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SHOWING REAL SUPPORT



Photo: Cpl David Cribb, 8 Wing Imaging

Mr John Oliver, President of 413 Wing, Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, and Mr Art Darnbrough 413 Wing Vice President open the festivities. The 413 Wing of the RCAF Association held an Armed Forces Appreciation Day for members of 8 Wing Trenton. Included in the day were free hot dogs and burgers, and some story telling from old and new members alike.

FIRE WARDEN OF THE YEAR



Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging

Lieutenant-Colonel Carrie Fortier, 8 Wing Logistics and Engineering Officer, presents to WO Joseph Lachance, the Fire Warden of the Year, a plaque at the annual Fire Prevention Week kick-off, in front of the Headquarters building on October 9. They are accompanied by Sparky the Fire Dog.

424 Squadron wins Diamond, Allison Trophies at SAREX 2007

SAREX 07 - 5 WING GOOSE BAY - A challenging and emotional week for the SAREX 07 coordinators, teams, support and maintenance personnel came to an end at the awards banquet held Saturday evening in the 5 Wing Goose Bay Mess Hall.

8 Wing's own 424 Transport and Rescue Squadron captured two trophies this year--the Diamond Trophy, for the unit with the best overall performance in all five events; and the Allison Trophy, for the team with the best performance in the parachuting accuracy event.

"424 Squadron personnel did an outstanding job at SAREX '07," said Major Georgie Jones, Acting Commanding Officer of the squadron.

"We are very proud of all involved."

Teamwork, physical abilities and mental stamina were essential to completing extremely demanding events during SAREX: search, rescue, parachuting accuracy, medical, maintenance and helicopter skills events. Although it was not counted towards overall team scores, I can not forget the over 40 Bell Ringer event.

"Not only did the SAR squadrons get to compete against each other, the community was able to gather practical SAR-related data that can be applied to future missions," said Captain Dany Poitras, a 444 (CS) Squadron Griffon pilot and SAREX 07 Coordinator, "We also had to contend with real life SAR missions, weather, equipment and air-frame issues which are real-world factors of SAR missions."

Mother Nature made it quite clear that she is an



Photo: WO Randolph Rice, ADM (PA), Combat Camera

Sergeant Lee Bibby, a Search and Rescue technician with 424 SAR Squadron, 8 Wing Trenton, checks the rate of breathing on a simulated casualty during the medical competition event at Sarex 2007, held at 5 Wing Goose Bay, Labrador.

extremely important factor to consider in SAR missions. This week was no exception; she kept all teams

on their toes.

"The exercise brought together Canadian Forces SAR squadrons, Combat

Support units and Civilian Air Search and Rescue Association members from across Canada to train and

exercise together," said LCol Legresly, acting commander 5 Wing Goose Bay and commander SAREX 07. "They are truly a community of men and women, military and civilian, who are dedicated to finding and saving those that are lost or in danger."

The exercise also involved meetings and symposiums, where the SAR community discussed changes, experiences and outstanding issues," said Maj Eidt, commanding officer 444 (CS) Sqn and deputy commander SAREX 07. "The information exchanged during SAREX is important to improving both the profession and capabilities of the SAR community."

The following personnel or teams won the eleven SAREX awards:

Team Spirit Award - for **See SAREX. Page 8**

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437 (T) Squadron transports Prime Minister to the land "down under"

by Major Eric Philappoucci
437 Squadron

437 (T) Squadron personnel supported the Prime Minister's Office in early September as they transported approximately 60 people including the Prime Minister and his wife, members of his staff and media personnel from Ottawa to Sydney, Australia.

The purpose of the visit included the APEC (Asia-Pacific Economic Cooperation) Summit on September 8 and 9 and a bilateral meeting between the two Heads of State on September 11.

437 (T) Squadron committed two flight crews and one aircraft toward the mission that flew the Prime Minister from Ottawa to Australia. Squadron operations personnel were planning the VIP transport mission months in advance of the departure date, coordinating

such details as crew security accreditations, routing and timing requirements and many other aspects of the VIP operation. Multiple agencies were involved in this planning process from the flight crews flying the mission, the Canadian Air Division which tasked the mission, the Department of Foreign Affairs and International Trade which coordinated the events, right up to the Prime Minister's Office detailing their requirements.

Lieutenant-Colonel Yvan Choiniere, Commanding Officer of 437 (T) Sqn, lead the entire mission as the Mission Commander, ensuring each and every specific planning detail was closely attended to.

The flight from Ottawa to Sydney included fuel stops in Comox, B.C., Hickam AFB, Hawaii, and La Tontouta, New Caledonia.

The flight crews were

changed at Hickam AFB, ensuring a continuous 26-hour flight for the passengers without the need for an overnight stop.

Upon arrival into Sydney, passengers and crew were met with Australian "spring" weather that included temperatures around the 15 degrees C mark and rain showers. Due to the congested parking on the ramp in Sydney, the flight crew immediately moved the aircraft from the Sydney International Airport to RAAF Richmond for the remainder of the stay.

After spending a couple of days in Sydney, the flight crew flew the Prime Minister and his entourage to the national capital city of Canberra, located in the Australian Capital Territory, where he took part in bilateral meetings. The capital, located at over 2000 feet above sea level, welcomed the Polaris with a mixture of rain and sun with cool-

er temperatures.

After a short overnight stay, 437 (T) Squadron personnel commenced the journey back to Canada in a continuous 22.5 hour flight schedule, arriving in Ottawa early in the morning on September 12. The way home included fuel stops again in La Tontouta and Hickam AFB, where the crew was again changed due to crew day restrictions.

The mission was accomplished without any schedule delays or mechanical unservicabilities throughout its entirety. Many of the crew had not been exposed to the Pacific and Australian regions of the world and were fascinated with the opportunity to be a part of the VIP transport team. 437 (T) Squadron is generally tasked with a dozen VIP missions per year that include both the Prime Minister and the Governor General of Canada.



Photo: Submitted

(From left to right) Major Eric Philappoucci, Captains Ryan Eyre and Kelly Jarrett, all with 437 (T) Squadron, stand in front of the Airbus during their recent trip from Ottawa to Australia with Prime Minister Stephen Harper.

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GCWCC and 8 Wing/Trenton

For this weekly update, we are pleased to announce that so far, the Government of Canada Workplace Charitable Campaign here at 8 Wing/CFB Trenton has raised a total of **\$15,709.23** and that **16 per cent** of all 8 Wing/CFB Trenton personnel have been canvassed!

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

12 Oct - 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.

15-19 Oct - EME Car Care Clinic

Need to have your car checked before winter? This is your chance to get it done for \$5. Held daily from 1130-1300 at 31 Buffalo, EME workshop. For more info call MCpl Beaupré at ext 2299.

Tn/EME CAR CRUSH

Here is your chance to let the steam out! How about this—for one dollar, you can buy a chance of a lifetime to crush a car with a bulldozer on November 30 at 1330 hrs and help people in your community. All the money raised for this event is going to the United Way. For more info and or to buy tickets, you can call Heavy equipment at local 7669 or MCpl Beaupré at local 2299.



Attention

militaires de la 8e Escadre/ BFC Trenton

Êtes-vous déployé?

Si vous l'êtes, nous sommes à votre écoute! Envoyez-nous vos histoires et vos photos et nous les publierons dans le journal Contact. *S.V.P.*, assurez-vous que vos soumissions sont autorisées par l'officier des affaires publiques et par la section du renseignement. Envoyez vos soumissions par courriel en incluant le nom et le grade du rédacteur et du photographe, et de toutes personnes mentionnées dans la soumission à la rédactrice en chef Andrea Steiner par courriel à l'adresse suivante
STEINER.AL@forces.gc.ca



Search & Rescue UPDATE



This week 424 Squadron personnel had their hands full with five missions.

The first mission required the assistance of the CC-130 Hercules to assist with a search off the coast of Cleveland, OH, for an 11-foot sailboat with two persons on board. The assigned search area was completed at 500 feet AWL. The Griffon was soon thereafter tasked with the same mission. No signs of distress were detected. Both persons were found alive the next day by the US Coast Guard.

On Friday, the Griffon was tasked to proceed 66 miles northeast of Matagami, QC, to pick up two males who had just forced landed in a helicopter. Both individuals were picked up and transported to a cabin where two others were picked up and airlifted to another camp where their truck was located.

Late on Tuesday night, the Hercules was tasked to support a search for a vessel reported sinking just north of Grimsby. The crew provided illumination for surface operations. A sector search was also conducted just north of the primary search area.

Until next time, stay safe.

Missions for 2007: 197

Missions for Oct.: 5

Persons rescued: 30

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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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- Translator/Proofreader: Sgt Louise Fagan
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- 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

Intranet: Steiner.AL@CFBTrenton@Trenton

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



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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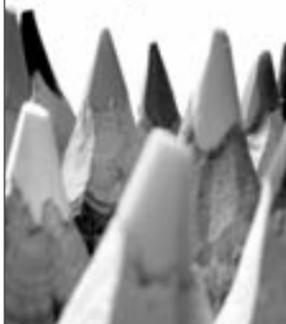
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Canadiana Crossword

Kanadian Eh?

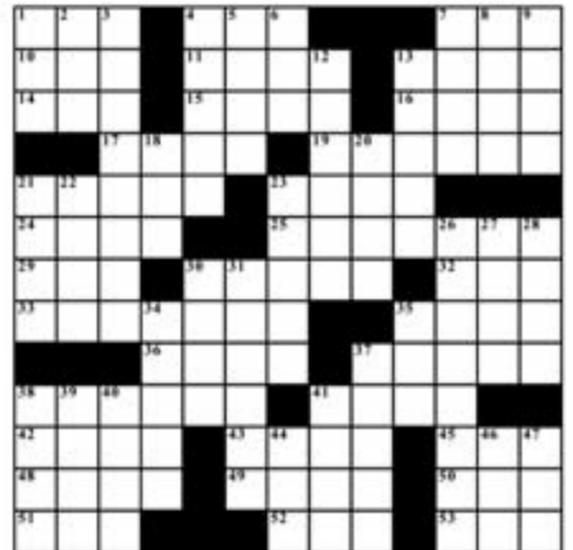
By Bernice Rosella and James Kilner

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- 7 Pig out
- 10 Supernatural being
- 11 Asia's shrinking sea
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Answers found on page 12



This Week in Contact

1977 – Four Maritime Command ships departed to take part in the NATO exercise, "OCEAN SAFARI." The major NATO exercise, under command of the supreme allied commander Atlantic, Admiral Isaac C. Kidd, Jr., US Navy, included more than 7,000 men, 60 surface ships and submarines, as well as 250 aircraft from seven NATO nations. Canadian ships to take place in this exercise included the destroyers Huron, Saguenay, Annapolis and the operations support ship Preserver, with their helicopter detachments from HS 423 and HS 443 Squadrons, CFB Shearwater.

1987 – Six members of the Canadian Forces were commended by Chief of the Defence Staff, General Paul D. Mason for actions above and beyond the call of duty. Recipients included Warrant Officer J.A. Leblanc, of Gaspé, Quebec; Sergeant Ellery M. Oicle, of Sheet Harbour, Nova Scotia; Master Corporal Edward William Garret, or Erskin, Alberta; Corporal J.F.J. Nadeau, of Arthabaska, Quebec; Private Robert J.G. Burns, of Charlottetown, Prince Edward Island; and Private J. Claude Petitpas, of Shediac Bridge, New Brunswick.

1997 – The long awaited first flight of prototype avionics update program (AUP) aircraft took place. Years of planning and work finally paid off as the aircraft taxied at 1230. The aircrew was crewed by Commander Major Terry Kirkoski, qualified test pilot (QTP) from the Transport Operational Test and Evaluation Facility (TOTEF), first officer Captain Darcey Granley, QTP from Aerospace Engineering Test Establishment, navigator Captain James Bound, TOTEF, team lead and system evaluator Larry Dublenko, AETE, flight engineer Master Warrant Officer Dennis Dove, 426 (Transport) Squadron and loadmaster Sergeant Kevin Ward, 426 (T) Squadron.

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



New features planned for *The Contact Newspaper*

by Andrea Steiner
Managing Editor

The Contact Newspaper will be adding some new fea-

tures in the coming weeks in an effort to offer our readers more of what they want to see in their community paper.

Some of these features begin in this issue, while others are on the way.

This week, we have introduced three new things. First, a regular sports column, *View from the Pine*, which offers a fresh perspective on the National Hockey League (see page 7). We look forward to readers' comments...

Second, we have started soliciting submissions from our deployed personnel (see at left) around the world in hopes that *The Contact* can highlight deployed operations on a regular basis.

Third, we are seeking input from our military families (see at right). We want to know what these families want to read about in *The Contact*; what is most important, and most interesting, to them.

Beginning next week, we will publish

the bi-weekly Wing Commander's Column, bringing command messages and leadership news from Colonel Mike Hood.

On alternate weeks, we will feature the Wing Chief Warrant Officer's Column, featuring discipline and protocol issues, dress, department etc. from WCWO Tom Secretan.

In an effort to report more regularly on the good work of all the squadrons here at 8 Wing, we will be introducing monthly squadron updates, beginning this month.

And finally, in the new year, we plan to launch a new feature, entitled the Non-Commissioned Member (NCM) of the Week. This will feature the photo, with brief explanatory

text, of a NCM from here at 8 Wing/CFB Trenton who is deserving of recognition. Each week's selection will be based on submissions by units and squadrons, and selected by CWO Tom Secretan, Wing Chief Warrant Officer.

So please keep reading *The Contact Newspaper*, and let us know how we are doing.

ATTENTION

8 WING/CFB TRENTON MILITARY MEMBERS!

Are You Currently Deployed?

If the answer is yes, we really want to hear from you!

Send us your stories and photos for publication in *The Contact Newspaper*.

Please be sure to first clear all submissions with your Public Affairs Officer and your Intelligence Section.

Email submissions, including full names and ranks of both writer and photographer, and anyone mentioned in the submission, to:

Andrea Steiner at

STEINER.AL@forces.gc.ca



Attention Military Family Members

*Are we covering areas of interest and importance to you in *The Contact Newspaper*? Do you have any suggestions in terms of topics or issues that you or other military family members would like to read about in 8 Wing/CFB Trenton's newspaper?*

We want to hear from you!



Please email or call

Andrea Steiner

Managing Editor

The Contact Newspaper

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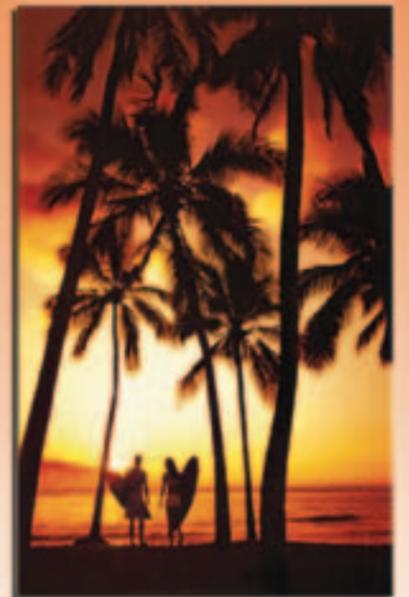
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Local news, in-depth features,
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Contact

VIEW FROM THE PINE

I hate the Leafs. I mean I really, really hate the Leafs. Despise them, actually.

If Toronto was the last Canadian team left in the NHL and they found themselves in the Stanley Cup finals, playing a reincarnation of the Oakland Seals manned solely by no-name European players wearing Petr Kilma helmets, I would be watching every game in my seaweed green and mustard yellow jersey cheering for some Finn with a name I could not pronounce.

I only throw that out there so I can't be accused of being covertly biased against Toronto. I am all about the overt, in-your-face, bias.

Random thoughts on random events around the NHL.

I must admit I had a good laugh when the NHL announced their "new" jerseys. I mean the jerseys themselves were a wash but leave it to Vancouver to take a boring jersey and make it a joke. A big "VANCOUVER" across the front. Please. Bring back the yellow and black flying V. Stan Smyl will always be the man.

Did anyone watch the Ducks-Kings game in

London? Anyone? I mean if there is any indication that the NHL brass - and by brass I mean Gary Bettman - are completely out-of-touch with the modern day NHL, it was this mess. Seriously, if you are going to inconvenience the teams by making them travel across the Atlantic to play a single game you might as well have the game in Sweden, Finland or Slovakia. At least their fans care and have a genuine interest in the players on the ice. What's next? Convince David Beckham to switch sports? He would break or sprain something just putting on his kneepads.

Say what you want about Don Cherry but if you listen to him, really listen to him, he does know his hockey. My wife can't get past the bravado and the mouth (and suits) but he does have his finger on the hockey pulse. Give the guy credit. The delivery might be rough sometimes (OK, all of the time) but he is almost always bang-on in his assessments and opinions. Just ask him.

I watched another replay of the Downie on McAmmond hit during the Habs and Leafs game

Saturday night. Absolutely brutal. Talk about being a marked man if (notice I did not say when) he ever makes it to the show. A solid, deer-in-the-head-lights, trolley track hit is a good way to get noticed by your coach. Taking a guy's head off, getting a match team down a man for 5 minutes will also get you noticed, but for all of the wrong reasons. Kudos to the AHL for suspending Downie for a month as well. Both measures should serve as a warning to other players, but I have been wrong before (once in 1993 - I was positive that Montreal was going to sweep the Kings in the finals. Oh well, my bad).

And finally, to blatantly steal from one of my Newfie comrades-in-arms, this week's Charlie Potatoes and Meat & Potatoes of the

week:

Charlie Potatoes: Steve Downie (marked man, keep your head up), Leaf Nation (lame, lame, lame), Predators (how is an off-season fire-sale of all of your talent a way to keep the franchise in Nashville?), London NHL games (ahhh....no), Shea Weber (have him in almost all my pools, out 3-6 weeks is NOT a good start to the year).

Meat and Potatoes: Montreal Canadiens (not sending Carey Price down....priceless), Ottawa Senators (dominated Leafs, choke moniker dead), Daniel Alfredsson (hot start carry over from play-offs), AHL (month was probably not long enough but they did not have to give him anything), Flyers and Rangers (hate 'em both but good offseason moves).

By Gilmour Tuttle



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Fitness, Sports & Recreation

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1 September 2007 - 31 August 2008

Gymnasium (Includes Arena)

Regular Members

Infant (6 months - 5-years-old): Free
Youth (6 - 17-years-old): \$35
Single (18+): \$40
Family: \$90

Ordinary Members

Infant (6 months - 5-years-old): Free
Youth (6 - 17-years-old): \$45
Single (18+): \$60
Family: \$140

RecPlex (Includes Arena and Outdoor Pool)

Regular Members

Infant (6 months - 5-years-old): \$12
Youth (6 - 17-years-old): \$35
Single (18+): \$45
Family: \$100

Ordinary Members

Infant (6 months - 5-years-old): \$20
Youth (6 - 17-years-old): \$60
Single (18+): \$70
Family: \$180

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

Regular Members

Infant (6 months - 5-years-old): \$12
Youth (6 - 17-years-old): \$45
Single (18+): \$60
Family: \$130

Ordinary Members

Infant (6 months - 5-years-old): \$20
Youth (6 - 17-years-old): \$80
Single (18+): \$100
Family: \$245

Membership Upgrade: \$5 plus GST = \$5.30

Replacement for lost membership: \$10 plus GST = \$10.60

New PSP Facility Memberships went on sale on Monday, August 27, 2007, and are available at the RecPlex. For more information, please call 613-392-2811 ext. 3361 or visit us at 21 Namao Drive (just off RCAF Road).

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.

The RecPlex is located at 21 Namao Drive (just off RCAF Road beside the Credit Union and the CANEX)

Please also be aware that membership's are subject to the approval of the Wing Commander.

Upcoming Bronze Medallion and Emergency First Aid course

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness.

Bronze Medallion is the first step toward a National Lifeguard Certification and is a prerequisite for the Bronze Cross Award.

The course will take place on Friday, October 19, and Friday, October 26, from 5 to 9:00 p.m.; Saturday, October 20, and Saturday, October 27 from 9:00 a.m. to 3:00 p.m.; Sunday, October 21, from 9:00 a.m. to 1:00 p.m.

The exam date for the Bronze Medallion and Emergency First

Aid course is set for Sunday, October 28, from 9:00 a.m. to 1:00 p.m.

Please note that 100 per cent attendance for all classes is mandatory in order to successfully complete the course.

There is also a pre-requisite for this course, in which all participants must be at least 13 years of age and older.

Cost is as follows: \$120 for military and CRA members; \$130 for military community non-members; and \$150 for the general public.

There is an additional \$35 fee for the Lifesaving Manual, and a \$15 fee for the First Aid Manual.

Bowling Roll-off

The 8 Wing/CFB Trenton bowling team will represent 8 Wing/CFB Trenton at this year's Ontario region Bowling Championship.

This year's competition is scheduled to be held right here in Trenton from November 25 to 28 2007.

The Roll-offs will be held at the RACF Astra Lanes on Wednesday, October 24, or again on Thursday, October 25, 2007.

Please note that all bowlers must attend on Friday, October 26 from 0800 to 1200 hrs.

The competition is open to all CF, Class B and C reserve members.

For more information, or to register, please contact Dan Cormier at local 3373.

Women's hockey

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.

Practice times have changed and will be held on Mondays at 8:30 p.m. at the RCAF Arena. Hockey equipment can be provided at no cost. For more information, please call Bryan Pearce at local 4110.

Activities

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

Floor hockey is available the first Monday of the month; volleyball the second week; basketball the third week; dodge ball the fourth week; and pickle ball during the fifth week.

A new activity each Monday. User fees apply.

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

Hockey Skills and Drills program

This newly designed program is for hockey players to practice drills and develop new skills.

The program's key components focus on individual skills, in small groups of four to six players per instructor.

Learn the proper techniques, body checking, angling, passing, shooting, scoring and defending.

Please note: This is not a power skating or learn to skate program.

Hockey Skills and Drills is designed to improve individual skills, advancing you to the next level.

a 40-minute lesson 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.

There is a pre-requisite for this program. Participants must be between the ages of nine and 16 years old and be in complete command of balance on skates.

The program will take place on Monday evenings, from 6:00 to 6:50 p.m., from October 15 to December 17.

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

Please note that there is a maximum of 20 participants for this program.

Much Video Dance

Join us at the south side Gym on October 13 for the Much Video Dance! The dance is open to nine to 12 years old from 5 to 7:45 and for 13 to 16 year old from 8:15 to 11 p.m. Admission is \$10. This will be an adult supervised event.

National Lifeguard Service course

The National Lifeguard Service (NLS) Course will take place on the following dates: Friday, October 26, and Friday, November 9, from 5 to 10 p.m.; on Saturday, October 27, and Saturday, November 10, from 9 a.m. to 5 p.m.; on Sunday, October 28, from 9:00 a.m. to 4:00 p.m. and Sunday, November 11, from 8 a.m. to 3 p.m.

Participants must

show proof of Bronze Cross and Standard First Aid and CPR. and must be at least 16 years old. Please note, 100 per cent attendance is mandatory. Students must attend all training.

Cost is as follows: \$220 for CRA members; \$240 for military community non-members; and \$260 for the general public. The cost of the course also includes manual fees.



Please recycle this newspaper!





Tips for preventing slips and falls



Submitted by
Don Heans,
Wing General Safety
Officer

Slips and falls are one of the most common sources of injury in many workplaces, whether it's an office environment or a shop floor.

You may be creating an environment for a possible fall without even knowing it. Have you ever:

Run down a flight of stairs?

Walked along a corridor while reading something?

Worked on a machine with a greasy spill nearby?

Everyone can probably answer "yes" to at least one of the above. Avoiding a fall is up to you.

Check your shoes. What kind are you wearing? Are the soles loose or worn? If so, replace them.

Look for tripping hazards. If you see something in an aisleway such as litter or extension cords, move or report them. Also watch for loose or torn carpeting, mats or runners that can

send you or someone else stumbling and falling.

Obey signs such as "Caution: Wet Floor." Be careful when you come indoors when it's raining or snowing. Your shoes or boots will slide more easily when wet.

Clean up spills immediately.

Don't carry heavy or bulky loads obstructing your view up or down stairs and ramps.

Don't store things on or near stairways. Someone could trip and fall to the bottom.

Keep your head up while walking. Don't run down a hallway and remember, no horseplay!

If you do fall:

Keep your limbs parallel to the ground.

Slap the ground with a hand and extended fingers to absorb part of the impact.

Bend your arms toward the body.

Try to roll onto your thighs or buttocks to prevent bone injuries.

Don't move if you think you've hurt yourself. Wait for help.

Your employer is committed to preventing slips and falls on the job but it takes teamwork. Everyone must work together to make your workplace as safe and accident-free as possible. Develop the skills to recognize, avoid and control potential slipping and falling hazards to prevent injuries both on and off the job.

Funny bone exercise trumps stress

(NC)—As part of a diagnostic session, naturopathic doctor Eric Marsden sometimes asks his patients to list the five most important things in their life, and then list the five things they spend most time doing. Too often, the two lists don't match up.

Far too often, people focus all their attention on the things they believe they need to get done rather than the things they would rather do and in the end they feel pulled in all directions. The stress that develops is damaging to their health.

According to Marsden, stressful situations trigger strong responses in our bodies...the fight or flight response is one. In the past, it was essential to our survival, but in the modern world, stress produces a hormonal reaction that is, in most situations, unnecessary — sweating, racing heart, increased oxygen consumption,

irritability, increased blood pressure and poor concentration. In addition, prolonged periods of stress can cause adrenal fatigue.

The adrenal gland is responsible for the production of a large number of hormones, including adrenaline and cortisol, the hormones behind the fight or flight response, and chronic stress response. When we are initially stressed, our body releases adrenaline, but if we are never afforded the opportunity to relax or if we are constantly exposed to stressful situations, then our body begins to release increasing amounts of cortisol. Ultimately, this can lead to a decrease in energy, increased fat storage and overall hormonal imbalance, among other side effects.

The remedy? Marsden's first prescription is laughter. He tells his patients to add some joy and laughter and happiness to their week.

They should make a point of laughing with family, watching a funny movie, or catching a comedy act. Find out what makes them laugh, he advises, and use it regularly to exercise their funny bones.

"Set aside time to laugh and heal and de-stress," he says, "and you'll be amazed at how quickly your mood seems to elevate."

Marsden also suggests patients can lighten their mood and relieve stress by breathing...proper, deep, diaphragm breathing.

Diaphragm breathing is from the belly, not the chest. If practical, find a relaxing and quiet location. Clear your mind and inhale for four seconds, using the air to expand your abdomen, relax and then exhale for six seconds while contracting your abdomen...releasing stress along with your breath. Focus on nothing but the sensation of breathing. You will be surprised by how relaxed you will feel simply by taking five minutes every day to breathe.

In addition to laughing and breathing, botanical remedies can help relieve stress and improve mood. Valerian root, Passion Flower and St. John's Wort have all proven to elevate mood and decrease cortisol and subsequently stress.

Valerian root helps relax the nervous system, which relieves stress and aids sleep. Passion Flower is filled with flavonoids which regulate the nervous system, thereby lowering both anxiety levels and blood pressure at the same time. St. John's Wort has been used for centuries to improve mental conditions and today is commonly used to ease anxiety and depression. This herb, however, has been known to interact with other medications, so speak with your health care provider before starting to take it.

CF Launches 1st National Campaign against Family Violence

Take a Stand

Against Family Violence
October 15-19, 2007

The goal of this campaign is to promote prevention, awareness and education on family violence to the entire Canadian Forces community including CF members and their families, service providers and the CF leadership.

Family Violence means abuse of power within a relationship of family, trust or dependency, and includes many forms of abusive behaviour. Examples include emotional abuse, psychological abuse, criminal harassment, neglect, financial exploitation, destruction of property, injury to pets, physical assault, sexual assault and homicide.

The Family Violence Crisis Team leads will be manning an information table at the Yukon Galley on Tuesday, October 16 from 1130-1330hrs.

Look for posters and brochures throughout the base during the campaign.

For more information contact the Social Work Department at local 3651 or the Family Violence Crisis Team Leads.

Roxanne Lamothe, Local 7670
Shelley Woodhouse-Gordon, Local 3045

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HOROSCOPES

Weekly Astrology by Christine Davison

September 30 – October 6

ARIES (March 21-April 19): This week, a sense of self discovery may inspire spiritual awareness. Spend time after Tuesday in meditation as deep reflection and moral clarity may help you to gain insight into yourself and the world around you. This is a great time to make friends overseas. Distant contacts may soon contribute to future good fortune.

TAURUS (April 20-May 20): You may discover a strange attraction to all things secretive. Mysterious new people, places and events and perhaps, occult interests will hold your attention. It may feel like others are keeping secrets. You have a lot of questions. Remain open minded. Use your intellect and intuition to get the answers you seek.

GEMINI (May 21-June 20): Rely on your intuition when it comes to matters of the heart. When you experience an intense attraction, this week, then you should act upon this feeling. Love may soon blossom but patience is required when dealing with your partner. Your sense of intimacy and devotion is overwhelmingly strong; practise temperance.

CANCER (June 21-July 22): Watch the workload this week, and stay away from mind altering substances. Your health may succumb to fatigue and minor illnesses if you don't slow down and take care of yourself. You possess great abilities when it comes to mentoring, healing and nurturing, but taking time for yourself is the wisest thing you can do.

LEO (July 23-Aug. 22): You've got a lot of love and affection to give this week and you should let your lover know it! Don't be afraid to express your passions at a base level; say what your heart really feels! Too much attention from various sources may cause you to take some time alone. Try to apply your talents at new creative pursuits.

VIRGO (Aug. 23-Sept. 22): This week, good fortune may bless the home but so might unfinished family business. Give loved ones your full attention. You have the ability to facilitate cooperation in the face of conflict and this may be put to the test this week. Don't let past domestic issues rule the present, and don't let relatives bully you.

LIBRA (Sept. 23-Oct. 22): Sibling bonding casts a wonderful light on the week. In the face of family difficulties, brothers and sisters understand better than anyone; open communication can help smooth things over. Embarking on a new cooperative venture may help bring you closer, but be careful not to be overly controlling or overbearing.

SCORPIO (Oct. 23-Nov. 21): There may be a transition with money and employment. This may bring fortune if you can marry your job with what you feel passionate about. There's a lot of support for Scorpio; you have the drive and will to achieve great things. Spruce up the resume and hit the job market, the streets may be lined with gold.

SAGITTARIUS (Nov. 22-Dec. 21): You may find yourself pulled into a number of scattered situations. Resist getting side-tracked despite come-what-may, this week. The best way to do this is to stay in the here and now, not the future, nor past. Consider the task at hand and take moments to enjoy yourself this weekend. Love comes from overseas.

CAPRICORN (Dec. 22-Jan. 19): Follow your intuition and your intellect will pave the way to success and happiness. Spending time with family will help you find inner wisdom and peace. Children will inspire you, most of all. Allow your charisma to charm others. You may influence others in positive ways; don't manipulate unnecessarily.

AQUARIUS (Jan. 20-Feb. 18): Heed the advice of more experienced others. You may be given sudden and unique new responsibilities or opportunities. Words flow freely. People are friendly and receptive. An outing with family on Monday may help to ease your mind. There may be periods of intensity and passion scattered throughout the entire week.

PISCES (Feb. 19-March 20): You will discover something new that strongly inspires you and may lead you on an adventure, this week. Take care not to appear arrogant or as a know it all. Try to charm others into getting what you want, though be careful to use your powers only for the good of everyone involved! This is a productive work week.

Astrological queries can be directed to Christine at www.moonsignastrology.ca

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MISFITS BY BRIAN CODAGNONE

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Not In My Backyard! by Dale Taylor

THIS IS A WIENER, OSCAR.

DO YOU WILLINGLY ADMIT YOU ALLOW YOURSELF TO BE CALLED 'WIENER DOG' AFTER THIS ATROCITY.

GULP!

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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, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

SACRAMENT OF BAPTISM

- 1- The sacrament of Baptism is celebrated once a month, most of the time on the last Sunday (fourth), in early afternoon. With supporting documents, exemption might be possible for parents who are being called to an unexpected military service outside of the country. The following are scheduled for the next few months: 28 Oct, 25 Nov.; for December: TBD.
- 2- A pre-baptismal session is mandatory for both parents; however, Godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if chosen godparents cannot attend.
- 3- Parents have the choice among the following prep sessions: 14 Nov, December: TBD. Time of the prep meeting is TBD for each month.
- 4- Registration should be done two months ahead or ASAP; pick up resource documents must be done three weeks prior. Please call the Wing Chaplain Office Assistant ASAP at ext. 2490 to begin the process.

For more information please call the chapel at 965-2490.

SACREMENT DU BAPTÊME

- 1- Le sacrement du baptême a lieu une fois par mois, en général le dernier dimanche du calendrier (ou le 4^e), et ce au tout début de l'après-midi. Sous présentation de pièces justificatives, exception à cette normalité pourrait être accordée dans certains cas où l'un des parents est appelé, de manière inattendue, à participer à un service militaire commandé à l'étranger. Voici donc les dates des célébrations pour les prochains mois: les 28 oct., 25 nov.; pour le mois de décembre: AED.
- 2- Une session pré-baptismale est obligatoire pour les deux parents; cependant, les parrains sont invités à y participer, Au moins un des parrains doit être CR. Il est possible de désigner des mandataires si les parrains ne peuvent pas être présents.
- 3- Les parents ont le choix de l'une des sessions pré-baptismales suivantes : le 14 novembre; l'heure : AED.
- 4- L'inscription doit être complétée dès que possible (deux mois) et les documents de préparation ramassés à nos bureaux (3 semaines) avant de participer à la session pré-baptismale. SVP communiquez avec notre Assistante de bureau le plus tôt possible au poste 2490 pour entreprendre les démarches.

Pour obtenir de plus amples renseignements, veuillez composer le 613-965-2490.

...HALLOWEEN DANCE...

Join us at our Halloween Dance, sponsored by: Free To Be, MCC, at Parkdale Community Center, (119 Birch St. Belleville), on October 27 from 9 p.m. to 1 a.m. Costumes welcome. Bring ID. Admission is \$8.00. There will be plenty of snacks, a bar, 50/50 draw and music by DJ Lucy. For more information please contact Rose at 613-965-0906.



**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

<p>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</p> <p>Mass Sunday Mass (English): 1015 hrs Messe Dominicale: 1130 hrs Monday and Wednesday at 11h50</p> <p>Confession: Please, contact the WChaplains' receptionist to get in touch with a RC priest prior to coming over.</p> <p>Réconciliation: 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>Chapel organizations (RC) Chapel Pastoral Council: TBA 1900hrs Knights of Columbus: first Thursday, 1900hrs CWL: second Tuesday, 1900hrs Chorale: mercredi, 19h00 Choir: Tuesday, 1900hrs</p> <p>St. Clement Astra (P) Protestant Community Chapel Life Co-ordinator Padre Mike Adamczyk</p> <p>WORSHIP SERVICE Sunday Divine Worship: 0900 hrs Holy Communion First Sunday of the month</p> <p>PARISH ORGANIZATIONS (P) Chapel Guild: last Tuesday, 1930 hrs</p>
--	--

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.

Capsule communautaire bilingue

La Franco-foire se déroule le samedi 20 octobre de 10h à 14h

Pour sa onzième édition et à la demande du public, l'ACFO Mille-Îles s'est assurée encore une fois la présence d'un libraire afin de permettre aux visiteurs, petits et grands, de bouquiner en français.

Également, grâce à la généreuse contribution de plusieurs éditeurs, des échantillons de magazines seront offerts gracieusement aux gens. Les enfants ne seront pas en reste puisqu'un château gonflable les attend.

En surplus un BBQ sera organisé sur place. Venez découvrir les services et produits en langue française que vous offrent une trentaine d'exposants divers.

Quand : le samedi 20 octobre 2007
Où: au gymnase de l'ÉSC Marie-Rivier, situé au 711, avenue Dalton (à l'angle de l'autoroute 401 et du boulevard Sir John A. Macdonald) à Kingston
Heure: 10h à 14h
Coût: Entrée gratuite pour tous
Informations: Composez le 613-546-7863 ou par courriel francofoire@hotmail.com

**The French Services Fair is
Saturday, October 20, from 10am to 2 pm**

This year marks the eleventh anniversary of ACFO Mille-Îles' French Services Fair. There will be over 30 exhibitors displaying local organizations and businesses offering services and products in French.

There will be French books for sale and a BBQ in time for lunch. In addition, thanks to the generous contribution of several editors, products samples will be available to the public as well as an air castle for the kids.

This event is a great opportunity to discover French language resources in the Kingston area. Everyone is welcome.

When: Saturday October 20, 2007
Where: Community School Centre (Marie-Rivier SS Gym), located at 711 Dalton Avenue (at the corner of Highway 401 and Sir John A. Macdonald Boulevard) in Kingston.
Time: 10 a.m. to 2 p.m.
Fee: Admission is free for all
Inquiries: By phone: 613-546-7863 or by email: francofoire@hotmail.com

STROLL TOWARDS A "WALKOLUTION"

Photos: Andrea Steiner



Above and below: A total of 119 Cité-Jeunesse Grade 1 to Grade 6 students, alongside 33 adults (both staff and parents), participated in the Ontario World Record Walk 2007 on October 3 to try and set a new world record for the largest number of people walking one kilometre simultaneously (the current record is held by Australia). Although the weather was somewhat less than appealing, everyone involved was enthusiastic and excited as they strolled around the school during the lunch hour. The World Record Walk, which (nationally) is organized by Green Communities Canada, also boasts this year's event to start a "walkolution" aimed at creating a culture of walking by placing a public focus on educating Ontarians about the benefits of walking and active transportation.



Attention familles militaires

Traitons-nous des domaines d'intérêt importants pour vous dans le journal Contact? Avez-vous des suggestions en ce qui concerne les sujets ou les questions abordés que vous ou les autres membres de la famille aimeraient lire dans le journal de la 8 Ere/BFC Trenton?

Nous aimerions connaître votre opinion

S.V.P. envoyez un courriel ou téléphonez à
Andrea Steiner
 Rédactrice en chef
 Le journal Contact
 613-392-2811, poste 7005
 steiner.al@forces.gc.ca



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Military Family Resource Centre



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Deployment Support / Wednesday Night Out
 October 17 - Signs of an Operational Stress Injury.
 October 24 - Relax with the Body Shop.
 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
www.trentonmfrf.cfbtrenton.com

Soutien au déploiement / Les sorties du mercredi soir.
 Le 17 octobre - Les signes de blessure due au stress opérationnel
 Le 24 octobre - RelaxeZ avec Body Shop
 TéléphonneZ 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



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.

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Child / Enfant \$8.00 (instead / au lieu de \$9.00)

Visit their website for the dates / Visitez leur site web pour les dates www.bellevillebulls.com/schedule.html

Do you need to send Christmas gifts overseas? The deadline comes quickly!!
 Are you one of those people who is done with their holiday shopping and wrapping by mid-December? We can help you...
 Do you enjoy great prices? Who doesn't?
 Avez-vous des colis de Noël à poster en Europe? La date limite approche rapidement!!
 Etes- vous une de ces personnes qui a fini ses achats des Fêtes qui a emballé par la mi-décembre? On peut vous aider...
 Aimez-vous les aubaines? Qui n'aime pas ça?

Come shopping for books, housewares, Christmas ornaments, animated toys, hardware, stationary...etc
Venez magasinez pour des livres, ornements de Noël, jouets animés, quincaillerie, papeterie...etc
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Wednesday October 24, 11 am - 8 pm & Thursday, October 25, 9 am - 7 pm at the Siskin Centre
Le mercredi 24 octobre de 11h à 20h et le jeudi 25 octobre de 9h à 19h au Centre Siskin



Trip to Vaughan Mills Mall
 The Trenton MFRC is taking you shopping!



- Find that perfect gift
- Do all your holiday shopping
- Send it to your loved one overseas in time for Christmas

Saturday November 3 2007
Departure 8:30 a.m. Return 6:30 p.m.
 Cost \$15/person, Register at Reception 613-965-3575

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* Childcare available upon request at regular price or families with deployed members may use their childcare deployment hours. Register for childcare before October 24.
 * \$5 daycare voucher available for that day.

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- Envoyez vos colis outremer à temps pour Noël

Samedi le 3 novembre 2007
Départ 8:30 a.m. Retour 18:30 p.m.
 Coût \$15/personne. Inscrivez-vous à la réception 613-965-3575

Le centre d'achats Vaughan Mills, situé au nord de Toronto compte plus de 200 boutiques et restaurants

Inclue le transport par autobus scolaire, un arrêt en chemin, un livret de coupons, des prix et une journée de plaisir !

* Service de garde disponible sur demande au prix régulier ou les familles en déploiement peuvent utiliser des heures à cette fin.
 Réservez votre place à la garderie avant le 24 octobre.
 * Coupon rabais de \$5 pour la garderie applicable cette journée seulement.

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

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Celebrating 25 years of aiding Search and Rescue around the world

by A/SLt David Lavallee
1 Canadian Air Division Public Affairs

As people go about their business around the world, travelling to and from in boats, planes, trains and cars, they do so in the quiet confidence that they will reach their destinations safe and sound.

What most of them don't realize is that they are being watched—rather, listened to—from high above their heads, on the remote chance that something goes wrong and they need help.

For a quarter century, the COSPAS-SARSAT satellite system has been monitoring the Earth, "listening" for emergency beacons activated by planes, ships or individuals in distress.

Today, it has evolved into a global search and rescue (SAR) network used by a partnership of 38 countries.

COSPAS-SARSAT is a Russian and English acronym, COSPAS meaning "Cosmicheskaya Sistyema Poiska Avaryinich Sudov" (Russian for "Space System for the Search of Vessels in Distress"), while SARSAT means "Search And Rescue Satellite-Aided Tracking."

Since the system became operational in 1982, COSPAS-SARSAT has provided information that aided in the rescue of over 20,531 persons in 5,752 distress situations.

"The system really sees the whole world," says Major Alain Tanguay of the Canadian Mission Control Centre (CMCC) at 8 Wing Trenton. CMCC monitors the SAR satellites and the computer network that receives and distributes all data relating to SAR beacons in Canada.

The COSPAS-SARSAT system was the result of an agreement between Canada, the United States, France and the former Soviet Union. Coming online in 1982, the system's first operational use happened on September 10 of that year, when a light aircraft crashed in Canada. Thanks to the system's detection and relaying of the plane's distress beacon, three people were rescued.

Basically, how the system



Canadian and American Search and Rescue Technicians (SAR Techs), exit from an American HC-130 Hercules over 19 Wing Comox, British Columbia.

works is that a person, plane or ship in distress activates an emergency beacon on one of three set frequencies—121.5 MHz, 243 MHz or 406 MHz. One of the COSPAS-SARSAT satellites orbiting the Earth picks up the beacon, and relays it to a Local User Terminal (LUT), which processes the signal and passes it along to a Mission Control Centre, like CMCC.

Based on the information received and location of the emergency, the MCC then forwards the message onto a Rescue Coordination Centre (RCC), which dispatches a SAR team to the site.

Here in Canada are three Joint RCCs and two Marine Rescue Sub-Centres (MRSCs) to respond to SAR situations, which are handled by the Air Force and/or the Coast Guard. Both have SAR teams standing by 24 hours a day, seven days a week, all year round.

Although the process may seem complicated, in reality, it happens very quickly. "When it comes to SAR operations, the name of the game is speed," says

Major Tanguay. "When an emergency situation happens, such as a plane crashing or a boat getting caught in rough seas, people are in distress, they are in danger. We need to get a team out there as soon as we possibly can. The information and direction we get from the COSPAS-SARSAT system allows us to do that."

There are two different types of satellites used in the COSPAS-SARSAT system: Geostationary Search and Rescue (GEOSAR), which orbit Earth in a fixed position relative to the surface, and Low-Earth Orbit Search and Rescue (LEOSAR) satellites, which circle around the globe.

The LEOSAR satellites are used to locate an emergency site based on where the beacon is transmitting from, something their stationary GEOSAR satellites cannot do. This can present a challenge when a signal is received.

"When we receive a signal from a GEOSAR satellite, the system cannot provide a precise location of the beacon's source," says Major Tanguay. "As a result, we have to wait for a LEOSAR

satellite to pass overhead and locate it. Unfortunately, that adds precious time to our ability to respond quickly to the emergency."

There is a solution, however. The key lies in the three set frequencies used by distress beacons. The 121.5 MHz and 243 MHz signals are able to communicate with the satellites, but because they are analog frequencies, they cannot transmit much information.

However, beacons that employ the 406 MHz frequency are using a digital signal, which means that they can embed a vast amount of data in their signal. This can include coordinates from a global positioning system (GPS), which gives the MCC a more precise location for an emergency, as well as a beacon identification number. Once registered into the national database, this number can tell the MCC the type of aircraft or boat involved in the emergency, and how many people might be aboard.

It is for that reason that, as of February 1, 2009, the COSPAS/SARSAT system will

begin monitoring the 406 MHz frequency alone.

"The 406 MHz signal can provide us with much more information about the emergency, such as the location of the site with GPS and the type of plane or boat involved, which can also indicate how many people may be involved," says Major Tanguay. "That translates into a quicker, better-prepared response to emergency situations."

While the transition to 406 MHz poses some challenges, especially when beacon identification numbers are not registered in the database, in the end, it will better enable the system to help save lives.

"The more information we have going into an emergency situation, the better," says Major Tanguay. "I think the COSPAS-SARSAT system will continue to help us in that regard for a long time to come."

SAR Quick Facts

Canada's SAR area of responsibility is 15,540,000 square kilometres, which extends out well into the Arctic, Pacific and Atlantic oceans.

More than 700 CF members are dedicated to search and rescue in Canada.

The Air Force has five primary SAR squadrons across Canada: 103 Squadron (Gander, Nfld.), 413 Squadron (Greenwood, N.S.), 424 Squadron (Trenton, Ont.), 435 Squadron (Winnipeg, Man.) and 442 Squadron (Comox, B.C.)

The CF, which has overall responsibility for effective operation of the coordinated aeronautical and maritime SAR system with its Canadian Coast Guard colleagues, directly contributed to the saving of more than 1,000 lives and the provision of assistance to approximately 20,000 people in 2005.

Canada's JRCCs are located in Victoria, (B.C.), Trenton, (Ont.), and Halifax, (N.S.).

Air and Marine controllers from these centres coordinate the search, find the available resources and dispatch rescuers to the scene.



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Ombudsman's Special Recognition Award

Office of the Ombudsman - The Ombudsman's Special Recognition Award recognizes individuals and groups across the Defence community who have clearly gone above and beyond the normal requirements of their job to help others in resolving a specific problem, or who have brought positive and lasting change to the Defence community through improvements to their workplace, existing policies and regulations or the quality of life of DND/CF members.

The Ombudsman's Special Recognition Award, which was created in 2006, reflects and reinforces the ultimate mission of the Ombudsman's Office: contributing to substantial and long-lasting improvements in the Defence community.

Nomination Criteria

Anyone can nominate members of the Canadian Forces, civilian employees in the Department of National Defence, or other members of the Defence community who demonstrate one or all of the following principles:

- A willingness and ability to resolve problems informally and quickly, as well as to support alternative means of resolving disputes.
- The courage not to turn a blind eye to difficult situations, but to find ways to resolve them in a manner consistent with fairness, loyalty and integrity.
- The identification of issues of unfairness and a means of resolving them.
- A systemic approach to problem solving.
- The resourcefulness to propose or consider innovative solutions.

Prize

Successful individuals/groups receive:
 -A glass sculpture created by a well-known Aboriginal artist;
 -A framed citation; and
 -A trip to Ottawa to be recognized at a special lunch and ceremony in May 2008.

In previous years, the Minister of National Defence, the Chief of the Defence Staff and numerous senior leaders and officials have attended the lunch and ceremony honouring Award Recipients.

Special Recognition Award Process

The Ombudsman's Advisory Committee will review all submissions received on or before November 30, 2007, and recommend recipients to the Ombudsman.

With this input, the Ombudsman will select a maximum of two recipients for the Special Recognition Award.

All nominators and nominees, whether successful or unsuccessful, will be advised, via a letter from the Ombudsman, of the outcome of the process before February 28, 2008.

How to Submit a Nomination

To submit a nomination, please send a completed nomination form (available on the Ombudsman's website at www.ombudsman.forces.gc.ca) or e-mail to the Ombudsman at the address indicated below on or before November 30, 2007, including the following information:

- Your nominee's name and contact information;
- A short biography on the nominee;
- Concrete examples of the above criteria that are clearly above and beyond the normal requirements of the nominee's job; and
- Your name and contact information.

The Ombudsman's Office will acknowledge the receipt of all submissions.

Mail: Ombudsman's Special Recognition Award
 Attn: Angelina Nikkel
 Office of the DND/CF Ombudsman
 100 Metcalfe Street, 12th Floor
 Ottawa, ON CANADA K1P 5M1
 E-mail: nikkel.a@forces.gc.ca

Mention d'honneur spéciale de l'Ombudsman

Bureau de l'Ombudsman - La Mention d'honneur spéciale de l'Ombudsman sert à reconnaître le travail des militaires et des employés civils qui sont allés au-delà des besoins et des exigences normales de leur emploi pour aider d'autres personnes à résoudre un problème en particulier ou qui ont apporté des changements favorables et durables au sein de la communauté de la Défense en améliorant leur milieu de travail, les politiques existantes ou la qualité de vie des membres du MDN et des FC.

La Mention d'honneur spéciale de l'Ombudsman a été créée en 2006 et est représentative de la mission ultime du Bureau, qui est d'apporter des améliorations substantielles et durables au sein de la communauté de la Défense.

Critères de mise en candidature

N'importe qui peut proposer la candidature de membres des Forces canadiennes, d'employés civils du ministère de la Défense nationale ou de tout autre membre de la communauté de la Défense qui ont mis en pratique un ou plusieurs des principes qui suivent:

- Avoir la volonté et la capacité de résoudre les problèmes rapidement et de façon informelle tout en favorisant les moyens alternatifs de résolution de conflits.
- Avoir le courage de ne pas fermer les yeux sur des situations difficiles et de trouver des solutions qui respectent les valeurs de justice, de loyauté et d'intégrité.
- Reconnaître les situations d'injustice et trouver les moyens de les résoudre.
- Adopter une approche systématique de résolution de problèmes.
- Faire preuve d'un esprit d'initiative en proposant ou en envisageant des solutions novatrices.

Prix

Les personnes ou les groupes nommés lauréats reçoivent les prix suivants :

- une sculpture de verre créée par un artiste autochtone de renom;
- une attestation encadrée;
- un voyage à Ottawa pour assister à un dîner et à une cérémonie spéciale, tenus en leur honneur en mai 2008.*

Au cours des années précédentes, le ministre de la Défense nationale, le Chef d'état-major de

la Défense ainsi que de nombreux hauts gradés et hauts fonctionnaires ont assisté au dîner et à la cérémonie, tenus en l'honneur des lauréats.

Le processus de sélection de la Mention d'honneur spéciale

Le Comité consultatif de l'Ombudsman étudiera toutes les candidatures, lesquelles doivent avoir été reçues au plus tard le 30 novembre 2007, et remettra la liste des candidats recommandés à l'Ombudsman.

Ce dernier s'appuiera sur ces renseignements pour choisir un maximum de deux lauréats pour la Mention d'honneur spéciale.

Tous ceux qui ont proposé un candidat et ceux qui ont fait l'objet d'une mise en candidature, qu'ils soient retenus ou non, recevront une lettre de l'Ombudsman pour les informer des résultats du processus, et ce, au plus tard le 28 février 2008.

Comment soumettre une candidature

Pour soumettre une candidature, veuillez envoyer un formulaire de mise en candidature dûment rempli (disponible sur le site Web de l'Ombudsman à www.ombudsman.forces.gc.ca : faire parvenir un courriel au Bureau de l'Ombudsman à l'adresse indiquée ci-dessous, au plus tard le 30 novembre 2007.

Votre mise en candidature doit comprendre les renseignements suivants:

- le nom de la personne mise en candidature et ses coordonnées;
- une courte biographie sur la personne mise en candidature;
- des exemples de conduite qui se basent sur les critères énumérés ci-dessus et qui montrent clairement que la personne mise en candidature est allée au-delà des exigences normales de son travail;
- votre nom et vos coordonnées.

Le bureau de l'Ombudsman accusera réception de toutes les mises en candidature.

Par la poste:
 Mme Angelina Nikkel
 Coordinatrice
 Mention d'honneur spéciale de l'Ombudsman
 Bureau de l'Ombudsman du MDN et des FC
 100, rue Metcalfe, 12e étage
 Ottawa (Ontario) K1P 5M1
 Par courriel: nikkel.a@forces.gc.ca

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How to use the EnerGuide label when shopping

(NC)-Shopping for a new major appliance? The EnerGuide label provides the information you need to compare the energy consumption of different models.

The label shows:

- the average annual energy consumption of the appliance in kilowatt-hours (kWh);
- the annual energy-consumption range for models of this type and size;
- energy consumption of the appliance relative to similar models;
- the type and size of the model;
- the model number.

Some EnerGuide labels may also show the ENERGY STAR® symbol - your guarantee that the model is among the most energy efficient on the market.

Only the top performing clothes washers, dishwashers, refrigerators and freezers can qualify to display the ENERGY STAR symbol (ranges and clothes dryers are not included in the program).

If there is no label on the appliance in the show room, ask for it. Sometimes, labels fall off or are removed.

Natural Resources Canada publishes an annual directory that lists more than 5000 appliances currently sold in Canada and calculates annual operating costs based on national average electricity rates.

To order a free copy of the 2007 EnerGuide Appliance Directory, call 1-800-387-2000 toll-free or visit the Publications link on ecoaction.gc.ca and choose Energy Efficiency Publications.

Other publications are also available by writing to Energy Publications, Office of Energy Efficiency, Natural Resources Canada, c/o St. Joseph Communications, Order Processing Unit, 1165 Kenaston Street, PO Box 9809, Station T, Ottawa ON K1G 6S1.

For up-to-date model listings, visit the ENERGY STAR Web site at: energystar.gc.ca.

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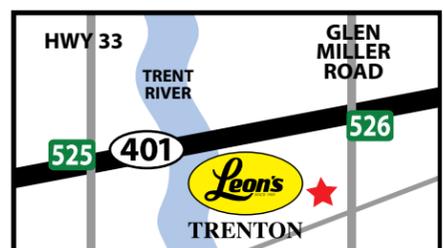
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