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• October 5, 2007 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 42 Issue Number 38 •

## Landing Zone Allen officially opened to commemorate CF pilot



Photo: Cpl David Hardwick, 8 Wing Imaging

Official opening of Landing Zone Allen at CFB Trenton Mountain View Detachment took place on October 2, 2007. Pictured here are, from left to right: Colonel Michael Hood, Commander, 8 Wing/CFB Trenton; Lieutenant-Colonel Frances Allen, Commanding Officer, ATESS; Nick Allen, Chief Warrant Officer (CWO) Thomas Secretan, Wing CWO; Sergeant Alan Come, and Carole Cox.

by 2Lt Jennie Jones

A light drizzle around noon on Tuesday dampened combats and flight suits, but not spirits, during the official opening ceremony of 8 Wing/CFB Trenton’s first operational austere training runway at Mountain View airfield.

A bittersweet event, Wing Commander Colonel Mike Hood outlined the exceptional training opportunities now available to Hercules aircrew, and also helped to commemorate Canadian Forces pilot Captain Mike Allen, who was killed during a Hercules training exercise in Wainwright, Alberta in 1993. The runway has officially been named, “Landing Zone Allen” in the late Capt Allen’s honour.

Along with Capt Allen’s parents, his widow, ATESS CO Lieutenant-Colonel Frances

Allen, and son, Nick, stood by as the sign was unveiled and short speeches were made honouring Capt Allen’s extraordinary joie de vivre and devotion to Air Mobility.

“He absolutely loved being part of Air Mobility,” LCol Allen shared, “and he would be quite honoured about having his name attached to something that is going to significantly help prepare our Herc crews for the challenges they face in diverse conditions across the globe.”

Landing Zone (LZ) Allen has been constructed to simulate some of those more challenging runways in Canada and abroad.

They are the small airfields commonly found in Canada’s north and on frequent operations in the Middle East and Africa. A high skill level is required to land safely on such airfields, and Col

See “He would be” on Page 3

## FIRE PREVENTION WEEK 2007

With the arrival of fall, the 8 Wing Fire Department is gearing up for yet another Fire Prevention Week. This year’s theme is “Practice Your Escape Plan” and will kick off officially

on the 9th of October. As in years past, the Department will be holding various activities throughout the Base and at the various schools in the 8 Wing Community. This

year’s unofficial opening and celebration for the community was on September 30 in conjunction with the Military Family Resource Centre Family Day.

## SEMAINE DE PRÉVENTION DES INCENDIES 2007

Avec l’arrivée de l’automne, le service d’incendie de la 8<sup>e</sup> Escadre se prépare à une autre Semaine de prévention des incendies. Le thème de cette année est « Exercez-vous à votre plan d’évacuation »

et le lancement officiel aura lieu le 9 octobre. Tout comme les années précédentes, le Ministère mènera diverses activités dans l’ensemble de la base et dans les diverses écoles de la collectivité de la 8<sup>e</sup>

Escadre. Cette année, l’inauguration officielle et les célébrations dans la collectivité auront lieu le 30 septembre en même temps que la Journée de la famille du Centre de ressources pour les familles des militaires.

See more photos on Page 11

## A FUTURE FIREFIGHTER?



Photo: Adriana Sheahan, Contact Staff

Cpl Roy Summers of the 8 Wing/CFB Trenton fire department lends a hand to 18-month-old Enyazena during the Junior Firefighter Challenge at the annual Trenton MFRC Family Day, and the unofficial kick-off of Fire Prevention Week. See more photos on Page 10.

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# GCWCC and 8 Wing/CFB Trenton

This year, members of 8 Wing Trenton have planned and organized many activities in an effort to raise money that will in turn be distributed in our communities. It is important to have maximum participation in each event in order to help as many people as possible. 8 Wing/CFB Trenton has not set a goal to attain this year but rather will focus on the good that the money raised will provide. Each unit is strongly encouraged to organize an event!

So far, the Government of Canada Workplace Charitable



Campaign has raised a total of \$10,708.98! Keep up the good work!

Here are some terrific upcoming events:

**05 Oct - Dress down Fridays**  
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**15-19 Oct - EME Car Care Clinic**

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## WING LOGISTICS & ENGINEERING

### PICTURE OF THE WEEK

During his visit to WCE he visited 81 AEF, 86 ASU, and the Fire Hall. While at 81 AEF he was given the opportunity to drive one of our Bobcats (pictured above) which is one of our most useful pieces of kit. While at the Fire Hall he got a chance to try on bunker gear and respond to a "call" about a smoke filled PMQ in a fire truck. HCol Rainbird thoroughly enjoyed his visit to WCE and he gained a new appreciation for the work that military engineers do.

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# “He would be quite honoured,” Continued from Page 1

Hood remarked that LZ Allen is, “a fantastic way for the Wing to deliver training” so such skills can be honed.

During eight months of construction by a local contractor, LZ Allen was built by excavating and removing the soils to bedrock. The excavation was backfilled with crushed limestone from a local quarry. The surface is gravel and like the structural base, manufac-

tured by crushing limestone. The runway is 5000 feet in length and 80 feet wide- 60 feet X 2,800 feet of which is visible to the pilot. Along both sides of the 60 ft strip of gravel, ten feet of grass hides an additional 20 feet of width. The remaining 2,200 feet of the runway is at this time 80 feet wide and is all grass. There are plans in the near future to change this to a width of 60 feet

of gravel manufactured from red or white granite to make it contrast with the limestone gravel portion. The project cost two millions dollars, and is now ready for training.

Although not on pavement but gravel, a demonstration landing by a Hercules aircraft to close Wednesday’s ceremony has paved the path for further training as the first of many landings to come.



Major Yves Harvey from 426 Squadron presents Carole Cox and Glenn Allen, mother and father of Captain Michael Allen, with a framed miniature of the Landing Zone Allen sign.



Major Yves Harvey from 426 Squadron presents LCol Frances Allen, ATESS CO, with a framed miniature of the Landing Zone Allen sign, as son Nick Allen looks on.

Photos: Cpl David Hardwick, 8 Wing Imaging



A CC-130 Hercules aircraft lands during the opening of Landing Zone Allen.

## Search & Rescue UPDATE



This past week, 424 Squadron had a fairly quiet week and only had to assist with a joint mission that required the assistance of both the Hercules and Griffon crews.

On Friday, the CC-130 and Griffon were tasked to respond to a sinking 20-foot vessel on Lake Oneida in New York State. The Griffon conducted a shore crawl while the Hercules crew proceeded with their search pattern at 500 feet above the water. There were many other fishing boats in the area, but no signs of distress were detected. Both crews were released and returned to base.

Until next time, stay safe.

Missions for 2007: 192

Missions for Oct.: 0

Persons rescued: 26

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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

- Editor-in-Chief: Capt Nicole Meszaros
- Managing Editor: Andrea Steiner
- Assistant Editor: Amber Gooding
- Reporter/Photographer: Vacant
- Advertising Production Asst: Adriana Sheahan
- Advertising Sales: Patricia Mackie
- Bookkeeper: Marilyn Miron
- Circulation: Keith Cleaton
- Translator/Proofreader: Sgt Louise Fagan
- PSP Manager: John Snyder
- Subscriptions: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.



### 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 NOON PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

### Letters to the Editor:

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

Intranet: [SteinerAL@CFBTrenton@Trenton](mailto:SteinerAL@CFBTrenton@Trenton)

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



### A Military Community Newspaper



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



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Want to be published?

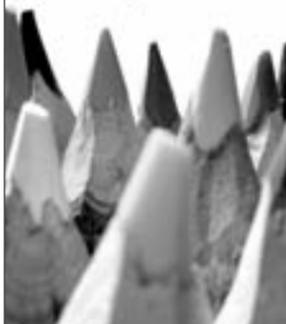
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# Canadiana Crossword

## Juxtaposers

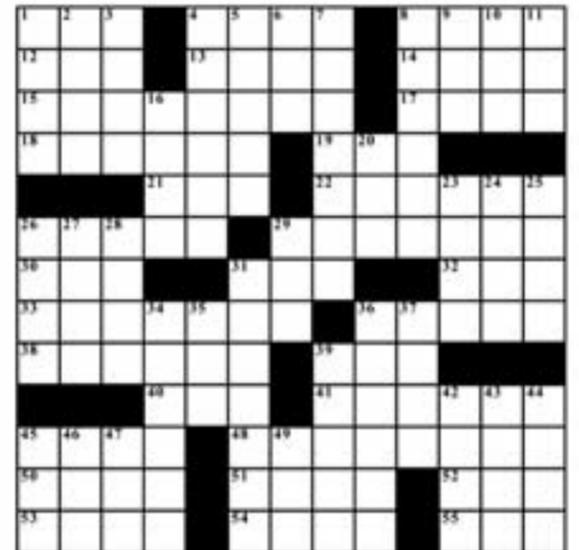
By Bernice Rosella and James Kilner

### ACROSS

- 1 Bad actor
- 4 Pen
- 8 Despot
- 12 Bambi's aunt
- 13 Stem
- 14 Italian metropolis
- 15 Irish verse form or Saskatchewan hamlet
- 17 Newspaper item
- 18 Serum
- 19 Under the weather
- 21 Buddy
- 22 English poet or Ontario town
- 26 \_\_\_ Noranda
- 29 Weather deck
- 30 Every one
- 31 The \_\_\_ Manitoba
- 32 Famous English gardens
- 33 Erne
- 36 Eastern rulers
- 38 Straw hat
- 39 Patty Hearst kidnappers org.
- 40 Computer net
- 41 Evening wear or Winnipeg suburb
- 45 German carmaker
- 48 Woolly sweater or Prince Edward Island community
- 50 Charles Lamb alias
- 51 Neighbour of Huron
- 52 Allan Sapp forte
- 53 Shavers medication
- 54 Drinks daintily
- 55 \_\_\_ Gratias

### DOWN

- 1 Assist
- 2 Blue dye
- 3 Mother



4 Poet Bliss or Manitoba town

- 5 Lengthwise
- 6 Investment veh.
- 7 Edmonton gridders
- 8 Giants
- 9 Weep
- 10 Friend, in Francoeur
- 11 Soak
- 16 See
- 20 Back talk
- 23 Kon \_\_\_
- 24 German river
- 25 Tidings
- 26 Woodworker's standby
- 27 Evergreen shrub

- 28 Cavalryman
- 29 Child
- 31 Makes like Rudolph
- 34 French novelist or place in Alberta
- 35 \_\_\_ little teapot
- 36 Fools a pursuer
- 37 Skirt genre
- 39 Lay bare
- 42 Zounds
- 43 Risky proposition
- 44 Upon
- 45 Wager
- 46 Guido's high note
- 47 Zero
- 49 Aristotle, familiarly



## This Week in Contact

1977 – The Canadian Forces' operational support ship Preserver neared completion of a six-week deployment in the Canadian High Arctic. Preserver's activities centred on hydrographic and environmental research, which was conducted by scientists from the Defence Research Establishment, Pacific at Esquimalt, BC. Assisting them in underwater acoustics and survey work was the Forces' deep diving submersible Pisces IV.

1987 – Comox Air Force Base Museum officially opened following a brief ribbon-cutting ceremony by the Honourable Robert G. Rogers, and Air Vice Marshal Leigh Stevenson. The museum depicts the history of CFB Comox and its current squadrons, along with regional military aviation history. The museum is administered by a volunteer committee and was financed to a large extent by local businesses, organizations and private donors.

1997 – 424 Transport and Rescue Squadron received the Diamond Trophy for the best overall performance at The National Search and Rescue Competition, SAREX 97. They posted the highest cumulative standings in all five events of the competition along with Winnipeg's 435 Transport and Rescue Squadron. Six teams representing the Canadian Forces' five SAR squadrons and three combat support units competed in the annual event, which was held at Gimli Industrial Park.

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



# MPs enjoy visit to 8 Wing/CFB Trenton, including CFLAWC



Photos: Sgt (Ret'd) Rick Ruthven, CFLAWC

On October 1-2, 2007, four Canadian Members of Parliament visited 8 Wing/CFB Trenton to gain insight and understanding of Air Mobility Force operations. Because the Canadian Forces Land Advanced Warfare Centre (CFLAWC) often works closely with integral Wing units such as 436 Squadron and Wing Operations, the MPs spent some time over at CFLAWC during their visit. The MPs also visited 2 Air Movements Squadron, Wing Operations, 412, 426, 436 and 437 Squadrons.

Pictured clockwise from top left: Warrant Officer "Hammy" Hamilton of Airborne Trials and Evaluation at CFLAWC demonstrates and explains various parachute systems to MPs Bruce Stanton, Ken Boshcoff, James Lunny, and local MP Rick Norlock.

WO Phil Mazet (Instructor) trains a student in the "Landing Swings" as the MPs look on.

WO Guy Lapierre (Instructor) and Sgt Bob Doyle, hanging in the "Freefall Flight Simulator," demonstrate some of the extensive training students undergo at CFLAWC.

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October 2007						
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	1	2	3	4	5	6
				TGIT Fireside Fish & Chips	Toonie Lunch Soup & Sand 1130-1300 Fireside Lounge	
7	8	9	10	11	12	13
				AGM 1400hrs Main Lounge TGIT Roast Beef Main Lounge	Toonie Lunch Soup & Sand 1130-1300 Fireside Lounge	
14	15	16	17	18	19	20
				TGIT Chicken Breast Main Lounge	Toonie Lunch Fireside Soup & Sand 1130-1300 Octoberfest 1800-0100	
21	22	23	24	25	26	27
				TGIT Shepard's Pie Main Lounge	WCWO's Lunch 1130-1300 Fireside Lounge	
28	29	30	31	<b>November's Events</b> 1 Nov Mixed Dining In 11 Nov Remembrance Day Reception 22 Nov PMC Christmas Bingo 25 Grey Cup Party		

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Infant (6 months - 5-years-old): Free  
 Youth (6 - 17-years-old): \$45  
 Single (18+): \$60  
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## RecPlex (Includes Arena and Outdoor Pool)

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 Single (18+): \$45  
 Family: \$100

### Ordinary Members

Infant (6 months - 5-years-old): \$20  
 Youth (6 - 17-years-old): \$60  
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 Family: \$180

## Combination (Includes Gym, RecPlex, Arena and Outdoor Pool)

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 Single (18+): \$60  
 Family: \$130

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Membership Upgrade: \$5 plus GST = \$5.30  
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## Learn to Skate: From 8 to 88

Ever wanted to learn how to skate? Haven't laced up the skates in a while and feeling rusty? Come out and try this program designed for the older child, teen or adult, who may be a little shy to learn to skate.

Learn the fundamentals of the sport, improving balance, agility, turning, stopping and confidence. The program includes a 40-minute les-

son and 10 minutes of practice time. A helmet is recommended for children 10 years of age and under.

The program will run on Sundays from 3 to 3:50 p.m., from October 14 to December 16.

Cost is as follows: \$55 for military and CRA members; \$60 for military community non members; \$70 for general public.

## RecPlex: Youth Activities

The following activities will take place on Monday evenings from 6:30 to 8:30 p.m. starting October 1. These activities are available to youth ages 13 to 18 years old.

Floor hockey will be available on the first Monday of the month;

volleyball during the second week; basketball for the third week; dodge ball for the fourth week; and pickle ball during the fifth week.

Please note there is a new activity each Monday. User fees apply for all youth.

## RecPlex Hours of Operation Effective September 22, 2007

The following information is in regards to the 8 Wing/CFB Trenton RecPlex hours of operation.

The facility will be open Monday to Friday from 8:30 a.m. to 9 p.m.

On Saturdays, the facility will be open from 8:30 a.m. to 8:30 p.m. Please note: The facility will only open at 8:30 a.m. during the Fall, Winter and Spring sessions of Red Cross Swim Lessons. Otherwise the RecPlex will open at noon.

On Sundays and holidays, the RecPlex will be open from noon to 4:30 p.m.

For more information about operational hours, facilities or services offered through the Rec Association, please call 613-392-2811 ext 3361.

## POTTERY AND CERAMICS STUDIO

Watch for upcoming details on this new venture. The Rec Association will soon be offering studio time, which will be available for experienced potters and ceramicists. Those interested in learning more may contact the Rec Association at 613-392-2811, local 2349.

## Women's hockey

Have you always wanted to play hockey but don't know how? No problem! This is the perfect opportunity. The CFB Trenton women's hockey team is looking for new players. Military members either beginners or avid players are welcome to come out and join the team.

Practices are held each Tuesday and Thursday from 3 pm to 4:30 pm at the RCAF arena. Equipment can be provided at no cost. For more information, call Bryan Pearce at ext. 4110.

## Associate Membership Rates

Associate membership rates are broken down by three-month periods, between September 1, 2007 until August 31, 2008.

A Gymnasium membership, which includes the cardio and weight room, the gym, and the squash courts, is available at a cost of \$540 for one year; \$415 for nine months; \$290 for six months; and \$160 for three months.

A RecPlex membership, which includes both the indoor and outdoor pool, mini-gym and cardio room is available for \$360 for one year; \$285

for nine months; \$200 for six months; and \$110 for three months.

A Combination membership, which includes all of the facilities listed in memberships above, is available for \$660 for one year; \$500 for nine months; \$350 for six months; and \$200 for three months.

Please note: All memberships may be purchased at the RecPlex, Monday through Friday from 9 a.m. to 5 p.m. and on Saturdays from 9 a.m. until noon. Memberships are subject to the approval of the Wing Commander.

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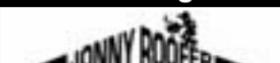
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# Fitness, Sports & Recreation

## Annual Recreation and Leisure Show

This year's Annual Recreation and Leisure Show will take place on Sunday, September 9, 2007.

The show will take place from 10 a.m. to 3 p.m. at the Gym.

There will be over 50 not-for-profit clubs and organizations in attendance.

Come out and see what 8

Wing/CFB Trenton and the surrounding community have to offer.

If you are involved in a not-for-profit club or activity and are interested in booking a table for display, please contact the Personnel Support Programs (PSP) Community Recreation Director at 613-392-2811 ext. 2349.

## Kayaking for Kicks on the bay

Kayaking for Kicks is a three-hour adventure on the Bay of Quinte!

Take this introduction course and enjoy renting kayaks at the south side Gym. All equipment is supplied.

This course is great for small groups and families, and includes a wet exit/re-entry certificate, issued once performed.

Youth 12 years of age and over may take the course if accompanied by a parent.

Course dates: Sept. 5, 5:30 to 8:30 p.m.; Sept. 20, 5:30 to 8:30 p.m.; Sept. 28, 5:30 to 8:30 p.m.

Cost is as follows: \$50, military community/CRA members; \$55, military community non-members; \$60, general public.

Please note there is a new location: 177 Main Street, Wellington.

Please register at the RecPlex to take advantage of the reduced cost (a \$60 regular value).

## Bronze Cross and Standard First Aid

The emphasis of this course is placed on the candidate's ability to respond to a variety of aquatic emergencies using principles of teamwork and emergency procedures.

Bronze Cross is a prerequisite for NLS. Candidates must be 14 years of age and have successfully completed Bronze Medallion and Emergency First Aid courses.

The Bronze Cross and Standard First Aid course will take place on Saturday, August 25, from 9 a.m. to

4 p.m.; Monday, August 27 to Thursday August 30 from 8 a.m. to 2 p.m.

The exam date is scheduled for Friday, August 31, from 8 a.m. to 1 p.m..

Cost is as follows: Military and CRA members, \$130; military community non members, \$140; general public, \$150. Manual fees extra if required.

Manuals used are the same as those used for the Bronze Medallion course.

## Gear up for the Amazing Race

Join us on August 24, at 10 a.m. at the RecPlex Gym for the Amazing Race, with a new, longer route and more clues. This event is open to those between the ages of 11 and 18 years old.

Cost is \$20 per team of two (cost includes food and buff).

Pre-registration is required no later than August 20 at 4 p.m. (pre-race packages given out at registration). Register today at the MFRC or RecPlex reception desk.

## Summer Shiny Hockey

Two more weeks of shiny hockey will be offered at the RCAF Flyers Arena.

This program is designed for players from the tyke to midget levels. The weeks are as follows: August 20 to August 24; and August 27 to August 31.

Cost is as follows: \$30 for military community; \$38 for the general public.

Full hockey equipment is required.

Please register at the RecPlex, located at 21 Namao Dr East, for desired session(s).

## POTTERY AND CERAMICS STUDIO

Watch for upcoming details on this new venture. The Rec Association will soon be offering studio time for experienced potters and ceramicists. Please call 613-392-2811 local 2349 for more details.

## Noon Hour Fitness Schedule

August 2007

Monday	Tuesday	Wednesday	Thursday	Friday
13 Cardio & Core Circuit	14 STEP PLUS	15 Spinning BOSU	16 CANCELLED TODAY ONLY	17 Spinning
20 Cardio & Core Circuit	21 STEP PLUS	22 Spinning Master Class - the whole team!	23 Aqua Fitness	24 Spinning
27 Cardio & Core Circuit	28 STEP PLUS	29 Spinning BOSU	30 Aqua Fitness	31 Spinning

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

~ Remember to bring your own water bottle and towel!

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

~ Any questions or concerns please contact Lisa at local 3328.

## Disc Jockey Street Dance

Come on out and enjoy the music of the Wired for Sound DJ. Join us for a night of fun and meet the new kids on the block.

The dance will take place in the MFRC parking lot on Friday, July 20, and again on Saturday, August 25, from 7 to 11 p.m. Cost: \$5/person, open to those between 9 and 18 years old.

## Upcoming Pool Cancellations

Rec swimming will be cancelled on Friday, August 17, and Wednesday, August 22, from 1 to 3 p.m., due to operational requirement.

**Contact**  
What other people may find  
in poetry or art museums,  
I find in the flight of a good drive.  
~Arnold Palmer

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# Great turnout, great spirit for Wing Commander's Challenge

by Lisa Refausse  
WCC Organizer/Fitness Coord

On Friday, September 28 the Fitness Flight presented the Annual Wing Commander's Challenge.

A total of 23 teams, an all-time high, participated in the Amazing Race - new format - a six legged fun fitness event.

Teams of six completed the following items

- 1) 4.5 km run
- 2) 3.5 km rucksack march
- 3) 7 km cycle
- 4) 3.5 km run
- 5) 500 metre swim

6) 100 metre casualty carry.

The event made use of the sports field as the main transition zone as all participants started and finished at the same location, making for a very exciting event.

The Wing was well represented with teams from many units. Honorable mention to the United Way Executive as they entered a team and placed in the top half.

Like many Wing events teams came out in costume, team shirts, and spirits were high. Some of the many highlights included seeing the Wonder Ma'ams - Wing Admin team of four women overtaking many of the other

mixed teams throughout the course, the Airborne(CFLAWC) team's energy in the way of spectatorship and morale, Team Dental's unique costumes for the day, WTISS's rodeo style Casualty Carry, and lastly, Major Paquette's Green Panther's growl.

The event was completed in under two hours and wrapped up with a United Way BBQ and the awards presentations, with awards going to the top three teams and to the Best Spirited Team - Team Dental.

Top three teams of the day were: Team Airborne - CFLAWC, JNBCD Coy A Team, and Telco Ringers - WTISS.

Thank you to the cooks for the

BBQ, to the United Way Executive for their assistance and awareness of the campaign, thank you to the many volunteers, and to Trenton Cold Storage for the donations to the kit bags.

Thank you to the team captains for your efforts in putting together your teams. Thank you to the many participants as you competed in our new formatted event. Although it was a change from years past, we appreciate your participation in what would be a different approach to a fitness challenge event. We appreciate your feedback on the event, and we look forward to the next Wing Fitness Event. Until then, stay active!

See photos on Pages 14 and 15.

## 8 Wing Hockey League underway

The Wing Hockey League is off and running with 14 teams divided in two divisions. A Div is comprised of 436 Sqn, ATESS, Work Shops, CFLAWC, Hangar Hogs, WCE/2 AMS, JNBCD. B Div includes 429 Sqn, 81 AEF, Wolverines, ATC, 424 Sqn, WTISS, and WTN/EME fighting for top honor.

The ATC and 81 AEF teams played the opening game on Sunday Sept. 30.

The official drop of the puck was conducted by the WHL President MCpl Shawn Thompson and taking the face off was Capt Marvin Taylor from ATC and Cpl Martin Rood from 81 AEF.

The Fit & Sports Flt would like to take this opportunity to thank the executive committee president Cpl Shawn Thompson, and Vice President Cpl Chris Dufresne for volunteering their time. Good luck, have fun and play fair.

## United Way Ball Hockey Tournament

The United Way Ball Hockey Tournament will be held in Kingston at 0900 hrs, Fri 19 Oct 07.

This event is hosted by CFB Kingston with all proceeds going to the (KMCSC) United Way Campaign. The

cost for the tournament will be \$10.00 per player and teams will be comprised of eight to 16 players.

For more information please contact Kim Holden at local 8747 or via email at Holden.kah@forces.gc.ca.

## Noon Hour Fitness Schedule

October 2007

Monday	Tuesday	Wednesday	Thursday	Friday
8 STAT HOLIDAY	9 STEP PLUS	10 Spinning BOSU	11 Specialty Class	12 Spinning
15 Cardio & Core Circuit	16 STEP PLUS	17 Spinning Master Class - the whole team!	18 Specialty Class	19 Spinning
22 Cardio & Core No Circuit	23 STEP PLUS	24 Spinning No BOSU	25 Specialty Class	26 Spinning



## Last chance for IS Leagues

It's that time of year again. The 07/08 Winter Sports Season is almost upon us. The 8 Wing/CFB Trenton Intersection Sports leagues are open to CF Military, DND & NPF full time employees.

The Noon Hour Hockey League (NHL) will now commence on Mon 15 Oct 07 and play Noon Hours at a cost \$80.00 per player. Player registration for the NHL will be extended until Fri 5 Oct 07 from 0800 - 1130 and 1300 - 1530 hrs Mon - Fri at The Gymnasium main office.

The I/S Noon Hour Volleyball League will commence Mon 15 Oct 07 and play Mon and Wed. The last organizational meeting will be held at 1400 hrs, Wed 10 Oct 07 in the conference room at the Gymnasium, Unit/Team Reps or anyone wanting to play are urged to attend.

The I/S Floor Hockey League will commence Mon 15 Oct 07 and play every Mon.

The last organizational meeting will be held at 1000

hrs, Tue 9 Oct 07 in the conference room at the Gymnasium, Unit/Team Reps or anyone wanting to play are urged to attend.

I/S Indoor Soccer League will commence at 1800 hrs, Thur 25 Oct 07 and play every Thur. The last organizational meeting will be held at 1400 hrs, Tue 9 Oct 07 in the conference room at the Gymnasium, Unit and Team Reps are urged to attend.

I/S Bowling League will commence at noon, 24 Oct 07 and play every Wed & Thur. The organizational meeting will be held at 1200 hrs, Wed 10 Oct 07 at the Astra Bowling Lanes Unit or Team Reps are urged to attend.

### Base Teams

The Men's & Women's Volleyball Teams Practice Times, Mon 1630 - 1800 hrs & Fri 1130 - 1300 hrs, Area 1 at The Gymnasium. The team coaches are for Men's Cpl Svend Simonsen at 7395 and Women's Capt Andrea Clement at 7530 or Capt Melanie Couture at

2816.

The Basketball Team Practice Times, Tue & Thur 1130 - 1300 hrs Area 1 at The Gymnasium. Cpl Clint Killham at 3511 is the Coach.

The Ladies Hockey Team Practice Times are Tue & Thur at 1600 hrs, RCAF Arena. Mr. Bryan Pearce is the coach.

The Men's Hockey Team Practice Times, Mon 1300 - 1700 hrs, Wed & Fri 1500 - 1600 hrs, RCAF Arena. Cpl Steve Owens at 3094 is the Coach.

The Old Timers Hockey Team Practice Times, Mon 1300 - 1700 hrs, Wed & Fri 1500 - 1600 hrs, RCAF Arena. Cpl Steve Owens at 3094 is the Coach.

The Badminton Team practice 1900 - 2130 hrs every Mon & Wed and 1130 - 1300 hrs Mon thru Fri. All level of players are welcome to attend and have fun.

For more info on the Base Sports Program contact the Mil Sports Coord Mr. Dan Cormier at Loc 3373.

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The beautifully renovated former Johnstown church is located 10 minutes north of the Base. See details and a map at:  
[www.johnstownchurch.ca](http://www.johnstownchurch.ca) or contact  
**Lesley Bonisteel (613) 392-9212**

# Families enjoy annual Family Day at the Trenton MFRC



The weather cooperated fully on September 30, providing a beautiful day for the annual Family Day put on by the Trenton Military Family Resource Centre. In conjunction with the Family Day, the 8 Wing/CFB Trenton fire department also hosted its unofficial kick-off to Fire Prevention Week.

At left: Sparky the fire dog befriends Ashton, 4, at the MFRC. Above: Four-year-old Olivia sits patiently while she gets her face painted like a butterfly. Below: Youngsters enjoy the Kiddie Kommando course.

Photos: Adriana Sheahan, Contact Staff



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# HOROSCOPES

Weekly Astrology by Christine Davison

September 30 – October 6

**ARIES** (March 21-April 19): Good fortune and wise decisions smile upon you at the beginning of the week. After Wednesday you may feel the urge to work at projects and begin new relationships. After Friday you may feel as if delays are stalling your work or stunting your romantic life. This weekend, you'll need greater patience and added flexibility.

**TAURUS** (April 20-May 20): You may crave security and freedom at the same time and you'll have both of your needs met, though not on the same day. The week begins with luck on your side. Wednesday brings a busy and emotional time, where ideas may become reality. Relationships begun late-week may be put on hold until November. Don't give up.

**GEMINI** (May 21-June 20): Love is not a stranger for Gemini's this week, though when it comes knocking on your door after Friday you may not be able to recognize what you see. Try to make plans on Wednesday that will allow travel delays, misunderstandings and/ or unexpected conflicts. It may be frustrating, though you will succeed, eventually.

**CANCER** (June 21-July 22): You may find yourself becoming more sensitive and emotional this week, than you usually would be. Don't be afraid to ask for sympathy, love or support this weekend, as your communication skills may not be expressing your needs as much as you would like them to. New relationships may begin on Wednesday/ Thursday.

**LEO** (July 23-Aug. 22): You crave the attention and admiration of others this week, though may find your needs are often dismissed or ignored; you wish to speak with loved ones but feel like you're talking to a wall instead. Communication lines have been crossed. Keep trying to get your message across. Kind gestures speak more loudly than words.

**VIRGO** (Aug. 23-Sept. 22): Venus re-enters your sign this week and may make you highly attractive to others for several weeks to come. The upcoming chaotic weekend may affect you less than it may others due to your charismatic and easygoing ways. If you begin projects on the 10th, then try to stick with them despite come-what-may; success will follow.

**LIBRA** (Sept. 23-Oct. 22): Your judgment may not be as accurate or as temperate as it would usually be. This is an emotionally charged week for Libra who may become confused around Friday/ Saturday. If you begin a decision, project or creative effort on the 10th, then you may wish to wait awhile before throwing yourself back into your work.

**SCORPIO** (Oct. 23-Nov. 21): You may find that others are beginning to emulate or echo your mannerisms or style of dress. You have an air of mystery around you that others find irresistibly attractive. You may become somewhat anxious or confused as the weekend approaches. Don't let others blame you for their mistakes, Remain calm; don't give up!

**SAGITTARIUS** (Nov. 22-Dec. 21): This may not be the best week to make travel plans or engage in long distance communications. If you do concoct grand schemes for visiting foreign places or old friends on Wednesday then just be sure to make room for misunderstandings and hiccups. Everything will work out by the time November rolls around.

**CAPRICORN** (Dec. 22-Jan. 19): Your reserved demeanour may act to charm others around you this week. Be conservative when making plans or meeting new people around the 10th/ 11th as dates may change last minute. If you are flexible then things will come around before you know it. The keys to your happiness are patience, tact, faith and diplomacy.

**AQUARIUS** (Jan. 20-Feb. 18): You may find that your avant-garde ways of communicating may be coming across as condescending or cold this week. Try to remain positive; pepper your conversations with kind gestures and gesticulations. There may be misunderstands, mishaps and miscommunications after the 12th. Redo, re-examine/ re-direct this week.

**PISCES** (Feb. 19-March 20): Your kind words and actions may take you far. The impression you make upon others at the beginning of the week may help you overcome language, memory and travel barriers after Thursday. Trust your intuition over your logic for the next 7 days. A flirtation begun on the 10th may not develop further until next month.

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

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**GINGER & SHADOW** BY BARRY CORBETT



DAD, WHY ARE YOU SAVING ALL THESE EMPTY BOXES? I KEEP THINKING I'LL USE THEM FOR SOMETHING. YOU'RE RIGHT. I SHOULD JUST TOSS THEM ALL... NYAAAA!! THERE'S SOMETHING FLURRY IN THERE!! I'LL BET GARFIELD DOESN'T HAVE TO PUT UP WITH THIS NONSENSE.

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



AS YOUR LAWYER, I'VE GOT SOME GOOD NEWS AND BAD NEWS. WHAT'S THE GOOD NEWS? NONE OF THE SQUIRRELS YOU'VE BEEN CHASING AROUND CAN TESTIFY AGAINST YOU. THAT IS GOOD NEWS! WHAT'S THE BAD NEWS? THEY'RE ALL ON THE JURY.

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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 or email to [steiner.al@forces.gc.ca](mailto:steiner.al@forces.gc.ca), at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

## 173 Royal Tiger Air Cadet Squadron

Are you a young adult aged 12 to 18 years old wanting to join 173 Royal Tiger Air Cadet Squadron? We meet every Wednesday night from 6 p.m. to 9 p.m. at Trenton High School.

Air Cadets learn about the traditions of the Royal Canadian Air Force, and participate in flight-related activities. Gliding is one of the more popular aspects of the Air Cadets program and it provides a solid base for learning how to pilot more complicated aircraft. The Cadets have a chance to earn their civilian pilot licenses through the Air Cadet program.

The program also offers physical fitness, bush exercises and citizenship trips. They also learn about valuable life skills and important values like mutual respect, integrity and professionalism through lessons in navigation, theories of flight and aircrew survival. Physical fitness, drill and general cadet knowledge are also taught.

For more information please visit [www.173cadets.com](http://www.173cadets.com) or email [173\\_Air@Cadets.Net](mailto:173_Air@Cadets.Net).

This program is sponsored by the Department of National Defence and the Air Cadet League of Canada.

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## CHAPLAIN SERVICES SERVICES OFFERTS PAR L'AUMÔNERIE

Wing Chaplain- LCdr Steve Merriman -Aumônier de l'Escadre

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

## WORSHIP SERVICES

Our Lady of Peace(RC)  
Christian community - communauté  
Notre-Dame-de-la-Paix (CR)  
Chapel Life Co-ordinator  
Julien Régis Beaulieu  
Co-ordinateur de Vie de Chapelle

### Mass

Sunday Mass (English): 1015 hrs  
Messe Dominicale: 1130 hrs  
Monday and Wednesday at 11h50

**Confession:** Please, contact the  
WChaplains' receptionist to get in touch  
with a RC priest prior to coming over.

**Réconciliation:** Il est préférable de commu-  
niquer avec la réceptionniste des aumôniers  
afin de prendre vous-même arrangement  
avec le prêtre CR de la chapelle.

Chapel organizations (RC)  
Chapel Pastoral Council:  
TBA 1900hrs  
Knights of Columbus: first Thursday, 1900hrs  
CWL: second Tuesday, 1900hrs  
Chorale: mercredi, 19h00  
Choir: Tuesday, 1900hrs

### St. Clement Astra (P)

Protestant Community  
Chapel Life Co-ordinator  
Padre Mike Adamczyk

### WORSHIP SERVICE

Sunday Divine Worship: 0900 hrs  
Holy Communion First Sunday of the month

### PARISH ORGANIZATIONS (P)

Chapel Guild: last Tuesday, 1930 hrs

### 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.

## PLANNING TO GET MARRIED?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplains' Offices at 613.392.2811 ext. 2490 to begin the pre-nuptial process six months prior to the wedding day.

That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day. This is applicable to all members falling under Military Ordinariate Jurisdiction; that means for all CF personnel and DND employees who are RC. The latter have the choice between their Wing Chaplains' Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and to the church of your wedding).

If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

## VOUS PLANIFIEZ DE VOUS MARIER?

Si vous projetez vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, le parti catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si le parti catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

Il importe également de prendre note que si le dossier pré-nuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date : voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.

Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

# Record number of teams compete in annual Challenge

Photos: Cpl David Hardwick, 8 Wing Imaging



A team member takes part in the 3.5 km rucksack run at the annual Wing Commander's Challenge on September 28.



The runners begin the 4.5 km run at the annual Wing Commander's Challenge.



Cpl Doug Austin from Wing TIS reaches the finish line at the end of the 4.5 km run at the annual Wing Commander's Challenge.



Capt Brandon Sing, Campaign Chairperson, and LCol David Cochrane, CO 426 Squadron and Acting Wing Commander, cut the post-challenge cake.



A team member takes part in the 500 m swim during the annual Wing Commander's Challenge. The annual Wing Commander's Challenge is run as part of the Government of Canada Workplace Charitable Campaign to raise money for charities such as the United Way.



Team members take part in the 500 metre swim during the annual Wing Commander's Challenge.



The United Way Quinte Campaign Chairperson, Dr. Hal Wilson, says a few words to the members who are about to take part in the annual Wing Commander's Challenge.

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# CFLAWC takes top spot in Wing Commander's Challenge



The Airborne (CFLAWC) Team came in first place with a time of 1 hr 20 min 39 sec at the annual Wing Commander's Challenge.



Photos: Cpl David Hardwick, 8 Wing Imaging

A team member takes part in the 5.5 km bike ride.



The Dental Team won the award for Best Spirit at the annual Wing Commander's Challenge. From left to right are: Capt Michael Bennett, Cpl Dan Oake, MCpl Jodi Duffy, Angela Breau, Cpl Melanie Morin, and Cpl Cindy Goodyear.



The 8 Wing United Way Chairperson, Capt Brandon Sing from 2 Air Movements Squadron, and Terry Gray from WCE Squadron announce the raising of \$4,000 by the CME Golf Committee for the United Way at the annual Wing Commander's Challenge.

## OFFICERS' MESS October 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
RIP	LADIES CLUB Murder Mystery	TGIT Beef Dip, Crusty Rolls, Mashed Potatoes	Sandwich Bar 11:30 - 13:15 Wine and Cheese MBR - \$10 Guest \$12			
			TGIT Steak Night Officers' Mess Golf Tournament	Sandwich Bar 11:30 - 13:15		
			TGIT Oktoberfest German Food	Sandwich Bar 11:30 - 13:15		
			TGIT Fish and Chips	Sandwich Bar 11:30 - 13:15		Halloween Party
			<b>Upcoming Events For November</b> 24 Sept-14 Oct Service will be in Upper Lounge NOT the Oak Room 2 Nov 07 Harvest Fall Candlelight Dinner			

## Jr Ranks Mess

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Lab Lounge Scuba Club	2 Astra Scan Seminar Setup	3 Astra Scan Seminar	4 Patio WTSS BBQ TGIT 1700 hrs-Sabre Sports 1800 hrs Pool Astra Scan Seminar	5	6
7	8 Thanksgiving (Office Closed)	9 Astra CISM/WMG	10	11	12 TGIF Lasagna 1700 hrs	13
14	15	16	17	18	19 TGIF Donairs 1700 hrs Pool 1800 hrs	20 Astra Amy Mattheysee Anniversary Party
21	22	23	24	25	26 TGIF Fish & Chips 1700 hrs	27 SPORTS Euchre 1800 hrs
28	29 Astra Cadet Info Session	30 Astra UNDE Mtg	31 Hallowe'en			

# October 2007

Health & Safety

# Smoke alarms are your best defence



Submitted by  
Don Heans,  
Wing General Safety  
Officer

Fire is one of the leading causes of accidental deaths.

It is extremely important for everyone to take every preventative measure and precaution possible to be ready to deal with a fire emergency.

More than half of all fatal household fires occur between 10 p.m. and 6 a.m. when everyone in the

household is usually fast asleep.

A smoke alarm is necessary to alert you to fires when you are asleep.

Smoke alarms will detect the earliest stages of combustion to allow for enough time to evacuate everyone in the home safely.

For minimum protection, detectors must be placed between the living areas and the sleeping areas to intercept smoke before it reaches the bedrooms.

In multi-storied homes, for example, detectors should be located on the ceilings of stairwells to each separate floor levels in the house.

However, the location of the smoke alarm in the vicinity of sleeping areas does not provide protec-

tion for the occupants from a fire starting in their bedroom with the door closed.

It may be wise to have additional alarms within each bedroom itself, especially if you smoke.

A closed door can delay the movement of smoke preventing it from reaching a smoke detector, so place smoke alarms in hallways.

Fire confined to a large room often develops great intensity before it breaks out.

The basement is one area that can be large, removed from the alarm, and isolated by some type of door closure at the top of the stairs.

Because basements do account for a significant number of fires, it is also recommended that a

smoke alarm be placed at the head of the stairs from the basement.

Smoke detectors should be located on or near the ceiling, away from doors and other obstructions which may prevent the detector from doing its job.

Avoid air currents from doorways, windows, fans and vents. Because of the turbulent air, it may prevent combustion particles from reaching the alarm.

Remember that before you plan on installing any fire alarm system and/or smoke detectors, that you read the manufacturer's instruction manual carefully and accurately.

Smoke detectors are a small price to pay for a good and safe night's sleep for you and your family!

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## Start-a-Fit-Life

Health Promotion and Fitness and Sports are pleased to present an outstanding opportunity to the employees of 8 Wing/CFB Trenton.

Start a Fit Life is a new and innovative program that matches both the promotion of healthy eating and the importance of fitness to provide participants with an opportunity to take inventory of their current health situation.

This course will provide the participant with the appropriate tools required in order to Start a Fit Life!

Ideal candidates for this course are those who are currently inactive and looking to become physically active.

Start a Fit Life offers several aspects that include a personal goal setting and inventory consultation, followed by a three hour lecture on nutrition and fitness.

Following the lecture, participants will benefit from a complimentary personal training session which is geared toward the individual's goals.

In addition to developing a personal program, the fitness staff will work with participants on an individual basis at the six week mark and again at the 12 week mark to ensure and/or enable maximum results.

Please note that the course is limited to 16 people, so register early.

To register for the Start a Fit Life course, please contact Lisa Pitt by phone at 613-392-2811 local 3768 or via email at pitt.l@forces.gc.ca

A 30-minute one-on-one consult to be booked on October 10, 2007.

Instructors for the Start a Fit Life course are Kendra Lafleur, 8 Wing Health Promotion Director and Lisa Refausse, 8 Wing Fitness and Sports Coordinator

The lecture will take place on October 17, 2007 from 0900 to 1200 hrs.

Also, please note that both sessions are mandatory.



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*Showcase*

# Showcase



**Capt S. Morrow**  
received his Commissioning Scroll,  
presented by Maj W. Norquay, CO 8ACCS.



**Cpl R. Heffernan**  
received the UN Mission in Sudan  
(UNMIS) Medal, presented by Maj  
W. Norquay, CO 8ACCS.



**MCpl A. Morrison**  
received a promotion to that rank,  
presented by LCol D. Miller, W Admin O, and  
MWO B. Doggett, W Admin Branch SWO.



**WO W. Rickard**  
received his CD1,  
presented by LCol D. Cochrane, CO 426 Sqn.



**MCpl J. Baldwin**  
received his GCS-ISAF Medal,  
presented by LCol D. Cochrane,  
CO 426 Sqn.



**Capt J. Madore**  
received his General Campaign  
Star, presented by  
LCol D. Cochrane, CO 426 Sqn.



**Lt S. Leithead**  
received his Certificate for  
Completion of OPME Program,  
presented by LCol D. Cochrane,  
CO 426 Sqn.



**Capt A. Jordan**  
received his Certificate for  
Completion of all OPMEs,  
presented by LCol D. Cochrane,  
CO 426 Sqn.



**Maj D. Ceniccola**  
received a promotion to that rank, presented by Maj S. Millette,  
CCISFC ATESS, and LCol F. Allen, CO ATESS.



**Sgt R. Johnson**  
received his CD1, presented by Maj A. Tanquay, OIC  
CMCC/SARNOC.



LCol D. Lowthian, CO 429 Sqn, is presented with a  
photo to mark the arrival of the CC-177, presented by  
LGeneral A. Watt, Chief of the Air Staff.



**MCpl J. Fortin**  
received a promotion to that rank, presented by  
Lt C. Garrison, and WO T. Shire, 8AMS.

***Congratulations! Félicitations!***

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**Crossword Answers**

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Sunshine Lane (off Parkview Heights.) \$299,900



1717 Sq. Ft.

Sample Photo

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