new place among the nations of the world.

The Second World War 1939-1945

During the Second World War, Canadians fought valiantly on battlefronts around the world. More than one million men and women enlisted in the navy, the army and the air force. They were prepared to face any ordeal for the sake of freedom. When the war was over, more than 42,000 had given their lives. On the home front as well, Canadians were active as munitions workers, as civil defence workers, as members of voluntary service organizations, and as ordinary citizens doing their part for the war effort.

In December 1941, Canadian soldiers were participants in the unsuccessful defence of Hong Kong against the Japanese; 493 were wounded and 557 were killed in battle or at the hands of the Japanese as prisoners-of-war (POWs). The situation faced by the Canadian POWs was horrible; they laboured long hours and were given very little to eat. The daily diet was rice - a handful for each prisoner. Occasionally, a concoction of scavenged potato peelings, carrot tops and buttercups was brewed. The effect was obvious:

Sidney Skelton watched the 900-calorie-a-day diet shrink his body from 145 to 89 pounds. And whenever a group of prisoners could bribe a guard into giving them a piece of bread, they used a ruler to ensure everyone got an equal share.

Canadians played a leading role on the European front. On August 19, 1942, Canadians attacked the French port of Dieppe. Canadians made up almost 90 per cent of the assault force. The raid was a disaster. Out of a force of 4,963 Canadians, 3,367 were killed, wounded, or became POWs. Lucien Dumais was there and

described the beach upon landing:

The beach was a shambles, and a lot of our men from the second wave were lying there either wounded or dead. Some of the wounded were swimming out to meet our flotilla and the sea was red with their blood. Some sank and disappeared. We stood by as they died, powerless to help; we were there to fight, not to pick up the drowning and the wounded. But the whole operation was beginning to look like a disaster.

Canadians played an essential role as the war continued. They participated in the conquest of Sicily in 1943, and defeated the Nazis in Italy despite fierce resistance especially at Ortona and Rimini. On June 6, 1944, D-Day, Canadians were in the front lines of the Allied forces who landed on the coast of Normandy. All three Canadian services (Navy, Army, and Air Force) shared in the assault. In Normandy, the fighting was fierce, and the losses were heavy.

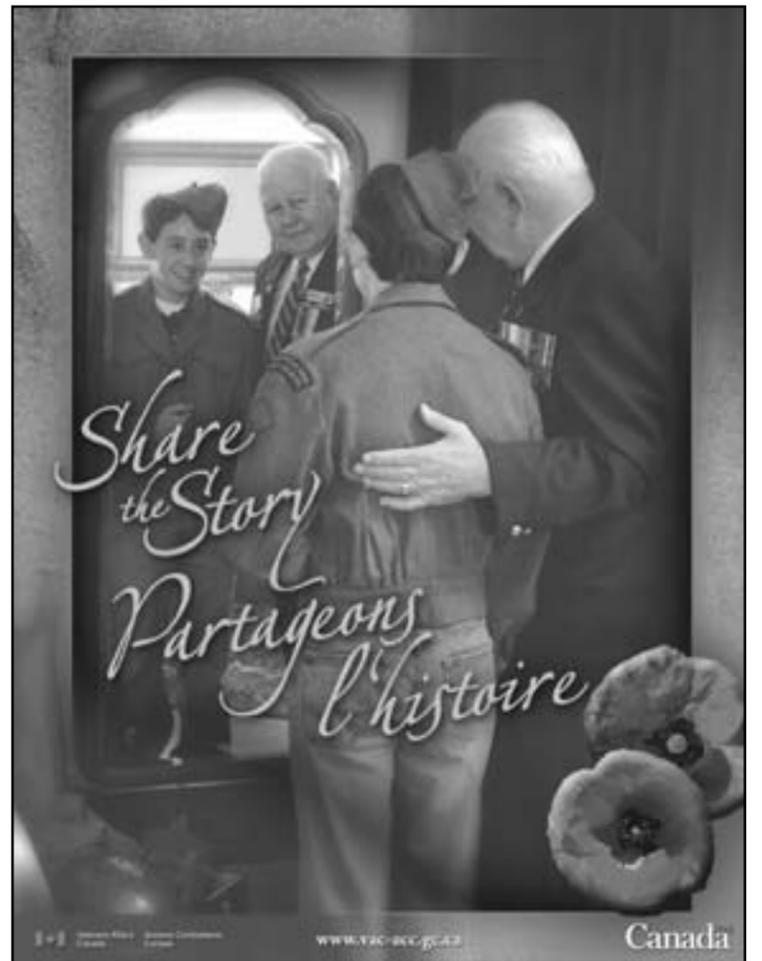
Approximately 14,000 Canadians landed on Juno Beach and suffered 1,074 casualties (including 359 fatalities).

Canadians encountered fierce resistance from the German occupiers as they fought through Northwest Europe, particularly at Caen and Falaise, France, as well as the formidable task of clearing the English Channel ports in France and Belgium. They also saved the Allied advance from stalling by defeating the Nazis in the Scheldt estuary of Belgium and Holland - intense fighting over flooded terrain.

In May 1945, victory in Europe became a reality and millions celebrated V-E Day. Still ahead lay the final encounter with Japan. Then, on August 6, 1945, the United States dropped the first atomic bomb on Hiroshima. Three days later, a second bomb destroyed Nagasaki. On August 14, 1945, the Japanese accepted the Allied terms of unconditional surrender and the Second World War was over.

The Korean War 1950-1953

The hard-fought end to the



Second World War did not provide Canadian troops with a long peace. By 1950, Canadian soldiers were mobilized on behalf of the United Nations (UN) to defend South Korea against an invasion by North Korea. By 1951, the People's Republic of China had joined North Korea against the UN force. In Korea, the Canadians fought at Kapyong, at Chail-li, in the advance across the Imjin River, and in the patrolling of the Chorwon Plain. When the hostilities ended in 1953, Canadians stayed as part of the peacekeeping force.

The conditions in Korea were often difficult, with harsh weather, rough terrain, and an elusive and skillful enemy. In their own camp, they had to deal with casualties, illness and limited medical facilities. The winter of 1951 was especially severe. They were living twenty-four hours a day in trenches, which provided some protection but little comfort. As one soldier recalled, the weather aggravated what was already a demoralizing experience:

Rain was running down my neck, my hands were numb, and I never seemed to be dry. Kneeling in the snow, or advancing in the rain, my knees and the front of

my legs became wet. Then the dampness soaked right through and the skin underneath became tender and raw.

Altogether, 26,791 Canadians served in the Korean War and another 7,000 served between the cease-fire and the end of 1955 when Canadian soldiers were repatriated home. There were 1,558 casualties, 516 fatal. While Canada's contribution formed only a small part of the total United Nations effort, on a per-capita basis, it was larger than most of the other nations in the UN force.

"It (Canada's participation in Korea) also marked a new stage in Canada's development as a nation. Canadian action in Korea was followed by other peacekeeping operations which have seen Canadian troops deployed around the world in new efforts to promote international freedom and maintain world peace."

From all of these records of wars, the observations of the individuals who took part stand out as reminders of the true nature of conflict. Through knowledge of the realities, we may work more diligently to prevent them from happening again.

Remembrance Day

November 11th



MFRC



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Wednesday Night Out

Pre register please by calling 613-965-3595 or 613-965-3575

November 22 **Pamper night**November 29 **Relaxation techniques.** We will explore a number of different relaxation techniques and hope you can find one that will help relieve your stress.**A variety of activities coming up, please visit the MFRC website calendar www.trentonmfr.cfbtrenton.com****Les sorties du mercredi soir.**

Veuillez vous inscrire à l'avance en appelant au 613-965-3595 ou 613-965-3575

Le 22 : **Soirée pour vous dorloter**Le 29 : **Techniques de relaxation.** Nous étudierons différentes formes de relaxation et espérons que vous trouverez celle qui vous aidera à diminuer votre stress.**Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfr.cfbtrenton.com****Volunteer Opportunity**

If you are one of those people who loves to cuddle babies and little toddlers the Daycare could use your volunteer assistance in the Infant Room. We are looking for 1-2 volunteers to cuddle and rock the babies before nap time, approx 11:30 -1:00.

Volunteers will supplement, not replace staff, (staff do diapers), and all volunteers will be screened. Volunteers can work on an occasional or regular basis, as suits their availability.

If interested, contact Wendy at the MFRC, 613-392-2811 ext. 3557.

**Opportunité de bénévolat**

Si vous êtes une de ces personnes qui aiment dorloter les bébés et les bambins, la Garderie aimerait de l'aide dans la salle des tous-petits. Nous recherchons un ou deux bénévoles pour cajoler et bercer les bébés durant les siestes, de 11h30 à 13h. Les bénévoles ne remplacent pas les employées, (les employées changent les couches), mais complètent les services. Tous les bénévoles doivent être sélectionnés. Les bénévoles peuvent aider de façon

régulière ou occasionnelle, selon leur disponibilité.

Si vous êtes intéressé, téléphonez à Wendy au 613-392-2811 poste 3557.

Co-operative Bilingual Nursery School**January - June 2007**

Register now for winter sessions. Space is limited to 16 children for both programs. The English program operates Tuesday and Thursday and the French program operates Monday and Wednesday.

Children are engaged in various activities that will help promote their self-help, small and large motor movements and language skills as well as develop and evolve their creativity and imagination.

We ask that parents who are available to participate in the program to volunteer one morning a month to assist with its implementation.

Nursery School runs from January to June from 9:00 - 11:30 am

For more information or to register, please call 613-965-2442.

Garderie éducative bilingue co-opérative**de janvier à juin 2007**

Incrivez votre enfant maintenant pour la session d'hiver. Chaque programme a de l'espace pour 16 enfants. Le programme en français sera les lundis et mercredis, le programme en anglais sera les mardis et jeudis.

Les enfants participeront dans des activités diversifiées pour promouvoir leur autonomie, le mouvement de leurs petits et grands muscles, leur habileté de langage ainsi que développer leur créativité et imagination.

Nous demandons aux parents qui sont disponibles de participer au programme en offrant une matinée par mois pour aider à la mise en oeuvre de celui-ci.

La garderie éducative fonctionnera du mois de janvier au mois de juin, de 9h à 11h30.

Pour de l'information ou pour l'inscription, téléphonez au 613-965-2442.

Welcome Coffee at the MFRC**Everyone is invited! Children welcome.**

Wednesday, November 15 - 10:00 am to 11:30 am

Café de bienvenue au CRFM**Tous sont invités! Les enfants sont les bienvenus.**

Le mercredi 15 novembre de 10h à 11h30

Programme gratuit et en français! *

Pour les parents/responsables de garde et leurs enfants (0-6 ans)



* For parents/caregivers and their children (0-6 yrs. old), these programs are offered in French only. For more information on other drop-in programs, please contact Denise Currie at 392-2811 ext. 3598.

Halte-jeux francophone

Jeux libres - Bricolage - Activités - Ressources

Tous les jeudis de 09h00 à 11h30 à l'école Cité-Jeunesse

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S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez www.trentonmfr.cfbtrenton.com

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

GGWGC All Ranks "Wrap-up Dance"

DJ music provided by "Bobs Disc Jockey Connection"

The doors will open at 8:00 p.m. on November 24 at the Astra Lounge. There will be a minimum of \$5 donation, paid at the door.

There are a number of door prizes to be won, including a nights star at the beautiful Huffs Estates and Winery.

Tickets for other prizes will also be available. These prizes could make some great Christmas gifts.

La Campagne CENTRAIDE 2006 'Tous les grades' Wrap-up Dance

DJ sur place " Bobs Disc Jockey Connection "

Ouverture des portes à 20:00 Quand : 24 Nov 06

Où : Astra Lounge

Des prix de présences seront tirés, incluant un séjour au magnifique Huffs Estate and Winery Billets disponibles pour d'autres prix! Don min. 5\$ à la porte. Ces prix pourraient être de beaux cadeaux de Noël.

UNITED WAY TEXAS HOLD'EM POKER TOURNAMENT

Date: December 1, 2006 Time: 1600 hrs

Where: WO's and Sgt's Mess

There is an entry fee of \$50.00 per participant. Prizes will depend on the number of entries received for this event. Food will also be provided. The deadline for entry is (not later than) November 27, 2006.

Those interested in registering may do so by contacting Apollo at 613-392-2811 local 2289.

Women's Dance in Belleville

Ladies, come and join us on Friday, November 10, from 9 p.m. to 1 a.m. at the Belleville Club, located at 210 Pinnacle St. (across from the Clarion Hotel). There will be a live band and plenty of food served. Cost will be \$2 to \$10 (sliding scale).

This event is sponsored by SAC of Belleville and Three Oaks

CHAPLAIN SERVICES SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton
Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS

Padre Frank Pellerin
Padre Mel Talan (deployed)
Padre Catherine Morrison

WORSHIP SERVICES

<p style="margin: 5px 0;">OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p style="margin: 5px 0;">Chapel Life Co-ordinator Padre John Tracey</p> <p style="margin: 5px 0;">MASS Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p style="margin: 5px 0;">CONFESSION At all times</p> <p style="margin: 5px 0;">PARISH ORGANIZATIONS Parish Council fourth Sun 1330 hrs Knights of Columbus first Thurs 1900 hrs CWL second Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs</p> <p style="margin: 5px 0;">DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 613-392-2811 et demandez l'aumônier en devoir.</p> <p style="margin: 5px 0;">NOTICE/AVIS It is now possible to have the Club Xtra points that are earned on all your purchases at CANEX go to the Chaplain Emergency Fund. Simply ask to have the points placed on the Chaplains' card. The Chaplain Emergency Fund is used to assist our military families during times of family crises. / Vous pouvez dès maintenant, lors de vos achats au Canex, donner vos points Club Xtra au Fonds d'urgence des aumôniers. Vous n'avez qu'à mentionner que vous désirez donner vos points sur la carte des Aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales.</p>	<p style="margin: 5px 0;">ST CLEMENT ASTRA (PROTESTANT)</p> <p style="margin: 5px 0;">Chapel Life Co-ordinator Padre Mike Adamczyk</p> <p style="margin: 5px 0;">WORSHIP SERVICE Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month</p> <p style="margin: 5px 0;">PARISH ORGANIZATIONS Chapel Guild Last Tues 1930 hrs</p>
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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 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!



437 Squadron: A squadron that rises to all challenges

I have to say that I have not stopped smiling since 16 December 05. That was the day I was told that I would have the opportunity to command one of the most distinguished squadrons of the greatest wing in the Air Force, 437(Transport) Squadron.

I had enjoyed the last 12 years in Ottawa, however it was time for me to come back to tactical level operations. I am very happy to be back in Trenton and quite proud, both of the outstanding work carried out on a daily basis at 437(T) Squadron, and to have been entrusted with its command. I consider the Huskies to be some of the best people at 8 Wing/CFB Trenton and I intend to do everything in my power to keep it that way.

Although the primary role of the squadron is long-range transport of personnel and equipment and VIP airlift, we are scheduled to acquire an air-to-air refueling capability within the next year. For deployed troops, the Airbus has a very profound meaning; watching the aircraft arrive not only means re-supply and fresh troops, but also a ticket home.

The squadron was the first airlift squadron to deploy an aircraft and crew to South West Asia. Over the subsequent five years, we have deployed, sustained, and redeployed Canada's air, army and naval forces stationed throughout the Persian Gulf and Afghanistan, while concurrently reacting to a multitude of other airlift requests domestically and abroad. In my short stay, I have come to know a squadron that rises to all challenges and never complains.

Since last summer, the squadron has been very busy with the Operation ARCHER rotation. This made the month of August a busy time for 437(T) Squadron, as we provided continuous flow, strategic airlift for the rotation of Canadian troops in and out of Afghanistan. During the past three months, we have had the distinct pleasure of providing transportation for the Right Honourable Stephen Harper, Prime Minister of Canada, to Cancun, Bucharest and also St-Petersburg, a tasking that ended up being combined with the evacuation of Canadian citizens from Lebanon.

Since last March, we have said

goodbye to 20 people through postings and we have welcomed 18 new members. The upcoming month will be as busy as the previous months. I predict the next few years will be very exciting, with, among other things, the impending arrival of the first modified Airbus capable of air-to-air refueling.

In the past we had this capability with the Boeing, but we have been without this capability since the last two Boeings went out of service in 1997. In order to create a strategic air-to-air refueling capability, we became partners with the German Air Force in an Airbus program to convert two Canadian and four German A310 aircraft into air-to-air refueling aircraft. Our first modified aircraft should arrive mid December 06, with a second Airbus scheduled for modification during the spring of 2007.

One of my main priorities at the squadron is to help keep the people smiling while performing the many tasks that are required of them on a daily basis. I intend to achieve that by maintaining a high level of deployed capability, by monitoring the morale, quality of life, and fitness of all personnel and

by placing importance on professional development. Deployments are getting more and more challenging based on the increasing operational tempo. This requires our personnel to be physically fit, which helps them deal with the additional stress. Fitness is something I strongly encourage for members of the squadron. I stress that people should get out there and do something physical. It doesn't have to be regimented or structured, but everyone needs some sort of physical training. This, I believe, is especially vital as we face increasingly demanding deployments.

As operators of the Airbus we have been charged numerous times over recent months with bringing fallen soldiers back to Canada. It is a humbling experience to carry those who rest under the Canadian flag home to their families and we are honoured to be entrusted with this important and sombre job; we strive each and every time to ensure that we bring these heroes home with dignity.

We are fortunate that Colonel Tom Lawson, our Wing Commander, meets the very high standards of 437(T) Squadron, as it

allows him to fly missions with us as a First Officer. He continues to boost the morale of all who serve with him as he demonstrates his commitment to air mobility force operations and his love of flight.

In summary, the squadron will face many challenges that naturally come about as a consequence of being a highly operational squadron, a fact of life for the Huskies that is unlikely to change in the near future. However, with the recent procurement announcements made by the Government of Canada, I am certain that the air force will be able to achieve an affordable and sustainable level of activity, which is consistent with mission success. We must focus on every new opportunity that can be exploited. Failing to do so will be too costly. This is an exciting time for the air force and our air mobility forces and 437(T) Squadron members will play a critical role through this transformation, by successfully meeting the expanding variety of operations on the horizon.

LCol Yvan Choiniere
CO 437 Transport Squadron

School, water and hope in Panjwayi Bazaar

Kandahar PRT

KANDAHAR, 02/11/2006 – The Kandahar Provincial Reconstruction Team, based here, completed a \$30,000 project yesterday to repair and improve the Shams-E-Dinkar High School in Panjwayi Bazaar that will reopen for its 900 students Saturday after being closed due to fighting in the Panjwayi District.

The work was completely conducted by a local contractor using workers from the Panjwayi Bazaar area.

External repairs and improvements to the school included replacing all broken

windows and doors and installing window screens, as well as repairing several broken concrete walkways. Significant repairs and improvements were made to the school's plumbing including repairs to the cistern, the installation of a new water pump, the installation of taps close to the classrooms to allow children ready access to water, repairs to stopped-up toilets and the replacement of broken toilets and sinks.

The PRT also provided 1300 backpacks for students, each containing school supplies such as notebooks, pens and pencils.

"Many of the repairs and improvements

are subtle, but important," said Warrant Officer Dean Henley, a member of the Reserve Force who is a school teacher by profession. "They will make things better and easier for the kids who go to school here."

Speaking to the assembled elders of the community at the school, PRT Deputy Commander Maj. Steve Murray said "The people of Panjwayi can be proud of this, because this is their achievement. The elders of Panjwayi recognize that education is important and placed a priority on the school. People in Panjwayi were employed to make the repairs and improvements, and,

as a result, on Saturday the children will return to school."

The PRT consists of Canadian Forces members, a civilian police contingent led by the RCMP, representatives of the Department of Foreign Affairs and International Trade and the Canadian International Development Agency. The PRT conducts coordinated interdepartmental operations to promote good governance and assist the Government of Afghanistan to extend its authority in the province of Kandahar, to facilitate the development of a stable, secure and self-sustaining environment for the Afghan people.



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



Let Us Not Forget
REMEMBRANCE DAY
NOVEMBER 11

"In Flanders' fields the poppies blow
 Between the crosses, row on row,
 That mark our place, and in the sky
 The larks still bravely singing fly,
 Scarce heard amidst the guns below. We are the dead.
 Short days ago we lived, felt dawn, saw sunset glow,
 Loved and were loved, and now we lie in Flanders' fields.
 Take up our quarrel with the foe,
 To you from falling hands we throw The Torch -
 be yours to hold it high; If ye break faith with us who die,
We shall not sleep though poppies grow in Flanders' fields."

by Canadian Lt. Col. John McCrae Died January 28, 1918, while on active duty in France.



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Plan to join us for an information session. You'll have the opportunity to meet our faculty and students, learn about the degree program and how it will benefit your career, and evaluate a range of full-time and part-time options.

Wednesday November 15

7:00 – 8:00 pm

Loyalist College, Kente Building, Room 3H9
Wallbridge-Loyalist Road

Please RSVP to 613-969-1913, ext. 2214

Here's what our graduates have to say about our Human Services Management degree program:

I know that my degree was a contributing factor in my being hired. At Hastings's Children's Aid Society you have to have a degree to be hired in most positions. It was definitely a stepping stone for me.
Lisa Marie Mascherin

I have found that my degree is recognized with respect in the workforce and it was a contributing factor in my being hired.
Shannon Shewaga

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Il y aura des auditions pour: Les Monologues du Vagin

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Centre for Quinte & District, le Centre de ressources pour les familles des militaires de Trenton et Centraide.

Êtes-vous intéressée à participer à la présentation des " Monologues du vagin"?

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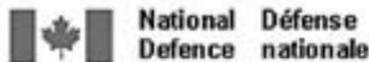
Si cela vous intéresse, venez à la session.

Auditions/Lecture et information: mercredi le 15 novembre 2006 @ 18:00.

Au centre des jeunes, Centre Siskin, BFC Trenton

Pour répondre ou pour plus d'information, contacter: Elise Hineman au Sexual Assault Centre for Quinte and District (613) 967-6300 ou sacqd@lks.net.

Advertise in
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Call Sheila
613-392-2811 Ext 7008

Public Notice

Report on the Results of a Technical Survey for UXO At Wellers Bay National Wildlife Area And Surrounding Waters: A Public Information Session

The Department of National Defence *Unexploded Explosive Ordnance (UXO) and Legacy Sites Program* invites you to attend a public briefing on the results of a recently completed technical survey and clearance operation for unexploded munitions in the Wellers Bay National Wildlife Area and surrounding waters. Representatives of Environment Canada's Canadian Wildlife Service will also be present to explain their involvement in the survey.

The information session will be held:

Thursday, 16 November 2006
7-10 PM
Consecon Masonic Lodge
178 Mill Street (County Road 29)
Consecon, Ontario

For additional information on the session, please contact:

Anita Peetsma
UXO Information & Communications Officer
DND UXO and Legacy Sites Program
Tel: 613-943-7138 / 1-800-207-0599
Email: Peetsma.AFM@forces.gc.ca

Avis public

Une séance d'information concernant les résultats du relevé technique réalisé dans la Réserve nationale de la faune de la baie Wellers et des eaux environnantes

Les responsables du Programme des munitions explosives non explosées (UXO) et des anciens sites du ministère de la Défense nationale vous invitent à une séance d'information publique sur les résultats du récent relevé technique et des activités de nettoyage de munitions explosives non explosées qui ont été menés dans la Réserve nationale de la faune de la baie Wellers et des eaux avoisinantes. Des représentants du Service canadien de la faune seront également présents pour rendre compte de leur participation à ce projet.

La séance d'information aura lieu :

Le jeudi 16 novembre 2006
19 h – 22 h
Consecon Masonic Lodge
178, rue Mill (chemin de comté 29)
Consecon, Ontario

Pour des renseignements supplémentaires, communiquer avec :

Anita Peetsma
Agente des communications et de l'information sur les UXO
Programme des UXO et des anciens sites du MDN
Tél: 613-943-7138 / 1-800-207-0599
Courriel: Peetsma.AFM@forces.gc.ca

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