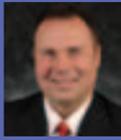


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## Remembrance Day Message from General Rick Hillier

Canadian Forces

11 November 2007-- It is with great pride that I mark this Remembrance Day as your Chief of the Defence Staff. As we pause to honour those who have gone before us, let us draw courage from their example.

We are the inheritors of a distinguished military legacy. We owe it to ourselves and to our forebears, to respect and further this heritage.

Although today's challenges seem formidable, we can look to Canada's strong military tradition for inspiration. Hundreds of thousands have served before us, wore our uniform and embodied excellence. They represented the best our country had to offer.

As we remember their



courage, sacrifice and valour, let us never lose sight of their humanity. Like us, they were ordinary men and women called upon to do the extraordinary. The reasons they answered the call of duty continue to resonate today.

They served to represent their country.

They served to make a difference and to be part of something far greater than themselves.

They served to free others from tyranny and oppression.

They served for an opportunity to see parts of the world that perhaps they never dreamed of seeing.

They served for a chance to work with some of the finest soldiers, sailors, airmen and airwomen in the world.

They served with the support of their family and friends. Then, as now, the success of our forces would not be possible without them.

As we look to their noble example, let us once again dedicate ourselves to honouring their memory. We do this, not only through ceremonies held today across Canada and the world, but by continuing to serve and embody service before self.

Lest we forget.

## Message du Général Rick Hillier pour le jour du Souvenir

Forces canadiennes

Le 11 novembre 2007-- C'est avec une grande fierté que je participe à ce jour du Souvenir en tant que Chef d'état-major de la Défense. Arrêtons-nous un moment pour honorer ceux qui nous ont précédés, inspirons-nous de leur courage.

Nous sommes les héritiers d'un glorieux patrimoine militaire. Il nous faut respecter ce patrimoine et y contribuer; nous le devons à nous mêmes et à nos ancêtres.

Bien que les défis auxquels nous faisons face aujourd'hui semblent énormes, nous pouvons faire appel à la forte tradition militaire du Canada pour trouver notre inspiration. Des centaines de milliers de personnes ont servi avant nous, ont porté l'uniforme et se sont consacrés à l'excellence. Ils représentaient ce que notre pays avait de mieux à offrir.

Alors que nous nous remémorons leur courage, leur sacrifice et leur valeur, nous ne devons jamais perdre de vue leur humanité. Comme nous, c'étaient des hommes et des femmes appelés à faire des choses extraordinaires. Les raisons pour lesquelles ils ont répondu à l'appel du devoir continuent de

trouver un écho même aujourd'hui.

Ils ont servi afin de représenter leur pays. Ils ont servi afin de faire une différence et de participer à une entreprise beaucoup plus grande qu'eux.

Ils ont servi afin de libérer des gens de la tyrannie et de l'oppression.

Ils ont servi afin d'avoir l'occasion de voir des parties du monde que, peut-être, ils n'avaient jamais rêvé de voir.

Ils ont servi afin d'avoir la chance de travailler avec certains des meilleurs soldats, marins et aviateurs du monde, hommes et femmes.

Ils ont servi avec le soutien de leur famille et de leurs amis. Sans ces derniers, à l'époque, comme aujourd'hui, il aurait été, il serait impossible pour nos forces de réussir.

En hommage à leur noble exemple, nous devons nous engager à honorer leur mémoire. Nous devons le faire, non seulement en organisant des cérémonies partout au Canada et dans le monde en cette journée du Souvenir, mais aussi en continuant à servir et à faire passer le service avant nous-mêmes.

Nous nous souviendrons d'eux.

## MGEN DUVAL VISITS 8 WING/CFB TRENTON



Photos: Cpl David Cribb, 8 Wing Imaging

Major-General Marcel Duval, Commander 1 Canadian Air Division, Commander Canadian NORAD Region, and Combined Forces Air Component Commander, along with Divisional Chief Warrant Officer Maurice Saco, is greeted by Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, during his visit on November 7, 2007. MGen Duval's visit included a tour of the aircraft, facilities, and new construction projects at CFB Trenton, and the Mountainview Detachment.

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## From the Bull's Pen A message from the 8 Wing Chief Warrant Officer



The Goose Story

I was having a Timmy's the other day and a young boy was excitedly pointing out a flock of Canada geese to his mother. He then asked his mother: "Do you know why one side of the V-formation is longer than the other?" The mother replied she didn't. The young man then giggled and said. "Because there are more geese on one side than the other". I couldn't help but laugh. During my walk home the joke had reminded me of something I had read years ago about the nature of Canada geese and how we could learn some valuable lessons from them. I hope you enjoy it.

*Throughout history, nature has provided a class-*

*room from which humans can learn to cope with their physical world and with each other. Perhaps no more powerful example of the latter has been given to us than by the actions of geese, the web-footed frequent fliers that migrate as far south as Mexico in the winter and as far north as the Arctic Circle in the summer. Geese display a common-sense approach to life humans would do well to emulate.*

*As each bird flaps its wings, it creates an updraft for the bird following. By flying in a V-formation, the entire flock creates a flying range greater than if one bird flew alone. When people share a common direction and sense of community, they get where they want to go quickly and easily. They learn to travel on each other's strengths, spirit of teamwork, pulling in the same direction.*

*When a goose falls out of formation, it suddenly feels the drag of resistance of trying to fly alone and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front of it. If we had as much sense as geese, we would stay in formation and*

*be willing to accept help when we need it, as well as to lend help to others when they need it. Learning to fly in formation with friends, family, and fellow employees helps everyone achieve desired results.*

*When the lead goose gets tired, it rotates back into the formation and another goose flies the point. Geese instinctively share the leadership task and do not resent the leader. Unfortunately, human groups sometimes fail due to jealousy among members. Having too many chiefs and not enough workers is a sure formula for failure. Each person in a group can make a valuable contribution towards meeting the organization's goals. We may never know what the other can contribute until we afford them the opportunity to use their talents.*

*Geese in the rear section of the formation honk to encourage those up front to keep up the speed. People need to learn the value of being part of the support system and to encourage other members of the group. Our "Honk" may consist of an encouraging word, a pat on the back, a helpful suggestion or simply*

*going that second mile to accomplish a task.*

*When a goose becomes ill, is wounded, or shot down, two other geese drop out of formation to follow it to the earth to help and protect it. They stay with their disabled companion until it can fly again - or dies. They then launch out on their own to catch up to the flock. We humans need to learn to care for others. If a fellow employee or group member is going through tough times, or has simply been "shot down" by some events in life, we may do as well to take some time to concentrate on the person's needs. When the organization begins to build up a reputation of caring for its employees, group loyalty increases immensely and success become more attainable.*

*So like many other processes of nature, the behavior of geese provides humans with valuable guidelines for interacting with others.*

*(Author unknown)*

Just a thought!

T.J. (Bull) Secretan  
CWO  
8 WCWO

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The RCAF Memorial Museum Foundation presents

## The Shepherd

Adapted by Carl Cashin

From the short story by Frederick Forsyth

On stage at the Holiday Inn, Trenton, on November 29 and 30, 2007.

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The performance will begin at 8 p.m.

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## Helping those in need: DCSA office opens in Trenton



Photo: Cpl David Cribb, 8 Wing Imaging

**Capt Jeff Hill and CWO (Ret'd) Bruce Leedham oversee the DCSA Detachment in Trenton and are responsible for CFB Trenton, CFB Kingston and 33 Reserve Brigade units between Oshawa and Cornwall.**

by 2Lt Marc Velasco

With the current pace of operations, members of the Canadian Forces are working as hard as ever. With all the effort comes the dangers of working in hostile environments, psychological fatigue and risk of physical injury. But what happens when you can no longer be employed in the Canadian Forces due to illness? Worse yet, what do you do when a family member passes away while serving?

The Department of National

Defence and Veterans Affairs Canada have come together to help these people by creating The Centre. Since 2001, The Centre has been assisting injured members in continuing on with their lives, starting new careers and providing support to families who have lost loved ones on operations.

Until recently, those needing the service had to phone Ottawa to get assistance from The Centre, but this fall, 10 detachment offices were opened across the country. On September 4, 2007, the

Directory of Casualty Support and Administration, (DCSA) Detachment Trenton, was opened under the direction of Regional Detachment Manager, Capt Jeff Hill and CWO (Ret'd) Bruce Leedham.

Together, they are responsible for assisting members from CFB Trenton and CFB Kingston, as well as the 33 Reserve Brigade units that stretch from Oshawa to Cornwall.

"It's a huge process to go through," said Capt Hill. "The key is to get the information out

there."

Going through the medical release process can be a daunting task. Many agencies are involved in the process. The physicians, Personnel Selection Officer, Case Manager, SISIP, Release Section, Operations Stress Injury Social Support, Director Military Careers Administration Resource Management and Veterans Affairs, to name a few, all have a stake in helping the member go through the process.

The DCSA Detachment, simply put, acts as a mediator and ensures all sides are talking to one another.

"We're almost like a referee," adds Capt Hill. He wants to make it clear that DCSA is a resource that assists in the process but cannot do the work for the individual. "We tell them what they should be doing. I don't replace the service providers in place."

The DCSA Detachment Trenton will be there when shortfalls or problems occur in the medical release process. "I'm the guy they call if they've got a problem. I advocate the process...The Centre advocates for the individual."

Capt Hill emphasizes the fact that education is the key to success. He challenges all unit commanders to ensure that their people know about the medical release process, for their own sake

or to assist others.

"Units should be calling us. We should be briefing them so they understand what services are out there."

Creating the DCSA Detachment Trenton has presented many challenges for Capt Hill and CWO (Ret'd) Leedham. In spite of the difficulties, they have been able to make much headway, making contacts with all the local service providers and moving to their new office across from the medical clinic at 20 Cosmo Street.

Capt Hill understands what it is like to go through the medical release process, as he is currently undergoing it himself. Capt Hill has turned his attention to helping members learn about opportunities and services available. He says he enjoys the work and finds it rewarding.

"It's like teaching – educate and communicate; that's the prime directive."

Capt Hill stresses the importance of what the medical release process can mean to your life.

For more information, you can reach the Directory of Casualty Support & Administration at 613-392-2811 ext 3277.



## Search & Rescue UPDATE



424 Squadron has only had one mission since the last article.

The Griffon was tasked to search for a canoe reported adrift on Lake Erie near Port Colborne. The crew proceeded directly to the search area and began with shore crawls. However, the mission was stood down as a result of a bird strike on the main rotor.

Until next time, stay safe.

Missions for 2006: 219 Missions for Nov.: 1 Persons rescued: 31

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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 M.J. Hood, CD, 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 (leblanc.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) or 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 4 P.M. PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

### Letters to the Editor:

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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

Major Michael Thornley was incorrectly identified as CO of 437 Squadron on page 15 of last week's issue of the newspaper. The Contact regrets the error.

## message from the Editor

Deadlines. Everyone hates them, but they are an unavoidable fact of life, especially in the newspaper business.

The Contact Newspaper has established a new deadline for editorial submissions, including articles, photos and announcements.

All must be submitted no later than 1600 hours every Tuesday for inclusion in that week's issue.

This decision was taken due to production requirements and a very welcome increase in submissions from across the Wing. This new deadline is actually later than our previous deadline of noon, thereby allowing writers more time to submit. The only difference with the new deadline is that there will be no extensions, no exceptions.

This will allow our staff to more carefully proofread and edit your submissions and thus greatly reduce or eliminate typographical errors.

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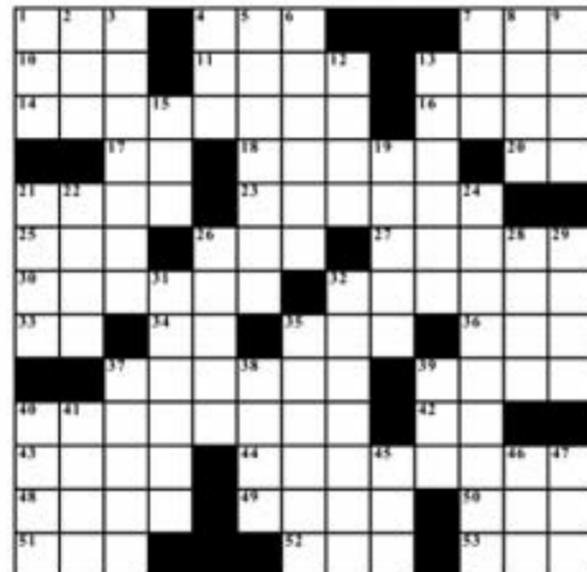
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## Canadiana Crossword

### Mythsters and Mythess

By Bernice Rosella and James Kilner

- ACROSS**  
 1 DVD forerunner  
 4 Journey part  
 7 Faucet  
 10 Rage  
 11 Agile  
 13 Puerto \_\_\_\_\_  
 14 Our legendary lumberjack Joe  
 16 Reverberation  
 17 Business letter letters  
 18 Mike of the movies  
 20 Canadian sentence ender  
 21 Miserly  
 23 Eagle haunts  
 25 \_\_\_\_\_ Baba  
 26 Parry Sound player  
 27 Bog  
 30 Our legendary Johnny  
 32 Renter  
 33 Francais preceder  
 34 Gym session  
 35 Bela \_\_\_\_\_, Hungarian statesman  
 36 CFL game segment  
 37 Shoe style  
 39 Animal fat  
 40 Humidity preceder  
 42 Daddy  
 43 Mulrone minister Nielsen  
 44 Fertilizers  
 48 Chop finely  
 49 Lug  
 50 Word before tail or nip  
 51 Cry of fright  
 52 Lawyer's acronym  
 53 Colour



- 3 Exercise restraint  
 4 Caustic substance  
 5 Flag for future reference  
 6 More boary  
 7 Facial spasm  
 8 Pain  
 9 Legendary Canadian bear  
 12 Carafe  
 13 Stitches again  
 15 Marsh  
 19 Up and about  
 21 Parliamentary prop  
 22 Spirit  
 24 Legendary westcoast giant  
 26 Eightsome  
 28 Apportion  
 29 Fresh  
 31 Consumption  
 32 Fortification  
 35 Legendary Inuit traveller  
 37 Legendary Haliburton hero Sam  
 38 Beer serving  
 39 Resort  
 40 Instruct  
 41 Huron's neighbour  
 45 Left leaner  
 46 Water, in Wakefield  
 47 \_\_\_\_\_ Scholastique

Answers found on page 18



## This Week in Contact

1977 – For Sale: 1973 Vega Hatchback deluxe. AM/FM stereo/8 track multiplex, 33 speakers automatic. Two winter tires included. Less than 26,000 miles. \$1,350 or nearest offer. Call Capt F Turner at 3307 or 394-2518.

For Sale: Superb collection of classic LP's at varying prices. Owner leaving area. Call 392-6919 anytime.

1987 – Alberta – Exercise Maple Flag XX is now history. So too is the ten-year history of twice-a-year, four-week exercises on the Cold Lake Air Weapons Range. Beginning next year, there will only be one six-week session beginning at the end of April and lasting until mid-June. This will allow Cold Lake to better use its resources in training two Canadian based operational CF-18 squadrons, in addition to carrying out its many other training missions.

1997 – October was marked by two distinct temperature regimes at 8 Wing Trenton. Daytime temperatures averaging 18°C during the first half of the month were more representative of mid-September and were twice as warm as the average 9°C readings of the latter half, which were closer to mid-November type readings.

Created by Lt J. H. MacDonald,  
 Compiled by Joel Wiebe.



# VETERANS' WEEK 2007



Photo: Cpl David Hardwick, 8 Wing Imaging

Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer, and Albert Montagnese, District Director Ontario Northern Area, Veterans Affairs Canada, cut the cake presented by Veterans Affairs Canada to 8 Wing/CFB Trenton personnel as part of Veterans' Week 2007.



Please join us again this year as we join together on November 11th. "REMEMBER" our friends and family members who fought the wars so that you and I can Live in Peace.



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# VIEW FROM THE PINE



Have you ever asked yourself why Leaf and Canadian fans are a lot like mini-van owners? Honestly, ever talked to a mini-van owner for more than five minutes before they start in on their "mini-vans are so awesome" rants. God forbid you accidentally let it slip that you have kids, they freely offer their wisdom that you "must get one because they're so practical." Likewise, have you ever talked to a Leafs or a Habs fan for more than five minutes without them extolling the virtues of their club, its illustrious history (or their illustrious ancient history for the Leaf's) and impending Stanley Cup glory?

Listen, if you drive a mini-van, you're not cool. The van's not cool. I don't care if it has chrome rims, fuzzy dice, a \$10,000 stereo system and a giant Valkyrie warrior woman painted on the side: it's still a mini-van. Your free-spirited bachelor days are long behind you. Say hello to the soul crushing eternity of domestic bliss. Trying to convince everyone that mini-van ownership is trendy is like trying to convince people that Harold Ballard was a hockey genius. Game over.

Much the same, Leafs and Habs fans would use their last, dying breath to convince you that they are the greatest sports franchises

on earth. Now, being a Montreal fan, I used to be able to back this up as 24 Stanley Cups (a few that I've been around to see) tends to carry a lot of weight. I'm not sure what Toronto fans used as substantiation without having to drag their grandfather from the Legion to describe that thrilling Cup win in 1942. Unfortunately, neither the devout disciples of Les Habitants or the Buds have much to crow about.

The slogan of both franchises should be, "Mediocrity Sells". And it does. How long has it been since either team has iced an actual, bona-fide contender (and not just hyped because "this has to be Sundin's year" or "Latendresse is spelled Lafleur, with more letters")? Can't remember? Neither can I. This doesn't seem to bother ownership and management because they keep selling tickets, and keep selling out arenas. Win, lose or draw, money's being made. It's no surprise that there are no Lecavaliers, Crosbys, Ovechkins, Staals or Thorntons wearing the beautiful red, white and blue of the Habs or the somewhat more drab blue and white of the Leafs.

Both teams do just enough to get by (free agent signings) and possibly make the playoffs but never undertake the necessary effort and

pain to build their rosters through adept drafting, with some opportunistic trading and free agents thrown in. The teams that do this (Carolina, Tampa Bay) suffer through some tough years, but eventually have success. In the case of the Ducks and Hurricanes it's hard to argue with the results.

So, if you can afford to, keep buying those Toronto and Montreal tickets and enjoy the ride. It'll be mostly boring, with mildly interesting sites along the way.

### Charlie Potatoes

Cristobal Huet (I need a scapegoat for Saturday night's loss against Toronto, he's it); Tampa Bay Lightning (until they get a solid goaltender they'll be up and down all year); Peter Forsberg (another setback on his road to recovery. Stick a fork in him, he is done); Edmonton Oilers (the suckage continues. You can't use

injured defence corps as an excuse when you're losing to the wild without Demitra and Gaborik); Michael Ryder (30 goal scorer bumped to the fourth line. Bring back Gary Leeman).

### Meat and Potatoes

Vesa Toskala (stood on his head to give the Leafs a big win in Montreal. Raycroft is now officially a back-up and trade bait); Mart Turco (outstanding goaltender who'll be dragged down by the Stars' mediocrity); Henrik Lundqvist (goaltender love-in continues. The Rangers aren't scoring goals but with Lundqvist they don't need to); Ilya Kovalchuk (as Kovalchuk goes so do the Thrashers. Six goals last week was a nice reward for poolies that suffered through his slow start to the year); Ted Nolan and the New York Islanders (bringing back Arbour for his 1,500th coached game was all class).

By Gilmour Tuttle



Please submit response letters to our Editor steiner.al@forces.gc.ca

## 8 Wing/CFB Trenton Curling play down

The Wing/CFB Trenton Curling team will represent 8 Wing/CFB Trenton at the Ontario Regional Curling Championship which is being held at CFB Kingston from Jan. 13 to 16, 2008.

Slide, sweep and curl your way to the championship. The competition is open to all CF, class B and C reserves members.

The Curling Play Down will be held at the Trenton Curling Club some time in late December of this year.

Interested curlers must register no later than Dec. 1, 2007. For registration or for more information, please contact the Military Sports Coordinator, Dan Cormier, at local 3373.

### Much Video Dance

Join us at the south side Gym on Saturday, Dec. 1, for the Much Video Dance.

The dance will be open to those between the ages of 9 and 12 years old from 5 to 7:45 p.m., and will then open to those between the ages of 13 and 16 years old from 8:15 to 11:00 p.m.

Admission is just \$10 per person. This will be adult supervised event.

### Upcoming Survivor Wake

Join Survivor Wake on Friday, Nov. 23, at 8:30 p.m. until 9 a.m. on Saturday, Nov. 24 at the RecPlex pool and gym.

This event is open to those between the ages of 13 and 16 years old. There will be swimming, contests, snacks, games and

prizes. Pre-registration is required. Those interested are asked to register at the RecPlex or MFRC reception.

This event must have a minimum number of participants to run. This will also be an adult supervised event.

### Reminder - No Swim Lessons

As previously scheduled, there will be no swim lessons on Sunday, Nov. 11, due to Remembrance Day.

# LOCAL SERVICES AND TRADES



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# Fitness, Sports & Recreation

## Cardio Combo classes

Cardio Combo is an aerobic workout which delivers the highest element of fun with results.

It is appropriate for participants who enjoy a lengthier cardio duration.

The class will take place on Tuesdays and Thursdays, from Oct. 16 to Dec. 20.

Each class will run

from 6:30 p.m. to 7:30 p.m.

Cost is as follows: \$40 for CRA members; \$45 for military community non-members; and \$50 for the general public.

There is a drop-in fee option available, space permitting, at a cost of \$4 for military community with ID, and \$5 for the general public.

## Body Sculpting classes

This intensive, but easy to follow body sculpting class utilizes various resistance apparatus to tone and sculpt.

The main focus is on muscular endurance and strength.

Classes take place on Monday and Wednesday evenings, from Oct. 15 to Dec. 19.

Each class will run from 7:30 to 8:30 p.m. for 10 weeks.

There will not be a class held on Nov. 12, due to Remembrance Day falling on the Sunday.

Cost: \$40 for CRA Members; \$45 for Military community non-members; and \$50 for the general public.

Drop-in fee, space permitting, at a cost of \$4 for military community with ID and \$5 for the general public.

## Spinning exercise program

Spinning is an exercise program that utilizes a specially designed stationary bicycle and a series of cycling movements to provide participants with both a physical and mental workout. Classes take place on Mondays and Wednesdays, from Oct. 15 to Dec. 19, from 6:30

to 7:30 p.m. in the Studio at the south side Gym. *No class on November 12.*

Cost: \$40 for CRA members; \$45 for military community non-members; and \$50 for the general public. Drop-in fee, space permitting: \$4 for military community with ID; \$5 for the general public.

## Youth drop-in activities

A different activity is available each Monday, from 6:30 to 8:30 p.m. for youth ages 13 to 18.

Floor hockey is available on the first Monday; volleyball is available the second week; basketball the third; dodge ball the fourth week; and player's choice during the fifth week. User fees apply to all youth.

## Upcoming cancellations

Please be advised that due to the National Lifeguard Course, which is taking place on Saturday, Nov. 10, 2007, the following swim cancellations are in effect: Rec Swim from 1 to 3 p.m.; the Adult Lane Swim from 3 to 4 p.m.; and the Parent and Tot swim from 3 to 4 p.m.

## EXPRES Testing

### Schedule Updates

The Fitness and Sports Flight is pleased to be offering the 20 MSR testing daily at 0830 hrs from now until Dec. 31.

To book your annual PT test, please go through your EXPRES Coordinator and/or email your request to be loaded into our schedule through +PSP-ExpresBookings@forces.gc.ca

Upon receipt of your request we will send you an electronic confirmation of your scheduled test.

Please be aware of the Testing Preliminary Guidelines as follows: two hours prior, do not eat, smoke or drink caffeine; six hours prior, no alcohol; and do not exercise the same day.

## PROFESSIONAL DEVELOPMENT DAYS



Photo: Submitted

Members from the Wing Comptroller's Branch assembled for a round robin of badminton as part of their Professional Development day. Sports and fitness PD days are one of the many services provided by the Fitness and Sports Flight.

## After hours military fitness classes

The Fitness and Sports Flight is now offering military fitness classes after work on the second floor of The Gymnasium.

Classes will take place on Mondays, Wednesdays, and Thursdays from 1610 to 1650 hrs, in the multi-purpose room, Spinning; Wednesday's classes focus on Yoga, which is new; and Thursday's STEP/BOSU class will be available.

## Noon Hour Fitness Schedule

November 2007

Monday	Tuesday	Wednesday	Thursday	Friday
12 Cardio & Core Circuit	13 STEP PLUS	14 Spinning BOSU	15 Specialty Class	16 Spinning
19 Cardio & Core Circuit	20 STEP PLUS	21 Spinning BOSU	22 Specialty Class CROSSFIT THEME	23 Spinning
26 Cardio & Core Circuit	27 STEP PLUS	28 Spinning BOSU	29 Specialty Class	30 Spinning

~ Classes are held in the MPR from 12:00 to 12:50 p.m. on Thursdays, with the exception of Circuit and Bosu on Mondays and Wednesdays in Area 1.

~ Noon hour fitness is open to all military and DND full-time employees!

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On Oct. 25, 2007, Pte Eric Leclerc-Blain graduated from Basic Training at CFB St-Jean, making him the third generation Blain to join the Canadian Forces. He is following in the footsteps of his grandfather, CWO (Ret'd) Robert Blain CD, his father Sgt (Ret'd) Claude Blain CD, and two of his uncles, Cpl (Ret'd) Jacques Blain and MWO Jean Blain CD. MWO Blain is currently posted to 8 Wg Tn/EME Sqn, where he is employed as the ETQMS at Maint. Pte Leclerc-Blain is off to ValCartier where he will commence his next phase of training with the Royale 22e Regiment (VanDoos).

**Pictured (L to R): Cpl (Ret'd) Jacques Blain (MP); Sgt (Ret'd) Claude Blain CD (Rad Tech); Pte Eric Leclerc-Blain; CWO (Ret'd) Robert Blain CD (SWO 438 Sqn); MWO Jean Blain CD (ETQMS).**



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## Branch Updates

### Wing Administration Branch

So you think you know the Wing Administration Branch, who we are and what we can do for you or in support of you well...

The Wing Administration Branch provides balanced, operationally focused, mission centred administration, human resource, and deployment support to enhance the operational effectiveness for personnel of 8 Wing/CFB Trenton and its lodger units. There are a wide range of individual sections within the Branch, which can provide a full range of administrative, and personnel support services to you and your staff.

Not the largest but one of the busiest is the A1 Personnel Administration. The A1 Pers Admin is responsible for the provision of personnel administration, including central registry, cashier and receiver general deposit fund, releases, and pay and records services to approximately 3,200 personnel.

The Tasking section coordinates 350 to 450 VCDS taskings each year. Lastly, the A1 Management Services is responsible

for coordinating the Wing Administration Business Plan and oversight of the Branch budget.

The A1 Programs, stood up on 14 September 2006, and is responsible to provide oversight on a large variety of federally and departmentally mandated programs, which includes: grievances, harassment, family violence prevention, ethics, employment equity and care of the injured. A1 Programs also supervises the Trenton Continuous Improvement Office (TRICIO), which supports continuous (business) improvement and organizational development, and the Wing Coordinator of Official Languages (WCOL).

The smallest of the sections is the A1 Coordination (A1 Coord) who is responsible for coordinating annual Personnel Evaluation Reports, Wing Standing Orders, Access to Information Request replies, Ministerial Inquiry replies, Honours and Awards, etc. The A1 Coord also provides oversight for the Military Family Resource Centre (MFRC), the Wing Heritage Officer (WHO) and

Canadian Forces Housing Agency (CFHA).

A1 Reserve (8 Air Reserve Flight 8 AR Flt) recruits and provides personnel administrative services for approximately 210 Air Reserve personnel employed at 8 Wing. Such personnel are embedded in Regular Force units, including both integral and lodger.

The A1 Reserve organization itself consists of an Orderly Room and Enrolment / Recruiting office. The Orderly Room orchestrates such aspects as an Air Reserve member's pay and terms of employment. The Enrolment office oversees the process of bringing someone into the AR Flt to fulfill an employer's needs.

The A1 Reserve organization also provides considerable guidance to unit Commanding Officers and their staffs regarding Air Reserve employment issues, quite a bureaucracy unto itself. For those of you contemplating the possibility of Reserve Force service yourselves, watch for an article describing the process and actions you can take to investigate such possibilities in a

later issue of The Contact.

The Wing Personnel Selection Office (WPSO) is responsible for providing Personnel Selection Services which include assessing the suitability of personnel for occupation transfer, re-assignment, in-service commissioning, special employment, and Career Review Board/Administrative Review (Medical Employment Limitations). Also, the WPSO provides educational and career counseling, education reimbursement, Second Career Assistance Network (SCAN) seminars, briefings, organizational consulting, psychological testing, and invigilation of college/university exams. In addition, the WPSO maintains a selection of books related to transition and second career assistance.

The Personnel Support Program (PSP) Manager oversees the largest and most diverse of the sections. He manages state-of-the-art accommodation and recreation facilities and provides first-class health promotion, military fitness and sports, public information, and recreational programs in support of

8 Wing personnel and their families.

The Wing Chaplain is responsible for the spiritual well being of personnel and their families. 8 Wg Chaplain's Team provide short term counselling, Sunday Worship opportunities for both RC and Protestant communities, Marriage Maintenance courses, prep for baptism and marriage, and will refer military personnel to other helping professions and utilize all available resources in the care of the whole person.

Wing Administration also has oversight of 24 CF Health Services, 1 Dental Unit Detachment, Central Medical Depot, Casualty Support Detachment, Dispute Resolution Centre, Civilian Human Resources, the Deputy Judge Advocate's Detachment Office, Learning and Career Centre, the Museum, and CF Aircrew Selection.

*Lieutenant-Colonel Debbie Miller  
Wing Administration Officer*



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His poem was printed in Punch, an English magazine, on December 8, 1915. It was soon repeated throughout the trenches as men heard it, learned it by heart, and passed it on by word of mouth. The poem became the soldiers' anthem, for it expressed their innermost thoughts and fears of dying for nothing and being forgotten.

**"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 Lt. Col. John McCrae  
(of Guelph, Canada)  
Died January 28, 1918, while on  
active service in France.

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## Branch Updates



### Wing Comptroller

8 Wing Comptroller Branch is located in the Headquarters building. The branch provides a variety of financial services, such as business planning coordination and Resource Analysis Compliance Services (RACS) to the Wing.

Our purpose is to provide COs and RC Managers with direction, advice, and information on financial planning, allocation and spending. We also ensure that funds are used according to government and parliamentary regulations through regular verifications and audits.

Currently, with an influx of new personnel to the branch, the ability to provide a much more effective service to the base is now possible. Personnel from the Post Payment Verification section have been visiting units on a monthly basis. Their main purpose is to ensure that guidelines and regulations pertaining to finances are followed - in doing so, this helps to lower our risk of liability and decreases unnecessary spending.

Your assistance during their visits has been and will continue to be greatly appreciated, and

has meant a notable improvement in overall financial management.

The Branch is currently setting up the next round of sessions of the Expenditure Management course for Aircraft Commanders, with training available on the following dates: Nov. 19, 22, 26 and 29; and Dec. 3 and 6.

The training will consist of briefings in the morning and the Expenditure Management portion in the afternoon for those who require it. Full details are available when you call to book at local 4379. There are

only 10 seats available per session, so call soon.

If you or other members of your unit require FMAS access, acquisition cards or signing authority, or have any questions about these or other finance-related issues, feel free to contact us.

The W Compt and W Admin branches meet monthly to discuss policy and procedures at 8 Wing. The meetings are regularly scheduled for the last Tuesday of every month and proposed topics for briefings are welcome and can be submitted to Lt Macdonald, Fin Svcs O, at

local 4338.

Finally, the W Compt branch is holding a silent auction Nov. 22, 2007, for the Christmas Charitable Campaign. You are invited to visit the branch office on the 3rd floor of the Wing Headquarters building, starting Nov. 19 to view the items and make your bids. Capt Peddle is the OPI for this event and queries can be directed to him at local 4193 or through email.

Servitium Nulli Secundus

*Major B. Paquet  
Comptroller*

### Wing Logistics & Engineering

The Wing Logistics and Engineering Branch (WLE) is one of the largest organizations at 8 Wing Trenton and is responsible for a multitude of support services provided in the following areas: Construction Engineering, Telecommunication and Information Services, Electrical & Mechanical Engineering, Foods Services, Supply, Transportation, Environment and General Safety.

Considering this broad base of activities, one can certainly appreciate the direct impact the WLE branch has on the day-to-day operations, particularly the construction that continues to occur at 8 Wing. With the fall leaves changing colour, the pace of activities and construction continues as the ongoing WLE projects con-

tinue to change the shape of 8 Wing. The Airlift Capability Project is already having considerable effect on 8 Wing, keeping WCE extremely busy. Through close collaboration with the project offices for CC-177s and new CC-130s in Ottawa and with A4 Airfield Engineering at 1 Canadian Air Division Headquarters, the infrastructure program has quickly progressed from development plans to reality.

After the announcement of the purchase of the four CC-177 Globemaster IIIs, WCE was given 18 months to prepare facilities to house parts, equipment and personnel. In infrastructure terms, this is lightening speed, so most of the initial work has been to provide temporary shelter such as the

equipment shelters along Highway 2, a parts warehouse currently under construction south of the Passenger Terminal, and office and storage space for the maintenance personnel at the Quinte Air Terminal at the east end of the runway.

Major construction has also commenced. The expansion and rehabilitation of the east ramp will be complete on Nov. 23, 2007, with the completion of a temporary hangar following in the early spring (barring any import problems for the German manufactured Megadoor®).

Conceptual plans are also firming up and we can expect to see construction of the first permanent CC-177 Hangar starting north of the runway in the fall of

2008. This will be followed by the replacement of 5 and 6 Hangars by more CC-177 and CC150 sized hangars and then CC130 hangars both north and south of the runway. In addition, a new Wing Operations and Squadron building accompanied by training facilities will be built south of Hwy 2.

Despite the tremendous focus on the ACP Program, WCE is also fully engaged in designing, constructing and maintaining the infrastructure for all 8 Wing integral and lodger units. Construction is currently underway on a variety of projects such as the new Air Traffic Control Tower, a facility for the Small Arms Trainer, a Hercules Maintenance Training Facility, and a new home for the

Canadian Joint Incident Response Unit--CBRN (formerly the Joint Nuclear, Biological and Chemical Defence Company).

This is a key time in the year, when projects will be prioritized for design and implementation in the years to come through the Base Infrastructure Committee which will sit on 23 November. All units wishing to have major work completed will have input into the discussion of relative priorities. Routine or smaller work can be addressed by contacting your WCE Facility Service Officer or by calling Work Reception at extension 3597.

*Major D. Graitson  
Deputy Wing Logistics and  
Engineering Officer*

### Wing Operations

Search and Rescue, Combat Airdrops, Resupply, Troop Rotations, and Humanitarian Aid Deliveries. Thanks in part to the media coverage received, these activities and both the personnel and units involved represent to many the face of 8 Wing Trenton.

However, these are not the kinds of things generally attributed to 8 Wing's A3 Branch as there are many others that take the 'ball' that we prepare and 'run' with it in a more visible fashion. Similar to the gears behind the clock face, the A3 branch represents a number of sections working together behind the scenes to ensure the operational and public face of 8 Wing Trenton continues to tick along.

Often when people say A3, their immediate thought is that it encompasses Wing Operations only. However, a large portion of the branch is not synonymous with the Wing Ops section and includes a diverse team from A2 Intelligence, Air Traffic Control (ATC), Meteorology (Met),

Readiness Training Flight (RTF), and the Military Police (MP) sections who are integral components of the branch and who spread their influence across the Wing. Although the flying squadrons, 2 AMS and 8 ACCS are all part of the A3 Branch, they are themselves cohesive, self-contained and well-led units who are justifiably proud of their individual identities. Wing Operations encompasses 190 hard working and dedicated personnel who form the nucleus of the whole--the 'whole' of the branch numbers 1,500.

Whether it be at home or deployed, there is not a single member of 8 Wing who is not affected to some degree by the A3 Branch. This past summer alone you would turn on the radio and hear our Met Section telling you it was going to be hot and sunny with a fifty percent chance of periods with clouds and rain. Similarly, upon arriving at work you would quickly discover that our Deputy A3's construction crews had successfully dug up the last remaining

coveted parking spaces--much to the chagrin of those drivers who once parked there. However, one is comforted in the knowledge that the time it takes to walk from where you now park your car to the office is indeed shorter than the hour and a half bus ride from the airport to the hotel which, if you are aircrew, the folks in Despatch booked for you down-route. Yes, the A3 branch is everywhere.

As with all of 8 Wing's units, the A3 Branch has seen considerable changes since you last heard from us.

This past summer saw the wholesale change of senior management in virtually all sections. LCol Fortin and his deputy Maj Reyenga left on posting after years of dedicated service to the branch; the former deployed overseas and the latter returning to a cockpit as an Electronic Warfare specialist. Replacing them is LCol Murphy as the new A3 and Maj Roy who fills the role of Deputy A3. Within the branch at all levels we have experienced a large turnover of staff that has created the need to

focus on training to recoup the knowledge of those who have left. With new personnel come new ideas such as LCol Murphy's effort to bring Wing Operations together in a more squadron-like setup. As well, a new entertainment committee is being formed with everyone looking forward to the Christmas parties. There are even rumours of a possible A3 Branch Mess Dinner in the upcoming year. In keeping with the need to be physically fit, we have also implemented PT periods twice a week that are open to all members across the organization. Having played ball hockey for the first time in about 10 years with all these younger 2Lts now on staff, this old-timer now wishes the branch included some medical personnel.

There are a number of changes throughout our sections that have or will be implemented to improve service, but the day-to-day routine has remained relatively status-quo. Air Traffic Control is continuing to keep our airspace safe as we start to see more aircraft in the sky with

the arrival of the CC177 and increased ops at the revamped Mountain View airfield. The Duty Watch Officer remains the focal point of day-to-day operations while our Tasking Cell still continues to match missions to aircraft and squadrons. The RTF remains busy running courses to prepare 8 Wing members for deployment, including numerous personnel from our MP, Met, ATC and A2 sections. LCol Murphy also has the particularly important responsibility for ensuring the more sombre duty of Repatriation Ceremonies are carried out with precision, respect, and dignity.

Yes, quietly behind the scenes the work of many is required to coordinate the operational mandate. Here at 8 Wing Trenton, the A3 branch largely represents those people. Like the gears of the clock face, everyone works collectively to ensure 8 Wing's operational mandate is achieved.

*LCol D. Murphy  
A3 Ops*



# Night vision goggles – Seeing the light in total darkness

by 2Lt Jennie Jones

“A tiny little pen light,” states Griffon Flight Engineer Corporal Jeff Kilpatrick at 424 Transport and Rescue Squadron, describing some of the things he and his aircrew teammates are capable of seeing at night from their Search and Rescue (SAR) aircrafts. While spotting those tiny light sources from water or land below, they are wearing an extremely important piece of equipment: night vision goggles.

Night vision goggles (NVGs) are used by the aircrews of 424 Squadron during every SAR mission at night. On both the CC-130 Hercules and CH-146 Griffon, using NVGs increases the chances of finding a rescue site in the dark.

Since Canadian aircrews started flying the CC-177 Globemaster in 2002 (in exchange positions in the U.S.), they have learned to fly an aircraft completely configured around NVGs for night flying. This allows the aircraft to covertly fly into dangerous areas.

The applications of NVGs on the different aircraft vary, but the benefits of their use are the same: whatever the operation, it has a better chance for success.

During SAR night missions, all aircrew members aboard the CH-146 Griffon use NVGs, as do the SAR techs aboard the CC-130 Hercules.

“We use them during all night operations,” Cpl Kilpatrick explains. “NVGs pick up small lights—tiny little fires in the woods, a bic lighter or matches or a flashlight. We’ll put the NVGs on to see if we can see any smoke lines which glow within the tree line. Over water, we can spot buoys 20 km away.”

When a SAR Griffon arrives at the scene of the rescue, normally the crew will decide to “degoggle,” or look under their goggles, because of the large lights available on the aircraft itself for work closer to the ground and closer to the rescue site. “SAR-Techs and FEs need as much light as possible to do the job

safely,” Cpl Kilpatrick says, “because we have lights on the helicopter to use, it makes it safer. Searching is a different application altogether than covert flying in the-atre. It’s not about staying hidden for us.”

On the Hercules, the SAR-Techs, as “spotters,” use NVGs to scan the areas they would normally see with the naked eye during the day and it often makes the difference between finding someone down below and missing him/her altogether.

NVGs serve a different purpose on the CC-177 Globemaster—to keep the aircraft covert, which is itself built around NVG technology. Using NVGs requires no modifications to the system, and the goggles themselves, readily available, are attached to the aircrew helmets.

Major John Tringali, chief of training at 429 Squadron, explains their significance to operations:

“You can use them anywhere. Mostly on forward operating bases—when they’re initially set up and you have a handful of battery operated lights lighting the runway. We like to throw on the goggles because we can see so much better. They intensify visible light but most of what we see is in the infrared. You’re looking at heat trails.”

When the Globemaster flies into areas like Kandahar, Afghanistan, the entire aircraft from an outside perspective appears completely dark.

“You won’t see the airplane’s landing lights on—they are on but they’re in the infrared zone. You can’t see the aircraft unless you’re wearing the goggles,” Maj Tringali explains. “The runways can do the same thing; you can have lights up only in the infrared.”

He explains further their advantages, “On NVGs, you can see lasers used to point beams from one aircraft to another. You can point to a landing zone or a target. Guys on the ground can do that, so that if you’re not wearing some sort of device to see infrared, you can’t see it.”



**Major John Latulippe uses a “Huffman 20/20” system to focus and adjust his night vision system before the mission. The ANVIS 4949 G night vision goggle (NVG) system is critical for pilots on night time tactical missions. Providing pilots and crew an unprecedented clear view of landing zones, obstacles, and targets, while still maintaining a tactical running dark profile.**

The NVGs used on the CC-177 Globemaster are called “ANVIS-4949G” where the “G” is the code for “leaky green filter.”

“In the cockpit of the aircraft, there’s what the pilots call a “heads up display” (HUD) - an instrument so that all of the important instruments are projected up at the piece of glass in front of you,” Major Tringali

explains, “instead of having a little ball showing your attitude for example, it draws lines on your glass. It eliminates all sorts of optical illusions and instead of looking down trying to interpret things in your own brain; you see instrumentation locked on top of the real world.”

The NVG configured technology is such that the “leaky green filter” in

the goggles allows a small spectrum in the green range to open up so that the NVGs do not filter out the HUD instrument, and both technologies can be used simultaneously!

Maj Tringali shares some final thoughts.

“It’s different. It takes time to adjust to the equipment, the weight on your head for one. Once you become used to it, you get a lot of advantages

out of it, because you can see more. There’s an adjustment period, then you get better performance.”

Captain Jeff Jackson, a pilot at 429 Squadron, adds, “NVGs are phenomenal. They don’t turn night into day but it is pretty close. You can see blades of grass and the skids on the runway below you. It’s incredible.”

Photos: Cpl David Cribb, 8 Wing Imaging



**Major Jean Maisonneuve runs through a pre-flight checklist before departing on the night time training mission.**

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# FAMILY

The Contact would like to introduce our latest feature page: FAMILY



## Automotive Memories of Bill Holland

"I have been interested in cars since I was knee high," says Bill Holland of Clinton, Ontario. "The first car I remember was Dad's old 1917 Chevy 490. It was a cantankerous old brute. Just when the family would get ready to go someplace, the Chevy would not start."

The frame on those old 490's was prone to cracking where the springs were attached. Dad finally had to bolt a piece of steel over the crack and it was good for a few more miles. Dad traded it off to Albert Seeley's garage in Clinton, and for an additional \$75, he came home with a McLaughlin-Buick Light Six.

One day my sister and I drove it to the bush to pick berries and when we were ready for home, I had to crank it to get it started and the crank kicked back and broke my arm. Dad took me into Clinton to see Dr. Shaw. He put a splint on my broken arm and three weeks later it was all healed.

The doctor told us when cranking anything, keep your thumb on the same side as your fingers. That way if it kicks, it just pulls the crank away from your hand.

The Ball family lived across from me and their oldest son worked in Oshawa. He would rent a car to come home for visits, and one weekend he came home driving a Whippet convertible. His brother Melbourne drove it over to our place to show it to us and on the way home, he drove away over on the left side of the road to make a wide turn into their laneway and a car came along a little too fast and hit the Whippet, totally wrecking it. It lay behind the barn for years. I remember getting the headlights off it to put on our new Oliver 70 tractor.

Bert Irwin had a Star. It was an awful smoker. Ed used to drive me and my sisters to our country school. John Hugill had a 1923 Jordan convertible. I got it from him after it sat outside for years and I used the wheels for a farm wagon.

Pat Box drove an Erskine. He brought it over and I remember him showing us the horn button. If you pushed the button, it tooted the horn. If you turned it to the right, the headlights came on, and if you turned it to the left the parking lights came on. If you pulled it, it was the starter.

"I have seen a lot of changes in the automobile in the last 80 years. There are so many beautiful cars out there now, but none are as interesting to me as the old cars mentioned above."

*CarStory is a new column that deals with the nostalgia and human interest aspect of the "driving experience". Most people have fond memories of driving their first car or a favourite car; accordingly, CarStory is a weekly column about people and their car stories as told by best-selling author, Bill Sherk.*

*Bill is a prolific writer. He has written over 300 newspaper articles and seven books. His passion and knowledge for cars creates an interesting and informative newspaper column.*

*While he has been a member of many automobile clubs, he's most proud overseeing an outstanding award from the Automobile Club of America for his work as an automobile historian. Bill has also taught history for 31 years and courses on effective writing at York University for 19 years.*

*You can visit CarStory online at [www.CarStory.com](http://www.CarStory.com). You may reach Bill via email at [atbill@carstory.com](mailto:atbill@carstory.com) or write to him at 33 Oak St. E., P.O. Box 10012, Leamington, ON, N8H 2C3.*

## UTVOPIA: What to watch

Hi, my name is Capt James Smith and I am a self-described movie maniac. However, when I'm not watching movies, I'm getting a daily fill of television. With the new season upon us, you're probably wondering what to watch. I mean, everyone's busy these days. No one has time to waste on some dumb show. Heck, the emotional investment alone warrants caution when choosing which show to watch. Worry no more, I'm here to give you the down low on what to watch. I'll tell you now that it is a subjective list and I have to keep it short, so I'll focus briefly on some of my favourites.

**HOUSE (FOX, Tuesday Nights):** I'll say it right now. I love watching House. Since it debuted in 2004, I have been a fan. It's getting more popular with each season, and it's not hard to figure out the reason is due to the complex character playing House. House is a diagnostician – a very brilliant one at that. Each week brings another medical mystery for House to solve with his motley crew. He's rude, immature, obsessive and eccentric. However, he is also brilliant, charismatic and funny.

**RAMSAY'S KITCHEN DISASTERS (Food Network):** The original British series has the famous Chef Ramsay visit failing restaurants in Europe in a bid to bring them back to life. Chef Ramsay may be a jerk, but he's also extremely intelligent and talented.

Once again, the central character makes this show extremely enjoyable.

**IRON CHEF AMERICA (Food Network):** Having dabbled in the amateur cooking (I can cook a great pizza pop), I can see why the chefs on this show are considered masters of their art. Each show pits a new chef against an Iron chef. The challenge is to prepare five dishes in 60 minutes using a secret ingredient. It is truly amazing to see what the Iron chefs can create in such a short time.

**THE OFFICE (NBC, Thursday):** A hit British sitcom makes a successful transition from England to America. The comedy series is filmed documentary style – in a realistic bid to show the daily in-and-outs of a small paper producing company. The show focuses on the Manager, Michael Scott, a man who clearly thinks he's the best boss in the world. All the while he is oblivious to the fact that he's the only one who thinks so. I can't say enough good things about this show. It's smart, funny, witty and just darn enjoyable.

Some other shows to check out are Carpooler, Kid Nation, Heroes, Prison Break, The Unit, Criminal Minds, Pushing Daisies, Moonlight, Phenomenon, My Name is Earl, Big Love, The Shield, Battlestar Galactica, South Park, Family Guy, and Desperate Housewives.

### Mealtime on Chicken Tenders Italiano

**Ingredients:**

- 1 pound penne pasta
- 4 teaspoons olive oil
- 1 each large yellow and green bell pepper, cut into thin strips, halved crosswise
- 1 pound chicken tenders, each cut in 2 or 3 pieces
- 2 cans (14 1/2 ounces each) diced Italian-style tomatoes
- 1 can (5 1/4 ounce drained weight) pitted ripe olives, drained and halved

**Preparation Time:** 10 minute; **Cook Time:** 20 minutes

**Preparation:** Cook the pasta according to package directions. While the pasta is cooking heat oil in a large non-stick skillet over medium heat. Add bell pepper strips, cook until tender, tossing often. Add chicken and cook until they lose their raw look, tossing often. Add tomatoes and simmer until the chicken is cooked through, about 5 minutes. Stir in the olives. Drain the pasta and toss with the hot sauce. Serves six. *Nutritional Information Per Serving: Calories 583; Fat 17g; Cholesterol 33mg; Sodium 749mg; Carbohydrate 73g; Fiber 5g; Protein 31g.*



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## GCWCC and 8 Wing Trenton

Another week has gone by in the Government of Canada Workplace Charitable Campaign. For this weekly update, we are pleased to announce that so far, the campaign has raised a total of \$52,514.43 and that 36 per cent of all 8 Wing/CFB Trenton personnel have been canvassed. We are now in the final sprint of this year's GCWCC, since there are only a few weeks left in the campaign, so please give generously!

All units are welcome to organize their own event. Make sure not to miss the following upcoming events!

### Nov 9 - Dress down Fridays

For \$3, military personnel can wear civilian attire on Fridays until the end of the campaign. For more info, contact your Unit representative.

### Nov 9 - Pizza & Pasta Friday lunch

Every Friday lunch starting Nov 9 until Nov 30, the Yukon Galley will offer all-you-can-eat pizza and pasta for a \$5 donation.

### Nov 16 - Texas Hold'em Tournament

A night of fun and excitement is on the menu for this poker tournament. The event has an entry fee of \$60 and will be held at the WO's and Sgt's Mess. Places are limited. For more information, contact Apollo Athanasopoulos at local 2289. Volunteers are needed for the event.

### Nov 21-23 - 4 on 4 Hockey Tournament

This tournament is the perfect opportunity to have fun while raising money for a good cause. Enter your team of maximum 8 players and one goalie for \$160 and be part of the excitement. For more information, contact Cpl Stenning at local 3948.

### Nov 30 - EME Car Crush

Need to let some steam out? No problem! Every \$1 donation will give you a chance to crush a car with a bulldozer! For more info, call Heavy equipment at local 7669 or MCpl Beaupré at local 2299.



## COMITÉ SUR LA PARTICIPATION DES PARENTS EN ÉDUCATION

### Quatre (4) postes disponibles

Le Conseil des écoles catholiques de langue française du Centre-Est (CECLFCE) est à la recherche de parents intéressés à faire partie de son Comité sur la participation des parents en éducation. Quatre (4) postes sont disponibles, avec un mandat de deux ans qui débutera en décembre 2007 pour se terminer à la fin de novembre 2009.

Pour plus d'informations sur les critères d'éligibilité des candidatures ou sur le Comité et ses activités, on peut visiter le site web [www.conseil-ecole.ecolecatholique.ca](http://www.conseil-ecole.ecolecatholique.ca) ou communiquer avec la personne ressource du Comité, M. Mario Lajoie, au (613) 746-3637 ou par courriel à [lajoim@ceclf.edu.on.ca](mailto:lajoim@ceclf.edu.on.ca). Les parents qui désirent poser leur candidature doivent faire parvenir une lettre expliquant leur intérêt à siéger au Comité sur la participation des parents au plus tard le vendredi 23 novembre 2007 auprès de :

Madame Lise Bourgeois  
Directrice de l'éducation et secrétaire-trésorière  
Conseil des écoles catholiques de langue française  
du Centre-Est  
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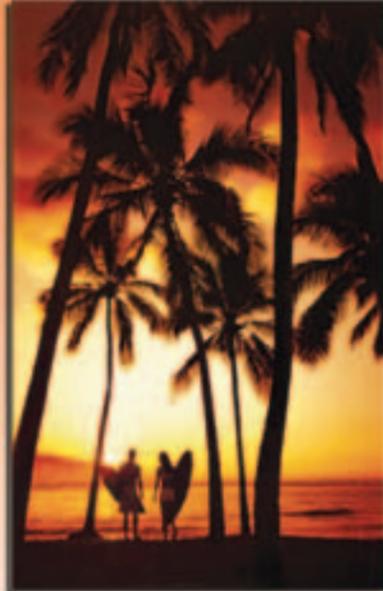
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# The truth about marijuana

Marijuana is the most commonly-used illicit drug in Canada, both in civilian and military populations. However, many people feel that this is a relatively harmless drug, and so getting high every now and again is not a big deal. But is this true? Is marijuana use as harmless as it seems?

The truth is, marijuana has many short and long-term effects that people aren't aware of. These effects can lead to very dangerous situations, especially in the military, where we use firearms and heavy machinery on a daily basis. For example, studies have shown that smoking marijuana decreases a pilot's performance on tasks requiring them to maintain flying patterns (e.g., altitude, heading, etc.), increases the number of major errors they make (errors that could have lethal consequences, such as forgetting to put landing gear down), and decreases their ability to land an aircraft (pilots often missed the centre of the runway by 30 to 70 feet – very dangerous when landing large aircraft on smaller, remote airfields).

Because it is a depressant, marijuana increases sleepiness, which is a problem if you're on guard duty. Marijuana can cause dry mouth and throat. In hot, dry areas like Afghanistan, this can make a bad situation (i.e., you're already thirsty and dehydrated) worse and lead to decreased ability to focus on your task and your surroundings.

The hallucinogenic effects of marijuana can lead to paranoia, hallucinations, intense anxiety and panic attacks. This makes the user dangerous to others, especially in tense situations that would be encountered in war. It may also interfere with the ability to tell friend from foe.

The general depressant effects of marijuana result in slowed reaction time, loss of

motor coordination, decreased problem solving ability, and impaired memory and judgment. All of these are potentially fatal impairments in combat situations.

The above are short-term effects that can last up to 24 hours after using marijuana or other cannabis products (e.g., hashish, hashish oil). But there are serious long-term effects, too. Marijuana smoke, like tobacco smoke, contains many carcinogens (cancer-producing chemicals) that with repeated use can result in cancers of the lung, head, and neck.

Regular/long-term use of marijuana is also associated with decreased manual dexterity and decreased ability to incorporate feedback into actions. This is a potentially deadly deficiency in combat situations or when other complex tasks are required.

Finally, aside from the effects that marijuana has on the user, the marijuana cigarette itself is a danger to members' safety: As with tobacco cigarettes, the joint leaves a heat signature, a light signature, and a presence signature (the butt of the cigarette as litter indicates your presence or recent presence), all of which endanger not only the user, but all those around him/her.

So if you find yourself thinking about 'smoking up,' ponder the resultant dangers to yourself and your comrades, or think about how you'd feel if you knew one of your comrades was using and putting *you* in danger. Always keep in mind, who's got your back?

For more information on Addictions Awareness Week and the Health Promotion program, please contact your local Health Promotion office or visit [http://www.forces.gc.ca/health/services/engraph/health\\_promotion\\_home\\_e.asp](http://www.forces.gc.ca/health/services/engraph/health_promotion_home_e.asp)

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There is no charge for the ASIST course.

# YOU VS. THE FLU



Captain Chris Hayman, 8 Wing Flight Surgeon, administers the first "flu shot" to Colonel Mike Hood, Commander, 8 Wing/CFB Trenton. All 8 Wing military members are strongly encouraged to receive the influenza vaccine this year, to help maintain a healthy and happy work environment.

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# La marijuana - Plus nocive que vous ne pensez

La marijuana est la drogue illicite la plus consommée au Canada, tant chez les civils que chez les militaires. Or, bien des gens estiment que c'est une drogue relativement inoffensive et que le fait d'en prendre de temps en temps pour l'euphorie n'a rien de bien grave.

Mais est-ce vrai? La marijuana est-elle aussi inoffensive qu'elle le semble? La vérité, c'est que la marijuana a de nombreux effets à court et à long terme que bien des gens ignorent, et ces effets peuvent donner lieu à des situations très dangereuses, particulièrement dans l'armée où l'on manipule quotidiennement des armes à feu et de la machinerie lourde. Vous en trouverez quelques exemples ci-après.

Des études ont démontré que le fait de fumer de la marijuana diminue le rendement d'un pilote lors de tâches où il doit faire du vol de précision (p. ex., altitude, direction, etc.), augmente le nombre d'erreurs majeures (lesquelles pourraient avoir des conséquences fatales, comme l'oubli du train d'atterrissage), et diminue la capacité de faire atterrir un aéronef (les pilotes ratent le centre de la piste de 30 à 70 pieds – ce qui est très dangereux lorsqu'on atterrit un gros aéronef sur une petite piste éloignée).

Comme c'est un dépressant, la marijuana augmente la somnolence, ce qui est un problème quand on est en devoir!

La marijuana peut provoquer une sécheresse de la bouche et de la gorge.

Dans un climat chaud et sec comme en Afghanistan, cela peut empirer une situation déjà difficile (c.-à-d. que vous avez déjà soif et que vous êtes déjà déshydraté) et diminuer votre capacité à vous concentrer sur vos tâches et sur le milieu.

Les effets hallucinogènes de la marijuana peuvent donner lieu à de la paranoïa, à des hallucinations, à une anxiété intense et à des crises de panique. Cela rend le consommateur dangereux pour les autres militaires, surtout dans des situations tendues comme celles qu'on rencontre en temps de guerre. Cela peut aussi nuire à sa capacité de distinguer les amis des ennemis.

Les effets dépressants généraux de la marijuana ont pour conséquence un temps de réaction ralenti, une perte de coordination motrice, une diminution de la capacité de résolution de problèmes, ainsi qu'une mémoire et un jugement affaiblis. Toutes ces pertes sont potentiellement fatales en situation de combat.

Les effets à court terme susmentionnés peuvent durer jusqu'à 24 heures après la consommation de marijuana ou d'un autre produit du cannabis (p. ex., le hachisch, l'huile de cannabis). Mais il y a également des effets à long terme graves. La fumée de marijuana, comme celle du tabac, renferme de nombreux carcinogènes (produits chimiques cancérigènes) dont l'usage répété peut provoquer des cancers au poumon, à la tête et au cou. La consommation régulière ou à long

terme de la marijuana est aussi associée à une diminution de la dextérité manuelle ainsi qu'à une diminution de la capacité à intégrer la rétroaction aux actions. Cette déficience est potentiellement mortelle en situation de combat ou lorsqu'il faut effectuer des tâches complexes.

Enfin, outre les effets de la marijuana sur le consommateur, la cigarette de marijuana proprement dite pose un danger pour la sécurité du militaire : comme pour les cigarettes régulières, le joint laisse une signature thermique, une signature lumineuse ainsi qu'une signature de présence (le mégot jeté indique votre présence ou votre passage récent) – lesquelles peuvent toutes mettre l'utilisateur en danger, mais aussi ses camarades.

Alors si vous songez à « tirer un joint », pensez aux dangers qui en découleront pour vous et pour vos camarades... Ou songez à ce que vous ressentiriez si l'un de vos camarades consommait de la marijuana et vous mettrait en danger. N'oubliez pas: Qui protège vos arrières?

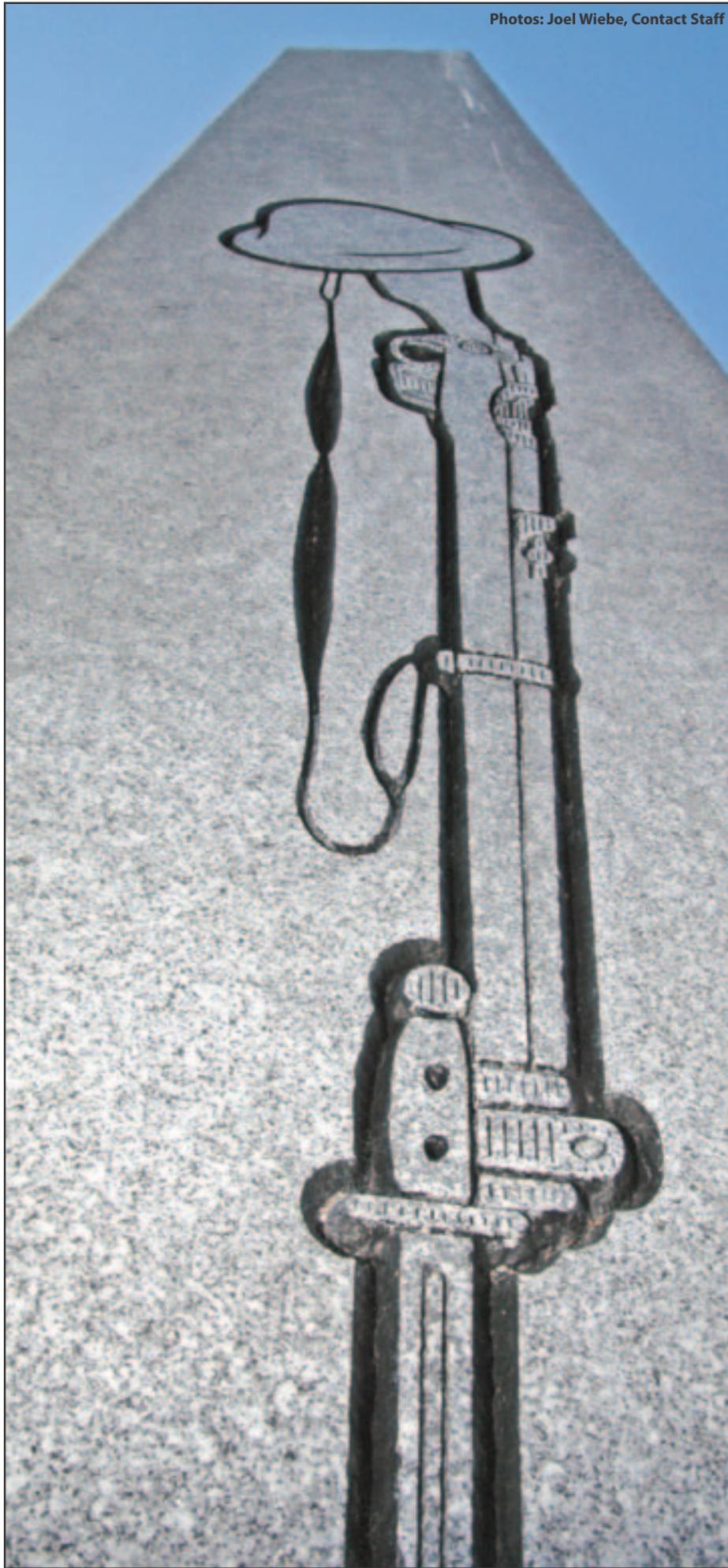
Pour de plus amples renseignements sur la Semaine de sensibilisation aux toxicomanies et le Programme de promotion de la santé, veuillez communiquer avec votre bureau local de la Promotion de la santé ou visiter notre site Web [http://www.forces.gc.ca/health/services/frgraph/health\\_promotion\\_home\\_f](http://www.forces.gc.ca/health/services/frgraph/health_promotion_home_f).



# Remembrance Day



Photos: Joel Wiebe, Contact Staff



The Trenton Cenotaph is a constant reminder of the heavy price paid by Canadian soldiers through the years.

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# HOROSCOPES

Weekly Astrology by Christine Davison

November 11 - November 17

**ARIES** (March 21-April 19): Sunday and Monday may be a passionate and intuitive time. You might feel drawn to your past; feelings of joy and bittersweet melancholy may flavour your week. Tuesday and Thursday may bring unconventional conversations, ideas and events. Wednesday is the time to make plans or to have some fun. The weekend brings romance.

**TAURUS** (April 20-May 20): The beginning of the week may bring an inspirational and passionate time. Tuesday may bring strange, unusual encounters. Thursday may bring financial opportunities. Wednesday and Friday are the perfect times to socialize; others will find you to be charming and beautiful. You may have an unusual encounter on Saturday.

**GEMINI** (May 21-June 20): You may wish to pay attention to your finances this week as good news and good fortune may soon be coming your way. You may wish to employ avant-garde techniques and unusual contacts with strangers throughout the week to help ensure your future success; focus your efforts on Thursday. Friday brings romantic times.

**CANCER** (June 21-July 22): Others may see you as being unusually charming, beautiful and talented throughout the entire week. You may feel the need to pursue grand plans at the very beginning of the week. Conversations begun on Wednesday may prove to be romantic or result in fun times on Friday. You'll cast off inhibitions or taboos on Saturday.

**LEO** (July 23-Aug. 22): This may be a spiritual week full of moral decisions and life changing circumstances. The beginning of this week may bring a sense of purpose. Religious questions may loom large; you might find some answers towards the end of the week. Material interests draw your attention on Thursday. Don't be afraid to follow your dreams.

**VIRGO** (Aug. 23-Sept. 22): This will be a wonderfully social and popular week for you, Virgo. You may feel inspired to do something with your time and energy this week. What is begun on Wednesday may cumulate in a passionate romance with a beautiful beau or belle or, perhaps, a night dancing with friends on Friday. Thursday brings financial luck.

**LIBRA** (Sept. 23-Oct. 22): This is your kind of week, Libra, as Venus will move back across the heavens and into your sign. Expect people to treat you with love admiration and respect wherever you go and whatever you do. Wednesday and Friday may bring especially social and/or romantic times for you. Thursday brings financial good fortune.

**SCORPIO** (Oct. 23-Nov. 21): You may find your thoughts dwelling upon faraway people and places this week, Scorpio. Wednesday may bring you the answers that you seek. Thursday will bring financial windfalls. Friday may bring a romantic rendezvous or new partnership. Saturday is an unusual time; don't let yourself be chained by preconceived notions.

**SAGITTARIUS** (Nov. 22-Dec. 21): You will find your way to the very bottom of things this week, Sagittarius. You may find out secret ways to make money or to influence others this week. Wednesday and Friday may bring fun and romance or the chance to try out your charisma on others. Thursday could bring a change of luck with monetary matters.

**CAPRICORN** (Dec. 22-Jan. 19): This is a passionate and romantic week for Capricorn. A subtle flirtation that you began the other day may blossom on Wednesday and bloom on Friday. You may find yourself involved with inspired, artistic and charming people. You may wish to make financial meetings/career plans for Thursday. You're beautiful.

**AQUARIUS** (Jan. 20-Feb. 18): You may be able to help out many of your co-workers this week. You will be the picture of perfect health and stamina if you try to stay away from too many sweets, alcohol or drugs. You may come into good news concerning your finances or any new job opportunities on Thursday. The weekend may bring an unusual event.

**PISCES** (Feb. 19-March 20): You may find yourself drawn towards unusual people, circumstances or events. Wednesday and Friday may bring an unusually busy time while Saturday may just be strange, altogether. Thursday might be the right time to invest or to ask for a raise and/or promotion. Friday will bring romance and fun times out with friends.

Astrological queries can be directed to Christine at [www.moonsignastrology.ca](http://www.moonsignastrology.ca)

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**IN THE ZONE** BY BRIAN COOAGNONE

THE STANLEY CUP IS EASILY THE MOST RECOGNIZABLE TROPHY IN SPORTS. MANY DON'T REALIZE THAT THE ORIGINAL CUP WAS JUST THE BOWL ON TOP, NOT THE TROPHY WE KNOW TODAY.

IT WAS DONATED AS A CHALLENGE CUP IN 1893 BY LORD STANLEY OF PRESTON, GOVERNOR GENERAL OF CANADA AND AN AVID SPORTSMAN.

SINCE THAT TIME IT HAS HAD MANY ADVENTURES INCLUDING BEING DROPPED INTO THE (LUCKY FROZEN) RIOYALI CANAL, LEFT ON THE SIDE OF THE ROAD AND BEING USED AS A FLOWER POT IN A MONTREAL PHOTOGRAPHER'S STUDIO.

## CROSSWORD ANSWERS

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

Stuff!

**BIG PARADE!**

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They should let the bands go ahead of the horses

**Not In My Backyard!** by Dale Taylor

THAT SQUIRREL DRIVES ME NUTS!

HOW ARE THE BIRDS GOING TO GET ANY FOOD WHEN THAT STUPID SQUIRREL IS IN THEIR FEEDER!?

IT SURE IS NICE OF OLIVER TO KEEP OSCAR OCCUPIED.

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# Community Events

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

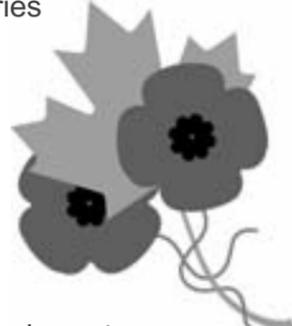
## Remembrance Day Ceremony

Sunday November 11, 2007

Veteran's Parade  
Assembles at 10 a.m.  
Departing at 10:30 a.m. from The Belleville Armouries

Memorial Park  
Station Street,  
Belleville, ON

Courtesy Bus Available for Veterans unable to march the parade route



## Leaf Collection

Dates for Trenton and Frankford Wards

**Trenton Ward residents:**

The Public Works Department wishes to advise Trenton residents that leaf and yard waste may be taken to the Trenton Public Works Depot, 30 Pelham Street, Trenton free of charge from November through December.

Curbside leaf and yard pickup will take place on the following dates:

**West Side of River:**  
The week of Nov. 26 – Nov. 30, 2007

**East Side of River:**  
The week of Dec. 3 – Dec. 7, 2007

**Frankford Ward residents:**

Curbside leaf and yard pickup will take place on the following dates:

Thursday, Dec. 6, 2007  
Friday, Dec. 7, 2007

## Skate with Santa

8:00 p.m. – 10:00 p.m.  
Friday, Nov 16

Bring your skates with you and after the Santa Claus Parade, go to the Memorial Arena, Belleville and have a blast skating with the jolly old elf himself.

**\*Free\***



**CHAPLAIN SERVICES**  
**SERVICES OFFERTS PAR L'AUMÔNERIE**

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Administrative Assistant – Mrs. Manon Pilon - Adjointe administrative 613-392-2811 x. 2490

Unit Chaplains / Aumôniers des unités

LCdr Padre Steve Merriman, P; Capt Padre Mike Adamczyk, P;  
Agent de pastorale CR Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate

Support staff -- Personnel de soutien  
Rev. Jim Craig, P; Fr Julien R. Beaulieu, RC;  
Both are Civilian Officiating Clergymen

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**WORSHIP SERVICES**

<p><b>Our Lady of Peace(RC)</b> Christian community – communauté <b>Notre-Dame-de-la-Paix (CR)</b> Chapel Life Co-ordinator Julien Régis Beaulieu Co-ordinateur de Vie de Chapelle</p> <p><b>Mass</b> Sunday Mass (English): 1015 hrs Messe Dominicale: 1130 hrs Monday and Wednesday at 11h50</p> <p><b>Confession:</b> Please, contact the WChaplains' receptionist to get in touch with a RC priest prior to coming over.</p> <p><b>Reconciliation:</b> Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.</p>	<p><b>Chapel organizations (RC)</b> Chapel Pastoral Council: TBA 1900hrs</p> <p>Knights of Columbus: first Thursday, 1900hrs CWL: second Tuesday, 1900hrs Chorale: mercredi, 19h00 Choir: Tuesday, 1900hrs</p> <p><b>St. Clement Astra (P)</b> Protestant Community Chapel Life Co-ordinator Padre Mike Adamczyk</p> <p><b>WORSHIP SERVICE</b> Sunday Divine Worship: 0900 hrs Holy Communion First Sunday of the month</p> <p><b>PARISH ORGANIZATIONS (P)</b> Chapel Guild: last Tuesday, 1930 hrs</p>
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**Duty Chaplain/Aumônier en devoir**

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

## Defensive Driving Course

MSE Safety is offering at no cost, a defensive driving course for dependants only. This course will be held at WTn, 11 Buffalo Ave, on Dec 3 and 4, 2007 from 1800 to 2100 hrs. Participants must attend both teaching nights in order to receive their DDC cards and accreditation certificates. This first come, first serve format has a limited seating capacity of 30 persons. All interested personnel are to be pre-booked for subject class by contacting Wing Tn MSE Safety Section at local 3470/3347 to secure a seat. This all time favourite always receives overwhelming response, therefore if you reserve a seat and then have a change of plans, please advise us soonest so we can offer the seat to someone else.

**NOTE:**

This course is registered with Canada Safety Council and may be recognized by some Auto Insurance Companies for cost reductions.

## Cours De Conduite Préventive

La Section de la sécurité MMS offre aux personnes à charge seulement, un cours de conduite préventive gratuit. Le cours se donnera à l'Ere Trsp, 11, avenue Buffalo, de 18 h à 21 h, les 3 et 4 décembre 2007. Les participants doivent assister aux séances de formation les deux soirs pour recevoir leur carte du CCP et leur certificat d'accréditation. Premier arrivé, premier servi: il n'y a que 30 places disponibles. Tous les employés intéressés doivent s'inscrire à l'avance en communiquant avec la Section de la sécurité MMS de l'Ere Trsp, au poste 3470 ou 3347. Ce cours, très prisé, fait toujours l'objet d'un très grand intérêt. Si vous changez vos plans après vous être inscrit, nous vous prions donc d'en aviser la section le plus tôt possible, de sorte que nous puissions offrir votre place à quelqu'un d'autre.

**NOTA :**

Ce cours est accrédité par le Conseil canadien de la sécurité, et il peut vous valoir une réduction de prime auprès de certaines compagnies d'assurance automobile.



# Award-winning postcards to be sent overseas



Photos: Joel Wiebe, Contact Staff



(Far left) Nickolas Roy holds up his winning postcard for the grades 6-8 category. (Left) Winners and runners up for the Trenton Military Family Resource Centre postcard contest from left to right: Bo Chen, Jacob Miles, Nickolas Roy, Sarah Howes, and Jessica Gregoire. Not pictured here are Kimberly Jaeggi, Nastassja Downer, Isabella Hutchison, and Ansh Patel.

by Joel Wiebe  
Contact Staff

Troops stationed overseas will be able to appreciate the artwork of local children and greetings from home through the help of the Military Family Services Program for the third year in a row.

The program hosts a postcard artwork competition. A winner is chosen

from each of the four age groups, with each winning design getting made into a postcard.

"It feels good to have the postcards sent over to the troops," said Nickolas Roy. "I hope they feel good."

The Grade 7 student said it was his first time entering the contest, and has already sent one out.

This year's winners

are: Kimberly Jaeggi (L'Envol French Catholic Elementary School) in the Grade 1-3 category, Isabella Hutchison (13<sup>th</sup> Trenton Girl Guides) in the Grade 4-5 category, Nickolas Roy (Breadner Elementary School) in the Grade 6-8 category, and Sarah Howes (Quinte Secondary School) for Grade 9-12. First prize winners

received \$75, while the runners up were awarded \$50.

Eve Lawrence, Family Separation and Reunion co-ordinator at the base, helped organize the contest. She said there were 40 to 50 submissions. The postcards are available for free, and Lawrence encourages people to send them to peacekeepers. The con-

test has no parameters for entries, only the theme of peacekeeping.

About 4,000 copies of the cards have been printed, with some being sent out by local schools and churches.

The contest was started to increase community awareness of the role Canadian Peacekeepers play around the world. It also raises interest in

sending mail to troops and gets people actively involved in showing their support. Lawrence said she has found that military families really enjoy the cards.

Those who won first place or received an honourable mention were given public recognition for their achievement at an awards presentation on November 1.

On the 11th hour of the 11th day of the 11th month, Canadians are asked to pause and remember the thousands of men and women who sacrificed their lives fighting for freedom. We will remember.

À la 11<sup>e</sup> heure du 11<sup>e</sup> jour du 11<sup>e</sup> mois, nous demandons aux Canadiens de faire une pause pour se rappeler les milliers d'hommes et de femmes qui ont sacrifié leurs vies combattant pour notre liberté. Nous nous souviendrons

**Royal Canadian Legion**  
**Branch 99**  
We wear poppies, attend ceremonies & visit memorials. "WE REMEMBER" why we must work to protect peace & our freedoms everyday.

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Known for service excellence, cost control and strong relationships, ATCO Frontec, a member of the ATCO Group of Companies, provides remote site support services, facilities operations and maintenance, and installation and integration of radar and communications systems to clients active in the resource, telecommunications, and defense sectors. We are currently recruiting for the following position for a NATO operation in Afghanistan:

### Assistant Manager, Roads & Grounds

ATCO Frontec is seeking an Assistant Manager, Roads & Grounds for our project at the Kandahar Airfield in Afghanistan.

Qualifications include extensive experience as a heavy equipment operator and proven background in managing and training heavy equipment operators to industry standards.

The incumbent will have the ability to prepare, establish, monitor, and amend plans and SOPs covering all aspects of a Roads and Grounds mandate, including preventative maintenance programs for roadway networks and airport operating surfaces, including Snow and Ice Control (SNIC) measures.

The successful candidate is able to prioritize and action protracted roads and grounds tasks by providing all equipment, material, staff, and services including inspections and reports.

Experience working with international personnel and SNIC equipment is desirable in this position, in addition to a working knowledge of OSHA requirements. A working background in a municipal and/or airport environment would be an asset.

ATCO Frontec offers a competitive salary and comprehensive benefits plan. Qualified individuals are invited to apply online at [www.atcocareers.com](http://www.atcocareers.com) - under "Company" select ATCO Frontec.

We thank all candidates for their interest; however, only those being considered for an interview will be contacted.





# TRENTON

## Military Family Resource Centre



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

**Deployment Support / Wednesday Night Out**  
 November 14 - **Body Shop**  
 November 21 - **Reflexology**  
 Call to find out what is coming up 613-965-3595 or 613-965-3575  
**A variety of activities coming up, please visit the MFRC website calendar at [www.trentonmfrf.cfbtrenton.com](http://www.trentonmfrf.cfbtrenton.com)**

**Soutien au déploiement / Les sorties du mercredi soir.**  
 Le 14 novembre - **Body Shop**  
 Le 21 novembre - **réflexologie**  
 Téléphonez pour savoir ce qui s'en vient comme activités, 613-965-3595 ou 613-965-3575  
**Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, [www.trentonmfrf.cfbtrenton.com](http://www.trentonmfrf.cfbtrenton.com)**



**The Belleville Bulls support the Military Community / "Les Belleville Bulls" appuient la communauté militaire**

Come to the MFRC to purchase your voucher for any 2007 - 2008 Regular Season Home Games  
 Venez au CRFM pour acheter vos coupons pour les parties à la maison de la saison régulière 2007 - 2008.

*Adult / Adulte \$11.00 (instead/au lieu de \$15.00)*  
*Child / Enfant \$8.00 (instead / au lieu de \$8.50)*

Visit their website for the dates / Visitez leur site web pour les dates [www.bellevillebulls.com/schedule.html](http://www.bellevillebulls.com/schedule.html)

**Notice of the Trenton MFRC annual general meeting**  
**Show your support for Trenton MFRC now!**  
**Apply for voting membership/membership renewal**

**November 13 at 5 p.m.**  
**SISKIN Centre**

Members of the MFRC Community will meet to review the performance of the MFRC during the last year (2006/7) and to elect directors to manage its affairs for the coming year.  
 Please call Mary Lazier-Corbett at 613-392-2811 local 7372 for more information.

**AVIS CONCERNANT LA RÉUNION ANNUELLE DU CRFM**  
**Démontrez votre support au CRFM de Trenton!**  
**Faites dès maintenant votre demande d'adhésion pour devenir membre et pouvoir avoir droit de vote ou renouveler votre adhésion**

**Le 13 novembre à 17 h**  
**Centre Siskin**

Les membres de la communauté du CRFM se rencontreront pour étudier les performances du CRFM de l'année dernière (2006/7) et élire les directeurs qui s'occuperont de la gestion du Centre, l'année prochaine.  
 Si vous avez des questions à ce sujet, n'hésitez pas à téléphoner à Mary Lazier-Corbett au 613-392-2811 poste 7372.

**Balancing Life And Work**

Are you the superwoman of the year? Are you everything to everyone? Many women in today's society are experiencing feelings of stress, fatigue, multiple role burnout, and lack of emotional nurturance. A reason for this might be the increase in the number of roles, as well as the increase in the responsibilities within those roles. Come to this workshop designed just for you.  
 November 20 9:30-11:30 in the Bistro  
 November 20 6:30-8:30 in the RCAF Room  
 Fee: \$5 Childcare available at regular cost. Please register in advance at reception .

**Équilibre entre vie et travail**

Êtes-vous la superfemme de l'année? Est-ce que tout le monde compte constamment sur vous? Beaucoup de femmes dans la société d'aujourd'hui ont l'impression d'être stressées, fatiguées, d'avoir des symptômes de " burnout " dû aux rôles multiples qu'elles assument, et ne se sentent pas assez épanouies sur le plan émotif. Ceci est peut-être dû à l'augmentation du nombre de rôles que nous occupons, ainsi qu'au nombre de responsabilités qui viennent avec ces rôles. Venez à cet atelier conçu spécialement pour vous.  
 20 Novembre 9:30-11:30 au Bistro, 20 Novembre 18:30-20:30 salle RCAF  
 Coût : \$5, Service de garde disponible au prix régulier. Inscrivez-vous à la réception

**For more Military Discounts, please visit the MFRC website!**  
**Pour plus de rabais pour les militaires, svp, visitez le site Web du CRFM**

The Trenton MFRC has planned a **community project for the holiday season** where we will be displaying Christmas trees and poinsettias in a holiday salute to our locally deployed members. Individual trees will be decorated to represent the provinces and northern Canada.

The trees will be on display in the community from December 10-28 at the Historic Town Hall in downtown Trenton. A full schedule of events is being finalized by the planning committee and will be widely distributed to the community. Events will include family story times, holiday craft making, and carolling to name a few. The committee welcomes the community to donate any ornaments or submit ideas for ornaments that are representative of the different provinces or northern Canada.

If you would like to get a little more involved and help decorate a particular tree we would like to hear from you. Simply contact Wendy Synnott, Jaimie Corriveau or Eve Lawrence at he MFRC 613-965-3575



Le CRFM de Trenton a mis sur pied un projet communautaire **"Une exposition d'arbres de Noël et de poinsettias"** en vue de saluer de façon toute spéciale, durant la saison des fêtes, les membres des FC présentement en déploiement. Les arbres seront décorés individuellement de façon à représenter une province ou une région du nord du Canada.

Tous les membres de la communauté sont invités à venir admirer cette exposition qui se tiendra au Historic Town Hall, dans le centre ville de Trenton, du 10 au 28 décembre. Le comité de planification de l'événement travaille présentement à finaliser le programme des activités qui sera distribué partout dans la localité. Parmi les nombreuses activités, il y aura des contes pour la famille, de l'artisanat, des fêtes et des chansons de Noël en groupe. Le comité encourage les membres de la communauté à donner des ornements ou à soumettre des idées de décorations représentant de façon typique, les différentes provinces ou régions du nord du Canada.

Si vous désirez vous impliquer davantage ou aider à décorer un arbre en particulier, cela nous fera grandement plaisir. Communiquez tout simplement avec Wendy Synnott, Jaimie Corriveau ou Eve Lawrence en composant le 613-965-3575 au CRFM.

Please read our newsletter "Touching Base" or visit [www.trentonmfrf.cfbtrenton.com](http://www.trentonmfrf.cfbtrenton.com) for more information  
 S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez [www.trentonmfrf.cfbtrenton.com](http://www.trentonmfrf.cfbtrenton.com)

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## Embracing energy-efficient new homes

(NC)-With utility costs across Canada rising steadily, Canadians are in the market for energy-efficient, environmentally friendly new houses. And the trend is definitely getting stronger.

"Twenty years ago, all energy-efficient homes were custom built because consumer demand and builders' expertise were both relatively underdeveloped," says Corey McBurney of EnerQuality, the organization that manages the ENERGY STAR for New Homes initiative, the EnerGuide rating system and the R-2000 initiative in Ontario on behalf of Natural Resources Canada (NRCAN).

"Today, thanks to programs aimed at both builders and consumers, we see hundreds of energy-efficient houses being built in new subdivisions. Energy efficiency in new home construction has really gone mainstream."

Homes that consume less energy are attractive because of their significant environmental benefits, such as decreased reliance on fossil fuels and reduced greenhouse gas emissions.

In an effort to maximize these benefits, NRCAN has developed the EnerGuide rating system and the R-2000 building standard. These national initiatives support regional initiatives



Photo: metrocreativegraphics.com

such as the ENERGY STAR for New Homes initiative.

Whether you're in the market to buy or build a new home, you might want to do some homework. Going with an energy-efficient home will save you money in the long run. The terms can be confusing so it's a good idea to familiarize yourself with terms like R-2000, EnerGuide and ENERGY STAR.

NRCAN's website, [www.newhomes.gc.ca](http://www.newhomes.gc.ca) is full of helpful information on energy-efficient homes - how to find or build one, where to find builders who adhere to the standards and the differences between the various standards.

The bottom line - the higher the EnerGuide rating, the less energy your home will use. NRCAN can even help you find a qualified expert in your area to have your home tested.

### ENERGY EFFICIENCY

(NC)-Energy-efficient homes are less expensive to operate, more comfortable to live in and environmentally friendly. Natural Resources Canada has the reasons why at [www.newhomes.gc.ca](http://www.newhomes.gc.ca)



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Sample Photo

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