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## Another successful Boxtop

by Captain Nicole Meszaros, 8 WPAO

Although Operation BOXTOP has successfully occurred for decades, last month's BOXTOP was a particular success story for the men and women of 2 Air Movements Squadron.

"The small team of 23 movers played a large role in the highly successful BOXTOP," said Captain Amanda Ives, 2 Air Movements Squadron.

From September 4 until September 28, Wings across the Air Force undertook the operation. BOXTOP is a massive logistical undertaking involving air and ground crew from across the country and a myriad of support trades, all of them supporting the mission by planning, loading and delivering the materiel while keeping the aircraft serviceable 24/7.

This year the operation was somewhat different than usual as both the dry lift and the wet lift occurred simultaneously. Usually, the dry lift is undertaken first followed by the wet lift.

"Everybody worked together to keep the operation going," said Capt Ives. "Servicing kept the planes working, 8 ACCS maintained communications, just to mention a few of the units that helped make the operation a success."

Capt Ives explained that the movers were unique however, because they worked a shift schedule of 12 hours on followed by 12 hours off. "Anyone wearing a wagon wheel was working and couldn't afford to be doing nothing," said Captain Ives. "For the first eight days we were always building pallets and loading the aircraft."



Photo: Cpl David Cribb, 8 Wing Imaging

**Midnight Mobile Air Movements Sections (MAMS) Crew, Private Marco Gagnon and Captain Amanda Ives, secure the final strap for a load bound for Canadian Forces Station (CFS) Alert. Despite the late hour, cold, and constant pace, everyone involved has managed to keep the moral level high.**

The average turn-around time of an aircraft was four hours for a wet lift and two hours for a dry lift. The dry lift involved the building and loading of pallets to ensure the staff at CFS Alert and Eureka had the required freight, while the wet lift involved the fueling of the Bulk Fuel Delivery System (BFDS). The BFDS consists of the installation of a large tank in the CC-130 Hercules to transport fuel from Thule, Greenland to the same locations as the freight.

Upon arrival at CFS Alert, the movers deployed as part of Boxtop received support from the Alert traffic technicians.

"The support of the

Alert traffic techs was second to none, even though they did not have to help with BOXTOP," said Master Warrant Officer Don Fougere, 2 Air Movements Squadron.

"BOXTOP was a success because of the hard work of (all involved) privates and corporals. "They demonstrated initiative and good old-fashioned hard work with a positive attitude," he said.

An excess of 800,000 pounds of freight was moved during last month's BOXTOP and an excess of 400,000 imperial gallons of fuel were moved during the operation.

See more photos on Page 9.

## Construction begins on new Hercules Training Facility

by Major Brian Malak, Technical Instruction Flight Commander, 426 Squadron

With a sod-turning ceremony on October 9, construction begins on 426 Transport Training Squadron's new \$2.5 million Hercules Training Facility (HTF). At nearly 2200 square metres, the HTF is designed to accommodate an entire Hercules aircraft and all associated equipment required to facilitate practical training for Aviation and Avionics Technician training, including space for classrooms and administration. Located on the north side of the base on Westin Ave, between the restricted area entrance on Portage Ave and the ATESS Drawing Services on Gander St, the HTF will be a significant training enabler for 426 Sqn and the entire Hercules community.

Earlier in the year, the operational requirement for the HTF was laid by the successful integration of theory and practical training into the new on-type technical courses given at 426 Sqn. Previously, course graduates had to undergo a period of additional practical training at their units before becoming fully qualified, thus delaying their entrance into the pool of the operationally deployable. The new courses completely qualify and authorize students to immediately perform and sign for aircraft main-

tenance activities, making them fully employable upon graduation.

With record numbers of aircraft technicians currently being trained at CFSATE in Borden, the HTF will improve our ability to handle the corresponding increase in Hercules fleet student throughput at 426 Sqn. Furthermore, having a cutting edge facility will help incorporate possible future training innovations such as student-based blended learning, interactive troubleshooting of aircraft systems, or 3D interactive aircraft systems courseware.

Belleville-based TaskForce Engineering Inc. won the bid for construction of the HTF and expects to complete construction in June 2008. Once 426 Sqn occupies the building, we will move all our practical training, currently conducted in 10 Hangar, into the HTF. This will return an entire aircraft bay in 10 Hangar to 8 Air Maintenance Squadron for servicing and maintenance use.

The HTF will dramatically improve current Hercules technician instruction. It is a vital step in the continuing progression toward more effective and efficient training, while returning valuable maintenance resources to operational units and supporting Canadian Hercules operations worldwide.

On Wings of Fire.



Photo: Cpl Tom Parker, 8 Wing Imaging

**Lieutenant-Colonel Carrie Fortier, Wing Logistics and Engineering Officer and Acting Wing Commander, and Maj Brian Malak, Technical Instruction Flight Commander, break ground for the construction of the new 426 Squadron Hercules Training Facility. Also pictured are (left to right): Warrant Officer Ken Roth, Chief Warrant Officer Ted Martin, Lieutenant-Colonel Dave Cochrane, Commanding Officer, 426 Squadron, and CWO Dave Hancock.**

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## Wing Commander's Column

A message from Colonel Mike Hood



How can I not be positive?

This is the question that I ask myself everyday when I come to work here at 8 Wing Trenton.

Let me explain. Following the morning operations brief earlier this week, I pointed out to the Wing's leadership, your Commanding Officers, how impressed I am with your ability to meet the demands of the high operational tempo we've been experiencing for the past five years. But I also pointed out how easy it is to lose this "success" among the day-to-day challenges we face here at the Wing in executing our most important mission.

For example, I am regularly briefed on "Late Departures" and the investigation of these events. And while it is very useful to analyze and improve processes, I realized that we often find ourselves spending more time focussing on these negative events than on the many more missions we successfully conduct every day - we're taking all of that great positive work for granted! Well, I don't want to do that - and I would ask each and every one of you to consider how you view things here on the Wing in executing your own important tasks. What lens do you use in your daily job?

For example, I'd rather not hear that an aircraft was delayed for three hours due to a mechanical problem. Rather, I'd prefer to consider that our team of expert maintainers found an elusive snag and fixed the aircraft - a critical Wing tasking was met! I'd rather not hear that schedules will need to be changed because of operational tempo or aircraft availability. I'd prefer to hear, instead, that the Wing leadership came up with innovative solutions by sharing assets and resources.

With all of this said, I return to my daily question: How can I not be positive? The answer is simple. I just can't. I can't because I see results. Positive results. I see results through our essential support to the war in Afghanistan; I see results as we save lives everyday. I see results simply looking out of my office window, watching a team of hard working people, a team of talented people: the men and women of 8 Wing. I see a team that is valued for the work that they do, resourced with outstanding modern tools, and with an operational mission that can't be beat. I'm so extremely proud of the work that each and every one of you do every day that I can't help but view everything through the most positive lens.

**Contact**

*It is possible to fly without motors, but not without knowledge and skill.*

**— Wilbur Wright**



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## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Mr Steve Thompson (left) and Mr Fred Squire (right) from WCE carpenter shop working on truss repairs at hangar 6 in Mountain View. The hangar, used to store gliders and tow planes for Air Cadets, is being refurbished. They will be working for at least one more week on this task ensuring that the roof is solidly supported prior to winter setting in.

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## The SkyHawks—A job that's above the rest

by Capt Nicole Meszaros,  
CFB Trenton Public Affairs

In a dazzling display of agility and alacrity, the SkyHawks jump out of the plane, and burst into view of the crowd below. Their renowned moves involve precision, confidence, skill and teamwork, producing an effect that awes their audiences and inspires other parachute demonstration teams.

The effect matches the aim of the team, which is to promote a broader awareness of the Canadian Forces and skills found herein through para-demonstration.

"The SkyHawks are one of the few parachute teams that do 'canopy-relative work,' which means that the parachutists fly their canopies together to build formations while soaring through the sky," said Captain Angelo Manzara, SkyHawk Team Captain for the upcoming 2008 season.

"Although the formations look spectacular to the audience, they are a difficult skill to master and that is why we spend so much time at our training camps in California. This season's training begins in January"

The SkyHawks are a section of the Canadian Forces Land Advanced Warfare Centre, which is situated on the airfield of 8 Wing/CFB Trenton, and while the CFLAWC is an Army unit, the team is open to members of any element.

"The SkyHawks are truly a



Photo: SkyHawks

Canadian Forces unit with soldiers, sailors, airmen and airwomen serving together as members of the team," said Captain Manzara. "We are looking for CF members who are physically fit and can communicate well with the public."

Being a member of the team means to be an ambassador for Canada as the team performs at more than 60 cities across North America. "You represent your home unit, your home town, you see this great country of ours from coast to coast to coast representing the CF from under our signature Canadian flag canopy," said Captain Manzara.

When commanding officers support their members' request to join

the team, they get back an individual who has gained valuable skills such as teamwork, dealing with the press and leadership. Each member of the SkyHawks is a "Strategic Corporal" talking to hundreds of spectators and members of the press on a weekly basis.

Anyone in the Canadian Forces, Regular or Reserve Force, from any military occupation can apply by visiting [www.army.gc.ca](http://www.army.gc.ca) and clicking on the SkyHawk crest or by sending an email to [skyhawks@dnd.ca](mailto:skyhawks@dnd.ca). To be considered, a member must have the approval of their commanding officer and either a Class A Freefall certificate or a military freefall course.

Join the team, apply today.

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](mailto:STEINER.AL@forces.gc.ca)



## Search & Rescue UPDATE

424 Squadron had an extremely busy week given that the summer outdoor season has come to a close.

The first mission required the assistance of the Griffon and Hercules in a 24-hour search for a sinking 20-foot vessel in Lake Ontario off the coast of Grimsby. A mayday call claimed that the vessel had hit rocks and was taking on water. After an extensive search of the area, including participation from numerous Coast Guard vessels, nothing was found.

The next day both aircraft were called out again to search for the ELT of an overdue R44 helicopter north of Montreal. The ELT was homed by the Hercules to within one mile. A single flare was dropped overhead, enabling the ground party to search more effectively. The Griffon crew was unable to search the area due to poor weather conditions that were below minimums. Both crews were released while other assets searched the area on the ground.

On Thursday, the Hercules was requested by JRCC to search for a missing person on Akimiski Island in James Bay. The crew initially conducted shore crawls and then continued with multiple parallel and sector searches near the last known point of the individual. The search object was located by the ground party. No medical assistance was required.

A crash involving a floatplane near Thunder Bay resulted in the tasking of both the Hercules and Griffon. Rescue 323 from Winnipeg arrived on-scene before the Trenton crews and located the aircraft. The Hercules remained on-scene until it was confirmed that the Winnipeg crew could handle the situation. Our crews were released and returned to Trenton.

The Hercules was tasked on Sunday for an ELT search just northeast of Val D'Or, Quebec. The signal was homed but the crew was unable to find suitable weather conditions to check the site visually, and returned to base. Later that day, the Hercules and Griffon were tasked to respond to another ELT north of Pembroke. A Piper Cub was found crashed in the trees with no occupants. While the Griffon crew waited on a logging road, the pilot approached the crew in a pickup truck and explained that he had crashed the day prior and had not notified authorities. He and his passenger declined medical attention.

Finally, while in the Collingwood area conducting an exercise with the Griffon the next day, the crew was tasked to investigate a red flare that was reported in the vicinity. Nothing was found.

Until next time, stay safe.

Missions for 2007: 211

Missions for Oct.: 19

Persons rescued: 31

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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 #.
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*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.**

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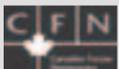
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## CORRECTION

The author of the 437 Squadron article on Page 2 in last week's Contact was incorrectly identified as Major Eric Philippouci. The byline should have read Captain Ryan Eyre. The Contact regrets the error.

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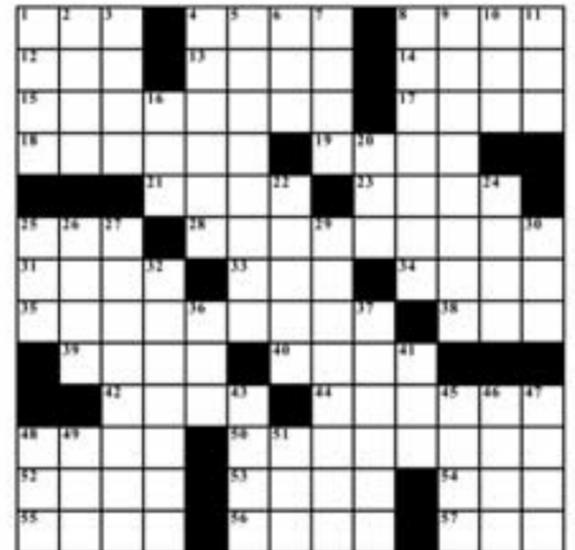
# Canadiana Crossword

## Loony Leslie's Movie Madness

By Bernice Rosella and James Kilner

### ACROSS

- 1 Knock
- 4 Jimmy Crack Corn singer
- 8 Fraud
- 12 Cuckoo
- 13 Borgilda or Ermintrude
- 14 \_\_\_ Night, 1980 Nielsen movie
- 15 1988 Nielsen movie
- 17 Holler
- 18 Roma locale
- 19 Qatar's Capital
- 21 Comedienne Goy
- 23 Walkway
- 25 Canadian military org.
- 28 Grotesque
- 31 Operatic solo
- 33 Classical Japanese theatre
- 34 First James Bond film
- 35 \_\_\_ Planet, 1956 Nielsen movie
- 38 Eye infection
- 39 Sgts. subordinates
- 40 Shoe sizes
- 42 Fat
- 44 A \_\_\_ (Latin for "from the former")
- 48 Cocky kid
- 50 Indo-European
- 52 Sole
- 53 Former Blackhawks coach Billy
- 54 Neighbour of 36 Down
- 55 Bound
- 56 Hawaiian coffee
- 57 Expert or legal add on



- 4 Atomic number 49
- 5 Tramp
- 6 Aussie bird
- 7 Dispatch
- 8 1996 Nielsen movie
- 9 Inventors
- 10 Big ISP
- 11 Metric meas.
- 16 Annex
- 20 Elect
- 22 Electrode
- 24 Search
- 25 Battle of Br. aces
- 26 Alligator's cousin, slangily
- 27 1980 Nielsen movie

- 29 The \_\_\_\_, 1958 Nielsen movie
- 30 Asiatic legume
- 32 Worn thin
- 36 Neighbour of 54 Across
- 37 Russian city
- 41 Err
- 43 \_\_\_ Intruder, 1965 Nielsen movie
- 45 North Sea feeder
- 46 Beams
- 47 Regarding (legalese)
- 48 Deli item
- 49 Louis XIV, for one
- 51 AKA Speedwagon

### DOWN

- 1 Indian noblewoman
- 2 Med school subject
- 3 Coney

Answers found on page 12



## This Week in Contact

1977 – Her Majesty Queen Elizabeth II inspected the Guard of Honour provided by the 3rd Battalion, Princess Patricia's Canadian Light Infantry. Major Frank Parker, Guard Commander, and the Canadian Lieutenant-Commander Robert Craig accompanied the Queen during the inspection. The Queen and His Royal Highness The Duke of Edinburgh arrived at Victoria International Airport for a 16-day official visit to Canada.

1987 – Defence Minister Barney Danson announced that the Canadian Armed Forces will receive 7,000 of the Queen's Jubilee medals to be awarded to Canadians, commemorating the 25 years of reign of Her Majesty Queen Elizabeth II. The regular force, totalling 80,000 as of this point, have been allotted 5,500 medals while 1,500 will go to the Reserve Force, now approximately 20,000 strong. The awards were made primarily on the basis of merit.

1997 – A memorial stone honouring loadmasters, who lost their lives in service of their country, was unveiled and dedicated in the RCAF Memorial Museum Park. Approximately 250 traffic technicians/loadmasters, families, and guests attended the event. "Remember Bygone Days" is the engraved inscription on the memorial stone, reminding us all of the true meaning of life, the value of friendship and the memories left behind of those departed.

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



# Big changes ahead for 2008 Welcome Book

by Andrea Steiner  
Managing Editor

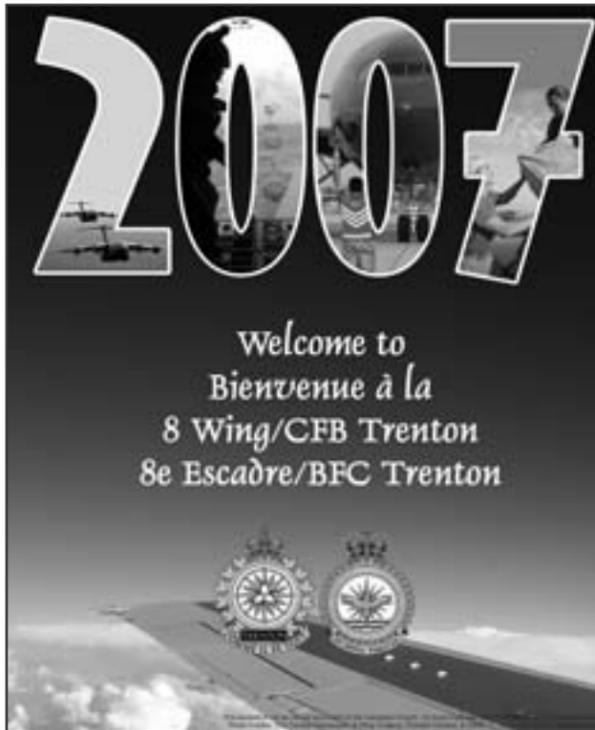
The 8 Wing/CFB Trenton Welcome Directory, published annually by The Contact Newspaper staff, is in the process of transformation.

First and foremost, the annual book, which outlines the Wing's squadrons and units, Morale and Welfare programs, and the myriad services offered to and by military members and civilian DND personnel, will be published earlier than in previ-

ous years.

The next edition will be distributed in February 2008 as opposed to March/April, to address out-of-date information in the current book. Much has changed here at 8 Wing since last year, not the least of which is a new Wing Commander as well as a new flying squadron.

Following the February 2008 release of the new directory, the next book will be printed in June of 2009, and in the month of June every



year thereafter. It is hoped that this will ensure that each edition is as current as possible.

The Welcome Directory will also boast a new and improved look. The book will be more compact in size, but with more content. In addition, it will feature a more user-friendly spiral binding and all pages will be glossy and in full colour.

All in all, the 2008/2009 Welcome Directory should definitely be worth the wait.

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## Colonel Mike Hood, CD

Colonel Michael Hood enrolled in the Canadian Forces in 1986 under the Officer Candidate Training Plan. He received his Wings in 1988 and was posted to 435 (Transport) Squadron in Edmonton as a Navigator on the CC130 Hercules. He was subsequently posted to 434 Combat Support Squadron in Halifax in 1992 where he flew on the T-33 and CE-144 Challenger as an Electronic Warfare Officer.

In 1994, he was selected as Aide-de-Camp to the Governor General and moved to Rideau Hall in Ottawa. Following two years in the position, he was promoted to Major and posted to 436 (Transport) Squadron in Trenton. Following time as the Navigator Leader, Operations Officer and Deputy Commanding Officer, he was appointed Commanding Officer of 436 Squadron from July 1998-July 1999.

Following a year on the Advanced Training List, Colonel Hood moved to Montgomery, Alabama in 2000 and attended the United States Air Force Command and Staff College. Upon graduation, he was assigned to the Directing Staff at the College as an Instructor in the Department of Joint Warfare Studies. He was promoted to

Lieutenant-Colonel in December 2001.

In 2003, Colonel Hood was appointed as Commanding Officer of 429 Squadron in Trenton, a tactical CC130 Squadron heavily engaged in global operations. Following command, he was posted in July 2005 to J3 International in the DCDS group in Ottawa and then subsequently promoted to Colonel in January 2006 and appointed as the J5 at CEFCEM.

In addition to deploying on numerous global combat and humanitarian operations in the CC130, Colonel Hood was the Operations Officer of the NATO CC130 Detachment in Rimini, Italy from Mar-Aug 1997 supporting IFOR/SFOR operations in the Balkans. From Jan-Jul 2004, he was the J3 of the Theatre Support Element for Op Athena Roto 1, where he also flew tactical airlift missions in support of operations in Afghanistan.

Colonel Hood earned an undergraduate degree from the Royal Military College in Kingston and holds a Masters Degree in International Relations from Auburn University in Alabama. An avid reader of military history, politics and varied biographies, he also enjoys running, triathlon and golf in his spare time.

## Le colonel Mike Hood, DC

Le Colonel Michael Hood s'est enrôlé dans les Forces canadiennes en 1986 sous le Plan de formation des élèves officiers. Il a reçu ses ailes en 1988 et a été muté au 435<sup>e</sup> Escadron (Transport) à Edmonton à titre de navigateur sur le CC-130 Hercules. Il a par la suite été muté au 434<sup>e</sup> Escadron de soutien de combat à Halifax en 1992 où il a volé sur le T-33 et CE-144 Challenger à titre d'officier de guerre électronique.

En 1994, il est choisi comme aide-de-camp pour le Gouverneur général et déménage à Rideau Hall, à Ottawa. Après deux ans dans ce poste, il est promu major et muté au 436<sup>e</sup> Escadron (Transport) à Trenton. Après une période à titre de chef navigateur, d'officier des opérations et de commandant-adjoint, il est nommé commandant du 436<sup>e</sup> Escadron de juillet 1998 à juillet 1999.

Après une année aux Effectifs en formation avancée, le Colonel Hood déménage à Montgomery, Alabama, en 2000 pour suivre le cours du United States Air Force Command and Staff College. Après sa graduation, il est affecté au personnel de direction du Collège à titre d'instructeur au Service des études de guerre interarmées. Il est promu lieutenant-colonel en décembre 2001.

En 2003, le Colonel Hood est nommé commandant du 429<sup>e</sup> Escadron à Trenton, un escadron tactique de CC-130 fortement engagé dans les opérations mondiales. Après son commandement, il est muté en juillet 2005 au J3 International dans le Groupe du SCEMD à Ottawa et par la suite il est promu colonel en janvier 2006 et nommé J5 du COMFEC.

En plus de s'être déployé sur de nombreuses opérations de combat et humanitaires dans le monde à bord du CC-130, le Colonel Hood a été l'officier des opérations du détachement de CC-130 de l'OTAN à Rimini, en Italie, de mars à août 1997 en soutien aux opérations de l'IFOR/SFOR dans les Balkans. De janvier à juillet 2004, il était le J3 de l'Élément de soutien en théâtre pour l'Op Athena Roto 1 où il a aussi effectué des missions de transport tactique en soutien aux opérations en Afghanistan.

Le Colonel Hood a reçu un baccalauréat du Collège militaire royal à Kingston et possède une maîtrise en Relations internationales de l'Auburn University d'Alabama. Avid lecteur d'histoire militaire, de documents politiques et de diverses biographies, il aime aussi courrir, le triathlon et le golf dans ses temps libres.

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## NOON HOUR LEAGUE OPENS



Photo: Submitted

Military Sports Coordinator, Dan Cormier (centre), dropped the ceremonial puck to start off the first Noon Hour Hockey League (NHL) game between Dave Quinsey of the Bruins and Sergeant Scott Ryan of the Flyers, during the opening ceremonies on October 15, 2007. With four teams fighting for top honour, this year's season should be a great one. The Fitness and Sports Flight would like to take this opportunity to thank executive Committee President, Captain Brian Hoogkamp, and Vice President Corporal Chris Dufresne, for volunteering their time. Good luck, have fun and play fair.

## Cardio Combo

Cardio Combo is an aerobic workout which delivers the highest element of fun with results. It is appropriate for participants who enjoy a lengthier cardio duration. Cardio Combo will take place on Tuesdays and Thursdays, and will run from October 16 to December 20, 2007, from 7:30 p.m. to 8:30 p.m.

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

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

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## 2007 Shiny Hockey ice times

Community Recreation Association ice times for Shiny Hockey are as follows:

- The Tyke/Novice division will play on Tuesdays from 5 to 6 p.m.
- The Atom division will play on Wednesdays from 4 to 5:00 p.m.
- The PeeWee division will play on Tuesdays from 4 to 5 p.m.
- The Bantam/Midget division will play on Thursdays from 4:30 p.m. to 5:30 p.m.

Full CSA hockey gear is required and rules are in effect. No parents are allowed on the ice, except for the volunteers in charge.

Cost is as follows: \$1 for military personnel and CRA members with a PSP Facility Membership; \$2 for military community non-members; and \$3 for the general public.

For more information please contact the Rec Association at 613-392-2811 ext. 3361. You may also obtain more information online by visiting [www.cfbtrenton.com](http://www.cfbtrenton.com).

## Much Video Dance

Join us at the south side Gym on November 3 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.



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# Fitness, Sports & Recreation

## Kung Fu classes on base

Why Kung Fu? What is so special or different about Kung Fu that you might not find in some other martial arts?

Well, Kung Fu refers to hundreds of different types of Chinese martial arts, anything from tai chi (yes, this supposedly slow-moving "exercise" is indeed a devastating martial art), to the system the late on screen superstar Bruce Lee learned in Hong Kong, Wing Chun, which, by the way, was created by a woman, and of all things a nun.

We are inviting you to take part in our classes because we think you can benefit, both physically, and indeed, mentally, from our unique type of Kung Fu – My Jong Law Horn, or Mizong Lohan, Mizongquan, etc., depending on the mix of various spellings.

My Jong is sometimes called the labyrinthine art - it's like a high speed game of chess. The moves are endless, and serve to mesmerize the opponent, leading him/her into a series of traps from which there is no way out. Tactics change on the fly. It's a fluid art, and it will increase your flexibility and suppleness whatever your age and it's also an art of self defence that does not rely on big muscles to win.

The main branch of My Jong was first reported in and around the 13th century and having lasted this long, it's very effective plus, with that many years, anyone studying it is truly studying a bit of Chinese history and culture.

In our classes, we teach internal power

exercises, the kind that help you get rid of fatigue, boost your stamina at all hours of the day, reinforce your immune system and eliminate (we like to say in three seconds) that spoil-sport called stress. We also teach the basic blocks, punches, and kicks that strangely enough are rather relaxed and easy on the joints, so even if you have shoulder, back or knee problems, you can still get into the art without damaging your body.

We also teach a number of prearranged forms or sequences which contain all the combative movements and tactics.

You will also learn partner forms or sequences, which have the same idea, but now you are practicing combative movements and tactics with a partner.

You will learn the technique of bridging hands, where the hands engage in a mesmerizing game of chess with a partner's hands and last but certainly not least, you will have a chance to learn sparring. You should see this...you're going to be fast.

Classes run every Monday evening from 1900 to 2030 hrs at the 8 Wing/CFB Trenton Martial Arts Clu located on the south side of the base, in the basement below the Sergeant's Mess.

Come on out and try a class or two. You might be surprised how just one class can change your fitness level for the better.

If you would like to drop by, wear some comfortable clothing that you don't mind working out in and take part.

For more information, please call us during class times at local 4133.

## Body Sculpting classes

This intensive, but easy to follow, body sculpting class utilizing various resistance apparatus to tone and sculpt. The main focus is on muscular endurance and strength.

Classes take place on Monday and Wednesday evening, from October 15 to December 19, 2007. Each class will run from 7:30 to 8:30 p.m. for 10

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

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

## Activities

The following activities take place on Mondays from 6:30 to 8:30 p.m. for 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 the fifth week. A new activity to try each Monday. User fees apply.

## Interested in a Spinning exercise program?

Spinning is an exercise program that utilizes a specially designed stationary bicycle and a series of cycling movements to provide participants with both a physical and mental workout.

Spinning will take place on Mondays and Wednesdays from October 15 to December 19, from 6:30 to 7:30 p.m. in the Studio at south side

Gym. Please note, there will not be a class on Monday, November 12.

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

Drop-in fee, space permitting: \$4 for military community with ID; \$5 for the general public.

## PSP Facility Memberships

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 Memberships went on sale on August 27, at the RecPlex.**

## 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.

## Flyers Arena/CRA 2007 Ice Times

The RCAF Flyers Arena, Community Recreation Association, ice times are as follows:

Family skating will take place on Wednesdays from 5 to 6 p.m.; on Fridays from 6 to 7 p.m.; on Saturdays from 1 to 3 p.m.; and on Sundays from 1 to 3 p.m.

Parent and Tot Skating will take place on Tuesdays from 10 to 11:20 a.m.; on Wednesdays from 10 to 11:20 a.m.

Skating is free for military personnel and CRA members with a PSP Facility Membership; \$1 for military community non-members; and \$2 for the general public.

Shinny Hockey for the Tyke/Novice division will take place on Tuesdays from 5 to 6 p.m.; for the Atom division on Wednesdays from 4 to 5:00 p.m.; for the

PeeWee division on Tuesdays from 4 to 5 p.m.; for the Bantam/Midget division on Thursdays from 4:30 p.m. to 5:30 p.m.

Full CSA hockey gear is required and rules are in effect. No parents are allowed on the ice, except for the volunteers in charge.

Cost is as follows: \$1 for military personnel and CRA members with a PSP Facility Membership; \$2 for military community non-members; and \$3 for the general public.

Other programs being offered by the CRA include Power Skating, Children's and Adults Learn to Skate, Shinny Hockey for Kids, and Hockey Skills and Drills (new). For more information please call the Rec association at 392-2811 local 3361.

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## VIEW FROM THE PINE



I thought that I would open this week's edition of View From The Pine, or "VFTP" as I like to call it (hey, if TSN's Off The Record gets "OTR" I can get a "VFTP") with a couple of e-mails I received after last week's column - although, strangely enough, I don't remember giving out my e-mail address.

**Gilmour, why u hate Leaf fans so much? R u stoopid?**

- Leafs Rooll,  
Toronto, ON

Although I have never been accused of being the sharpest knife in the drawer, this is actually an easy question to answer.

I've always viewed Leaf fans like the teenagers you see at your local mall. You know the ones I am talking about. Standing around with that glazed look in their eyes, a bit of drool leaking out the corner of their mouths.

They usually have a ball cap screwed sideways on their head, a t-shirt down to their knees - just about covering the crotch of their baggy pants which, coincidentally, also hangs around their knees.

You just want to grab them, shake them and yell, "Wake up! You aren't cool! Everyone's laughing at you! My God man, think of your parents!" That is about my typical reaction to Leaf fans and according to my therapist, it is completely nor-

mal and healthy.

**Mr. Tuttle, it is obvious by your well written article and deep dislike of the Maple Leafs that you must be a Senators fan. Is this true?**

- Stanley Cup Bound,  
Ottawa, ON

Actually, no, I do not really count myself as a Senators fan.

I am not anti-Ottawa by any means as they really are Canada's best chance at bringing the Cup back to the Great White North.

They are definitely deep and talented and about the only thing they are really lacking is some true grit to carry them to the Promised Land.

Unfortunately, just like that one time you walked in on your parents, there are some images that will haunt you forever.

One of mine is Daniel Alfredsson's "muppet hair" phase. For that reason alone, I can never call myself a Sens fan, or for that matter, watch reruns of the Muppet Show without getting completely creeped out.

Well, another week in the NHL and another Flyer assault on the ice. Another pathetic play by another fringe player.

It was rather sad that immediately after the hit, Boulerice stood over the prone Kesler with his gloves dangling like he was looking for a fight.

This was just an out-and-out defence mechanism by a player looking to try and visibly justify the cross-check he had just delivered.

If you REALLY want to fight someone, you usually do not attempt to decapitate them first.

At any rate, the 25-game suspension by the NHL was just about right, and the Flyers placing Boulerice on waivers on Monday was just icing on the cake.

Well, I was kind of hoping that Carey Price's first start and win over the Penguins was a sign that the future is now for the Habs, but it looks like they will be sticking with Cristobal Huet for the time being.

I am not saying that Price is the next Patrick Roy but he is one of the best and brightest goaltending prospects in the game, and Montreal fans will need something to hang their hat on for the next 10 years. And right now, Canadiens fans really do not have a lot of players to be really excited about.

Lots of pylons but not a lot of hat racks.

Charlie Potatoes

Jesse Boulerice (brain-fart, cross-check, suspension, waivers); Thrashers (horrible start more evidence that two players does not make a team); Martin Brodeur (slow start, a sign of a decline or the result of a lack of offence?); Jonathan Cheechoo (goals, assists, anyone?); and Martin Havlat (why anyone, anywhere, would draft Mr. Porcelain in their hockey pools is beyond me).

Meat and Potatoes

Carey Price (nice start to hopefully a long and successful career); Martin Gerber (Emery who?); Phil Kessel (makes me ill to list him here as he is a Bruin, but he looks to have a nice bounce back sophomore campaign); Patrik Elias (welcome back, you didn't see Brian Gionta on your way in, did you?); and Brian Campbell (blueliner shining in Buffalo).

Readers are welcome to send their comments to Mr. Tuttle in care of the Editor at: [Steiner.AL@forces.gc.ca](mailto:Steiner.AL@forces.gc.ca)

By Gilmour Tuttle



## Fourth CISM Military World Games held in India

OTTAWA (October 11, 2007) — The Canadian contingent of 175 CF athletes, coaches, and support staff left for India to compete in the 4th CISM Military World Games, an athletic competition second in size to the Olympic Games. The games, hosted in Mumbai and Hyderabad, India take place October 14 to 21, 2007.

Over 5,000 athletes from 100 member nations will participate. Of particular note, Afghanistan will be sending a delegation of 32 athletes. At the opening ceremony, Afghanistan had the honour of being the first nation (alphabetically) to lead all participating nations into the stadium.

"The fourth Military World Games provide a world stage for our elite Canadian Forces athletes and are an excellent way to enhance morale within the Canadian Forces" says

Brigadier-General D. E. Martin, CEO, CFPSA and Canadian Forces Chief of Delegation in India. "Our core military values are represented daily during this eight-day event. The fourth Military World Games provide our Canadian Forces with the privilege to compete and also to connect with the many member-nations of the Conseil international du sport militaire."

During the lead-up to the games, Canadian Forces athletes continue to train at their high performance levels while they support Canada at home and abroad.

Maj Darrell Menard, of CF Support Unit (Ottawa), is heading to India with a dual role as an athlete and as a member of the mobile medical team. A member of CISM since 1986, Maj Menard will compete in the

20km race walk event. Maj Menard will be supporting the other Canadian athletes closely to ensure they are all in top physical form.

Lt(N) Sharlene Harding, of CFB Kingston, is a true leader of the women's soccer team. She has shown immense dedication and commitment to the CISM program in addition to balancing her family life and career.

CFPSA, the morale and welfare arm of the Canadian Forces, organizes 13 national sport championships a year in support of the CF National Sports Program. Annually, 14 teams represent the CF in international competition, which includes major games and world cup events, and every four years at the Military World Games.

During the fourth Military World Games, Canada will compete in 10 different sport disciplines.

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# Operation BOXTOP moves 800,000 pounds of freight



Mobile Air Movements Sections (MAMS) personnel offload freight from Canadian Forces CC130-313 Hercules, at Canadian Forces Station (CFS) Alert. Boxtop is the bi-annual re-supply of Canadian Forces Station Alert. Using United States Air force Base Thule in Greenland as a staging point, for 2 to 3 weeks every spring and fall, the Canadian Air Force runs day and night-flying fuel and supplies to the station.



Midnight Mobile Air Movements Sections (MAMS) crew, Private Derek Bristol and Corporal Mike Hillson (Royal New Zealand Airforce), secure a cargo net for the next shipment to Canadian Forces Station (CFS) Alert. Cpl Mike Hillson is here on an exchange program and brings a wealth of experience, having worked on several expeditions to the Antarctic from New Zealand. CFS Alert is the most northern permanently inhabited settlement in the world. It is situated on the northeastern tip of Ellesmere Island in the Canadian Arctic Archipelago.



Private Benjamin Yale and Corporal Erik Galash attach a hose to the bulk fuel storage system on the Canadian Forces Hercules and prepare to offload the important fuel.

**Photos: Cpl David Cribb,  
8 Wing Imaging**

**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!**

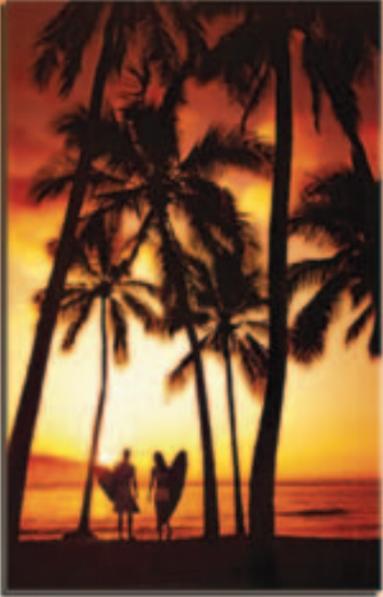
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**2005 CHEVY TRAILBLAZER LT 4X4**

Save @ Bayview

0 down taxes included  
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 biweekly 84 mths



Only 52,000 kms! Extended 7 passenger. Black leather, heated seats, Onstar, XM sat radio, dual zone climate, loaded with every power option. Amazing shape. Off GMAC lease! **\$21,495** certified

**2005 CHEV EXT. CAB SHORT BOX LS**

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HYBRID! V8 battery operated crossover! Rare! Only 53,000 kms! Automatic, loaded w/full pwr. options inc. pwr. seat, DualZone climate, alloys and more! Amazing fuel mileage! Fresh in off GMAC lease. **\$18,995** certified

**2006 CHEV TRAILBLAZER 4X4**

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 biweekly 84 mths



Fresh in off GMAC early term, loaded with full power options, incl. pwr. seat, DualZone climate control and much more! 74,000 kms. Excellent condition! **\$17,995** certified

**2005 CHEVY TRAILBLAZER LT 4X4**

Save @ Bayview

0 down taxes included  
**\$172.43**  
 biweekly 84 mths

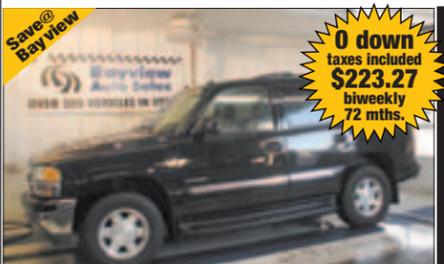


Power heated memory leather! T.V. DVD! Loaded with every power option inc. XM sat radio, Onstar, dual zone climate & more! excellent condition. Off GMAC lease. Only 70,000 kms. **\$19,995** certified

**2004 GMC YUKON SLT**

Save @ Bayview

0 down taxes included  
**\$223.27**  
 biweekly 72 mths.



Only 52,000 kms! Fresh in off GMAC lease. Power heated memory leather! T.V. DVD! 7 passenger, XM sat radio, Onstar, running boards, too much to list. **\$24,995** certified

**2004 CHEV COLORADO CREW CAB Z71 4X4**

Save @ Bayview

0 down taxes included  
**\$212.20**  
 biweekly 72 mths



Arctic White! With fender flares, only 50,000 kms! Automatic, loaded w/every power option. Amazing shape. Off GMAC lease! **\$20,995** certified

**2006 GMC ENVOY**

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0 down taxes included  
**\$180.91**  
 biweekly 84 mths.



Sharp! Fresh in off GMAC lease. 4X4, high polish rims, power sunroof, loaded with power everything inc. pwr. seat & more! 65,000 kms. **\$20,995** certified

**2005 CHEV CREW CAB SHORT BOX Z71 4X4**

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**\$206.33**  
 biweekly 84 mths



Fresh in off GMAC lease. 5.3, V8, loaded w/every pwr. option inc. power seat, Autotrak, 4WD & more. Only 72,000 kms. **\$23,995** certified

**2006 FORD F250 REG. CAB 4X4**

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0 down taxes included  
**\$257.16**  
 biweekly 84 mths



Only 2000 kms! Brand new! 5.4 automatic, A/C Fisher 8-1/2 V plow minute mount, unbelievable find. Must see! Balance of warranty. **\$29,995** certified

**2007 CHEV SUBURBAN LT 4X4**

Save @ Bayview

0 down taxes included  
**\$324.95**  
 biweekly 84 mths



Fresh in from GMAC! Black leather! 7 passenger, loaded w/pwr. everything inc. dual A/C & heat, much more. Must see! Only 37,000 kms. **\$37,995** certified

**2003 CHEV VENTURE**

Save @ Bayview

0 down taxes included  
**\$96.78**  
 biweekly 60 mths



Fresh in off GMAC lease. Only 68,000 kms! Automatic, loaded with full pwr. options, exc. cond. Must see! **\$8,495** certified

**2004 PONTIAC MONTANA EXTENDED**

Save @ Bayview

0 down taxes included  
**\$107.77**  
 biweekly 72 mths



TV, DVD, loaded w/every power option inc. pwr. seat and pwr. door, excellent shape, off GMAC lease! 80,000 kms. **\$10,995** certified

**2002 HONDA CIVIC SI**

Save @ Bayview

0 down taxes included  
**\$145.99**  
 biweekly 60 mths



Local trade! Automatic, loaded w/full pwr. options inc. pwr. sunroof! Excellent shape. 97,000 kms. **\$11,995** certified

**2005 GMC ENVOY SLT 4X4**

Save @ Bayview

0 down taxes included  
**\$189.38**  
 biweekly 84 mths



Leather! Power sunroof! Loaded up w/every option available, only 69,000 kms. Amazing shape! Must see! **\$19,995** certified

**2004 GMC 2500 EXT. CAB H.D. 4X4**

Save @ Bayview

0 down taxes included  
**\$193.21**  
 biweekly 60 mths



LONG BOX. 6.0 V8, automatic, loaded w/pwr. everything inc. pwr. bucket seats, DualZone climate & much more! 112,000 kms. Exc. shape! **\$19,995** certified

**2004 CHEVY TRAILBLAZER LS 4X4**

Save @ Bayview

0 down taxes included  
**\$164.73**  
 biweekly 72 mths



Only 45,000 kms! Auto loaded with power everything. Excellent shape off GMAC lease! **\$16,995** certified

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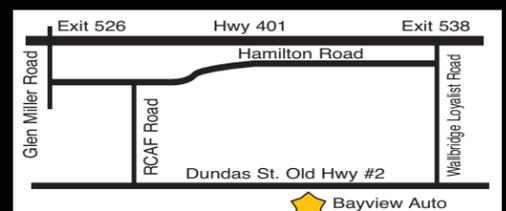


**Bayview Auto Sales**

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**Sales, Service, Selection**



ALL PAYMENTS BASED ON BI-WEEKLY PAYMENTS 2002/60 MONTHS, 2003/72 MONTHS, 2004-2005/84 MONTHS. ADMIN. P.P.S.A. & TAXES INCLUDED. EG: \$10,000.00 + \$299.00 ADMIN. + TAXES \$1,441.86 + \$68.00 P.P.S.A. = \$11,808.06 FINANCED OVER 60 MONTHS @ 8.40% = \$111.80 BI-WEEKLY O.A.C.



# HOROSCOPES

Weekly Astrology by Christine Davison

October 21 - October 27

**ARIES** (March 21-April 19): Your heart and mind may overflow with memories and feelings from your childhood and places you were raised. Trust your intuition this week, over logic and the advice of others, especially on Sunday. Work that was begun around the house or for your family two weeks ago may show beautiful results on Thursday or Friday.

**TAURUS** (April 20-May 20): You may possess a nearly insatiable curiosity this week, Taurus. You need to practise patience, respect and diplomacy when dealing with brothers and sisters and/ or favourite relations. You wish to be frank and honest but words may come out as either preachy or brunt. Thursday may bear the fruits of your labours.

**GEMINI** (May 21-June 20): If you see work as strife and money as a struggle then you may endure financial hardship unnecessarily. You are so close to success and a certain degree of wealth, that you can almost taste it. You're an ambitious and noble hard worker. Money may come to you through very little effort, in the end. Thursday brings good news.

**CANCER** (June 21-July 22): Others admire your depth of passion. If you compete this week, you'll be competing to win. You have support on all sides and from all who know you. You're a passionate, strong and energetic person. Nothing can stand in your way this week. Trust your feelings, especially on Sunday. Earlier work may show results Thursday.

**LEO** (July 23-Aug. 22): You would be wise to follow your feelings and intuition this week, Leo. You are stronger than you know; a true force to be reckoned with. Negative feelings this week may transform into righteous anger and a desire to help others out/ to right what is wrong. What you desired the other week may now be yours to explore.

**VIRGO** (Aug. 23-Sept. 22): You may make new friends this week, and join new hobbies as well. You may be asked to use your skills to organise an organisation. Humanitarian works and acts of charity may bring you happiness and popularity with like-minded others. A long term project that was begun two weeks ago may show results on Thursday.

**LIBRA** (Sept. 23-Oct. 22): If you're enthusiastic about people, places or things then you may find that luck, fame and success may soon be coming your way. Nothing can stop you, if you believe in what you are doing. Follow your intuition; listen to your feelings and analyse new dreams. Your personal life may affect your professional life.

**SCORPIO** (Oct. 23-Nov. 21): Happy Birthday Scorpio! Someone may invite you out for a fun filled celebration at some point this week. You wish to stimulate your mind/ body by educational courses, overseas romances or foreign pursuits. A journey that was once prevented may now be allowed to happen. Results are revealed on Thursday and Friday.

**SAGITTARIUS** (Nov. 22-Dec. 21): A maternal family member may find you to be a comfort and a joy during times of either happiness or times of strife. You have the knowledge/ ability to intuit what is the right path to take. You may feel restless and anxious off-and-on, this week. A valuable that was lost two weeks ago may be returned on Thursday.

**CAPRICORN** (Dec. 22-Jan. 19): Love might be a beautiful, blissful and passionate thing, but it might also be a patient one. You may feel an overwhelming urge to shower your lover with love and affection. A subtle flirtation begun several days ago may now be blossoming and blooming into something else on Thursday. Express yourself freely.

**AQUARIUS** (Jan. 20-Feb. 18): You are a noble and conscientious individual who often makes decisions that affect the greater good. You may wish to choose your words carefully over the next few days, unless misunderstandings inadvertently occur. Take a deep breath and a moment alone. The work that you do for yourself may help to benefit others.

**PISCES** (Feb. 19-March 20): Don't be afraid about approaching someone you've had your eye upon; this may be the right week to walk right up and introduce your charming, beautiful self. What was begun two weeks ago may now be showing results. You might wish to pour your libido and excess energy into creative works and hands-on projects.

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

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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of The Contact Comics.

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



OUT OF MY YARD, OLIVER!  
 I'M MOSTLY IN THE NEIGHBOR'S YARD!  
 YOU'RE MOSTLY IN MINE!

TWEEET!!

A LINE JUDGE!? I REALLY AM LOSING CONTROL...

**DuJour**

THE NEVER ENDING "CRISIS" MODE

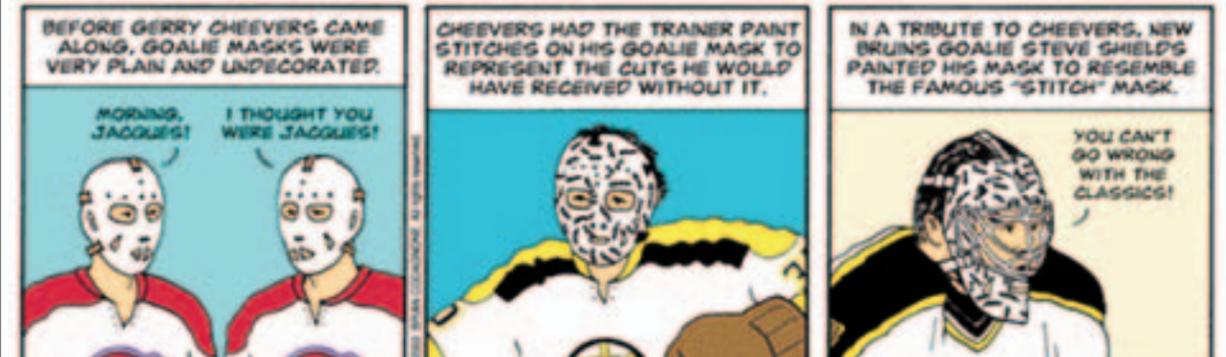


Act how? This is normal

**Crossword Answers**

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

**IN THE ZONE** BY BRIAN CODAGNONE



BEFORE GERRY CHEEVERS CAME ALONG, GOALIE MASKS WERE VERY PLAIN AND UNDECORATED.

MORNING, JACQUES? I THOUGHT YOU WERE JACQUES!

CHEEVERS HAD THE TRAINER PANT STITCHES ON HIS GOALIE MASK TO REPRESENT THE CUTS HE WOULD HAVE RECEIVED WITHOUT IT.

IN A TRIBUTE TO CHEEVERS, NEW BRUINS GOALIE STEVE SHIELD'S PAINTED HIS MASK TO RESEMBLE THE FAMOUS "STITCH" MASK.

YOU CAN'T GO WRONG WITH THE CLASSICS!



# 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.

## The Belleville Bulls support the Military Community

Come to the MFRC to purchase your voucher for any 2007 - 2008 Regular Season Home Games.  
Adult admission is just \$11 (instead of \$17)  
Child admission is just \$8 (instead of \$9)

Visit their website for the dates [www.bellevillebulls.com/schedule.html](http://www.bellevillebulls.com/schedule.html)  
For more information, please call 613-965-3575 / or 613-392-2811 local 2442.



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### "Les Belleville Bulls" appuient la communauté militaire

Venez au CRFM pour acheter vos coupons pour les parties à domicile de la saison régulière 2007 - 2008.  
Adulte \$11.00 (au lieu de \$17.00) Enfant \$8.00 (au lieu de \$9.00)  
Visitez leur site web pour les dates [www.bellevillebulls.com/schedule.html](http://www.bellevillebulls.com/schedule.html)  
Information 613-965-3575 / or ext. 2442

### Trenton Trimettes

Join the support group that encourages weight loss through healthy eating and exercise. We meet Mondays at St. Clements Astra Chapel (Namao Dr.) from 7 to 8:30 p.m. For information call Sue at 613-394-3992 or Sheila at 613-392-0353.



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

**PARISH ORGANIZATIONS (P)**  
Chapel Guild: last Tuesday, 1930 hrs

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



## Canadian Red Cross

### Public Service Announcements



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### Attention Boys and Girls, ages 11 to 15...

The Canadian Red Cross, Quinte Branch, will be offering a babysitting course on Saturday, October 27, 2007.  
The course will run from 9 a.m. to 5 p.m. and will be held at the Quinte Branch Red Cross Office, located in the lower unit of McNabb Towers at 344 Front Street.  
Space is limited so register early. Please call 613-966-0730 for more information or to register.

---

### Standard First Aid and Recertification Course

This course also includes CPR and AED Certification. The course will take place on Saturday, November 3, 2007 at the Quinte Branch Red Cross Office, located in the lower unit of McNabb Towers at 344 Front Street.  
Pre-registration is required. Please call 613-966-0730 for more information or to register.

## 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.

## ...HALLOWEEN DANCE...

Join us at our Halloween Dance, sponsored by Free To Be, MCC.  
The dance will take place at Parkdale Community Centre, (located at 119 Birch St. Belleville), on October 27 from 9 p.m. to 1 a.m.  
Costumes welcome. Bring ID. Admission is just \$8.  
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.

## Remember...electric shock can kill



Submitted by  
Don Heans,  
Wing General Safety  
Officer

We rely on electrical power to keep our workplaces and our homes operating day and night. Electricity provides heat, light and energy to do many kinds of work.

As useful as electricity is, we must never forget it is also dangerous.

Electrical shock kills. Electricity can also cause fires and explosions. Here are some reminders about electrical safety at work and at home:

Keep electricity and moisture away from each other. Never touch electrical equipment with wet hands or when standing on a damp surface. Do not work around electricity when your tools or clothing are wet.

Report any indications of electrical malfunction. Watch for these signs: flickering lights, radio or television interference when another electrical device is in operation, buzzing sounds in electrical panels, switches or outlets hot to the touch, damaged or worn insulation, loose switches and electrical equipment

which works sometimes and doesn't work the next time.

Never attempt electrical repairs unless you are qualified and authorized to do so. Do not use electrical equipment altered with makeshift repairs.

Do not alter plugs by removing the third prong so it can fit into a two-prong outlet. This defeats the safety feature of a ground wire.

Only use extension cords temporarily. Have wiring upgraded to accommodate new equipment.

Use a Ground Fault Circuit Interrupter (GFCI) whenever you use electrical tools and appliances around moisture or outdoors. These devices can detect leakage of electricity from a circuit before you are harmed by electrical shock.

Wear the correct Personal Protective Equipment (PPE) when working around electrical hazards. This may include leather gloves covered by rubber gloves, non-conductive footwear and safety eyewear. Do not wear metal jewelry which can accidentally contact the electrical circuit, causing shock.

Heed all warning signs about electrical hazards. Stay away from high voltage installations and other posted areas.

Beware of overhead electrical hazards. Watch for power lines and ceiling fixtures when moving items such as ladders or

pipes, or operating equipment such as cranes or lifting devices.

Use your electrical safety sense off the job too. Inspect your home for possible electrical hazards, including overloaded circuits and defective electrical equipment. Have a qualified electrician repair or improve wiring as necessary.

Have GFCIs installed in bathrooms, basements, kitchens and areas outdoors where you use electrical equipment.

Obtain training in what to do in case of an accident involving electricity.

Before you attempt to rescue a victim of electric shock, make sure you are not putting yourself in similar danger.

Do not touch the person and do not use a tool to reach the person unless you are sure the power has been disconnected.

Check for a heartbeat and if necessary start CPR (CardioPulmonary Resuscitation) if you are trained to do so. Get medical help immediately.

If fire occurs in energized electrical equipment, use only a C class fire extinguisher, or a combination ABC, or BC extinguisher. Never put water on an electrical fire; the result can be a deadly shock.

Caution must be used around all electrical circuits and equipment. Never underestimate the potential for electrical shock.

## Alcohol, Other Drugs and Gambling: Supervisor Training

Health Promotion will be offering this one-day course on Tuesday, November 20, 2007

### Substance Use 101 and Staying Within the Guidelines

This section will discuss the benefits and risks of one of the most widely used drugs in the Canadian Forces - alcohol.

### Supervisor's Training - Recognizing and Responding to Early Warning Signs

The emphasis will be to help supervisors recognize the early warning signs and apply the CF procedures to real-life case studies.

### Supervisor's Training - Developing Effective Interviewing Skills

The emphasis will be on giving supervisors an opportunity to learn and review effective interviewing skills.

### Understanding and Changing the Culture of an Organization

The environment or culture of an organization has a significant impact on the attitudes and behaviour of its individual employees towards alcohol and other drugs.

To register please visit <http://healthpromotion.cfbtrenton.com> or contact Lisa Pitt at local 3768. Space is limited to sixteen people so please register early.

## Osteoporosis - not just a women's disease

(NC)-Despite popular belief, osteoporosis does not only affect women.

In Canada, at least one in eight men over age 50 has the disease in which bone density and quality deteriorates, leading to increased bone fragility and fracture risk, a fact well known to Larry Funnell.

Larry had suffered ten broken bones before turning 50, yet never considered osteoporosis. Finally, after breaking two ribs climbing onto a camel while vacationing at the Great Wall of China, and then breaking his arm while golfing, he and his doctor decided it was time for a bone scan. He was diagnosed with osteoporosis.

"The first time I paid attention to the word osteoporosis was in my doctor's office. I was shocked. I had no idea men, let alone men my age, could get osteoporosis."

Like other men with osteoporosis, Larry attributed his frequent fractures to accidents. After his diagnosis, Larry

hid his condition, reluctant to discuss what he felt was an embarrassing disease. Sadly, Larry was not alone in his thinking.

Now, having overcome his fears, Larry is part of the Canadian Osteoporosis Patient Network (COPN), a group of Osteoporosis Canada volunteers dedicated to improving the quality of life of people living with osteoporosis. His role: to help raise awareness of osteoporosis in men. Larry's been fracture-free for eight years and has developed friendships with other men with osteoporosis.

"I met other men my age who learned to manage their disease and I knew I could do the same. It's had a positive impact on my life. I'm active again and feeling good about my future."

More information about osteoporosis risk factors and COPN is available online at [www.osteoporosis.ca](http://www.osteoporosis.ca) or toll-free 1-800-463-6842.

# 3 Great Subdivisions Close to the Base

Many plans to choose from, prices starting at \$209,900



Trenton



Brighton



Antonia Heights  
Frankford



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



Nautical Lane (off Cedar St.) \$277,900



Kyle Court (off Huffman Rd.) \$245,900

# HILDENHOMES

393 Sidney Street, Belleville 613.962.4600 [www.hildenhomes.com](http://www.hildenhomes.com)



# SkyHawks

## C'EST LE TEMPS POUR VOUS DE VOLER!

Voulez-vous représenter votre pays de façon unique? Êtes-vous prêt à performer?

Qui sont les Skyhawks?  
Nous sommes une équipe professionnelle de démonstration de parachutisme de calibre mondial qui se produit à travers le Canada et les États-Unis dans plus de 60 villes en Amérique du Nord.

Qui peut devenir un Skyhawk?  
N'importe quel militaire canadien de la Force régulière ou de Réserve, toute occupation militaire avec l'approbation de leur commandant d'unité et un permis de parachutiste en chute libre de classe A ou un cours militaire de chute libre.

Joignez-vous à l'équipe, appliquez dès aujourd'hui. L'entraînement pour la saison 2008 commence en janvier à Perris Valley en Californie.



**SkyHawks**  
Pour plus d'information, visitez [www.army.gc.ca](http://www.army.gc.ca) et déposez sur l'émission des Skyhawks. Courriel : [skyhawks@dncl.ca](mailto:skyhawks@dncl.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  
613-392-2811 Loc 7005  
[steiner.al@forces.gc.ca](mailto:steiner.al@forces.gc.ca)



## Jr Ranks Mess

SUN MON TUE WED THU FRI SAT

14	15	16	17	18	TGIF 19 Donairs 1700 hrs Pool 1800 hrs Oktoberfest	20 Astra Amy Matthysse Anniversary Party
21	22	23	24	25	TGIF 26 Fish & Chips 1700 hrs SPORTS Echre 1800 hrs	27
28	Astra Cadet Info Session	29	30 Astra UNDE Mtg	31 Hallowe'en		

# October 2007

**Support your local CANEX!**

### 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](mailto:STEINER.AL@forces.gc.ca)



## LOYALIST COLLEGE Open House

Tuesday, October 23  
9 am to 12 noon

**When planning your future, start with Loyalist College.** Choose from over 50 career-oriented post-secondary programs – many of which are available on a part-time basis.

Join us this coming Tuesday and start exploring your options. We have a full agenda planned for you, including:

- the opportunity to talk with our faculty and meet our students
- displays highlighting all of the programs starting this January and next September
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## Window fashions: The right light

(NC)-"In the right light, at the right time, everything is extraordinary," said photographer Aaron Rose. The quality of light in an interior can vary greatly depending on the source and how it is treated. Most synthetic light is incandescent, which is primarily warm and makes objects look yellow under it. Fluorescent light is usually cool light, making color appear more blue or violet. Artificial lighting that comes close to imitating natural sunlight is now available.

Natural sunlight is often referred to as balanced, full-spectrum light. What this means is that it contains all the "spectral colours" - or colours of the rainbow - which merge into clear, colourless light.

Full-spectrum light is balanced, and the colours of furnishings will look their truest under it. Even natural light, however, tends to become unbalanced when one part of the spectrum that tends toward cool- or warm-coloured light predominates. This can happen with atmospheric conditions or when light enters from only one direction, as in most natural light sources in most homes.

The following are tips from Hunter Douglas ([www.hunterdouglas.ca](http://www.hunterdouglas.ca)) for matching the right light with the right window treatment:

- Light entering through the north is the clearest, and provides even and consistent light, which is why it is preferred for artists' studios. Often considered "cold light," it has a cool, bluish cast and in northern climates, builders limit the number of windows on the northern side because it is the coldest exposure. For energy conservation these windows are often treated with insulated shades - such as the super energy-efficient Duette Architella Collection of honeycomb shades, which "trap" the air in the honeycomb cells.

- Eastern light or morning light is

warmer and brighter, but also clear because impurities from the previous day have had a chance to settle during the night. Eastern light is also the most balanced, or full-spectrum light; however its brightness and clarity may render it warm, especially in the morning. East-facing rooms tend to heat up quickly and may hold the heat during the day. These windows are often treated with materials that diffuse the light. A good choice here is an entirely new window covering:

Pirouette window shadings, that offers soft fabric vanes that float gracefully in front of a fabric sheer.

- Light from west-facing windows is the warmest in color and physically the hottest since the atmosphere heats up during the day. It is also often hazy, as the impurities of the day linger until nightfall. Because prolonged exposure to this strong light can be damaging to furnishings, windows should generally be covered with any one or a combination of light-diffusing, UV-ray protecting treatments.

Horizontally louvered treatments, such as the new Alouette Light-Louvers with soft elliptically shaped fabric louvers work well since the light can be admitted but diffused onto the ceiling or floor.

- . South-facing windows are the most important natural light source in an interior because they receive sunlight year-round and cast a warm, golden glow on interiors. Heat and UV-rays in this consistent light will cause the greatest damage.

Fabrics and window treatments that are UV-stable are most desirable here. Silhouette window shadings, with the Signature S-Vane, feature soft vanes suspended between sheer fabric facings and provide superior UV protection while still permitting light and a beautiful view.

Achieving the right light can be easier than you think.



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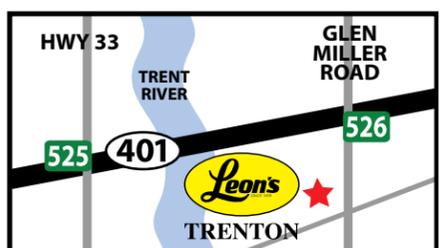
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