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• September 28, 2007 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 42 Issue Number 37 •

## Supporting the courageous men and women of the CF

by Amber Gooding,  
Assistant Editor

Everyone was happy to see red on September 21 as members of the Quinte West community came together to rally support for Canadian troops.

There were two ‘Red Rallies’ held on Friday, one at Royal Canadian Legion Branch 110 Trenton, and the second was hosted by Trenton’s Mark’s Work Warehouse at the Centennial Park Amphitheatre.

Master Seaman Ena Newman, formerly of 8 Wing/CFB Trenton and currently posted to Kingston, has strong roots in the area as she maintains her family home in Trenton.

MS Newman coordinated the Red Rally held at the Trenton Legion, with one common cause in mind – to let troops in Kabul,

Kandahar and Camp Mirage know just how much they are appreciated.

“We want them to know we appreciate them and their fight on our behalf in the war against terrorism,” she said. “We’re hoping that when they view the photos, video and (message) banners from today that it will bring smiles to their faces as they’re reminded that supporters in Canada are thinking of them in a very special way.”

Several hundred supporters gathered in their bright red shirts to pay tribute and respect to the men and women of the Canadian Forces. A couple hundred red shirts formed the number 110 (the legion’s branch number), and a fire truck hoisted up a photographer and videographer to capture aerial images of the formation. Simultaneously, a Griffin helicopter from 8



Photo: Amber Gooding

Hundreds turned out in support of the Canadian Forces at two separate “Red Rallies” on Sept. 21, 2007.

Wing/CFB Trenton flew overhead, circling three times, as the crew looked down on a sea of red, and supporters of all ages waving Canadian flags.

Supporters also signed their names and wrote messages of love and encouragement on “Support Our Troops” banners which will be sent to one of three locations.

Lieutenant-Colonel Carrie Fortier, representing Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, offered a few words on behalf of herself, the wing and the Chief of Defence Staff, General Rick Hillier.

LCol Fortier read the following statement on behalf of Gen Hillier:

“To all attending today’s Red Rally Friday, I want to thank you on behalf of the men and women in uniform for participating in this

incredible show of support for our troops. Our men and women proudly represent their fellow Canadians whenever they are called upon, helping to bring peace and stability in the world on their behalf. For this, these brave men and women are national treasures.”

LCol Fortier said that the community demonstration of support will, without a doubt, be a tremendous boost to their (deployed personnel of 8 Wing/CFB Trenton) morale.

“I’ll add to the Chief of Defence’s remarks in just saying that Quinte West certainly knows how to send a message loud and clear,” said LCol Fortier. “I can see the support present today and I need to reassure you that it means so much to those deployed overseas today. I sincerely thank you on behalf of 8 Wing’s

See Rallies, Page 17

## 426 Squadron earns Certificate of Registration for AF9000 Plus

by Sgt Kirk Canning  
Quality Manager  
426 Squadron

On behalf of all 426 Transport Training Squadron members, the Commanding Officer, Lieutenant-Colonel Dave Cochrane, recently accepted the squadron’s Certificate of Registration for AF9000 Plus from Colonel Mike Hood, Commander, 8 Wing/CFB Trenton.

This certificate recognizes 426 Squadron’s compliance to the Quality Standard for Aerospace Engineering and Maintenance.

The Canadian Forces adopted the internationally recognized ISO 9000 series of Quality Standards, creating the AF9000 “light blue” version to address a number of problems with past practices in the administration of aircraft maintenance

inspections and the resulting effects on maintenance operations.

Since then, virtually all maintenance organizations in the Air Force have become registered, greatly improving the effectiveness of aircraft maintenance operations, and therefore overall Air Force capability.

One of a handful of Operational Training Units within the Canadian Forces, 426 Squadron trains hundreds of domestic and foreign aircrew and technicians each year for Air Mobility fleets. Thus, the Squadron’s Quality System focuses on areas of management, technical instruction, and system support processes necessary to consistently produce operationally effective graduates and services.

The registration of this Quality System is the culmination of a col-

lective team effort by all 426 Squadron members, and is testament to the squadron’s status as a world class military training institution.

Each member is committed to the Squadron Quality Policy to “ensure total customer/force employer satisfaction and achieve our mission and vision through a squadron-wide commitment to produce products and services of the highest quality, with a strategic emphasis on continuous process improvement.”

With the receipt of the AF9000 Registration, 426 Transport Training Squadron now is acknowledged to have the tools to provide the best possible products and services for its customers, the Air Force, and by extension, Canada and the world.

*Per Ardua Ad Astra.*



Photo: Cpl David Hardwick, 8 Wing Imaging

Lieutenant-Colonel David Cochrane, Commanding Officer of 426 Squadron, receives the Certificate of Registration for AF9000 Plus on behalf of the squadron. The presentation was made by Colonel Michael Hood, Commander, 8 Wing/CFB Trenton.

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## 413 Wing Air Force Association of Canada

**413 Wing is having a Military Appreciation Day on Oct. 5**

To kick off the Thanksgiving long weekend, 413 Wing of the Air Force Association of Canada is having a Military Appreciation Day. All military members of 8 Wing Trenton are cordially invited to drop in at our facility at 230 North Murray St.

between 1200 - 1700 hrs. on Friday, October 5, 2007.

There will be free hamburgers and hot dogs and ample opportunities to swap stories between the past and the present.

Our members wish you all a Happy Thanksgiving and wish to show you "We support our troops."

## LEGION CELEBRATES 75th ANNIVERSARY



Photo: Submitted

Members of the Marmora Branch of the Royal Canadian Legion celebrated the 75th Anniversary of the branch, on September 22, 2007, attended by Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer, second from right. Also pictured, from left to right, are: Second World War veterans George Osborne, Clarence Reynolds, Rev. Jim Armstrong and Gordon Bennett.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



8 Wing Transport/EME Squadron is the temporary home to this new 2500 Litre De-Icer made by Premier Engineering. Mr. Wylie Bartz (left) of Premier, and Mr. Raoul Proteau from DSVPM (NDHQ), are here teaching the operation and maintenance of this equipment to various 8 Wing personnel. This new de-icer will soon find its way to Alert where it will provide de-icing capabilities not currently available there.



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## 424 Squadron aids in search for teens over Georgian Bay



Photo: 8 Wing Imaging

A CH-146 Griffon helicopter like the one involved in the search over Georgian Bay practices a rescue scenario.

by 2Lt Marc Velasco  
Last week, the members of 424 Transport and Rescue Squadron were involved in the high profile search for 19-year-old Karla Smith and her friend, 18-year old Jamie Love-Wilkinson on Georgian Bay.

The teens decided to go sunbathing Monday afternoon, setting off in an eight-foot dinghy from Wasaga Beach Provincial Park. The winds picked up and waves grew, as they struggled to paddle back to shore. They snapped a paddle in the process and then tried swimming to shore with the dinghy.

Overwhelmed by the waves, they finally climbed back in and huddled together.

The parents went looking for the teens

and a search was initiated Tuesday evening. A search and rescue CC-130 Hercules aircraft and CH-146 Griffon helicopter were dispatched from 8 Wing/CFB Trenton to aid in the search efforts. Coast Guard watercraft, Ontario Provincial Police, local fire fighters and Coast Guard auxiliary were also involved in what became an extensive search process.

"We were on NVGs (Night Vision Goggles) looking," explained Major Michelle Colton, an aircrew member of 424 Squadron on the Hercules the night of the search.

"It was very windy coming off the water... terrible visibility."

With no lifejackets, food or means of communication and wearing only bathing

suits, the girls spent close to 28 hours on the dinghy in temperatures of about 6 degrees Celsius before being rescued.

"It was providence... thank god it didn't freeze" commented Maj Colton.

The girls were discovered late Wednesday afternoon around 4 p.m. by a Coast Guard helicopter near the Western Islands. They had drifted 58 kilometres from where they had originally set off on Wasaga Beach.

The girls were immediately taken to Collingwood hospital for observation and found to have only a few scratches and bruises with mild dehydration.

It was all in a day's work for the flight crews of 424 Squadron and all search and rescue personnel involved!

## Search & Rescue UPDATE

This past week, 424 Squadron personnel had to assist with a total of nine taskings since the last report.

The first mission required a coordinated effort, which demanded the assistance of both the Griffon and Hercules aircraft. Last Wednesday, the crews were launched to search for two teenage females that had been missing for over 24 hours in a dinghy. The girls were last reported in the Wasaga Beach area.

The Griffon conducted a shore crawl while the Hercules began searching lines in the bay. The search continued for almost 24 hours until the girls were finally located by a Coast Guard Bell Jet-Ranger helicopter approximately 40 miles northeast on the Western Islands. Both girls were alive and well with only minor injuries.

On Friday, the Hercules was tasked by JRCC while airborne to investigate an ELT near Chatham. A 20 nautical mile expanding square search was completed in the vicinity of the signal and roughly located near the Highgate grass strip. The information was passed on to JRCC and then the mission was stood down. Later that day, the Hercules was tasked again to investigate an overdue 43-foot boat with two persons on board near Killarney. The crew was stood down just after a few minutes while en-route.

Then on Monday, the Griffon crew was tasked to extract a deceased heart attack patient, 2 Air Ambulance medics, and the victim's wife, from Algonquin Park. All individuals were transported to the airport in North Bay.

The next day, the Griffon was tasked to search for an ELT near Burlington airport. The signal was picked up five miles east of the airport and tracked to a private field 10 miles southwest of the airport. The signal was emitting from a C-172 and was turned off after the Hercules flew over the area.

Until next time, stay safe.

Missions for 2007: 190

Missions for Sep.: 28

Persons rescued: 26

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## The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel M.J. Hood, CD, Commander, 8 Wing / CFB Trenton.

### The Contact Staff

**Editor-in-Chief:** Capt Nicole Meszaros  
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**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.



### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

• Please label all disks and hard copies with article name, contact person and phone numbers, date.

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

### Letters to the Editor:

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

Intranet: [Steiner.AL@CFBTrenton@Trenton](mailto:Steiner.AL@CFBTrenton@Trenton)

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



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



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## LETTER TO THE EDITOR

Given the traffic congestion caused by the new 4-way stop sign at the intersection of Yukon and Anson, would it be feasible to investigate opening the cadet camp gate again? It would only need to be open from 0600 - 0900 and from 1500 - 1700. This would enable another access route to the South side and would prevent congestion on Highway 2.

Chris Forsythe  
 MCpl  
 SARNOCC

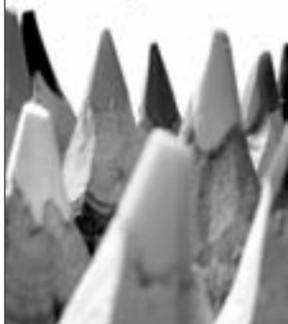
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All letters must be signed and the names will be published unless otherwise requested. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, fax, email or drop it off in person.



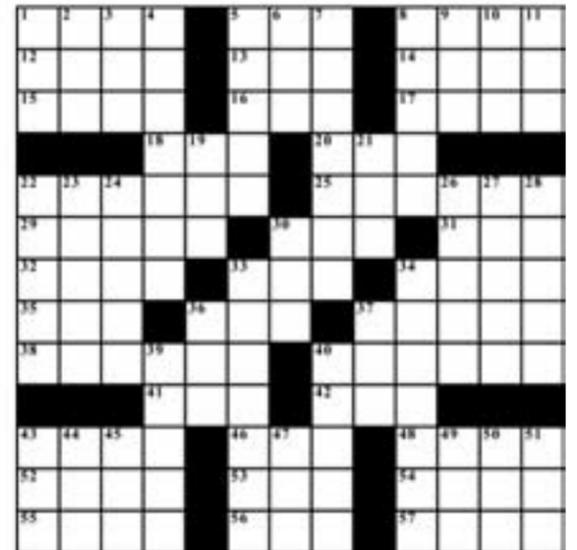
# Canadiana Crossword

## Just For The Ell Of It

By Bernice Rosella and James Kilner

- ACROSS**  
 1 October birthstone  
 5 Deplete  
 8 Suffered defeat  
 12 German auto  
 13 Centre or cure precoder  
 14 Canine cry  
 15 Handle  
 16 Creation  
 17 Spirit  
 18 Summer time in Ont.  
 20 Unwell  
 22 Hostile stares  
 25 Parental  
 29 Russian city  
 30 Putative pansy  
 31 Sea food  
 32 Post  
 33 Conger  
 34 Ice mountain  
 35 Soul, to Stephane  
 36 Autumn mo.  
 37 Father Christmas  
 38 Ontario community  
 40 Along a line  
 41 Onassis, familiarly  
 42 Pest  
 43 All square  
 46 Limo license  
 48 Reverberation  
 52 Told all  
 53 Arel or Tasman  
 54 Fertility goddess  
 55 Poker play  
 56 Annex  
 57 Dispatched

- DOWN**  
 1 Acorn maker  
 2 Play on words  
 3 Fuss and bother



- 4 Generous  
 5 Chairs  
 6 Spring mo.  
 7 Wretched  
 8 British Columbia mountain  
 9 Lubricate  
 10 Resort  
 11 Large integer  
 19 Lair  
 21 Cap  
 22 Nasser's middle name  
 23 Dali  
 24 French farewell  
 26 Good night  
 27 Blood vessel  
 28 Alberta community  
 30 Wager  
 33 Astronomer's interest  
 34 Engages in railery  
 36 Over, poetically  
 37 Wrongdoing  
 39 Pasture  
 40 Montreal suburb  
 43 Hockey's Tikannen  
 44 Common carrier  
 45 Tolkien creature  
 47 Salt, to Serge  
 49 Guevera  
 50 Ms Leghorn  
 51 Cereal grain

Answers found on page 12



## This Week in Contact

1977 – Herr Herbert Laabs, a senior official with the Defence Department of the Federal Republic of Germany, visited 8 Wing/CFB Trenton, as one of the stops on a tour of Canadian Forces training establishments. Herr Laabs holds a position equivalent to Lieutenant-General, was accompanied by his personal staff, as well as high-ranking military and civilian officials from National Defence Headquarters in Ottawa.

1987 – A team of military personnel from 8 Wing/CFB Trenton entered the Belleville Corporate Challenge competition and after competing in 10 separate events against 34 opposing teams, 8 Wing/CFB Trenton emerged as the top point-getter and was awarded the first place trophy, along with individual medals. The competition was held on the Loyalist College campus and included such challenges as "Name that tune," "Clothes Exchange" and "Barrel Fill".

1997 – The base fire department of 8 Airfield Engineering Squadron hosted its second annual Slow Pitch Tournament in aid of Muscular Dystrophy. The event resulted in 10 teams having a great time to benefit a worthy cause. The teams came from all over the local area and the top three places went to Wal-Mart, Sherwood Inn and the 8 Wing Hosers. Overall the events raised over \$1,000 after all expenses, which went directly to Muscular Dystrophy.

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



## LONG SERVICE AWARD



Photo: Amber Gooding

On September 18, 2007 Amy Cleaton, a swim instructor with the 8 Wing/CFB Trenton Community Recreation Association, received her 10-Year Long Service Award from Colonel Mike Hood, Commander, 8 Wing/CFB Trenton at an Honours and Awards Ceremony held at the Warrant Officers' and Sergeants' Mess.

## New Officer Development Program

by 2Lt Noel Paine

Pay attention Air Force officers! The Canadian Forces School of Aerospace Studies (CFSAS) in Winnipeg is currently developing a new Air Force Officer Development Program (AFOD). The AFOD program is being developed to provide the formal professional development education for Air Force Officers from the time they finish their basic training and are recognized as part of the Air Force until they are promoted to Major. For anyone commissioned after 1 January 2003, this program will be mandatory.

The AFOD program, when finally complete, will have three study periods for officers to complete as their careers progress. The initial period will be from enrolment until trade qualification and will focus on an introduction to the Air Force environment. The second period of learning will be from trade qualification until promotion to Major, and the last period will be those who progress past the rank of Major.

The new program is designed to use the online tools of the DND Learn website and

distance education. Officers will have the opportunity to tailor the program to their career needs and be flexible to fit within an individual's time restraints. For those currently interested in beginning AFOD, the second level of the program is available to officers who are trade qualified. New students who begin the program will be used to help develop the proceeding blocks of study.

Completion of the AFOD program is designed to span a number of years. To assist the students in understanding the relevance of, and where they are in the program, the curriculum content has been organized into themes, operations, leadership, communication and management.

The new AFOD program is still in the development stage with the second level of study hoping to be in its finished format by 2010. For current Air Force officers, there will be another learning and skill development opportunity now and in the future.

For more information on the program, information is provided on the website: [http://17wing.winnipeg.mil.ca/CFSAS/AFOD/Student/afod\\_student\\_e.htm](http://17wing.winnipeg.mil.ca/CFSAS/AFOD/Student/afod_student_e.htm)

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Skaters will be broken up into groups depending on age, skills and ability.

The course will take place for 10 weeks, from October 1 to December 10, on Monday evenings from 5 to 5:50 p.m.

There will not be a class on Monday, October 8.

Cost is \$55 for military and CRA members; \$60 for military community non members; and \$70 for the general public. Full hockey equipment is required, including sticks and mouth guards.

## Base Intersection Sports

It's that time of year again. The 2007/2008 winter sports season is almost upon us. The 8 Wing I/S leagues are open to all CF military, DND and NPF full-time employees.

**NHL:** The Noon Hour Hockey League (NHL) will commence on Monday, October 15, and play during the noon hour at a cost \$80 per player. Player registration for the NHL will be extended until October 5, from 0800 to 1130 and again from 1300 to 1530 hrs, Monday through Friday at The Gymnasium main office.

**I/S Noon Hour Volleyball League:** The I/S Noon Hour Volleyball League will commence on Monday, October 15, and will play every Monday and Wednesday. The last organizational meeting will be held at 1400 hrs on October 10 in the conference room at The Gymnasium. Unit and team reps, and anyone wanting to play, are urged to attend the meeting.

**I/S Floor Hockey League:** The I/S Floor Hockey League will commence on Monday, October 15, and play every Monday. The last organizational meeting will be held at 1000 hrs on October 9, in the conference room at the Gymnasium. Unit and team reps, and anyone wanting to play, are urged to attend.

**I/S Indoor Soccer League:** I/S Indoor Soccer League will commence at 1800 hrs on Thursday, October 25, and play every Thursday. The last organizational meeting will be held at 1400 hrs on October 9, in the conference room at The Gymnasium. Unit or team reps are urged to attend the meeting.

**I/S Bowling League:** I/S Bowling League will commence at noon on October 24, and play every Wednesday and Thursday. The organizational meeting will be held at 1200 hrs on Wednesday, October 10 at Astra Bowling Lanes. Unit or team reps are urged to attend.

## Base Sports Teams

**Men's and Women's Volleyball Teams:** The men's and women's volleyball teams practice times are Monday from 1630 to 1800 hrs, and Friday from 1130 to 1300 hrs, at area one at The Gymnasium. The team coach for the men's team is Corporal Svend Simonsen at local 7395, and for the women's team is Captain Andrea Clement at local 7530 or Captain Melanie Couture at local 2816.

**Basketball Team:** The Basketball Team practice times are Tuesdays and Thursdays from 1130 to 1300 hrs at area one at The Gymnasium. Corporal Clint Killham (at local 3511) is this year's coach.

**Ladies Hockey Team:** The Ladies Hockey Team practice times are Tuesdays and Thursdays at 1600 hrs, at the RCAF Arena. Mr. Bryan Pearce is the coach.

**Men's Hockey Team:** The Men's Hockey Team practice times are Mondays from 1300 to 1700 hrs; Wednesdays and Fridays from 1500 to 1600 hrs at the RCAF Arena. Corporal Steve Owens (at local 3094) is the coach.

**Old Timers Hockey Team:** The Old Timers Hockey Team practice times are Mondays from 1300 to 1700 hrs; Wednesdays and Fridays from 1500 to 1600 hrs at the RCAF Arena. Corporal Steve Owens (at local 3094) is the coach.

**Badminton Team:** The Badminton Team practice will be held from 1900 to 2130 hrs every Monday and Wednesday. All levels of players are welcome to attend and have fun.

For more info on the Base Sports Program contact Dan Cormier, Military Sports Coordinator, at local 3373.

## Learn to Skate: From 8 to 88

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

Learn the fundamentals of the sport, improving balance, agility, turning, stopping and confidence. The program includes a 40-minute lesson and 10 minutes of practice time. A helmet is recommended for children 10 years of age and under. The program will run on Sundays from 3 to 3:50 p.m., from October 14 to December 16.

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

## RecPlex Hours of Operation Effective September 22, 2007

The RecPlex will be open Monday to Friday from 8:30 a.m. to 9 p.m. On Saturdays, the facility will be open from 8:30 a.m. to 8:30 p.m. (*\*Only open at 8:30 am during the Fall, Winter and Spring session of Red Cross Swim Lessons. Otherwise open at noon*). On Sundays and holidays, the RecPlex will open from noon to 4:30 p.m.

For more information, please feel free to call 613-392-2811 ext 3361.

## POTTERY AND CERAMICS STUDIO

Watch for upcoming details on this new venture.

The Rec Association will soon be offering studio time, which will be available for experienced potters and ceramicists.

Those interested in learning more may contact the Rec Association at 613-392-2811, local 2349.

## Pre-school Stomp and Romp

This pre-school program is for ages two to five years old. Come and enjoy a fun exercise program with your children, with an introduction to stretches, gymnastics and dance, followed by free-time with lots of great play equipment.

Cost is \$15 for CRA members; \$20 for military community non-members; and \$25 for the general public. There is also a drop-in option at a cost of \$4/week.

Stomp and Romp will take place Thursday mornings, from October 11 to December 13, from 10 to 11 a.m., for a total of 10 weeks.

# LOCAL SERVICES AND TRADES

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# Fitness, Sports & Recreation

## Hockey Skills and Drills program

This newly designed program is for hockey players to practice drills and develop new skills. The program's key components focus on individual skills, in small groups of four to six players per instructor.

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

Please note: This is not a power skating or learn to skate program. It is designed to improve individual skills, advancing you to the next level.

## Learn to Skate for Youngsters

This program is great for youngsters between the ages of four and seven years old. Learn to Skate for Youngsters is designed to provide a fun and safe skating experience for the beginner skater and is divided into four levels.

Skaters are evaluated weekly by their coach. There are no formal "testing sessions" for learn to skate and it is not a hockey-oriented program.

Youngsters will receive instruction in proper skating technique and posture, coordination and balance, perfecting the skills of forward skating, backward skating, turning and stopping.

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

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

Cost is as follows: \$55 for military and CRA members; \$60 for military community non members; and \$70 for the general public. Please note that there is a maximum of 20 participants.

The program will run from October 12 to December 14, 2007, on Fridays from 5 p.m. to 5:50 p.m.

Lesson times are from 5 to 5:25 p.m. and from 5:25 to 5:50 p.m. (with 25 minutes of instruction and 25 minutes of practice).

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

Please note: A helmet is required for children under 16 years of age, along with mittens or gloves. Parents are required on the ice only if the child is unable to stand up on skates unassisted.

## CRA Swim Schedule

The following contains information in regards to the RecPlex swim schedule, effective September 22, 2007.

**Military Fitness Lane Swims** will take place in the main pool, which is open Monday to Friday from 12:00 p.m. to 1 p.m.

**Adult Lane Swims** will take place in the main pool, which will be open Monday, Wednesday and Friday mornings from 5:30 a.m. to 7:00 a.m. and again from 10:30 a.m. to 11:30 a.m.; Monday to Friday from 3:30 p.m. to 4:30 p.m.; and on Saturday, Sunday and holidays from 3:00 p.m. to 4:00 p.m.

**Rec Swims** will take place in both pools, and will be open on Monday, Wednesday, and \*Friday evenings from 6:30 p.m. to 8:30 p.m. (Please note: On Friday evenings during the Rec Swim, the bug inflatable will be in the pool and it is super fun); Saturdays from 1:00 p.m. to 3:00 p.m. and again from 5:30 to 8:00 p.m.; and on Sundays and holidays from 1:00 p.m. to 3:00 p.m.

**Parent and Tot Swims** will take place in the warm-up pool and will be open Mondays, Wednesdays, and Fridays from 10:30 a.m. to 11:30 a.m. and again from 5:30 p.m. to 6:30 p.m.; Monday to Friday from 3:30 p.m. to 4:30 p.m.; and

Saturdays, Sundays and holidays from 3:00 p.m. to 4:00 p.m.

**Seniors Lane Swim**, for 55 years and older, will take place in the main pool, which will be open on Mondays, Wednesdays, and Fridays from 7:05 a.m. to 8:05 a.m., from 8:10 a.m. to 9:10 a.m., and from 9:15 a.m. to 10:15 a.m. Space is limited. Pre-registration is recommended.

**Therapy Swims** will take place in the warm-up pool (shared pool with parent and tot swims), and will be open Mondays, Wednesdays, and Fridays from 10:30 a.m. to 11:30 a.m.

Drop-in fee for non-members is as follows: Military community non-members, \$1 (six months to five-years-old), \$2 (six to 17-years-old), \$3 (18 years and older); general public \$2 (six months to five-years-old), \$3 (six to 17-years-old), \$4 (18 years and older).

Please note: Due to operational commitments, some timings may have to be cancelled on very short notice. Please remember that the pool rules are in effect at all times. Younger children may be required to pass a swim test in order to swim in the main pool.

For more information please call the RecPlex Recreation Association reception desk at 613-392-2811 ext. 3361.

## Video Dance

Join us at the south side Gym for the Much Video Dance on October 13.

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.

## Youth activities - RecPlex

The following activities will take place on Monday evenings from 6:30 to 8:30 p.m. starting October 1.

These activities are open for youth ages 13 to 18 years old.

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

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

## 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

## Associate Membership Rates

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

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

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

year; \$285 for nine months; \$200 for six months; and \$110 for three months.

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

All memberships may be purchased at the RecPlex, Monday through Friday from 9 a.m. to 5 p.m. and on Saturdays from 9 a.m. until noon.

## Twaddlers on Ice: Skating program

Twaddlers on Ice is a program designed for pre-school children to teach them the basic skills of skating in a fun and safe environment.

This program will run for 10 weeks, from October 2 to November 27, with instruction periods running from 10 to 11:20 a.m. Instruction periods run from

10 to 10:20 a.m., from 10:30 to 10:50 a.m., and 11:00 to 11:20 a.m. (20 minutes of instruction and one hour of practice).

Cost is as follows: \$55 for CRA members; \$60 for military community non members; and \$70 for general public. Please note: A helmet is recommended for all participants.

## RecPlex Hoops Basketball Program

The Hoops Program helps kids to understand the game of basketball and develop skills. The program is good for the beginner right up to advanced. There will be 25 minutes of skill development and a scrimmage consisting of two 15-minute halves. The Hoops Program will take place on Tuesdays from October 9 to December 11 in the

RecPlex gym, for a total of 10 weeks.

Players 8 to 10 years of age will play from 6 to 7:15 p.m., and players ages 11 to 13 will play from 7:15 to 8:30 p.m. Cost is \$30 for CRA members; \$35 for military community non-members; and \$45 for the general public. Cost includes a t-shirt. Pre-registration is required.

## Bronze Medallion and Emergency First Aid

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

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

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

1:00 p.m. The exam date is set for Sunday, October 28, from 9:00 a.m. to 1:00 p.m.

Please note that 100 per cent attendance for all classes is mandatory. There is a prerequisite for this course. Participants must be at least 13 years of age.

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

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



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# Don't take your hands for granted



Submitted by  
**Don Heans,**  
Wing General Safety  
Officer

Could you imagine doing your job without your hands?

We tend to take it too much for granted that we have two hands at our command, immediately ready to do what we want them to.

They not only perform amazing manual tasks and provide us with sensation, but they also make us money.

Just ask anyone who has lost the use of their hands. They may have had to learn to use other parts of their body or an artificial limb to do what hands normally do.

The workplace may

be one of the most valuable places we can use our hands, but it is also one of the most likely places you can injure them. That's why it is important to take proper precautions to protect them.

To wear or not to wear gloves on the job? It depends.

There are times to wear gloves on the job when they will protect you from scratches and scrapes, cuts, shock, infection, chemicals and temperature extremes of hot and cold.

Many different kinds of gloves are available with different designs, made from different materials ranging from metal mesh to leather.

Ask your supervisor for the right kind of glove for your job. In some situations, gloves can cause a risk of entanglement in moving machinery.

Other than wearing gloves, you can follow common-sense procedures to protect your

hands at work.

Handle tools the right way. Use the right tool and carry it properly so you do not injure yourself.

Know the right operating movements when using tools. For example, too much force, vibration or repetitive movement might cause serious hand strain.

Try not to twist your hands in extreme positions. Take hand breaks.

Clean and protect your hands. Always wash your hands after you handle chemicals and materials so you don't become infected or receive a bad skin reaction.

Don't clean your hands with solvents or fuels; they cause their own skin disorders and strip your hands of natural oils. Barrier creams help to protect your hands against many substances. They are not substitutes for gloves, however.

Watch your hands

around equipment. Anything with a blade might cut you...or cut off your fingers or hands.

You can also crush your hands in machinery, under boxes, or in drawers or cabinets.

These are called pinch points. Respect machine guards. They are there to protect you from being injured by moving machinery. Never tamper with them or alter them.

Immediately treat wounds and injuries, even minor cuts and scrapes.

Wash wounds and cover them with a bandage and wear gloves to continue your tasks. If the wound or injury is serious, immediately seek the help of a first aid attendant or doctor.

Treat your hands like a favourite person or a valued employee.

Protect and respect them, don't undervalue them. Otherwise you might lose two of your best friends!



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## Start-a-Fit-Life

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

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

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

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

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

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

In addition to developing a personal program, the fitness staff will work with participants on an individual basis at the 6 week mark and again at the 12 week mark to ensure/enable maximum results.

This course is limited to 16 people. To register, please contact Lisa Pitt by phone at local 3768 or via email at pitt.l@forces.gc.ca

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

Instructors: Kendra Lafleur, Health Promotion Director and Lisa Refausse, Fitness and Sports Coordinator

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

Please note that both sessions are mandatory.



## New child health clinics

Hastings and Prince Edward Counties - Parents and caregivers will benefit by the addition of four new public health Child Health Clinics in the area.

The Hastings and Prince Edward Counties Health Unit is adding clinics to the existing schedule. No appointments are necessary at these free clinics. Clinics provide parents and caregivers of children from birth to 12 with breastfeeding support, information on infant and child nutrition, information on growth and development, tools to check a child's development, and information on parenting, safety issues, behaviour and other parental concerns.

Clinics will take place in Belleville every Tuesday from 9 to 11 a.m. at the Health Unit, and every Thursday from 10 a.m. to 1 p.m. at the Ontario Early Years Centre. New to Belleville are clinics on the first Monday of each month, from 8 to 10 a.m. at Abigail's Learning Centre and the first Wednesday of each month (beginning October 3) from 9 to 10:30 a.m. at Prince Charles School.

The Deseronto clinic will open on the fourth Tuesday of each month from 9 to 11 a.m. at Deseronto United Church.

Clinics will be held in Quinte West every Wednesday from 9:30 to 11:30 a.m. at the Health Unit, and the second Tuesday of each month from 1 to 2:30 p.m. at the Ontario Early Years Centre, and the last Monday of each month from 10 to 11:30 a.m. at the Trenton MFRC.

Clinics will be held for Prince Edward County residents on the second and fourth Wednesday of each month from 1:30 to 3 p.m. at PECCS Picton. New to the clinic schedule is the third Tuesday of each month from 10 a.m. to 12 p.m. on the lower level of The Armoury, and the first Tuesday of each month (beginning October 2) from 9 to 11:30 a.m. at Ameliasburgh Town Hall.

Clinics in Bancroft will take place every Tuesday from 12 to 1:30 p.m. at North Hastings Children's Services, the second Wednesday of each month from 9:30 to 11:30 a.m. at Bridge Community Church (Bird's Creek), the second Thursday of each month from 9:30 to 11:30 a.m. at Coe Hill Public School/Community Centre; and the second Friday of each month from 9:30 to 11:30 a.m. at the Maynooth Community Centre. New to the North Hastings clinic schedule is the fourth Tuesday of each month from 9:30 to 11:30 a.m. at the Mayo Community Centre, McArthur Mills.

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## RUNNING FOR CHARITY



Photo: Submitted

It was on a beautiful September afternoon that the members of the Canadian Forces Land Advanced Warfare Centre (CFLAWC) gathered for the 2007 Terry Fox Run. More than 75 runners and walkers braved the beating sun on September 14 in order to participate in a six or ten kilometre run to commemorate the 28th anniversary of Terry Fox's Marathon of Hope. Thanks to the runners' efforts, CFLAWC gathered \$264 in pledges to contribute to cancer research. Congratulations and thanks to all!

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6034. Fresh in off Ford lease! Only 58,000 kms. Automatic, air conditioning, cruise, tilt, CD, locks, keyless and more! Amazing shape!  
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5606. GMAC LEASE RETURN! Loaded with all the Cadillac options including AWD, V8, panoramic sunroof, 17" high polished alloys and leather heated seats.  
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**2005 CHEV EQUINOX LT**

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6134. All wheel drive! Power sunroof! Only 44,000 kms! Loaded up w/power everything. Amazing shape. Off GMAC lease!  
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5986. SHARP! 5.3 V8, loaded with full pwr. group inc. pwr. buckets, steering controls, AutoTrac 4WD, running boards, tonneau cover & much more. Only 70,000 kms. Off GMAC lease. Amazing shape!  
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6125SD. 7 RIDER 4X4, only 52,000 kms! Loaded w/full pwr. options inc. DualZone climate, pwr. seat, alloys & much more. Excellent shape.  
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**2005 CHEV CREW CAB SHORT BOX 4X4 LS**

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0 down taxes included  
**\$214.80**  
biweekly 84 mths.

6019D. Fresh in off GMAC lease. Only 44,000 kms! Loaded with full pwr. group. Balance of factory warranty. Excellent shape!  
**\$24,995** certified

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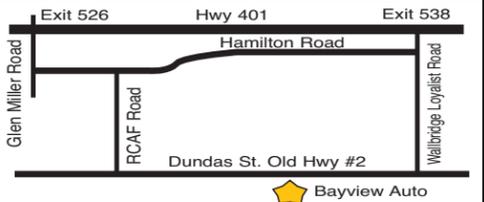
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# HOROSCOPES

Weekly Astrology by Christine Davison

September 30 – October 6

**ARIES** (March 21-April 19): Your upbringing may weigh upon your mind and flood you with memories and emotions over the next few days. Try to cast off habits and set ways of talking to your family members or doing things around the house. You are an intelligent, creative, inventive and empathetic person who knows when changes are needed.

**TAURUS** (April 20-May 20): There may be a sibling rivalry towards the onset of the week. Afterwards a slight confrontation may occur between you and a close family member. You have the charisma and the stamina to bring about a happy reunion between you and someone you care for. This could be a very beautiful week. Your curiosity is insatiable.

**GEMINI** (May 21-June 20): Try not to view work as a source of stress this week. Your career may improve sooner than you think is possible. Try to join in any pertinent competitive activities and you'll be sure to come out ahead. Don't worry unnecessarily over your financial situation. Act assertive; let others know what you desire.

**CANCER** (June 21-July 22): You are highly protective of your home and family. There may be a need for your courage and strength this week. You express your love and affection in an impulsive manner. Try to let others show how much they love you in return. If you put your new energy, over the week, to good use then you'll be happy you did.

**LEO** (July 23-Aug. 22): You may wish to explore your religious goals and spiritual needs over the next few days. There are deep questions you have long been searching for the answers to. Your libido and passion may threaten to dominate your senses and attitudes this week. Cultivate patience and you may be able to redirect your energies.

**VIRGO** (Aug. 23-Sept. 22): You are stronger than you know and far more intelligent and capable than others sometimes give you credit for. Work that you perform with like-minded friends may involve charitable acts or humanitarian works. You want to help out more people than just yourself. Your acquaintances are nurturing, passionate and protective.

**LIBRA** (Sept. 23-Oct. 22): Don't be afraid of competition or confrontations at work this week. You may need to stand your ground and stick up for your own or another co-worker's ideals. You have the energy, devotion and drive to be able to tackle even the most difficult project or creative work. Sometimes, the easiest way out is through....

**SCORPIO** (Oct. 23-Nov. 21): This week is all about catching up on school work or beginning new paths towards higher learning. Some of your most creative and original work can be performed now. Your memory and imagination are well-honed and should be put to task. A brief journey or visit may turn up gossip or may begin an unusual adventure.

**SAGITTARIUS** (Nov. 22-Dec. 21): A maternal relative may find you to be a positive influence upon her life. You have the ability to nurture, comfort and heal those you love and care for. Feel free to explore hidden information or esoteric studies. You are irresistibly attractive to those who know you. A lover may appreciate your ardour.

**CAPRICORN** (Dec. 22-Jan. 19): You may have found the perfect beau or belle this week, though try to wait for a short while yet before you ask your lover about long term romantic commitments. You are loving and affectionate. Invest your energy wisely over the next week and you and your lover will be glad you did. The question of marriage looms large.

**AQUARIUS** (Jan. 20-Feb. 18): Dreams from last week may hold a special wisdom or importance for you now. Listen to your dreams and trust your feelings. You may wish to look into astrology or tarot cards. If you open up your heart, then love will make a home there. Others rely upon you; they know you'll make anything work when need be.

**PISCES** (Feb. 19-March 20): Try to let someone shy approach you for once. There is a chance of falling in love or developing a strong crush upon more than once person at a time this week. If someone is playing hard to get, it may be because they genuinely are hard to get. Don't be afraid of getting your hands dirty. Explore your inner artist.

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

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**GINGER & SHADOW** BY BARRY CORBETT



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**Rules for Duffers**



Some duffers never know when to give up!

**Crossword Answers**

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

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



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# Community Events

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

## Round-Up for Research - Put your boss behind bars!

The Kidney Foundation of Canada is looking to lasso in some local bosses and community leaders to participate, knowingly or unknowingly, in the annual western-themed fundraiser, Round-Up for Research.

The local event will be held at Trenton Town Hall, located at 55 King St., (the former jail!) on Friday October 26. Local law enforcement will "arrest" your boss based on a "crime" you or your colleagues suggest. Bosses spend an hour in the mock jail calling colleagues, business associates and friends to help raise their "bail" as set by our mischievous, fun-loving judge.

The bail money is donated to the Kidney Foundation in support of medical research, services for kidney patients in Eastern Ontario and organ donation awareness programs. There are 700 people in our area who receive services from the Kidney Foundation.

Round-Up for Research is a region-wide event. This year's goal is to raise \$200,000 across 20 Eastern Ontario communities competing for the glory of claiming to have the most jail-worthy bosses around. Quinte West and Prince Edward County are joining forces to beat out Belleville, whose event is being held at the Quinte Mall on October 12.

To have the posse arrest your boss, please call the event coordinator at 613-961-7939.

No time to attend on event day? No problem. We can throw your boss in "virtual jail". To learn more about this campaign, or virtual jail visit <http://www.kidney.ca/>

## 413 Wing

### Air Force Association of Canada

#### 413 Wing is having a Military Appreciation Day on Oct. 5

To kick off the Thanksgiving long weekend, 413 Wing of the Air Force Association of Canada is having a Military Appreciation Day. All military members of 8 Wing Trenton are cordially invited to drop in at our facility at 230 North Murray St. between 1200 - 1700 hrs. on Friday, October 5, 2007. There will be free hamburgers and hot dogs and ample opportunities to swap stories between the past and the present. Our members wish you all a Happy Thanksgiving and wish to show you "We support our troops."



### CHAPLAIN SERVICES SERVICES OFFERTS PAR L'AUMÔNERIE

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

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

#### Unit Chaplains / Aumôniers des unités

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

#### Support staff -- Personnel de soutien

Rev. Jim Craig, P; Fr Julien R. Beaulieu, RC;  
Both are Civilian Officiating Clergymen

### WORSHIP SERVICES

Our Lady of Peace(RC)  
Christian community - communauté  
Notre-Dame-de-la-Paix (CR)

Chapel Life Co-ordinator  
Julien Régis Beaulieu  
Co-ordinateur de Vie de Chapelle

#### Mass

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

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

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

#### Chapel organizations (RC)

Chapel Pastoral Council:  
TBA 1900hrs

Knights of Columbus: first Thursday, 1900hrs  
CWL: second Tuesday, 1900hrs  
Chorale: mercredi, 19h00  
Choir: Tuesday, 1900hrs

#### St. Clement Astra (P)

Protestant Community  
Chapel Life Co-ordinator  
Padre Mike Adamczyk

#### WORSHIP SERVICE

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

#### PARISH ORGANIZATIONS (P)

Chapel Guild: last Tuesday, 1930 hrs

#### Duty Chaplain/Aumônier en devoir

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

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Sunday Sept. 30, 2007  
10 am - 3 pm  
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Trenton MFRC Family Day  
(Visa, MC, debit, cheque)  
Support the United Way!

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### MONTHLY BOOK SALE

The Friends of Quinte West Public Library will be holding their monthly book sale on Saturday, September 29, from 9 a.m. to 1 p.m. at the Municipal Building, located at 22 Trent Street North in Frankford.

There's a great selection of books for all ages to enjoy.

For more information, please contact Ann at 613-397-1680.

News

# SPEECH, LANGUAGE AND LITERACY CAFE

Photo: Amber Gooding



The Trenton Military Family Resource Centre (MFRC), in conjunction with the Ontario Early Years programs, hosted the first of two Speech, Language and Literacy Cafés on Tuesday, September 18 in the Bistro at the Trenton MFRC. Parents, children and caregivers had the opportunity to speak with a Speech-Language Pathologist, resource consultants and Early Literacy Specialists to gain information about early literacy skills, speech, language development and local community support services available. The café also hosted interactive storytelling and age-appropriate activities which include both children and adults. Shown above is four-year-old Kyla, with mother Kaleyna, spending some time at one of the various arts and craft tables set up at the café. The second Speech, Language and Literacy Café will take place at the MFRC on Tuesday, October 23, from 10 a.m. to 11:30 a.m.

## TEN HANGAR BARBERSHOP



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## THE PHYSIO CENTRE

The Physio Centre staff welcomes Janice Holmes, Registered Physiotherapist to the clinic. Janice, a native of Belleville, graduated from Queens University with a Bachelor of Science in Physiotherapy in 1997. Specialty courses she has taken include The McKenzie Institute for spinal care and acupuncture. She is now accepting new patients.  
*Please call for more details.*



**We are also offering new evening hours for your convenience. Please call for more details.**

30 King St., Unit #205  
Trenton, Ont. K8V 6B1

Phone: (613) 392-7823  
Fax: (613) 392-2612



The theme of this year's Fire Prevention Week is "Practice Your Escape Plan," and will kick off officially on October 9, 2007.  
  
Watch The Contact for more details in the coming weeks.



### IMP Solutions

I.M.P. Solutions, a division of I.M.P. Group Limited, has an opening for a **Systems Administrator.**

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The Jr Ranks Mess & WO's & Sgt's Mess  
presents:

# OKTOBERFEST

Friday, October 19, 2007

Doors open: 20:00 hrs  
Cost: \$5.00 military members  
\$7.00 non-members

Location: Astra Lounge & WO's Sgt's Main Lounge  
(Members don't forget to bring your military ID)

Dance to the music of DJ "Garland Tully" in the Astra Lounge or the band "Bohica" in the WO's & Sgt's Mess



*Free hat,  
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Advance tickets on sale at the  
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Prizes & Draws throughout the evening!

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# TRENTON Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

## Annual MFRC Family Day

Sunday, September 30, 2007

10 am - 3 pm

\*Meet & Greet

\*Free BBQ: beef/pork on a bun, hotdogs, coleslaw, bake beans, cake...

\*Music \*Face painting \*Psychics  
\*Activities with the firefighters

\*The Cotton Candy Co.  
with Funnel Cakes & SnoCones



\*Kiddie Commando

\*Different activities & prizes, fun!\*

## Journée annuelle de la famille

Le dimanche 30 septembre

de 10h à 15h

\*Social

\*Barbecue gratuit: boeuf/porc sur pain, hotdogs, salade de chou, fèves au lard, gâteau...

\*Musique \*Peinture faciale \*Voyantes  
\*Activités avec les pompiers

\*The Cotton Candy Co. avec des Funnel  
Cakes & Sno Cones

\*Kiddie Commando

\*Activités, prix & plaisir!...\*



### Deployment Support / Wednesday Night Out

- October 3 - The "Secret" in practice - Change your thinking, change your life. Explore how to make positive changes in your life using the power of intention and other holistic approaches. Guest: Sherri Bergman

- October 10 - **Introduction to Arbonne® International**, a botanically-based, pH correct and hypoallergenic pure Swiss skin care company. One lucky person will take home a prize basket full of great products. Come test, feel and see the difference that Arbonne® can make for you! Guest: Maura-Jo Haytaoglu Independent Consultant

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.trentonmfr.cfbtrenton.com](http://www.trentonmfr.cfbtrenton.com)

### Soutien au déploiement / Les sorties du mercredi soir.

- Le 3 octobre - " Le secret " en pratique - Changer votre façon de penser peut changer votre vie. Explorez les manières positives d'apporter des changements dans votre vie en utilisant la suggestivité et les approches holistiques.

Invitée : Sherri Bergman

- Le 10 octobre - **Introduction à Arbonne(r) International**, une compagnie suisse de produits pour la peau à base de plantes botaniques, pour l'équilibre du ph et hypoallergénique. Une personne chanceuse repartira avec un panier rempli de merveilleux produits. Venez tester, sentir et voir la différence qu'Arbonne peut vous procurer! Invitée : Maura-Jo Haytaoglu, consultante indépendante

Téléphonez pour savoir ce qui s'en vient comme activités, 613-965-3595 ou 613-965-3575

Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, [www.trentonmfr.cfbtrenton.com](http://www.trentonmfr.cfbtrenton.com)

### Noon Hour Pilates

Dates: Tuesdays and/or Fridays, 12 weeks

Cost: \$60 / one day a week \$120 / two days a week

### Guitar

Group lessons for youth and adults

Dates: Saturdays, 10 to 11 a.m.

Cost is \$160 for ten weeks and can be made in two instalments

Come on Saturday September 15 at 10 am for a demonstration and to register

### Dealing With Stress Workshop

Come learn to recognize signs of stress as well as strategies to prevent it. Control your life before it controls you!

October 4 - 9:30-11:30 in the Bistro

October 4 - 6:30-8:30 in the RCAF Room Fee: \$5

Childcare available at regular cost. Please register in advance at reception.

### Pilates du midi

Dates: les mardis et/ou vendredis, pour 12 semaines

Coût: 60\$ / un jour par semaine 120\$ / deux jours par semaines

### Guitare

Cours de guitare en groupe - Pour les adultes et les jeunes.

Dates: Les samedis de 10 h à 11 h

Coût : 160,00\$ pour 10 semaines (Le paiement peut être effectué en 2 versements).

On vous invite à venir au Centre le 15 septembre à 10 h pour une démonstration et l'inscription au cours.

### Atelier sur gestion du stress

Venez apprendre à reconnaître les signes de stress ainsi que des stratégies pour le prévenir. Contrôlez votre vie avant qu'elle ne vous contrôle!

4 octobre - 9 :30-11 :30 au Bistro

4 octobre - 18 :30-20 :30 salle RCAF

Coût : \$5 Service de garde disponible au prix régulier. Inscrivez-vous à la réception.

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

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# Rallies held in support of troops, Cont'd from Page 1

deployed members, for your tremendous support and show of effort today.”

Canadians across the country are increasingly showing their interest in, and support of, personnel of the Canadian Forces. Demonstrations such as this help those away from home, for training or on operations, and whose families bear a great burden and do so with courageous and unwavering support.

The messages were echoed at the Centennial Park rally later in the afternoon. As Tiffany Lodder, store manager of Mark's Work Warehouse in Trenton, wrapped up the Adopt-A-Soldier campaign, which started a few months ago, she announced that more than \$9,000 had been raised to go towards gifts that will be sent to 175 local deployed soldiers who will not be home for the holiday season. She admits to feeling overwhelmed with the response and overall show of support, and what a community, collectively, has been able to accomplish.

“I thank everyone for their generosity and support throughout the last couple of months,” said

Lodder, who is also a military spouse. “These mean so much to our soldiers, and will be accepted with gratitude.”

Some of the items within these gift boxes include Kraft Dinner in microwaveable containers, water bottles, gum, magazines, videos, coffee, tea, and granola bars...to name a few. The boxes also have a coupon book for local discounts and savings to be used upon their return.

Lou Rinaldi, Member of Provincial Parliament, Northumberland County, said he is proud to be a part of such a wonderful show of support and that this is one of the most important things they (deployed personnel) need to do their job, which is the knowledge that every single one of us is behind them, day in and day out.

“Thank you very much for being here today to show your support to those around the world and here at 8 Wing,” he said. “By your presence, you're showing that you care; you're showing that you are 100 per cent behind the men and women in uniform.”

Lieutenant-Colonel (Ret'd) Peter Dawe, father

of fallen soldier Captain Matthew Dawe, visited Trenton for the first time since his son's death, and spoke to the crowd of supporters.

“The last time I came to Trenton was the eighth of July...worst moment of my life,” he said. “I can't even begin to tell you what one goes through at a time like that but I can tell you that seeing the outpouring of support, something physical, helps to ease the pain. It's not trite to say that it means an awful lot.”

Dawe said that he has seen just about every mark of respect for the passing entourage, and it struck him too, that it all started here in Trenton.

“You people should be congratulated. I know that missions take off from here, and come back through here, some too early, and that you are in a unique position,” he said. “But you do not sit back, by any means, and say ‘oh, we're just a freak of geography.’ You've taken it to heart and accepted the responsibility for folks like me who have lost dear members of their family. On behalf of all families that have lost a loved one...it's a horrible situation but you people take

the edge off. Thank you very much.”

Events like this may not help fill that void felt by those away, those home, or those who have lost a loved one, but one thing is for certain...we all care.

Regardless of how we show our support, it's there and as stated by Gen Hillier, events like Red Rally Fridays do make a difference for Canada's deployed soldiers - for they keep their spirits up by sending them a very clear message that what they do on behalf of all Canadians is truly appreciated and valued.

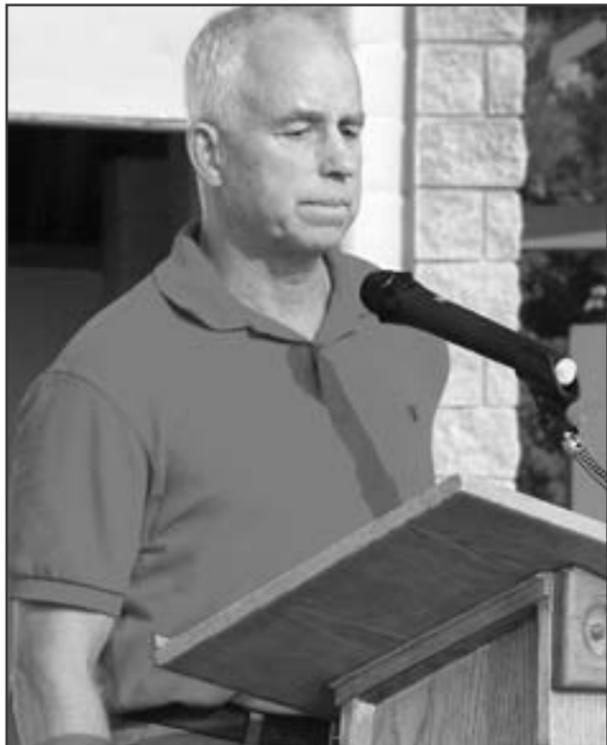


Photos: Amber Gooding

**Top right: Lieutenant-Colonel Carrie Fortier addresses the crowd of supporters during the afternoon ceremonies of the Red Rally held at the Royal Canadian Legion Branch 110 Trenton on Friday, September 21, 2007.**



**Right: Quinte West Mayor John Williams takes some time to sign one of three “Support Our Troops” banners, which will be sent to deployed troops in Kandahar, Kabul and Camp Mirage.**



**Lieutenant-Colonel (Ret'd) Peter Dawe thanks the crowd of supporters for the continued support for the many men and women in uniform.**



**Phil Fisher, a member of The Canadian Army Veteran (CAV) Motorcycle Units, proudly displays our nation's flag along with the CAV unit flag during Friday's Red Rally to show support for Canadian Forces troops currently deployed in operations overseas.**

**Johnstown Events**

Roy Bonisteel and Friends offers a Fall Reading

**Saturday September 29, 2007, 7 pm**

For details and other events and classes see:  
[www.johnstownchurch.ca](http://www.johnstownchurch.ca)  
 or contact Lesley at 392-9212

\$20 in advance or \$25 at the door.  
**Proceeds for the Safe Youth Foundation.**

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**Congratulations Blue Eyes & The Singing Electrician**  
We witnessed the marriage this past weekend of Blue Eyes and The Singing Electrician. It was a lovely event and the bride was beautiful and radiant as ever; and the groom was handsome and very well behaved. We thoroughly enjoyed ourselves. Enjoy the honeymoon in Las Vegas and let us all know how it went. Congratulations and best wishes to both of you.  
*Don & Debbie*

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**Opportunity**  
**Director of Music**  
St. Andrew's Presbyterian Church, Trenton is looking for a Christian gifted in music to fill the position of Director of Music. Responsibilities will include co-ordination of all music including weekly practices.  
**Applications to: standrewstrenton@sympatico.ca by Oct. 31, 2007**  
Enquiries **613-392-0013**

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The interest of all candidates is appreciated, however, only those selected for an interview will be contacted.

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### Community Events

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Sat. Oct 6th  
Belleville Legion 9pm  
[www.romeoandjuliet.ca](http://www.romeoandjuliet.ca)  
**613 392 9850**



# Fall Planting 101: What to plant , where to plant and when...

(NC)-Fall is a great time to be working in the garden. The season's colours may be orange, but you can go "green" and be environmentally responsible while planting and prepping your garden for another glorious year.

**Bulbs for the months ahead:** Now is the time to think ahead to warmer weather and how you want your garden to look all season long. Start by selecting a wide-range of bulbs, several for each season, to ensure your garden is colourful for as long as possible. Have a palette in mind and buy different sizes in this palette to create an organized and colourful effect.

**Planting bulbs:** There are a few basic rules when it comes to planting. First, plant bulbs pointy side up, by the dozen.

Try not to plant in straight rows. For a natural effect, let the bulbs roll out of a basket on the ground and plant them where they fall.

**Foil the squirrels:** Squirrels love to rampage through a garden, digging up bulbs and taking a bite. Squirrels don't like narcissus though, so plant them with tulips, which they do love to keep both bulbs and blooms safe.

**Plant strategically:** After bulbs bloom, the leaves continue to provide nourishment for next year's growth. Try and plan your garden so that fading leaves can be hidden by other plants. Start by planting bulbs, especially the little ones, as close as possible (about 30 cm/12 in.) to shrubs and trees, so there will be something to cover up yellowing foliage.

**Plant a tree or shrub:** Fall is one of the best times of year to plant trees and shrubs. If you live in areas that are relatively warm it's a fantastic time to plant deciduous trees, spring-flowering trees and shrubs (dogwoods, viburnums, magnolias, redbud). They are less likely to suffer transplant shock. Evergreens do particularly well if you keep them deeply watered right up to hard frost. In colder zones, wait until Spring to plant evergreens.

**Planting for Fall colour:** It only takes a weekend. From chrysanthemums to gourds and pumpkins, your yard can look great even with the seasonal shift. You can plant chrysanthemums earlier in the season to give your garden a burst of colour. Try planting autumn crocus



(Colchicum spp. and cultivars), which bloom within three or four weeks of planting. They disappear only to return next Fall.

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