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Second Globemaster III arrives at 8 Wing/CFB Trenton



Photo: Sgt Paul MacGregor, 8 Wing Imaging

Cpl Marc Bruyère, an Aviation Technician (AVN Tech) with 429 Transport Squadron, marshals Canada's second CC-177 Globemaster III strategic airlift aircraft after its arrival at 8 Wing/CFB Trenton. The CC-177 joins its sister at 429 Transport Squadron at Canadian Forces Base (CFB) Trenton.

The CC-177's ability to fly long distances and land in remote airfields make it a premiere transporter for military, humanitarian and peacekeeping missions. It has the ability to take off and land on unpaved runways as short as 3,500 feet and as narrow as 90 feet during the day or night. These traits will allow the Canadian Forces to quickly move heavy equipment, supplies or passengers when and where needed in Canada or overseas. This is the second CC-177 to arrive in Canada with the last two expected in 2008.

Members of the Ombudsman's staff visit 8 Wing/CFB Trenton

by 2Lt Jennie Jones

At noon on October 17, eight of Ontario Ombudsman André Marin's staff members arrived from CFB Petawawa by way of a CH-146 Griffon flight for a two-day familiarization visit to 8 Wing/CFB Trenton.

The mention by the Griffon crew of the passengers' possible need for "boarding passes" (or air sickness bags) caused those aboard to chuckle and hope it wasn't true, but also coincided with the purpose of their visit: to see some of the real issues during a day in the life of Canadian Forces airmen and women.

During their stay, 14 Ombudsman staff members (six drove in to join the others), were taken on a tour of the base, stopping at six different units to get a feel for the types of activities that take place

during regular 8 Wing/CFB Trenton life.

The purpose of the visit was two-fold: to expose the incoming Ombudsman's staff members to military life, and to refresh some of the veteran members. Robert Basque, formerly an aviation technician for 20 years with the Canadian Forces, has been with the Ombudsman's office for five years and headed the group during their Trenton stay. Basque shared that "visits such as these serve as tremendous opportunities for professional development. There is significant importance in seeing some of the hurdles and problems Air Force members face, in learning something about all of the trades, rules and regulations, military acronyms, and the chain of command structure".

The group toured through 424 Transport and Rescue Squadron, Wing Operations, the Aerospace and

Telecommunications Engineering Support Squadron, the Construction Engineering flights and Fire Hall, 8 Air Maintenance Squadron and the Air Crew Selection Centre.

"It's a completely different world," Basque furthered, "coming here serves to give us a brief understanding about the way of doing business".

Many of the visitors expressed throughout their stay how grateful they were for the exposure. After hundreds of answered questions, they left for their next stop, CFB Kingston, feeling as if they had a sense of what 8 Wing/CFB Trenton is all about.

"This year was a great success", Basque remarked as he and colleagues stepped onto their bus after dining at the Yukon Galley, "What we accomplished in a day and a half was just great!"

Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging



The Ombudsman's group from Ottawa visits 8 Wing/CFB Trenton 17/18 October 2007 as a part of their journey after visiting CFB Petawawa. In addition to 8 Wing, they also stopped in CFB Kingston and the Royal Military College before heading back to Ottawa. Here Sgt Edward Carr of ATESS explains some of the work the squadron undertakes.

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



Good day, and welcome to the first of what I hope to be many Contact articles from the WCWO's office.

It is my great pleasure to have been invited to contribute to the Wing/Base paper. I will during this year try to keep my focus on current and motherhood issues.

By motherhood issues, I refer to ideals like integrity, courage, honour, the warrior spirit, etc.

For my first byline I want to talk about our collective history.

More specifically, the National Air Force Museum of Canada, located on the north

side of the Wing across from Tim Hortons.

As most Wing members are aware, the National Air Force Museum was formally known as the RCAF Memorial Museum.

This name change is quite recent, and was initiated to better represent the mandate of the museum to recover, restore and display our complete Air Force history, from its conception as a branch of the army in the First World War, to our current state as an elemental command within the Canadian Forces, and all eras in between.

For long-time members of 8 Wing, this museum has been an outstanding success, from its humble roots as an annex to the old base library, in what is now the cardio room at the base gym, to its current location with the Halifax aircraft proudly on display. Quite an achievement!

An achievement made possible only by

the extremely hard work and dedication of the museum's volunteers.

As people visit the museum (still free by the way), they will note that the displays are generally RCAF-era centric.

To many current members, this may seem a little unfair, as the current Air Force era is almost as old as the RCAF era.

Honestly, I made that very observation when I first arrived here.

Where were all the displays from all the outstanding accomplishments of the Air Force since integration in the late 60s?

I must put the blame for that squarely on our generation.

Post WWII, Cold war, U.N. and NATO operations are not represented because our generation has not taken ownership of these accomplishments and volunteered our time to ensure the generations that follow

understand our accomplishments, through displays and presentation in the museum.

This lack of representation of post-WWII achievements has been of great concern for the board of directors for the museum.

All board members including myself, an ex-officio on the board, feel the time has come to expand the displays to encompass more of our current history and accomplishments.

This is where you come in. For the museum to move forward to the post-RCAF era, it needs your support.

So I would like to ask you to do three things:

Visit the museum; decide if this is worthy of your time and effort; and volunteer your time and expertise. Just a thought!

T.J. (Bull) Secretan
CWO
8 WCWO

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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



On Monday, 10 Sept 07, while completing his duties as duty driver and duty lock-up, Corporal Flamand noticed during his daily potassium acetate tanks inspection that one of the tanks holding about 16,000 litres of potassium acetate was leaning. He reported it immediately and the proper courses of actions were taken. His vigilance saved the collapse of that reservoir, which would certainly have also damaged the adjacent reservoir, potentially resulting in a spill of 36,000 litres of potassium acetate, on top of the damage that could have been done to both reservoirs. Cpl Flamand is known for being a conscientious and dependable individual who will spare no effort to complete his job to the highest standard at all times. He truly deserves to be noticed for his exemplary vigilance, which saved a lot of trouble for the numerous personnel involved in a spill, on top of the consequences to the environment. Cpl Flamand's professionalism is a great example to 8 Wing Trenton that safety is very serious business.

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United Way of Quinte is currently in the middle of its yearly fundraising campaign and, after the huge success of the Belleville Warehouse Sale, will be holding a second sale, this time in Trenton, so everyone can benefit from the great deals offered during this event.

The sale will be held at 127 Dufferin Avenue on Thursday November 1 from 10 a.m. to 6 p.m.. Admission will be \$1.00 at the door and cash is the only accepted method of payment for all of your shopping.

The participating companies have donated some of their products and to date include: Procter and



Gamble, Pepsi-Quaker, Amer Sports, Sigma Stretch Films and Sears. If you like a good bargain and

want to help those in need, this is your chance to do both at the same time as all profits go to United Way.

Search & Rescue UPDATE



This week, 424 Squadron was responsible for two missions.

The first mission required the assistance of the Griffon to search for an ELT near Simcoe after the distress was reported by high flyers and SARSAT. The crew arrived on-scene and no signal was detected. JRCC released the crew after searching the reported area.

Two days later, the Griffon was tasked again to conduct a shore crawl for missing kayakers in Lake Erie. However, the mission was stood down after no distress was detected.

Until next time, stay safe.

Missions for 2006: 214 Missions for Oct.: 21 Persons rescued: 31

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Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (leblanc.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) or as "text only" on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.
Jpeg-Maximum (8X10), 300 dpi
- Please label all disks and hard copies with article name, contact person and phone numbers, date.

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

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



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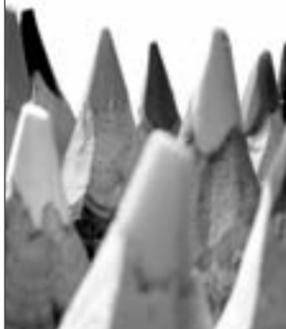
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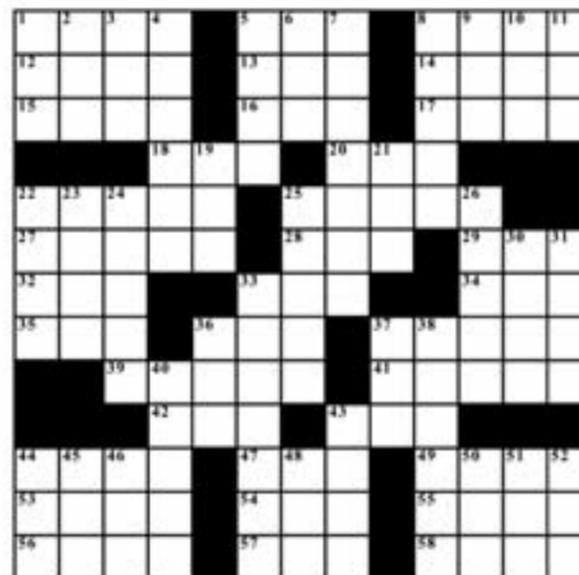
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Canadiana Crossword

Measure for Measure

By Bernice Rosella and James Kilner

- ACROSS
- 1 Michelin or Dunlop
 - 5 Apple computer, lovingly
 - 8 Kilometer's predecessor
 - 12 Onion or yam
 - 13 Mimic
 - 14 Heavy metal
 - 15 Centimeter's predecessor
 - 16 Charged particle
 - 17 Risque
 - 18 Mao or Marx follower
 - 20 Tonne's predecessor
 - 22 Gram's predecessor
 - 25 _____ tiger
 - 27 Seasoning seed
 - 28 Away
 - 29 Gotcha!
 - 32 Auto oil additive
 - 33 Mongrel
 - 34 Mountain, to McDiarmid
 - 35 Best
 - 36 Bog
 - 37 Litre's predecessor
 - 39 Give in
 - 41 Between, to Bedard
 - 42 Wait a _____
 - 43 Promos
 - 44 Metre predecessor
 - 47 Fleming, for one
 - 49 Tied
 - 53 Plant part
 - 54 Stringed instrument, slangily
 - 55 Hectare's predecessor
 - 56 Computer key
 - 57 Observed
 - 58 Family or fig follower



- DOWN
- 1 Prefix denoting three
 - 2 Charged particle
 - 3 Mythical bird
 - 4 Principles
 - 5 Wound
 - 6 Mil. mailing address
 - 7 Mythical monster
 - 8 Pooh creator
 - 9 Wrath
 - 10 Unprincipled
 - 11 Finale
 - 19 Perceive
 - 21 Choose
 - 22 Oven
 - 23 Golden rule word
 - 24 Sharp
 - 25 Kilogram's predecessor
 - 26 Moroccan Capital
 - 30 Mr. in Munster
 - 31 Feed the pot
 - 33 Canadian weights and measures
 - 36 Service charge
 - 37 Which was to be demonstrated (legales)
 - 38 Dislodge
 - 40 Tree fibre
 - 43 Afresh
 - 44 Craze
 - 45 Mineral bearer
 - 46 Lubricant
 - 48 Letters denoting alias
 - 50 DVD forerunner
 - 51 Poetic ever
 - 52 Born as

Answers found on page 12



This Week in Contact

1977 - Five Air Traffic Controllers were presented with achievement scrolls recognizing the milestone of 20,000 radar controlled approaches. In an ATC Controller's career this total is not easily achieved and all of these controllers have well in excess of that, two of whom were heading toward the 30,000 approach mark. The amount of 'talking' this represents can only be appreciated by those familiar with the Radar Controller's trade.

1987 - The Honourable Perrin Beatty, Minister of National Defence, said that the Soviet military capability is the principal direct military challenge to Canada's security, as he addressed those in attendance, at the Atlantic Studies Conference. The North Atlantic Alliance is more than a purely military one - it is designed to promote the well-being of the North Atlantic area, while working for collective security.

1997 - Recent changes came into effect at 8 Wing/CFB Trenton. Two major changes include MOC 500 restructuring and the introduction of the deployed concept and contingency capability, both of which required much individual training. These new changes delayed the air show until 1999, which actually fell in line with the Air Force's 75th Anniversary - an appropriate way to hail that important event in history.

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



Air Force Association of Canada honours excellence

Air Force Website

The Air Force Association of Canada presented its annual awards of excellence to members of the Air Force at the AFAC Annual General Meeting in Ottawa, October 13 - 14.

This year, Sergeant Lindsay MacGregor, a flight engineer instructor at 426 (Transport) Squadron at 8 Wing/CFB Trenton, was named Air Person of the Year for his "exemplary dedication" to the Air Force and to the Air Force Association of Canada and for his volunteer work founding AFAC's 401 (R.L. Edwards) Wing.

Sgt MacGregor was also described as "a genuine airman, who consistently performs duties above and beyond those required, providing a bridge between serving and retired air force mem-

bers. Sergeant McGregor's efforts on and off duty have been and continue to be a beacon of exemplary airmanship, for which he is recognized."

Chief Warrant Officer Ralph Murphy was named Air Reservist of the Year for his work on the Reserve Revitalization Strategic Study, the International Leadership Symposium (Netherlands), the 569 (Brookfield) Air Cadet Squadron and 102 (Colchester) Wing. CWO Murphy was also described as "an air reservist beyond reproach. He is the consummate professional who has consistently excelled when it comes to contributing to the Canadian Forces, Canada's Air Reserves and to his community."

2 Air Movements Squadron from 8 Wing/CFB Trenton received the Gordon R. McGregor Trophy for out-

standing and meritorious achievement in air transportation for its "superlative customer service and resolute focus" in the face of shifting national priorities and a high operational tempo. Their citation reads: "The Squadron's superlative customer service and resolute focus on the operational imperative did not waiver in light of tremendous increases to the operational tempo and the demand associated with Canada's shifting national priorities and her participation in the campaign against terrorism. With a mandate to provide support to air mobility operations in domestic and deployed theatres, 2 Air Movements Squadron's members' professionalism and exacting professional knowledge, dedication to the mission, and commitment to their team contributed greatly to the sus-

tained success of Canadian air mobility operations."

435 (Transport and Rescue) Squadron of 17 Wing Winnipeg won the Mynarski Trophy for excellence in Search and Rescue (SAR) operations during one of its busiest and most demanding years on record.

"Without the conspicuous dedication, initiative, professionalism and teamwork displayed by every member," their citation says, "the numerous challenging SAR missions undertaken would not have come to such successful completion, which easily could have resulted in the loss of numerous lives. This outstanding squadron deserves the admiration and respect of all Canadians - perhaps the awarding of the Mynarski Trophy can serve as one measure by which the Air Force Association conveys to 435

Squadron that admiration and respect that is rightfully theirs."

Captain Neil McCarthy of 12 Wing Shearwater received the Air Marshall W.A. Bishop, VC, Memorial Trophy for excellence in operations other than air transportation and SAR. Capt McCarthy championed the Helicopter Maritime Environment Trainer (HELMET), a virtual-reality procedures trainer, while members of 406 Operational Training Squadron at 12 Wing won the RCAF Gold Hawks Trophy for their work implementing the trainer to the maritime helicopter community.

Darryl Smith, CEO of Pacific Coastal Airways, received the J.A.D. McCurdy Trophy for achievements in civil aviation. For more on AFAC, please visit <http://www.airforce.ca/>



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Sgt Lindsay MacGregor, a flight engineer instructor at 426 (Transport) Squadron at 8 Wing/CFB Trenton, was named Air Person of the Year.



Photos: Bruce Way

MWO Brigitte Flowers, Capt Brandon Sing, Maj Aaron Spott, Sgt Trevor Nielsen and Pte Wendy Morgan accept the award for outstanding and meritorious achievement in air transportation on behalf of 2 Air Movements Squadron.



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Fitness, Sports & Recreation

2007 Shinny Hockey ice times

Community Recreation Association ice times for Shinny 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.

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. User fees apply.

Body Sculpting classes

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

Classes take place on Monday and Wednesday 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.

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.

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 divi-

sion 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 of Shinny Hockey 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.

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.

The class will take place on Tuesdays and Thursdays, from October 16 to December 20, from 6:30 p.m. to 7:30 p.m.

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

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

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VIEW FROM THE PINE



Thank God for my Cable Sports Pack.

I thought this to myself as I turned on the TV on Saturday night only to see Toronto vs. Chicago staring back at my ugly mug.

Now I am a self-admitted Leaf-hater so I will usually suppress my gag reflex to watch a Toronto game on Hockey Night in Canada if they are playing a team worth watching. But Chicago?

Is CBC that hard up to suck-up to the Toronto market that they feel the need to broadcast a Leaf game against one of the NHL bottom feeders (Toronto fans can take solace in the fact that I am actually not calling out the Leafs as a bottom of the barrel team here)?

I didn't bite on CBC's whole Toews and Kane as saviours of the Blackhawks franchise lead-in so a click flick and I am watching Montreal and Buffalo. And Atlanta and Tampa Bay. And Pittsburgh and Washington. So much better.

I am forced, though, to remove all throwable objects from the immediate vicinity of my wife as with my constant channel switching, her cursing and accusations of ADD usually escalates to me getting beaned in the noggin with a book.

I'd be interested to know what other peo-

ple think of the new format for HNIC's Hot Stove panel.

I personally like it as the show now has a low-brow (coaches corner)/high-brow (hot stove) approach that I think is very appealing.

That and the old format's showcasing of Al Strachan every week was the equivalent of Chinese water torture.

Ask me anything after five minutes of listening to Strachan drone on about how he knows everything and I will tell you anything you want to know.

Have I ever watched Gilmour Girls? Yes.

Have I ever liked a Leaf player? Yes (Wendell Clark).

Have I ever looked at a Sears catalogue just for, you know, the girls? Sadly, yes.

While watching the Montreal game I got a bit sentimental over the departure of Sheldon Souray.

I always liked the guy, not so much for his booming shot and goals from the point (and definitely not for his -28 he registered last year), but because he was what Don Cherry would call a "character guy". He definitely was not shy to lay a big hit or drop the gloves to defend a teammate.

Maybe not what the Oilers' management had in mind when they shelled out the mega bucks to sign him for their power play, only to lose him to a shoulder injury suffered in a

fight last week.

I still think Montreal could have found the cap space to keep him.

Charlie Potatoes

Atlanta Thrashers (second mention here in two weeks. Subtract Hartley and subtract Lehtonen and add Hossa - following Atlanta is like watching a really bad train wreck. You don't want to look but you can't turn away);

Edmonton Oilers (should have paid Smyth the extra \$500,000. How are Nilsson and O'Mara working out, anyways?);

Darcy Tucker (what seemingly looked like a minor collision results in an indefinite knee injury. Maybe he and Havlat are related?);

Alexei Kovalev (another public tiff with Carbo. If he picks up his play any, he is trade bait. I do not, however, put any faith in the Tanguay for Kovalev rumours floating about. Calgary is not that stupid);

Maple Leafs defence (they say that defence and goaltending wins you champi-

onships...40 years waiting for a Cup could easily turn into 50. The window for Sundin, McCabe and company is closing fast).

Meat and Potatoes

Jeremy Roenick (I don't much like "the mouth" but he has had an excellent start to his season in San Jose. If he pots the Sharks 25 goals he will be a steal);

Daymond Langkow (I've always like this guy although his current goals/game pace is unsustainable);

Mats Sundin (this is probably his swan song. Enjoy it while it lasts, Leaf fans);

Cam Ward (I predicted a comeback campaign this year and 5-0-2 in seven games is a nice stat line. Good thing I have him in most of my hockey pools);

Ryan Smyth (he was right when he told the Oilers he has signed for less than market value in previous years to stay in Edmonton. His departure from Alberta reflected more badly on Oilers management than his supposed "greed").

By Gilmour Tuttle



2007 Halloween Bash Class



Contact File Photo

It's just about that time! Join us on Wednesday, October 31 for this year's Fitness and Sport Flight Halloween Bash Class. This year's class will be a Spin class, held in the multi-purpose room at The Gymnasium from 1200 to 1250 hrs. The Bash Class has a Master class format with all instructors teaching. So get that costume ready and mark it on your calendar. Hope to see you there!

Military Fitness classes

Military Fitness classes are now available some weeknights, after work.

The Fitness and Sports Flight is offering 1610 hrs classes every Monday, Wednesday, and Thursday. Each class will focus on something different and will run from 1610 to 1650 hrs.

Classes will take place in the Multi-purpose room, located on the second floor of the Gymnasium.

Monday's class will be Spinning; Wednesday's class will offer yoga, which is new; and on Thursday's we will be offering a STEP/BOSU class.

Much Video Dance

Join us at the south side Gym on November 3, 2007 for the Much Video Dance!

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

Admission is \$10, to be paid at the door. This is an adult supervised event.

National Lifeguard Service course

The National Lifeguard Service (NLS) Crash Course will take place on the following dates:

Friday, October 26, and Friday, November 9, from 5 to 10 p.m.;

Saturday, October 27, and Saturday, November 10, from 9 a.m. to 5 p.m.;

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.

Participants must also 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.

Please be advised that the cost of the course also includes manual fees.

RecPlex Fright Night

Join us for our 2007 Halloween Fright Night, which is scheduled to be held on Wednesday, October 31, 2007, at the RecPlex.

This event will run from 6 to 9 p.m. where

participants can 'be dared to be scared' and travel through our Friday Night Haunted House.

Parents, please be advised that this event is not recommended for young children.

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Recovery and Salvage Section - Nationwide Training Week

by 2Lt Jennie Jones

“No aircraft recovery or salvage operation is ever the same,” said Warrant Officer Neil Smith, head of Recovery and Salvage Support (RASS), a section of the Aerospace and Telecommunications Engineering Support Squadron (ATESS), as he explained the importance of hosting the annual Recovery and Salvage (RAS) exercise last week in Trenton.

Aircraft technicians from Canadian Forces Bases Greenwood, Shearwater, Yellowknife, Cold Lake, Bagotville, Winnipeg and Trenton attended the week-long exercise, from October 15 to 19, to review the tactics of recovering and salvaging aircraft in many scenarios.

This included practising inverting and hoisting a CF-18 by use of crane, and “debugging” a CC-115 Buffalo out of a simulated bog.

Master Corporal Vernon Stevens is currently an aircraft technician on the RAS team at CFB Cold Lake. Other than at 8 Wing/CFB Trenton where the RASS is active all year long (a section of five aircraft technicians in total if all positions are filled), RAS is a secondary duty at all other Air Force bases where RAS personnel are all aircraft technicians by trade.

While CFB Comox techs were coached through an exercise to remove a CC-115 Buffalo wheel from a large pit of pea gravel in which it was embedded, MCpl Stevens shared his thoughts on the exercise.

“This here is just awesome - from across Canada, from different aircraft fleets, from different levels of experience, everyone comes

Photos: Pte Isabel Lavallee-Raby, 8 Wing Imaging



Shown above is part of the recovery and salvage exercise on a CF-18 operated by RASS.

to collaborate their efforts in a place where Recovery and Salvage is most centralized with the bulk of equipment to utilize,” said MCpl Stevens.

On October 18, the RASS instructors wrapped up the practical exercises by having the students “crib” a CC-130 Hercules, using a vast support system of pallets and cables, and then lifted it off the ground with airbags.

A similar course called the “Crash Disabled Aircraft Recovery” (CDDAR) course was available to Canadian RAS personnel for several years in Tucson, Arizona, annually hosted by the United States Air Force and National Guard, until the course could no longer be funded.

Now, RAS training has shifted to the home front and head instructor Sergeant David Gaunt, second in command at RASS, thinks it

makes a great substitute.

“On so many Wings, people are posted out and new people come in to replace their jobs,” said Sgt Gaunt. “As a secondary duty, it is important that RAS teams are on top of their game. We host our exercise once a year in hopes that we can pass along our knowledge.”

RASS members obtain that knowledge and expertise by practising year round on their specialized recovery equipment.

To train, the four RASS members (currently one position remains vacant), keep themselves busy using a variety of difficult scenarios through which they simulate a real recovery or salvage.

Recovering an aircraft can mean that an aircraft will be retrieved for flight safety purposes or disposal - too damaged to be flown as a serviceable aircraft.

Salvaging an aircraft can also mean that it will be

retrieved for re-use, if it has not sustained extensive or irreparable damage.

Some of the jobs for which RASS is contracted serve as fantastic training opportunities, such as when museums call to request that an aircraft be moved to or from a location.

For these types of tasks, RASS practises slinging or lifting aircraft onto airbags to transport them.

This was how the crew recently moved the CF-100 Canuck on display behind the Kingston Military Community Sports Centre, to the front of the facility.

Whether an aircraft is located in the middle of a forest, submerged in a lake, or stuck in mud along the side of a runway, a salvage or recovery job cannot be rushed.

All-Terrain Vehicles (ATVs), boats, jaws of life, snowmobiles and other specialized equipment help RASS get to and complete a

recovery or salvage in as timely a manner as they can.

Keeping in close contact with industry to obtain new equipment and information about techniques or technologies helps RASS stick to their goal to constantly improve methods for faster procedures requiring fewer people, and less strain on the body.

Although RASS is an incredibly gratifying job when challenges are overcome and operations are a success, it comes with its share of bad days.

WO Smith, who will reach 28 years of service as an aviation technician at the end of the month, explained that ‘no matter how much you train, when someone has passed away in a crash, the experience as RASS can be life-altering. Decompression of the recovery team is necessary.’

Such situations inspire RASS members to assist as much as they can while recovering aircraft, as recovering certain aircraft parts crucial to flight safety investigations contributes greatly in obtaining the evidence necessary to uncover why such fatal accidents might occur.

This past May, former RASS member Master Corporal Bram Courchesne headed immediately down to Montana upon being informed of Canadian Forces pilot Captain Shawn McCaughey’s fatal Snowbird crash.

Regardless of whether it’s a training scenario or a real-life mission, RASS’s high level of dedication to the job is unquestionable.

MCpl Courchesne was on his way to Pearson International Airport before his flight was even booked.



Recovery and salvage exercise takes place on a Buffalo A/C.



Aircraft technicians surround a hoisted CF-18 during the October 16 RASS exercise.



Cause factors from 8 AMS flight safety incidents

The following are cause factors from 8 AMS Flight Safety Incidents:

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out first ensuring its completeness and accuracy. If we fail to write an entry for a circuit breaker pulled or a panel partially installed, we cannot always count on the other guy to notice what we have done and put the aircraft back to

norm. Unfortunately, it's the aircrew that finds out there is a problem when an air conditioning system doesn't work or they hear a loud bang. Proper documentation of all work would result in fewer flight safety incidents. We

would also identify faults sooner with fewer headaches, backtracking and less damage to the airframe. What are the responsibilities of the individual technician? All work completed and documented, or directly supervising the completion and docu-

mentation of the maintenance carried out. Verify to the extent necessary the completion of the maintenance action and documentation (i.e. were all operational and independent checks of the affected systems carried out after the work was completed?)

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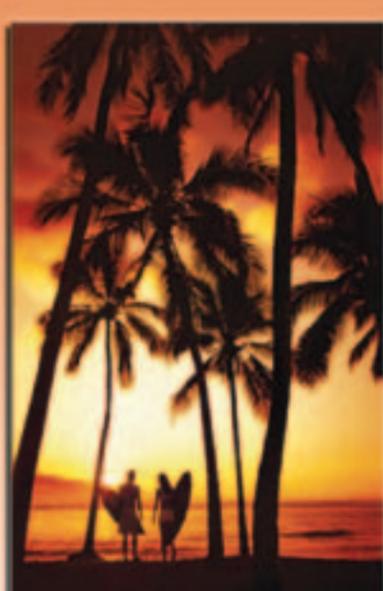
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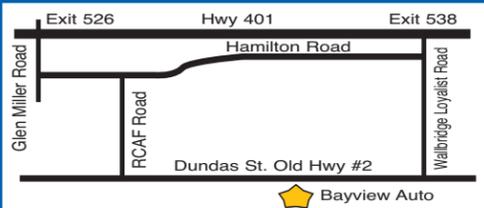


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Another successful Fire Prevention Week at 8 Wing/CFB Trenton

by MCpl T.A. Currie

As the end of October approaches, the 8 Wing Fire Department would like to take this time to announce that this year's Fire Prevention Week was a complete success.

Sparky the Fire Dog made his first-ever visit to different locations throughout 8 Wing/CFB Trenton during the week, which was held from October 9 to October 12.

His first stop, of course, saw him visiting the Siskin Centre, followed by a stop at the three schools on the base.

From there, he headed out on his continuous journey promoting fire safety everywhere he went... to anyone he encountered.

Sparky enjoyed his visit here so much that he also had his teeth cleaned at Wing Dental Unit, and took up accommodations at the Yukon Lodge.

His visit here made such an impact on Sparky that he has decided to permanently call 8 Wing his home. Chimo!

And as a reminder to everyone - a working smoke detector save lives.

Photos: Submitted



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Preparing yourself for winter



Submitted by
Don Heans,
Wing General Safety
Officer

Guiding a vehicle from one place to the next is a particularly challenging task in winter weather. Preparing your vehicle to handle the road is the first step to safe driving.

The following factors add hazards to winter driving:

Ice, snow and water on road surfaces reduce traction, increasing stopping distance and possibly resulting in a skid. It takes more distance to stop on an icy road than on a dry road.

As the temperature reaches melting point, roads become even more slippery than they are in cold weather. Traffic polishes ice and snow on a road surface.

Black ice is a thin and invisible layer of frost on pavement. It commonly occurs around bridges and overpasses and shaded areas, but be alert for it on all road surfaces.

Water, which may be

mixed with oil on the road can be hazardous. Tires lose contact with the road, slipping across the surface of the water and oil instead.

Visibility decreases drastically in winter conditions. Long nights and short days mean you spend more hours behind the wheel when you can see little beyond your headlights. Snow, rain and fog also cut visibility.

Vehicle breakdown can be life threatening because of freezing weather and the possibility of chain reaction collisions.

Here is a suggested pre-winter checklist for all kinds of motor vehicles:

Radiator and heater hoses should be in good condition, free of cracks and leaks. Fan belts should be checked too. The heater should be working well, for your own comfort and to defrost and defog the windshield.

Start the winter with a new set of wiper blades. Equip your vehicle with an ice scraper and a snow-brush. Change to a winter coolant, which won't freeze. Use a winter windshield washer fluid, which won't freeze, and keep it topped up. Check all vehicle fluids including power steering fluid and brake fluid.

Make sure the battery is in good condition for starting the vehicle in cold

weather. Your tires should have good tread to provide traction.

Examine all lights, headlights on high and low beam, running lights, tail-lights and brake lights.

Inspect brake systems to determine if they will provide uniform braking on all wheels.

Muffler and exhaust systems must be examined to make sure they are not leaking. Carbon monoxide is a deadly hazard.

Lubrication should be of winter weight for use in lower temperatures. This includes lubrication of the fifth wheel.

Carry a winter survival kit, especially on long trips or in isolated areas. Include matches and a candle, a parka and sleeping bag or emergency blanket, food, first aid kit, jumper cables with safety goggles, gasoline antifreeze, fuel conditioner for diesel fuel, wrenches for minor repairs, a spare fan belt and radiator hose, spare spark plugs and spark plug wire.

It is important to have a working knowledge of basic vehicle repairs so you know what to do in case of a breakdown, in any season.

Arm yourself against winter driving hazards. Examine your vehicle for defects, and equip it to handle winter driving conditions.

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2004 Chevrolet Venture LS
3.4, 6 cyl, auto, air, tilt, cruise, am/fm/CD, PW, PL, PM, 50,000 miles, silver, 52,880 km, **\$10,900** stk# 7Z751A



2005 Pontiac Montana SV6
3.5, 6 cyl, auto, air, tilt, cruise, On Star, PW, PL, PM, silver, CD, 23,712 km, **\$14,900** stk# 85551A



2005 Ford Freestar SE
4.2, 6 cyl, auto, air, tilt, cruise, alloy wheels, PW, PL, PM, roof rack, blue, CD, 93,503 km, **\$11,900** stk# 7Y85



2003 Ford Windstar Sport
6 cyl, auto, air, tilt, cruise, am/fm/CD, PW, PL, PS, TV/VCR, green, power pedals, rear climate & audio, 58,129 km, **\$10,988** stk# 7Y48



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Alcohol, Other Drugs and Gambling: Supervisor Training

Health Promotion will be offering this one-day course on 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.

Formation du superviseur sur l'alcool, les autres drogues et le jeu

Promotion de la santé offrira ce cours d'une journée le mardi 20 novembre 2007.

Toxicomanie 101 et Respecter les limites: Cette section portera sur les avantages et les risques de l'une des drogues les plus utilisées au sein des FC : l'alcool.

Formation du superviseur; Reconnaître les signes précurseurs et intervenir: La priorité sera d'aider les superviseurs à reconnaître les signes précurseurs et à appliquer les procédures des FC à des études de cas concrètes.

Formation du superviseur; Développer des techniques d'entrevues efficaces: La priorité sera de donner aux superviseurs

l'occasion d'apprendre/d'examiner des techniques d'entrevues efficaces.

Comprendre et modifier la culture au sein d'une organisation: L'environnement ou la culture au sein d'une organisation a une incidence importante sur les attitudes et le comportement de chaque employé relativement à l'alcool et aux autres drogues.

Pour vous inscrire, veuillez aller à l'adresse suivante: <http://healthpromotion.cfbtrenton.com>

ou communiquez avec Lisa Pitt au local 3768. Le nombre de place est limité à 16 personnes.

MFRC



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Deployment Support / Wednesday Night Out
 October 31 - Pizza Night
 November 7 - Auto Assist, road safety
 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 31 octobre - Soirée de pizza
 Le 7 novembre - Auto Assist, sécurité sur la route
 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.
Adult / Adulte \$11.00 (instead/au lieu de \$15.00)
Child / Enfant \$8.00 (instead / au lieu de \$8.50)
 Visit their website for the dates / Visitez leur site web pour les dates
www.bellevillebulls.com/schedule.html

NOTICE OF THE TRENTON MFRC ANNUAL GENERAL MEETING
SHOW YOUR SUPPORT FOR TRENTON MFRC NOW!
APPLY FOR VOTING MEMBERSHIP / MEMBERSHIP RENEWAL
November 13 at 5 p.m. ~ Siskin Centre
 Members of the MFRC Community will meet to review the performance of the MFRC during the last year (2006/2007), and to elect directors to manage its affairs for the coming year.
 Please call Mary Lazier-Corbett at 613-392-2811 local 7372 for more information.

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FAITES DÈS MAINTENANT VOTRE DEMANDE D'ADHÉSION POUR DEVENIR MEMBRE ET POUVOIR AVOIR DROIT DE VOTE OU RENOUELER VOTRE ADHÉSION
Le 13 novembre à 17 h ~ Centre Siskin
 Les membres de la communauté du CRFM se rencontreront pour étudier les performances du CRFM de l'année dernière (2006/7) et élire les directeurs qui s'occuperont de la gestion du Centre, l'année prochaine.
 Si vous avez des questions à ce sujet, n'hésitez pas à téléphoner à Mary Lazier-Corbett au 613-392-2811 poste 7372.

Dates	Skyline Inn		Sheraton on the Falls	
	WATERPARK RATES		WATERPARK RATES	
September 5 to October 31	\$129		\$179	
November 1 to December 31	\$149 - \$129		\$199 - \$149	
December 31 to January 31	\$199		\$259	
January 1 to January 31	\$129		\$149	

FRIDAY/BATURDAY SURCHARGES MAY APPLY

Please visit the MFRC website for more information.
 Visitez le site Web du CRFM pour plus d'information.

Pour plus de rabais pour les militaires, svp, visitez le site Web du CRFM

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

Saturday, November 3, 2007
Departure: 8:30 a.m.
Return: 6:30 p.m.
 Cost \$15/person,
 Register at Reception
 613-965-3575
 Vaughan Mills is located north of Toronto and has over 200 Stores and Restaurants!
Includes transportation by school bus with stops along the way, coupon booklet, prizes and lots of fun!
 * Childcare is available upon request, at regular price, or families with deployed members may use their childcare deployment hours. Register for childcare before October 24, 2007.
 * \$5 daycare voucher available for that day.

Magasinage au Centre d'achats Vaughan Mills
 Le CRFM de Trenton vous amène à Toronto!

Samedi le 3 novembre 2007
Depart 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 to have more information
 S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez www.trentonmfrf.cfbtrenton.com

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HOROSCOPES

Weekly Astrology by Christine Davison

October 28 - November 3

ARIES (March 21-April 19): Something that you feel passionate about may motivate you to action on Sunday, with results being seen on Saturday. Emotions may run high throughout the week. Your friends will see you as intelligent, surefooted and charming after Thursday evening. Earlier mishaps will be righted. Monday and Thursday may be social.

TAURUS (April 20-May 20): You might feel surrounded by kind, understanding and compassionate others over and over again this week. You may come to a fortunate understanding with a sibling or favourite family member after Thursday. Events that occur on Saturday may be related to something that happens on Sunday. People empathize with you.

GEMINI (May 21-June 20): You will wind up at a better place by the end of this week than where you start out from. You may have the energy and will to do what you want, however you might be somewhat confused by what this is; this may be an emotional and melancholy time for you. Thursday brings clarity. The weekend may bring good fortune.

CANCER (June 21-July 22): Others may understand your point of view early on in the week and will behave in a sympathetic manner towards you. After Thursday you may feel as if all is right again with the world. Misunderstandings and miscommunications that began 21 days ago may be understood and forgiven. The weekend brings a new beginning.

LEO (July 23-Aug. 22): Others may warm to your way of thinking over the course of the week. What you say or feel on Monday and/ or Tuesday may cause some emotional conflicts between you and someone you either respect highly or think very little of. By the time Thursday rolls around, everybody will be on your side. Take the higher road.

VIRGO (Aug. 23-Sept. 22): This is a highly popular week for the sign of Virgo. You are stronger than you know and will prove the point several times over the next 7 days. What may have caused conflict and upset a few weeks ago will be reinterpreted in positive ways after Thursday. Wednesday is an unusually social time; expect many visitors.

LIBRA (Sept. 23-Oct. 22): What you do this week may bring you a certain degree of popularity and recognition for your creative talents. Wednesday brings a crowded and highly social time. Travel limitations and communication complications will all be right on track once more after Thursday afternoon. The weekend may almost be as fun as mid-week.

SCORPIO (Oct. 23-Nov. 21): Travel restrictions that held you back over the past few weeks may finally be lifted. Problems with stammering or miscommunication may cause hurt feelings and conflicts up until Thursday when all will be forgiven and forgotten. Wednesday might bring a strange and crowded time; many interesting people may come to visit.

SAGITTARIUS (Nov. 22-Dec. 21): Do what you want to do this week, Sagittarius. As long as no one is hurt, then there's very little reason for you to entertain the status quo. Words said in anger may have a chance to be re-said in kinder ways after Thursday. You may be drawn to the occult or esoteric. Wednesday brings a strange and eerie encounter.

CAPRICORN (Dec. 22-Jan. 19): What begins this Sunday may be revisited on Saturday. Wednesday may bring many sweet surprises and visitors. Thursday brings a deeper, more intimate connection with loved ones. Tell your lover how you really feel and you may be wonderfully surprised at how open and passionate you can be with one another.

AQUARIUS (Jan. 20-Feb. 18): You may be tempted over and over to eat too many sweets or imbibe too much alcohol. This is not the best time to engage in mind altering substances at all, unless you wish to deal with consequences for a long time to come. Enjoy yourself but be sure to temper temptation with moderation. Thursday brings clarity.

PISCES (Feb. 19-March 20): What begins this Sunday may transform into something very different by the time Saturday rolls around. You may become entangled in an unplanned affair. Take a new approach to romance. Follow a creative path when attempting to problem solve. Wednesday may be an unusually social time. Thursday brings clarity.

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

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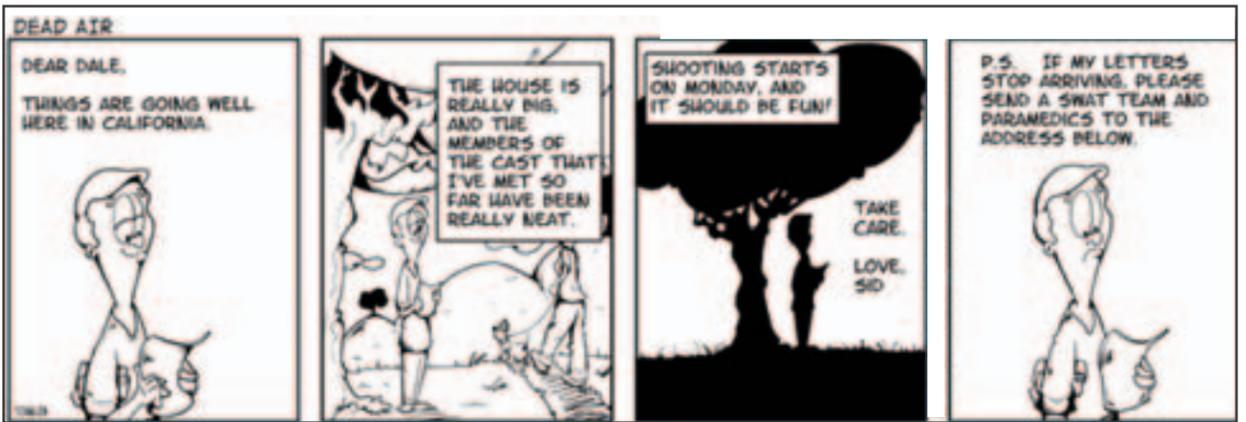
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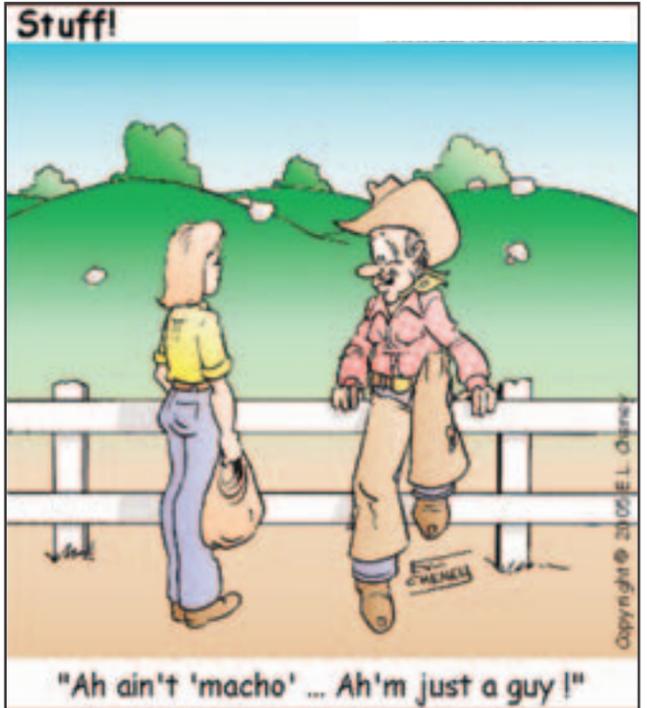
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Not In My Backyard by Dale Taylor





Community Events

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

The Royal Canadian Legion

Branch 110, Trenton

Help us place 1,000 candles on the Cenotaph on November, 10, 2007

In tribute to Veterans, everyone is invited to join in this year's Candlelight Tribute Parade forming up beside the Legion at 7 p.m., and then marching off to illuminate the Cenotaph. Candles may be sponsored for a minimum donation of \$5 in memory or in honour of a family member who served, the Unknown Soldier, legion members who have passed away, for those whom our forces have lost or for those who would like just to write a tribute message. Come out and join us in the parade this November, or have us carry a candle for you. More information, as well as candles, are available at The Royal Canadian Legion Office, 613-392-0331 or contact George Whittle at 613-392-9611.

Canadian Red Cross

Public Service Announcements

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.

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, please 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

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

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

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

Reconciliation: Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.

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

St. Clement Astra (P)
Protestant Community
Chapel Life Co-ordinator
Padre Mike Adamczyk

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

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

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

PLANNING TO GET MARRIED?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplains' Offices at 613.392.2811 ext. 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day. This is applicable to all members falling under Military Ordinariate Jurisdiction; that means for all CF personnel and DND employees who are RC. The latter have the choice between their Wing Chaplains' Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies. If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and to the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

VOUS PLANIFIEZ DE VOUS MARIER?

Si vous projetez vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, le parti catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier prénuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si le parti catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore. Il importe également de prendre note que si le dossier prénuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date : voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage. Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.



Interesting facts about your home

(NC)-Did you know that many homes built before 1980 are under-insulated and leaky?

This means that heat and air can easily escape and enter into your home, which can lead to high energy bills. David Flood, Owens Corning Insulation Expert, suggests that updating insulation in exterior walls is the easiest way to combat this problem. Here are some more helpful tips to make the most of your home.

Did you know

Closing vents in guest rooms may save you money on heating costs.

Closing one vent in an unoccupied room in your home can help make a difference on your next heating bill.

To help improve the energy efficiency of your heating and cooling systems, simply clean air registers, baseboard heaters and radiators as needed, and change forced air heating system air filters monthly.

Consider using washable filters, they cost approximately \$20 each and, with proper care, can last up to five years.

For optimal energy efficiency, top up your attic insulation by simply adding

an extra layer of PINK Fiberglas batts or have a professional blow in PROPINK Blown insulation. A substantial amount of heat can also be lost through uninsulated basement walls. It's just as easy to achieve energy savings in your basement by installing R-20 PINK Fiberglas batts, or a combination of PINK Celfort 200 rigid foam and Fiberglas batt insulation.

You can help decrease the level of airborne noise in your home by 30 per cent*. Install the QuietZone noise control System - including QuietZone acoustic batts, QuietZone acoustic studs and the QuietZone floor mat in your home to reduce unwanted noise from conversations, appliances and TVs transmitted through walls, ceilings and floors.

For more information on improving your home, visit www.owenscorning.ca.

The percentage noise reduction is calculated by correlating differences in sound levels to the ear's ability to perceive noise reduction across all frequency bands as measured in acoustics industry standard human listening studies.

The colour PINK is a registered trademark of Owens Corning.

Homeowner Quick Tip: Save on home heating

(NC)-There's a lot of money to be saved with a little knowledge about furnace efficiency. Here are a few tips on this subject, courtesy of the Canadian Oil Heat Association Ontario Chapter.

- Servicing your furnace before winter can save up to 5 per cent per year.
- Modern oil-fired furnaces operate at 85 per cent efficiency.
- New ultra-modern oil-fired furnaces operate at 95 per cent efficiency.
- Direct oil-fired water heaters can pay for themselves in 1 to 3 years.
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The above information is from sources believed reliable, however, no responsibility is assumed for the accuracy of this information.

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- Young children should always go trick-or-treating with an adult.
- Never trick-or-treat alone.
- Plan your entire route and make sure your family knows what it is.
- Wait until you get home and have your parents check your candy before you eat it.
- Accept treats only in the doorway, never go inside
- Visit only houses where the lights are on.



Please remember that when purchasing your Halloween treats, there are many children who love Halloween and have nut allergies. Try to buy nut-free candy, so these children can enjoy their treats safely!

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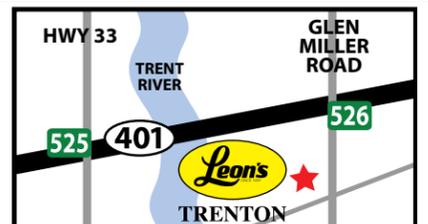
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