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• October 27, 2006 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 41 Issue Number 41 •

## New Mission Support Squadron at 8 Wing/ CFB Trenton

by Andrea LeBlanc  
Managing Editor

8 Mission Support Squadron (MSS), with the capability of supporting deployed flying operations anywhere in the world, is 8 Wing/CFB Trenton's newest squadron.

According to Major Susan Raby, Officer Commanding of the new squadron, 8 MSS was stood up last month.

8 MSS, with 99 personnel, is one of two mission support squadrons that will form the larger 8 Mission Support Unit (MSU), with an expected total of 322 personnel. MSU, which will fall within the Logistics and Engineering Branch, is slated to be stood up by 2010. 8 MSU will be one of six units across Canada—Comox, Cold Lake, Winnipeg, Greenwood, Bagotville and Trenton. Each, like Trenton, will eventually

consist of two mission support squadrons.

Maj Raby, who reports directly to Lieutenant-Colonel Carrie Fortier, 8 Wing Logistics and Engineering Officer, explained that the MSS personnel are employed throughout 8 Wing in various squadrons and units, who will come together when required, much like the Disaster Assistance Response Team (DART), to support deployed flying operations around the globe. MSS will comprise personnel from fields including engineering, transport, supply, food services, telecommunications, EME, human resources and finance.

The purpose or aim of the unit/squadron can be taken from the concept of Air Force Support Capability, “to provide formed, cohesive, combat capable, rapidly deployed support forces, while main-

taining Main Operating Base (MOB) support in Canada.

8 MSS personnel conducted their first exercise at the start of this month—Exercise Blue Fire, which ran from October 1-6 at the Mountain View detachment.

“The primary objective of the exercise was to permit 8 MSS personnel to develop the skills required to operate from a Deployed Operating Base (DOB) while conducting mandatory pre-deployment training,” said Maj Raby.

“A total of 93 personnel took part and it was a huge success, due to the professionalism of everyone who participated,” she added.

Maj Raby noted that MSS personnel are planning to conduct a second exercise this spring in Cold Lake.

Watch upcoming issues of The Contact for more news and information about 8 MSS.



Photo: MCpl Chris Connolly, 8 Wing Imaging

During Exercise Blue Fire, Master Corporal Doug Harvey (left), an instructor with A3 Readiness Training Flight, provides instruction in radio communications protocols to Major Suzanne Raby (right), Officer Commanding, 8 Mission Support Squadron, while Corporal Chris Mackenzie (centre), a Water, Fuel and Environmental Technician from 86 Airfield Support Unit, looks on.

### TIME FOR YOUR FLU SHOT!



Photo: Cpl David Hardwick, 8 Wing Imaging

Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer, receives a flu shot from Major Annette Snow, Wing Surgeon, at the start of this year's flu shot drive.

### SERVICE WITH A SMILE



Photo: Cpl David Hardwick, 8 Wing Imaging

Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, serves garlic bread at the Yukon Galley on Oct. 20 as part of the campaign to raise money for the United Way. Also serving food are, from left, Lieutenant-Colonel (LCol) Debbie Miller, 8 Wing Administration Officer, LCol Charles Collings, 424 Squadron Commanding Officer, and LCol Mario Fortin, 8 Wing Operations Officer. An impressive 369 people were served pizza and pasta. See Page 19 for more campaign news!!

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# OPEN SKIES TEAM VISITS



Photo: MCpl David Hardwick, 8 Wing Imaging Section

A Russian Tupolev 154M aircraft carrying 30 Russian military officials arrived in 8 Wing Trenton on Saturday, October 21, and conducted an aerial observation mission under the Treaty on Open Skies on October 25. The Treaty on Open Skies, which came into effect on January 1, 2002, allows for increased confidence and transparency amongst the 34 nations that are party to the Treaty. The Treaty constitutes a key confidence and security building measure. Pictured above: Kolesnikov Sergey, Agafons Tikhon Evgenevich, Andrianov Oleg Ernstovich, Bogomazov Oleg Viktorovich, Bordjugovskij Vyacheslav Sergeevich, Borodin Sergey Viktorovich, Botvinko Aleksey Mikhaylovich, Burjak Nikolai Nikolayevich, Voloshen Anatoliy Evgenovich, Dobritskij Eugene Leonidovich, Drozdov Dmitriy Nikolayevich, Dudnik Alexander Ivanovich, Egorenko Novel Borisovich, Yerofey Victor Yegorovich, Zykunov Mikhail Mikhaylovich, Karpenko Victor Anatolevich, Koshenko Andrey Vasilyevich, Krutikov Vsevolod Alexandrovich, Lesnikov Aleksey Jurevich, Melnik Sergey Jurevich, Mochalov Igor Viktorovich, Sanzharocskij Ivan Nikolayevich, Ovcharenko Sergey Petrovich, Platonov Vladimir Alekseyevich, Trofimov Igor Vladimirovich, Fedjachenko Sergey Nikolayevich, Shumejko Alexander Nikolayevich, Golovchenko Vladimir, Kirichenko Alexander, Maj Goodyear, Maj Carino, Maj Nowak, Maj Urzinger, Maj Sullivan, Capt Hartevelde, MWO Veldhuizen, Sgt Belanger, Sgt Granger, MCpl Melvin, Mr. Zhukov, Ms. Bobbel.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



EME soldier Corporal T. Bolduc provides a refresher briefing to the MSE Op Snow and Ice Control (SNIC) Crews on heavy equipment operation and driver maintenance requirements. This joint effort between EME and Transport is a critical component of the annual pre-SNIC training that is in progress now. With continual emphasis on safety, efficiency and effectiveness, four SNIC Crews have been formed at Transport Sqn and are in the final stages of preparation prior to their transition to 24/7 Ops commencing 2 Nov 06. SNIC Crew Chiefs are highly skilled and experienced in their role to assess, react to and prevent snow and ice from wreaking havoc with flying operations through the use of a myriad of combinations of runway snow and ice clearing equipment. Transport and EME troops at all levels are committed to ensuring that 8 Wing flying operations continue uninterrupted regardless of what the weather dumps onto the airfield. Not only here at 8 Wing, but in our own towns and communities, we will soon see snow removal equipment on the roads, in parking lots and in residential areas. Parents, please remind your children that heavy equipment drivers may not always see them playing or walking. Children may be completely hidden by snowbanks, due to reduced visibility, or could be injured by flying debris. Remind children about the blue flashing lights on commercial snow removal equipment, and to STAY AWAY because their safety is important to us all.

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## New pay adjustments

TRENTON – On 24 October 2006, the Minister of National Defence made the long-awaited pay increase announcement in CANFORGEN 155/06.

This was the talk of the base on Wednesday morning as personnel received the news and poured over the new pay tables e-mailed to everyone earlier in the day. And for good reason: the news is good for most people.

The pay adjustments, effective 01 April 06 unless otherwise indicated, are as follows:

### For Non-Commissioned Members (NCMs)

--A 2.62 per cent pay adjustment for all NCMs;

--An additional 3.88 per cent pay adjustment for all Specialist 1 and 2 occupations; and

--The creation of two new pay levels for Regular Force Chief Petty Officers 1st Class and Chief Warrant Officers, which is effective 1 September 06.

### For Flag/General officers and Captain (Navy)/Colonels:

--A weighted average pay adjustment of 3.53 per cent.

### For General Service Officers, Commander/Lieutenant-Colonel and below; pilots; medical and dental officers, up to Sub-Lieutenant/Lieutenant:

--A retroactive lump sum payment of 0.86 per cent for each month of FY

05/06;

--A pay adjustment of 3.42 per cent; and

--A 1.0 per cent increase to the military factor to bring it in line with the rate being paid to NCMs.

### For medical/dental officers, Captain to Brigadier-General:

--An economic adjustment of 2.8 per cent, effective 1 April 05;

--An economic adjustment of 3.0 per cent effective 1 April 06;

--An adjustment to the special military differential;

--An increase to the specialist pay differential for those who hold a clinical specialty; and

--A recruitment allowance for those graduates who want to specialise.

### Legal officers:

--No change at this time.

### Environmental and special allowances increase of 3.94 per cent.

Most adjustments should be reflected in the mid-December 06 pay, with the exception of the lump sum payment described above as well as the new CPO1/CWO pay structure. Details of these benefits will be provided at a later date.

For more information on this announcement, please visit [www.forces.gc.ca/dgcb/dppd/engrap/h/home\\_e.asp?sidesection=3](http://www.forces.gc.ca/dgcb/dppd/engrap/h/home_e.asp?sidesection=3).

## Augmentation de la solde des militaires

TRENTON – Le 24 octobre 2006, Le Ministre de la Défense nationale a annoncé l'augmentation de la solde des militaires attendue depuis un bout de temps avec le message CANFORGEN 155/06.

Cette annonce était le sujet de conversation à la une sur la base mercredi matin après son arrivée. Plusieurs individus ont pris le temps de consulter les tables qui nous avaient été envoyées par courriel plus tôt dans la journée. Et pour bonne raison : la nouvelle est bonne pour la plupart d'entre nous.

A moins d'avis contraire, les changements sont effectifs le 1er avril 2006. Les ajustements à la solde vont comme suit :

### Pour les militaires du rang :

--Un ajustement de 2.62 pour cent pour tous;

--Un ajustement supplémentaire de 3.88 pour cent les groupes professionnels spécialistes 1 et 2; et

--La création de deux nouveaux niveaux de solde pour les premiers-mâtres (PM1) et les adjudants-chefs (adjuc) de la Force régulière.

### Pour les officiers généraux et les capitaines de vaisseau/colonels:

--Un ajustement pondéré de 3.53 pour cent.

### Pour les officiers du service général, capitaine de frégate/lieutenant-colonel et moins; les pilotes; les médecins et dentistes, enseigne de vaisseau 2/second-lieutenant et sous-lieutenant/lieutenant:

--Une somme forfaitaire rétroactive de 0.86 pour cent pour chaque mois de l'an-

née fiscale 05/06;

--Un ajustement de 3.42 pour cent; et  
--Une augmentation de 1.0 pour cent au facteur militaire pour être équitable avec le taux présentement payé aux militaires du rang.

### Pour les médecins et les dentistes, capitaine à brigadier-général:

--Un ajustement économique de 2.8 pour cent, en vigueur le 1er avril 05;

--Un ajustement économique de 3.0 pour cent, en vigueur le 1er avril 06;

--Une augmentation de la prime différentielle spéciale;

--Une augmentation de la prime différentielle de spécialiste clinique pour ceux qui détiennent une spécialité en clinique; et

--Une indemnité de recrutement pour les diplômés qui souhaitent poursuivre une spécialité.

### Avocats:

--Aucun changement pour l'instant.

### Une augmentation des indemnités spéciales et environnementales de 3.94 pour cent.

La plupart des ajustements devraient être inclus dans la solde de mi-décembre, sauf les paiements de somme forfaitaire et la nouvelle structure de solde des PM1/adjuc. Les détails sur les paiements de ces avantages seront fournis plus tard.

Pour plus d'information, veuillez visiter le site:

[www.forces.gc.ca/dgcb/dppd/frgraph/home\\_f.asp?sidesection=3](http://www.forces.gc.ca/dgcb/dppd/frgraph/home_f.asp?sidesection=3).

## Search & Rescue UPDATE

Photo: Sgt R. Ruthven, CFLAWC



424 Squadron flew four missions last week.

The first mission was for an ELT south of Orillia. Our CC-130, Rescue 307, tracked the signal to a floatplane that was parked safely in a bay. As no one in distress was observed, RCC then stood down Rescue 307, which returned to base.

The second mission was for an overdue boat on Lac St. Francois. The launch was delayed due to bad weather. During the delay, the search was called off and Rescue 440 stood down.

On October 23, both the Herc and Griffon were tasked to search for an overdue Piper Aztec east of Quebec City. After a long night of searching, a Cormorant from Greenwood found the Aztec crashed into the side of a slope. There were no survivors.

Until next week, stay safe!

Missions for 2006: 207 Missions for Oct.: 12 Persons rescued: 37



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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.

### The Contact Staff

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

### Letters to the Editor:

Internet: [LEBLANC.AL@forces.gc.ca](mailto:LEBLANC.AL@forces.gc.ca)

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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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## Correction

Chief Petty Officer Second Class Robert Dockrill was incorrectly identified in a photograph in last week's Contact. We sincerely apologize for the error.

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## Canadiana Crossword

### Valley Tally North

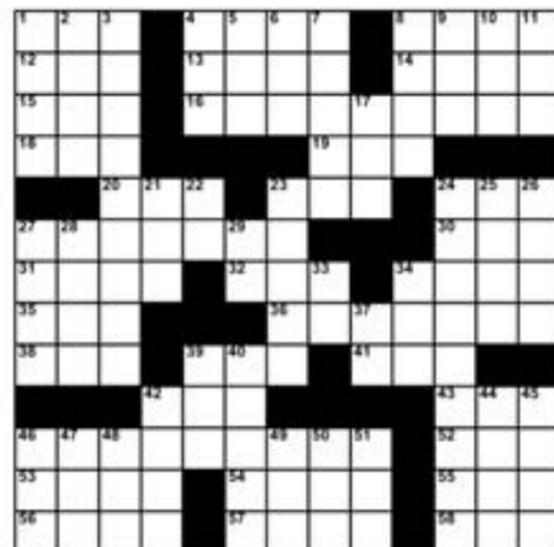
By Bernice Rosella and James Kilner

#### 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 – A medical isolation unit was transported aboard a Trenton Herc to Kinshasa (formerly Leopoldville), Zaire, to help combat a highly infectious killer fever tentatively identified as Marburg (or Green Monkey) Virus. The CC130 Hercules transport from Trenton flew the unit and technical support to Brussels, and the remaining flight to Kinshasa, which was arranged by US authorities.

1986 – Rick Hansen, the 'Man in Motion,' stopped at the main gate of CFB Trenton. Greeted by the Base Commander, military personnel, dependants and DND employees, Hansen was presented with a cheque from various fundraising activities held on base. The donations went towards spinal cord research.

1996 – Tradition continues as one of North America's oldest and most respected gatherings, the Permanent Joint Board on Defence (PJBD), held its 198th meeting at 8 Wing. The PJBD was established jointly by Canadian Prime Minister MacKenzie King and US President Roosevelt at a meeting held in Ogdensburg, New York. The now celebrated statement, known as the Ogdensburg Declaration, constitutes the only formal expression for the formation of PJBD.

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



# Wing Commander's yearly fitness challenge

by Lt(N) Pierrette LeDrew  
8 Wing Public Affairs

As members of the Canadian Forces, we know that fitness should be an integral part of our daily lives. It is our duty to maintain a high level of fitness. The nature of what we do simply demands it. Aside from this, being fit makes sense. The evidence is clear; the benefits of a regular fitness program are many and far-reaching, and will allow us to enjoy life and continue to tell air force stories long after we hang up our uniform for the last time.

But how can we squeeze a fitness program in our busy schedules? The operational tempo at 8 Wing/Canadian Forces Base Trenton is hectic at the best of times, and often unpredictable. Most of us work long hours, and have little time left to ourselves at the end of the day. This can make exercising a challenge, but not impossible. Just as with anything else, we need to make time for fitness.

One of the busiest individuals on the wing is the Wing Commander,



Photo:Cpl Halina Folfas, 8 Wing Imaging

**John Snyder, PSP Manager presents Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, with the CF Physical Fitness Award for Aerobic Excellence, which contains the Bronze Seal, Fourth Scroll.**

Colonel Tom Lawson, and he has made fitness a daily priority since his early days in the CF. Jogging has been a part of his life for years, and he has jogged through

the forests at CFB Baden, alongside the Rideau Canal in Ottawa, and now in view of the Bay of Quinte every morning. Since 1979, when he registered for the

Canadian Forces Physical Fitness Award for Aerobic Excellence program for the first time, Col Lawson has run 44,000 km. This week, he received the bronze seal

to his fourth certificate. This equates to receiving 1 seal or so per year - no small feat for anyone.

Although not everyone can be expected to achieve

his level of fitness, (the Wing Commander scored 11 on his last shuttle run) Col Lawson's example should be an inspiration for the rest of us to get moving. Everyone at 8 Wing/CFB Trenton must be given the opportunity and must be encouraged to get into a fitness program. To that effect, the commander has created a yearly wing-wide competition, which will take place starting this year. The results will be based on the following two items: the percentage of a unit's members having completed their annual physical fitness test, and the average unit result for the shuttle run. To this end, he has directed every Commanding Officer on the base to ensure that their personnel are tested by the middle of December of this year. The Wing Commander will award a trophy to the winning unit in the spring.

Col Lawson believes that "a half hour of jogging in the middle of the day unleashes an extra hour or two of energy at the end of the day." Let's all find out and get into fitness today!

For further information

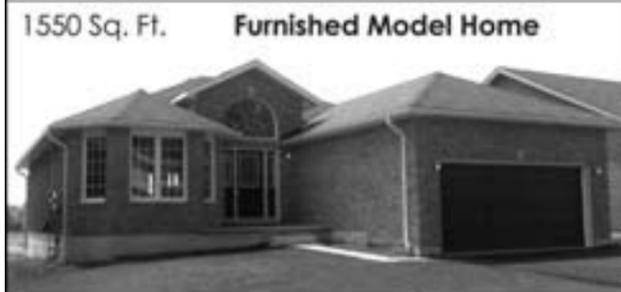


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## CF athletes, teams, coaches and officials honoured

(CFPSA) - Outstanding athletic achievements of Canadian Forces (CF) personnel were honoured on Saturday, October 21, at the 18th Annual CF Sports Awards Ceremony in Ottawa.

As the theme of this year's ceremony was "Salute to Navy Sports," Chief of the Maritime Staff (CMS) Vice-Admiral Drew Robertson joined 300 guests at the Ottawa Congress Centre to pay tribute to the athleticism, spirit, and dedication of CF athletes, coaches, and officials nominated for this year's CF Sports Awards.

"We play sports so that we can stay fit and healthy," said VAdm Roberston. "We play sports to develop self-discipline, teamwork, and leadership."

The ceremony featured the induction of the 2005 CF Sports Hall of Fame and Honour Roll recipients and awards to environmental staff winners of male and female athlete, male and female coach, official, and team of the year from the five CF environments: Maritime Command, Land Force Command, Air Command, Chief Military Personnel, and Vice Chief of the Defence Staff. The event concluded with the overall 2005 CF Sports Awards presentations.

Inductions for life-long achievement: CF Sports Hall of Fame: Master-Corporal Rocky Hins of CFB Borden; CF Sports Honour Roll: Warrant Officer (Ret'd) Paul Best of 22 Wing

North Bay; CF Sports Honour Roll: Master Warrant Officer (Ret'd) William Rostek of Ottawa

Overall 2005 CF sports award winners: CF Female Athlete of the Year: Second-Lieutenant Marilyne Lafortune of the Royal Military College; CF Male Athlete of the Year: Captain Matthew Barlee of CFB Esquimalt; CF Female Coach of the Year: Chief Petty Officer, 2nd Class Cheryl Kern of CFB Halifax; CF Male Coach of the Year: Captain Stefan Szkwerek of 19 Wing Comox; CF Official of the Year: Sergeant Carol Bilodeau of CFB Valcartier; CF Team of the Year: 19 Wing Comox Women's Slo-Pitch Team.

The awards ceremony was possible due to the generosity of numerous corporate sponsors: SISIP Financial Services, Labatt Breweries of Canada, The Royal Canadian Legion, Manulife Financial, Xerox Canada, Atlantis Systems International, CANEX, Great West Life, Holiday Inn Hotel & Suites, Ottawa Congress Centre, Dracks Inc., E.I. Dupont Canada, and Via Rail.

With a mandate to raise morale and encourage physical fitness, the Personnel Support Programs (PSP) division of the CFPSA provides sports, fitness, and health programs for CF members in Canada and abroad, and thus, contributes to the operational readiness and effectiveness of the CF. For more information, visit [www.cfpsa.com](http://www.cfpsa.com).

**Halloween Bash Class**

Join us on Tuesday, October 31, during the noon hour at the south side Gymnasium for a Master Fitness Class (in costume) will all of the Fitness and Sports Instructors.

Everyone is welcome to attend and we highly recommend you wear a costume or at least wear black and orange coloured clothing.

The class will run from 1200 to 1250 hrs.

For more information, please feel free to contact Lisa at local 3328. Hope to see you there!

**Instructor Recertification**

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.

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# Fitness, Sports & Recreation

## Lady Flyers capture another win

The 8 Wing Lady Flyers hockey team is pleased to announce their win at home last Thursday night.

The regional champions came from behind to defeat the Belleville Bearcats at the RCAF Flyers Arena with a final score of 5 to 3. Corporal Isabelle Langevin recorded 4 goals to start her season; one goal was scored while the Flyers were short-

handed! Sergeant Nicole Bureau collected one goal and one assist. Captain Gill Parker starred as goalie in her first Flyers game with a win. We would like to thank JJ O'Neill for keeping score.

The Lady Flyers play each Thursday night at 1930 hrs. Come out and see the regional champions in action!

## Hoops program returns to the RecPlex

The new Hoops program helps kids understand the game of basketball and develop skills. It is 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.

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.

## Astra Lanes report

The Men's league is in full swing on Wednesday nights and as always there are still a few spots for those interested in joining.

So far this year the player to watch is Ross Richardson who has been having a great year by improving his average each week where now it is 25 points higher than last year.

Some of the new players to the Mens league this year are Terry Burgess, Blair Archer, Dave Cormier, Dave Martin, Normand St-Maurice and Mike Stoddart.

If you are interested in bowling in this league contact Ernie Strocel at ext 3305.

<b>High Average:</b>	<b>High Quad:</b>
Mike Stoddart 276	Mike Stoddart 1298
Larry Rankin 242	Larry Rankin 1046
Ernie Strocel 229	Mike Chapple 1043
<b>High Single:</b>	<b>Points Won:</b>
Mike Stoddart 405	Ross Richardson 35
Mike Chapple 364	Dave Schwartz 29
Blair Archer 349	Rick Sensabaugh 24
	Dave Martin 24

## 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 today, 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.

## Drop-in ball hockey program underway

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 from October

12 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 is as follows: CRA members, \$1; military community non-members, \$2; general public, \$3.

## Bronze Cross and Standard First Aid crash course

Bronze Cross is designed for life-savers 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 4:00 p.m.

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

Pre-requisite: 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).

## Ice Monitors Needed

We are currently looking for ice monitors for family skating, which takes place on Wednesdays from 4 to 5 p.m.; Fridays from 6 to 7 p.m.; Saturdays and Sundays from 1 to 3 p.m.

If you are 16 years of age or older, and would be willing to be an ice monitor, please call Holly Lalonde, Community Recreation Coordinator, at 613-392-2811 ext 3348.

## RecPlex PA Day Swim

Join us from 1 to 3 p.m. on the next PA day, (October 27), at the RecPlex for a swim! Drop-in fees will apply.

## Boiler Room trip

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 per person and includes admission, climbing equipment and transportation.

Participants must also bring their 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 613-392-2811 ext 2929

## 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.

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.

## Event bowling at Astra Lanes

Youth special events will be taking place at Astra Lanes on Sunday, October 29, 2006 from 2 p.m. to 4 p.m. Cost is just \$4 per person.

For more information, please feel free to call 613-392-2811 ext. 2929. Hope to see you there!

## Girls spa night

Calling all girls, ages 13 to 18 for a night of pampering and good company!

A spa night will take place on November 18, from 5 to 10 p.m. at the Youth Centre.

Admission is just \$10 per person.



### Nurturing Injuries

One of the biggest mistakes in the fitness industry is to try to work through a sports/fitness injury.

React to injuries quickly and go for physiotherapy, treatment and necessary rehab.

An injury that might only keep you out of the game with treatment for a week, without treatment might affect your fitness regime for months. Care for your injury!

## Halloween Spookfest

Come on out and join us for a night of fun at the RecPlex on October 31, from 6 p.m. to 9 p.m. The Halloween Spookfest and Fright Night will be taking place. Dared to be scared? Travel through our haunted house!

## Much Music Video Dance

We will be hosting a Much Music Video Dance party on November 4, from 6 to 10 p.m. at the south side Gymnasium.

The dance is open to those ages 9 to 16. Admission is \$10.

## CRA Ice Times

Effective Tuesday, October 3, 2006

### 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.

## Hearing damage from too much noise



Submitted by  
**Don Heans,**  
Wing General Safety  
Officer

Hearing damage from too much noise can lock you in a world of silence - or worse. Many people who suffer hearing loss are troubled by a condition called tinnitus.

They are subjected to constant sounds, variously described as ringing, whistling, sizzling or chirping. This constant sensation of noise can create all kinds of other problems.

Tinnitus sufferers are particularly bothered by noisy situations while others by situations which are too quiet.

Tinnitus patients also complain of: difficulty sleeping; trouble understanding speech

and television; frustration, despair, depression, annoyance, irritability, nervousness, confusion, difficulty concentrating, insecurity, fear and worry; and pain, including headaches

Hearing loss and tinnitus can be caused by one loud noise such as an explosion, but it is more commonly caused by exposure to loud machinery day after day. There are scientific methods of measuring the level of noise, but here is a simple one: If you cannot hear ordinary conversation, the noise is too loud.

Also, if you have a ringing in your ears or a temporary hearing loss after you leave work or another noisy environment, your hearing is being damaged. The idea that you "get used to" loud noise is misleading. The noise isn't bothering you as much because your hearing is being damaged. What can you do to protect your ears from excess noise?

Learn about the

established limits for noise exposure on your job. Your employer is required to measure the level of noise in your work area and reduce it if possible through engineering changes.

Co-operate with hearing tests. If you work in a noisy area you need annual hearing checks to measure any hearing loss.

Wear the required hearing protection at work. Depending on your work environment, you will need to wear ear plugs, canal caps, earmuffs or a combination of hearing protection. Your employer will supply the recommended hearing protection device, but it is up to you to use it correctly.

Avoid loud noise in your off-hours too. Loud music at concerts and clubs and personal stereos with headphones are common causes of hearing loss.

Wear hearing protection when using firearms and running equipment such as snowmobiles, table saws



and lawn mowers. Try to go to a quiet place at home for a period of time after work to give your ears a break from noise. Keep the TV and radio turned off.

Never use makeshift protection such as cotton balls. Ear plugs are readily available at drugstores and hardware stores.

There is no cure for tinnitus or noise-induced hearing loss, so prevention is the best course of action. If you suffer from tinnitus, see your health care provider. No overall remedy has been discovered, but medications seem to work for some patients.

## Children keeping an eye on their parents

Hastings and Prince Edward Counties/Oct. 23, 2006 - Children learn life skills from watching adults. Yet parents may not always act the way they would like their children to act.

November is Family Violence Prevention month. It's a time to remind parents to be aware of the images and messages to which their children are exposed. This information comes from the Hastings & Prince Edward Counties Health Unit.

"Violence is a learned behaviour," says Nicole McKinnon, director of Chronic Disease and Injury Prevention at the Health Unit. "Every time children see people fighting, they learn that violence can be used to deal with stress, frustration and conflict. The message comes through both in real life and on television."

"Children who grow up in peaceful homes get a different message.

They don't see violent television programs and video games," adds McKinnon. "They learn positive ways to cope with stress including healthy eating, exercise and positive communication."

Parents are a child's first and most influential role models. Parents should be aware that their children are always watching, and looking up to them for appropriate ways to behave.

"Peace begins in the home," says McKinnon. "Parenting is not always easy, but role modelling healthy behaviours for your children helps to ease the process."

For pamphlets on healthy role modelling call 613-966-5513 ext. 322. They are also available online at [www.hpechu.on.ca](http://www.hpechu.on.ca). See the Family Abuse Prevention topic in the Family Safety section. For more information call the Health Unit's Baby-Tot Line at 613-966-5513 ext. 223.



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# 8 Wing personnel shine at JRTC 2007

By 2LT Jeffrey Moorhouse, 436 Sqn

It was a crisp September morning as the advance group boarded the CC-130 Hercules destined for Little Rock, Arkansas for the annual Joint Readiness Training Centre (JRTC) exercise.

Approximately 70 personnel from 8 Wing, and one from 14 Wing, Greenwood, Nova Scotia spent 12 days participating in the exercise. 436 Squadron, 8 Wing Ops, 8 Air Communication and Control Squadron, 8 Air Maintenance Squadron, 2 Air Movements Squadron, 8 Wing Supply and Transport made up the JRTC team.

The exercise is one of 10 that the United States runs each year, preparing troops for deployment to Iraq and Afghanistan. The exercise is as realistic as possible to simulate what troops will experience in theatre. With the temperature soaring into the mid 90s and setting daily records, even mother nature was helping create a realistic environment.

The role of the Canadian contingent was one of air support. One CC-130 Hercules aircraft and two crew executed on average of two drops each day. The drops were to re-supply forward based troops.

This function that the Air Force provides has increased in importance in Afghanistan with Canada recently resuming combat airdrops in direct support of troops in contact with the enemy for the first time since the Korean war. 436 Squadron Air Navigator, Captain Corey Gallagher, one of three mission planners for the exercise, commented on how excellent this training opportunity was for personnel.

"This type of realistic training is invaluable now that Canada is actively assisting coalition forces in Afghanistan with air drops. Every person who takes part in this exercise, from the support personnel to the actual aircrew, benefits greatly from these types of exercises."

Photos: Submitted



The two Canadian crews who both brought home awards with USAF Lieutenant-Colonel John McDonough. Back, left to right: WO Rick Lee, Sgt Mark Young, Capt Joe Tufenkdjian, Capt Jody Longley, Capt Jason Priddle, LCol John McDonough (USAF), Capt Brian Carroll, MCpl Craig Pye, Sgt Jean-Roch Audette, and Capt Darryl Dubuc. Front row, left to right: Sgt Jay Robb, MCpl Todd Fleck, MCpl Steve Peacock, Capt. Ken Barling and Sgt Donny MacLean.

A major aspect to this training was one of integration and communication. It was designed so that personnel from either side of the border worked together. In the mission-planning centre, the only way to complete a task was to work as one team instead of two separate countries.

Communication was also key as personnel were spread over three separate locations. 8ACCS personnel impressed everyone with the radio and internet network they set-up to enable the communication to occur. Even when the power was cut to the mission-planning centre, the back-up generators provided power so that operations continued seamlessly.

Major Robert Burns, Mission Commander, was very impressed with the work.

"Everyone put maximum effort into the exercise to ensure that the tasks were completed." 8AMS personnel once again worked their magic keeping the aging Herc flying while 2AMS personnel worked overtime to ensure that all the Container Delivery System (CDS) bundles were ready when the Herc arrived.

Captain Jason Priddle's crew won the Top Cat award. They were the first crew to ever get in a fire fight with insurgents while on a land evasion exercise that saw them spend 12 hours in enemy territory after their plane was shot down (simulated).

Captain Brian Carroll's crew won the An Loc award for the most accurate drops. They also made 100 per cent of their drops and impressed the U.S. evaluators with their threat evasion skills and crew coordination. As one U.S. observer told them, "You put most crews to shame with your crew coordination."

As the crew boarded the plane for CFB Trenton on October 12, one thing was certainly clear. Each person who attended this exercise contributed his/her best and learned a lot from our allies to the south. It was made very clear that by working together both countries can achieve great successes. Now, if only the southern states could share their warm weather...



2 Air Movements Squadron personnel loading a Container Delivery System (CDS) on a CC-130 Hercules at Fort Polk in Louisiana. Left to right: Sgt Christine Makarchuk, Sgt Donny Maclean (436 Squadron), MCpl Steve Miller, Sgt Drew Hine, and Cpl Adam Bainbridge.

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Think about this. If your furnace is 10 years old or older - even if it's still running - you're probably heating your home on borrowed time and paying more for utilities than you need to.

But at this time of year, who really wants to think about buying a new furnace, right?

That's why I'm pleased to make this very special offer. In addition to our no-tax event, here's what else I'm going to give you:

- **No Payments until 2007!!! \$0 down, \$0 payments, \$0 interest.**
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- Payments of only \$15-\$29/wk. after deferral period.
- Lower heating bills for the rest of your winters because of a new energy-efficient furnace.
- Plus, when you're one of the first 59 to call, you get a free Silver Level 12-point efficiency tune-up on your choice of furnace or air conditioner.

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When you're one of the first 59 homeowners to call 613-967-0647 to set up a no-obligation furnace estimate, I will send one of my Certified Service Technicians to perform a free Silver Level Tune-up (Value of \$138) on your choice of furnace or air conditioner.

We want you to be delighted with our service!

So, if your furnace is 10 years old or older, don't miss out on this special no-tax offer, and buying a new furnace will keep your family warm this winter and you can stop overpaying the utility companies.

**Buy a furnace before November 15 & get..**

- Pay No Tax.
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- \$500-\$1000 off the regular full price of a top-quality package.

- Deferred Payments, \$0 down, \$0 payments, \$0 interest.
- Payments of only \$15-\$29/wk. after deferral period.
- Lower heating bills for winters to come because of a new energy-efficient furnace.
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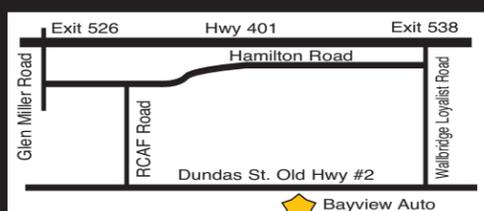
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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
October 29 – November 4

**ARIES** (March 21-April 19): You can utilize everything you've learned in the past and impress everyone you deal with on the 29. Get serious about the goals you have set for yourself on the 30 and 31. You can have a powerful affect on others if you talk about your beliefs and life philosophy on the 1 and 2. An older individual will make sense to you on many levels. Don't invest your money to support someone else's concept. Invest in yourself. Travel for business on the 3 and 4 and you'll make some new contacts and attract interest in something you're working on. A new project starting your own business will pay off. What appears to be going wrong will end up being just fine.

**TAURUS** (April 20-May 20): Keep a low profile on the 29 or conflict with the ones you love will arise. Instead of trying to move against the grain, go with it on the 30 and 31. Stubbornness isn't going to get you very far so give a little and you'll realize how much easier it is for you to move forward. Not everyone will be honest, straightforward and clear with you on the 1 and 2. Ask questions if you want to get to the bottom of things. Don't be afraid to get things out in the open. It's better to know where you stand. All eyes will be on you on the 3 and 4. Be smart and let things unfold naturally. Don't push too hard or be too demanding if you want to get good results.

**GEMINI** (May 21-June 20): Take a serious look at your past, present and future on the 29 and decide what it will take to reach a lifelong goal. Be honest with yourself. Be careful what you say on the 30 and 31, someone is just waiting for you to slip up and make a mistake that can be blown out of proportion. Keep your thoughts to yourself and be precise when you do make a comment. You can motivate and inspire people with your vision on the 1 and 2. Give your time and whatever service you can, to an organization you believe in. You may be confused as to what you should or shouldn't do on the 3 and 4. Gravitate toward whatever or whoever interests you the most.

**CANCER** (June 21-July 22): Simplicity will be the key on the 29. Take the time to find out what everyone you care about is up to and join in. There isn't anything you can't accomplish on the 30 and 31. Love is hot, job opportunities apparent and a decision that you've been trying to make can be made and put to rest. You can get ahead on the 1 and 2 by making a few changes. Getting together with people who can help you or just hanging out with friends will lead to a business or personal partnership. Children will play a role in your life. Move with the times on the 3 and 4, update your look and lifestyle and follow through with what will make you happier, healthier and more at ease.

**LEO** (July 23-Aug. 22): Be careful on the 29, someone may try to bait you into an argument. Like it or not, the truth must be told if you want to move on to better times. Don't make promises, sign contracts or push for change on the 30 and 31. Hold tight and wait for a clear sign that you're doing the right things. Someone may try to limit what you can do on the 1 and 2. Be ready to take care of your own business and forget about relying on others. Although you do need time to yourself, be sure to take care of your responsibilities first. Don't think about trying to resolve personal matters on the 3 and 4. You'll get into trouble if you fight back. Listen and observe.

**VIRGO** (Aug. 23-Sept. 22): Everything should be about your home and family on the 29. Make alterations that will make your place more comfortable and user-friendly. Times are changing on the 30 and 31 so keep up. Do the groundwork and rely on your own findings if you want to be successful. Everything is leaning toward travel, learning and getting out with friends on the 1 and 2. A love connection can be made or a past relationship revived. Money is heading your way but be sure not to spend it all in one place. Avoid dealing with authority figures or institutions on the 3 and 4. The further you distance yourself from work-related matters, the better.

**LIBRA** (Sept. 23-Oct. 22): Take a look at your past goals on the 29 and consider if you have come close to meeting them. Make some changes that will satisfy you mentally, physically and emotionally. Update your look or change your course of direction on the 30 and 31. Now is a perfect time to expand your awareness and broaden your vocation so that you are versatile enough to jump from one thing to another. Forget about what everyone else needs and focus on what will bring the highest returns on the 1 and 2. Don't let someone's instability stand in your way on the 3 and 4. Returning to your roots will force you to decide if going back is what you need to do.

**SCORPIO** (Oct. 23-Nov. 21): Don't let anyone tell you what you can and can't do on the 29. If someone is putting restrictions on you, reconsider this relationship. A connection from your past should be reinstated on the 30 and 31. You still have much to learn from one another. Something appears to be out of whack on the 30 and 31. Do what it takes to turn a wrong into a right. Emotional blackmail or deception is apparent. Don't believe everything you're told. Stick to what you know and do best on the 1 and 2 and be giving, attentive and adaptable. Present, promote and sell whatever service you have available on the 3 and 4 and you'll get a good response.

**SAGITTARIUS** (Nov. 22-Dec. 21): You need a change in your life on the 29 to set your mind free. Distance yourself from everyone who is pushing you one way or another. A change in attitude or philosophy is apparent on the 30 and 31 but be careful not to get involved in a group that wants to capture your identity. Be careful how you handle others on the 1 and 2. Misunderstandings will put you in a difficult position. Emotions will be hard to control. Don't exaggerate or gossip. Travel, make changes to your residence or move from one location to another on the 3 and 4 and you'll find yourself sitting in a pretty good position. Change to your personal life and lifestyle will inspire you.

**CAPRICORN** (Dec. 22-Jan. 19): Don't trust what others tell you on the 29, especially if it has to do with the way you earn money. You have to judge for yourself. Set your goals high and be relentless in your pursuit on the 30 and 31 and you'll attain what you set out to do. Don't trust anyone who says they'll do things for you. Do for yourself and get it done to your specifications. Presenting, promoting and prosperity will be your best bet on the 1 and 2. Don't hesitate to speak your mind. Manipulate whatever situation you can to make it conducive to doing business, meeting people who can help you or finding out more about something you may want to pursue in the future on the 1 and 2.

**AQUARIUS** (Jan. 20-Feb. 18): You won't be able to make a good decision on the 29, so don't bother trying. Slow down and let others come to you. Problems with authority figures, partners and while traveling can be expected on the 30 and 31. Be careful not to offend or mislead by making empty promises. Not everything or everyone will be the way you assume on the 1 and 2. Ask a question before you jump into something that probably isn't right for you. You'll be emotionally upset on the 3 and 4 by what others do or say. Try not to take things personally and don't react harshly or you may feel embarrassed later on. Keep a low profile.

**PISCES** (Feb. 19-March 20): Something special like a winning, gift or other means of fast cash is heading your way on the 29, keep your gain to yourself. Settlements, contracts and legal and medical issues can all be dealt with on the 30 and 31. You can make purchases that will grow in value. Renovations or redecorating will pay off. Take what you feel you deserve on the 1 and 2 and don't let anyone make you feel guilty. Sign deals or contracts that will put you back in control. A sudden change in your financial picture looks sweet. A trip back in time on the 3 and 4 will bring past ideas back into your life. Start by doing what's necessary to follow an old dream.

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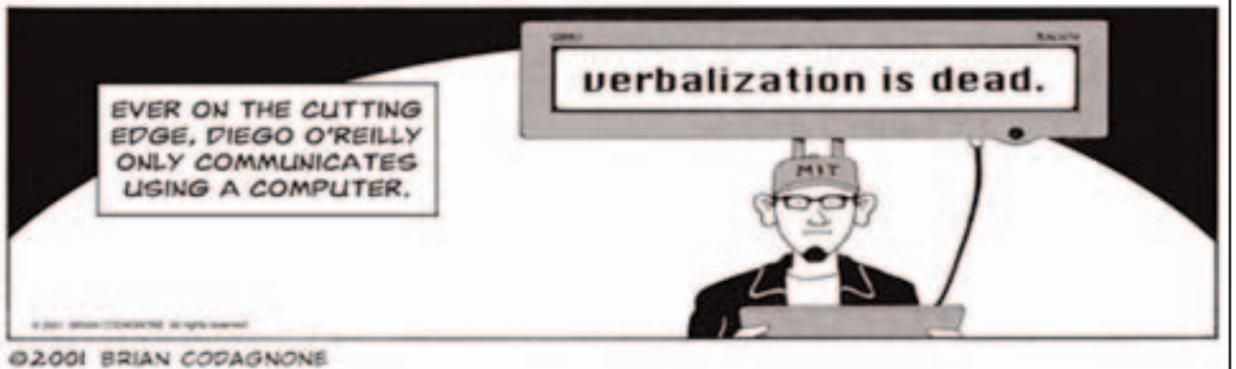
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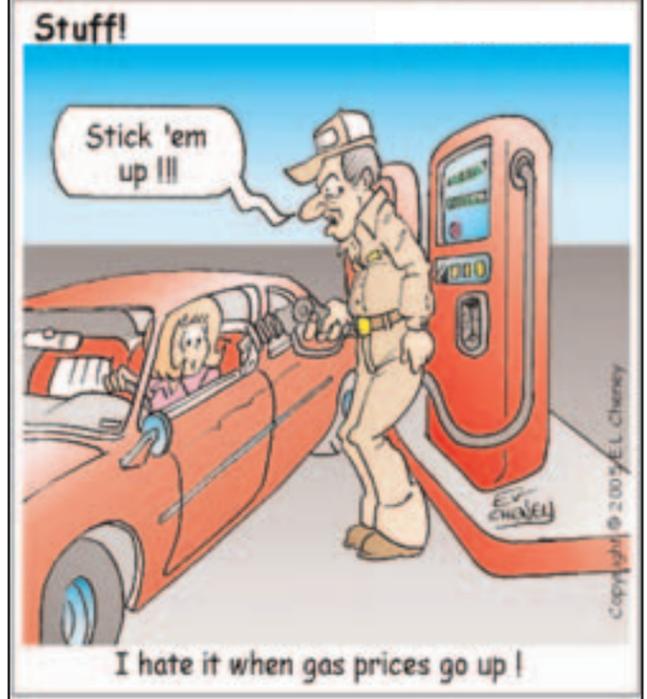
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our newest feature, **The Contact Comics**.

### MISFITS BY BRIAN CODAGNONE



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### Not In My Backyard! by Dale Taylor



Community Events

Community Events

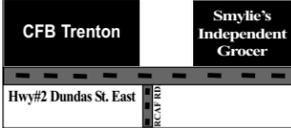
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

**Diabetes Information Session**

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

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

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



**GCWCC WING SUPPLY  
GOURMET FUNDRAISING BASKET**

- \$50.00 Dinner at CAPERS Restaurant
- Dessert Fondue Set
- \$20.00 Lunch at Golden Valley Restaurant
- Dessert Dishes
- Coffee Mugs
- \$10.00 Breakfast at Kelsey's Restaurant
- 3 Different-flavoured Dipping Sauces
- Dipping Sauces Platter
- Chocolate Spoons
- Wine Glasses
- Jams & Preserves
- Jam Pot
- White Chocolate Lemon Scone Mix
- Wicker Basket
- Gourmet Crackers
- Brass Candle Snuffer
- Jackson-Triggs Meritage Red Wine
- Wine Bottle Holder
- Game Set ( Dice & Cards)
- Fire Starter Kit ( Made by RHC)
- Candles
- Grab It Tongs
- Syrian Table Cloth & Napkin Set

Tickets are \$2 each or three for \$5, and can be purchased at Wing Supply Clothing stores or at any campaign event. Draw is Dec. 1.



**GIRL GUIDE COOKIES  
FOR SALE**



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

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

Trenton Seniors Club 105 presents

**Music Makers Jam**

Join us to honour our veterans and military members on Saturday, November 4 at 61 Bay Street in Trenton.

Doors open at 10:30 a.m. Padre Horne will conduct the opening ceremonies with lunch proceeding. Scouts Canada will be serving the veterans while Music Makers take to the stage. At 2 p.m. to 4:13 Wing Pipes and Drums will perform, with Music Makers continuing at 3 p.m. and a closing music jam is scheduled for 4 p.m.

Admission is free to veterans, and includes lunch. Admission for all others is \$2, as well as a \$2 fee for lunch (items per selections) and \$.50 for soft drinks. Coffee and tea are complimentary.

For more information please contact the club at 613-392-5400.

**Do you hail from Dufferin County?**

Calling all former Orangeville, Shelburne, Grand Valley and Dufferin rural citizens. The Orangeville Citizen would like to hear from you, so we can include you in our Salute to the Troops, scheduled for an edition close to Christmas.

This is your chance to let everyone 'back home', know where you are and what you are doing! It will also give our readers insight into how many soldiers, sailors, airmen and women we have serving in the Canadian Forces!

Please send your name, rank and a picture (head and shoulders shot if possible) along with some information about what part of the county you are from, what school you attended and how long you have been in the military. Also, include a short message for the folks back home!

Send your information to:

Attention: Lavinia Kerr  
c/o Orangeville Citizen  
10 First St  
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Padre Frank Pellerin  
Padre Mel Talan (deployed)  
Padre Catherine Morrison

**WORSHIP SERVICES**

**OUR LADY OF PEACE (RC)  
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Chapel Life Co-ordinator  
Padre John Tracey

**MASS**

Sunday Mass (English) 0900 hrs  
Messe Dominicale: 1015 hrs

**CONFESSION**

At all times

**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

**ST CLEMENT ASTRA (PROTESTANT)**

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**WORSHIP SERVICE**

Divine Worship (Sun) 1130 hrs  
Holy Communion 1st Sunday of the month

**PARISH ORGANIZATIONS**

Chapel Guild Last Tues 1930 hrs

**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.

**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.

## Feature

# Major reflects on six-month deployment to Sudan

by Luke Hendry  
The Intelligencer

Amid the civil revolt, hunger, and sandstorms of Darfur, Canadians are trying to make the best of a rapidly worsening situation.

Maj. Ted Giles is the Deputy Wing Logistics and Engineering Officer at 8 Wing/CFB Trenton. He oversees everything from telecommunications to food service to electrical and mechanical engineering.

But from Feb. 11 to Aug. 17, Giles served as an advisor to the African Mission in Sudan (AMIS). He was based in El-Fasher, capital of Sudan's North Darfur state.

On other deployments, such as Bosnia, Canadians have arrived to stabilize a situation until locals can start resuming their normal lives.

An air force brat who grew up all around the Canadian air force world who now lives in Smithfield, east of Brighton, Giles has served in Bosnia, Macedonia, and Italy. North Darfur was his first African deployment.

"You had to focus on winning the small battles, overcoming the challenges in your own particular area," he said, describing his work with Canada's Operation Augural as "frustrating" and "incredibly difficult" logistically.

"We had 32 camps in an area the size of France," he said.

"Ground transportation is extremely difficult. You just couldn't send out a convoy



Photo: Submitted

**Major Ted Giles, the deputy Wing Logistics and Engineering Officer at 8 Wing/CFB Trenton, stands before a Grizzly armoured vehicle during his recent six-month posting to the African Union Mission in Sudan.**

without protection," he said, citing the danger from rebel raiders seeking food and fuel.

Unlike his past deployments, the situation in Darfur has begun "a downward spiral" that shows no sign of slowing or stopping.

The main logistics headquarters in El-Fasher was re-

aiding the AMIS.

- Since 2004, Canada has spent \$190 million supporting the mission.

- Canada has 12 soldiers assigned to Operation Augural, as the Canadian military's contribution to the AMIS has been dubbed. Half are in Ethiopia, half in Sudan.

- Canada has loaned 100 Grizzly all-purpose armoured vehicles and five Husky armoured recovery vehicles to troops from Senegal, Rwanda, and Nigeria. Canada is also providing money for maintenance of the vehicles and \$1.4 million in personal equipment, from helmets to maps.

- The Sudanese government is still resisting the UN's offer to send a force of 20,000 to help restore order and bring humanitarian aid.

Source: Department of National Defence; United Nations

sonably stable, he said, but "you always still keep your wits about you."

From their tents in a desert where the summer temperature hit 46 degrees C, Giles and others from a multinational group worked to ensure the continued operation of AMIS camps spread throughout the area.

Darfur is still paralyzed by conflict between rebels and the government, with refugees starving as they try to escape.

The AMIS is being funded mainly by nations such as the United States, United Kingdom, Canada, and those in the European Union.

"Canada is making a significant contribution to the AMIS," Giles said.

Since 2004, Canada has spent \$190 million supporting AMIS, loaning the African Union (AU) over 100 vehicles and providing a variety of gear. A dozen Canadian troops are currently working in the region.

Through the Canadian International Development Agency, 25 Mil Mi-8 helicopters are being leased to the mission. They're operated by Canadian firm SkyLink and Giles said the large white choppers are an essential part of the mission.

"Without the helicopters, the mission simply wouldn't happen," said Giles. "Our

biggest problems were getting food delivered to various areas. Oftentimes we'd be short of aircraft."

But sometimes even when helicopters were available, Giles said, the supplies weren't. Food came from the Sudanese capital of Khartoum, but supplies tended to run low.

Giles, who monitored supply levels at AMIS camps, attributed the problem to "a funding issue. They were really operating on a shoestring budget, so we really couldn't afford to have huge stockpiles of dry goods."

Though not assigned to a humanitarian aid role, Giles said he saw refugees often. Near the logistics centre, he said, were two refugee camps totalling about 160,000 people in "desperate" conditions.

"There's lots of international aid agencies that are working in most of the camps. But there are still some camps that for security reasons can't be reached by the AMIS forces or humanitarian agencies."

He also said refugee camps also form next to AMIS camps as those fleeing danger look for protection from AU soldiers.

A United Nations assessment found a UN force of about 20,000 is needed to improve the crisis in Darfur,

but thus far the Sudanese government has resisted the idea. The UN is sending more logistics advisors to help solve problems such as supply shortages, but Giles said they'll still be facing a major cash shortage.

"They're still very reliant on the international community funding the operation."

Conditions in Darfur continued to deteriorate this week as fighting along the Chad border intensified.

Giles said in spite of the frustration, his job was a "tremendous experience" personally and professionally, and it was clear Canada's efforts were being noticed.

Each helicopter is painted with a maple leaf, he said, and others in the AMIS recognized Canada's participation.

"They would always thank you for helping the mission. They were all extremely grateful."

Giles also acknowledged, however, that seeing the refugees' ordeal gave him a feeling of "helplessness, in a way.

"That's why you had to focus on your own duties," he said. "The greater good of the mission was, in the end, helping the refugees.

"The mission has its problems, but it certainly has increased stability and security for many refugees."

*The Darfur region is a collection of three western states of Sudan. A mid-1980s famine there sparked an armed conflict. The government began arming militias, and in 2003, the fighting escalated as a rebellion was formed.*

Some quick facts:

- Refugees have continued to suffer from both the conflict and hunger.

- Last year, the second-largest exodus of refugees in the world saw 34,500 people leave Sudan for neighbouring Chad and Uganda.

- The African Union has formed the African Mission in Sudan, a peacekeeping effort involving troops from several AU nations. The AMIS is being funded largely by European countries, Canada, and the United States.

- Canada's Department of Foreign Affairs and International Trade, Canadian International Development Agency, and the Canadian Forces are all



**INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575**

**Wednesday Night Out**  
 Pre-register please by calling 613-965-3595 or 613-965-3575.  
 November 1 **Planning Night** - Come in and tell us what activities you would like to see offered in your Centre.  
**A variety of activities coming up, please visit the MFRC website calendar [www.trentonmfrf.cfbtrenton.com](http://www.trentonmfrf.cfbtrenton.com)**

**Les sorties du mercredi soir.**  
 Veuillez vous inscrire à l'avance en appelant au 613-965-3595 ou 613-965-3575  
 Le 1er novembre : **Session de planification.** Apportez vos idées et suggestions concernant les activités que vous aimeriez avoir au Centre  
**Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, [www.trentonmfrf.cfbtrenton.com](http://www.trentonmfrf.cfbtrenton.com)**

**What is a Behavioural Based Interview?**  
 Don't be scared, be prepared for the latest in interview tactics.  
**Date:** Tuesday, November 14, 2006 6:00-8:00 p.m.  
**Objective:** To provide an overview on this new interview format, answer some questions and gain some valuable insight.  
**Fee:** \$5.00, includes booklet.

**Que signifie une entrevue basée sur le comportement?**  
 Ne soyez pas effrayé, soyez prêt à découvrir les plus récentes tactiques d'entrevue.  
**Date :** le mardi 4 novembre 2006 - de 18h à 20h  
**Objectif :** Fournir une vue d'ensemble des nouveaux types d'entrevues, répondre à certaines questions et acquérir de nouvelles connaissances dans le domaine.  
**Coût :** 5,00\$ (livret inclus)

**Post Traumatic Stress Disorder**  
 The Invisible Wound  
 Information Night  
 Operational Stress Injuries "A Challenge for Families"



A loved one served and came back different. Are you living with a stranger in your home?  
**Guest speaker: Anne Préfontaine,**  
 Family Peer Support Worker for Quebec, instrumental in the establishment of the OSISS family support program.

**Wednesday November 8, 2006 7 pm to 9 pm**  
**Siskin Centre**

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**613-965-3575 or 613-965-3595**

Presented by the Trenton Military Family Resource Centre  Présenté par le Centre de ressources pour les familles des militaires de Trenton

**Le syndrome de stress post-traumatique**  
 La blessure invisible  
 Soirée d'information  
 Les blessures liées au stress opérationnel. "Un défi pour les familles"



Un être aimé a servi au loin et est revenu différent. Vivez-vous avec un étranger dans la maison?  
**Oratrice : Anne Préfontaine,**  
 Intervenante pour le réseau de soutien aux familles pour le Québec, participation déterminante dans l'établissement du programme de soutien de familles de SSBSO.

**Le mercredi 8 novembre 2006 de 19h à 21h**  
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## Why focus on violence against women?

by Roxanne Lamothe  
Violence Against  
Women Counsellor

Violence against anyone is unacceptable, regardless of one's gender, age, religion, ethnicity, sexual orientation, or mental and physical capabilities.

Violence affects all members of society, but violence against women is a complex issue that is closely linked to inequalities and power imbalances in society. It seriously affects the ability of women to achieve equality. Actually, it is not only the incidence of violence against women that limits women's lives, but the fear of violence that affects their daily existence, how they dress, where they go, with whom they associate, their mode of

transportation, etc. The focus on violence against women in not meant to diminish the seriousness of violence against men. However, violence against women, particularly partner or spousal abuse and sexual assaults, represents a unique aspect of the wider social problem of violence, and requires specific attention and solutions. Women represent the vast majority of sexual assault victims, and spousal assault experienced by women tends to be more severe overall, more frequent, and causes more serious physical injury and psychological harm. According to Statistics Canada, half of Canadian women (51 per cent) have been victims of at least one act of

physical or sexual violence since the age of 16.

The military community here at CFB Trenton is fortunate to have a Bilingual Violence Against Women (VAW) Counsellor who works part-time out of the Trenton Military Family Resource Centre. This free, confidential service is funded by the Ministry of Community and Social Services and is available to any women (military or civilian, French or English) who are experiencing violence or think they may be a victim of violence. For more information please call Roxanne Lamothe @ 613-392-2811 ext. 7670.

All women have the right to live violence free.

## Pourquoi mettre l'emphasis sur la violence faite aux femmes?

par Roxanne Lamothe  
Intervenante du programme violence  
envers les femmes

La violence faite à qui que ce soit, mentalement ou physiquement, est une chose inacceptable, sans égard de sexe, d'âge, de religion, d'ethnie d'orientation sexuelle ou de capacités mentales ou physiques.

La violence touche tous les membres de la société; toutefois, la violence faite aux femmes est particulièrement complexe car elle est liée de très près aux inégalités et au déséquilibre de puissance dans la société. Les femmes éprouvent de sérieuses difficultés à obtenir un traitement d'égalité à cause de la violence qui leur est faite. En réalité, ce n'est pas seulement le fait que les femmes soient violentées qui les limite dans la vie, mais la peur de la violence affecte leur quotidien, autant la façon dont elles s'habillent, les endroits qu'elles fréquentent, les relations qu'elles développent ou les moyens de transport qu'elles utilisent, etc.

L'emphasis sur la violence faite aux femmes ne diminue pas l'importance de la violence faite aux hommes. Toutefois, la violence faite aux femmes, surtout les abus sexuels ou les mauvais traitements de la part des partenaires ou des conjoints,

représente un aspect très important des problèmes de violence dans la société en général. Ceci nécessite qu'on s'en occupe de manière toute spéciale et qu'on trouve des solutions. La plus grande majorité des victimes d'abus sexuel sont des femmes, les mauvais traitements affligés aux femmes sont de plus en plus fréquents et graves, et ils causent des blessures physiques et psychologiques. Selon Statistiques Canada, la moitié des canadiennes (51 %) ont été victimes de violence versée au moins une fois dans leur vie depuis l'âge de 16 ans.

À la BFC de Trenton nous avons la chance d'avoir une intervenante bilingue pour venir en aide aux femmes victimes de violence; notre conseillère travaille à temps partiel au Centre de ressources pour les familles des militaires. Ce service confidentiel gratuit est financé par le Ministère des services sociaux et communautaires et est disponible pour toutes les femmes de la région, qu'elles soient militaires, civiles, francophones ou anglophones. Les femmes violentées ou celles qui pensent être victimes de violence peuvent bénéficier de ce service. Pour obtenir de plus amples renseignements, veuillez communiquer avec Roxanne Lamothe au 613-392-2811 poste 7670.

Toutes les femmes ont le droit de



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## PINK TULIPS OF HOPE



Photo: Submitted

Local Avon representative, Emily Bradie, is seen above at the Trenton Military Family Resource Centre (MFRC) on October 19, 2006. Bradie, alongside children and staff of the MFRC, planted 60 pink tulip bulbs in flowerboxes, which are displayed at the front of the building, to support Avon's Breast Cancer Crusade. For the past decade, Avon has held many similar events to help raise awareness of breast cancer, as well as remember those who have been affected by the disease.

Avon's Breast Cancer Awareness Crusade is the largest corporate supporter of not-for-profit breast health programs in Canada. From 1992 through 2005, the Avon crusade has raised, and donated, more than \$400 million in 50 countries worldwide for research, treatment, screening, support services and education.



# 436 Squadron hosts annual Family Day

The squadron hosted its annual Family Day on October 15, with more than 100 family members of 436 Squadron personnel coming out to enjoy camaraderie, family fun, inflatables, a ride on the Hercules and some "gourmet cooked" burgers and sausages.

It was fantastic to see so many families enjoying the fellowship of squadron life. Special thanks to Corporal Vic Hierch for organizing this great event.

Pictured clockwise, from right: a fun way to play soccer; kids enjoying an inflatable Clifford; not ready to leave the fun and go home; and event organizer Cpl Vic Hierch.



Photos: Submitted



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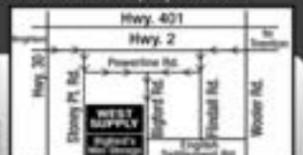
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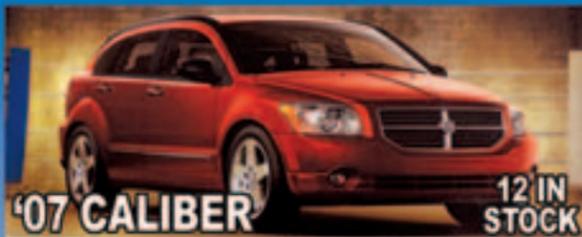
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