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• November 21, 2008 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 43 Issue Number 45 •

## Protect yourself from influenza--get your flu shot now

by Michele Edwards RN  
Immunization/Community  
Health Nurse and  
Dr. Chris Hayman Wing  
Surgeon

Yes, it's that time of year again! The dreaded cold and flu season.

While some of us are still waiting for summer, winter unfortunately is just around the corner and viruses thrive during the winter months when most Canadians work indoors in close proximity.

Viruses can spread quickly from person to person by coughing, sneezing or by hands contaminated by respiratory secretions.

The flu shot will be offered to all CF military members once again this year through 24 Canadian Forces Health Services Centre, with dates and times of flu clinics to be announced on the wing splash page.

Many people use the terms "flu" or "stomach flu" to describe other illnesses that may actually be a common cold or mild case of food poisoning or "gastro".

To help you understand some of the symptoms associated with these common con-

ditions some of the symptoms of each condition are listed here:

**Common Cold:** Symptoms of the common cold usually begin two to three days after infection and often include: mucus build-up in your nose, difficulty breathing through your nose, swelling of your sinuses, sneezing, sore throat, cough, headache.

Fever is usually slight but can climb to 102 degrees Fahrenheit in infants and young children.

Cold symptoms can last from two to 14 days, but like most people, you'll probably recover in a week.

If symptoms occur often or last much longer than two weeks, you might have an allergy rather than a cold.

Colds occasionally can lead to bacterial infections of your middle ear or sinuses, requiring treatment with antibiotics.

High fever, significantly swollen glands, severe sinus pain, and a cough that produces mucus, which may indicate a complication or more serious illness requiring a visit to your healthcare provider.

**The Flu:** If you get infect-



Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, hams it up for the camera while receiving his flu shot from Captain Chris Hayman, Wing Surgeon, as Michele Edwards, Community Health Nurse/Immunization, mops his brow.

ed by the flu virus, you will usually start to feel symptoms one to four days later. You can spread the flu to others before your symptoms start and for another three to four days after your symptoms appear.

The symptoms start very quickly and may include: body aches, chills, dry cough, fever, headache, sore throat, stuffy nose.

Typically, the fever begins

to decline on the second or third day of the illness. The flu almost never causes symptoms in the stomach and intestines.

Flu complications can lead to pneumonia and respiratory failure can worsen chronic conditions, can be life threatening, seek medical attention. The illness that some call "stomach flu" is not influenza.

**Gastroenteritis:** Also called the stomach flu. Have you ever had the "stomach flu?"

What you probably had was gastroenteritis - not a type of flu at all. Gastroenteritis is an inflammation of the lining of the intestines caused by a virus, bacteria or parasite. Viral gastroenteritis is the second most common illness in the U.S.

It spreads through contaminated food or water, and contact with an infected person. The best prevention is frequent hand washing.

Symptoms of gastroenteritis include diarrhea, abdominal pain, vomiting, headache, fever and chills. Most people recover with no treatment.

The most common problem with gastroenteritis is dehydration. This happens if you do not drink enough fluids to replace what you lose through vomiting and diarrhea.

Dehydration is most common in babies, young children, the elderly and people with weak immune systems and will require medical attention.

**Preventive measures:** The best way to protect yourself from the Flu is to be vaccinated each year in the fall.

Regular handwashing is another way to help minimize your risk. By washing your hands often you will reduce your risk of becoming infected.

For further information the following links are provided: [www.influenza.cpha.ca](http://www.influenza.cpha.ca) as well as [www.cdc.gov](http://www.cdc.gov).

## Personnel attend symposium put on by the US Air Mobility Force

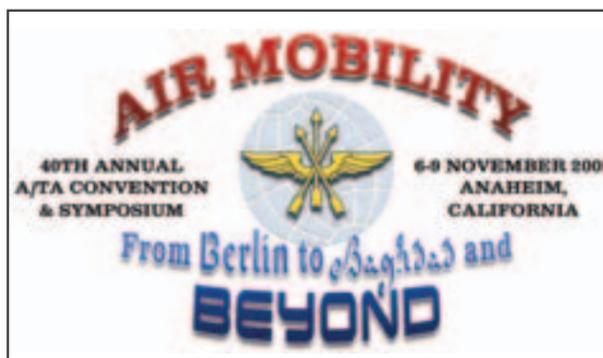
by Major James McPhee  
CFAWC

This year the 2008 10th Annual Airlift/Tanker Association (ATA) Convention and Symposium was held earlier this month in Anaheim, California.

In attendance was Lieutenant-Colonel Jim Kinnear, currently serving a tour in the USA at the US Air Force Air Mobility Command Headquarters of Scott Air Force Base, and

Maj Jim McPhee, currently with the Canadian Aerospace Warfare Centre in Trenton. The two were among some 4,500-5,000 other Airlift/Air Tanker Association members. This being the largest symposium that the US Air Mobility Force puts on annually, was one of the most impressive, educational, and well-run conferences either the two Canadian attendees has ever seen.

The Airlift/Tanker Association comes from a



proud and long history. It is dedicated to providing a forum for US and allies alike to ensure that forces have

the air mobility capability required to implement national security strategy. Truly international in scope,

with members and chapters throughout the world, the association is strong and continues to grow beyond anyone's imagination.

Membership includes active duty, reserve, guard, retired, and both officers and enlisted, as well as civilian and industry supporters of the air mobility mission. Association benefits and programs include a quarterly magazine; annual national conventions; educational programs, seminars and symposiums; college schol-

arships; awards; and heritage programs that recognize outstanding contributors to air mobility, both past and present.

This year LCol Kinnear and Maj McPhee were very fortunate to have attended the 40th annual convention and take part in the myriad of professional development opportunities that were presented. From the extremely professional and relevant lectures ranging in topics from fuel management,

See Symposium, P. 16



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# 8 WING/CFB TRENTON UNITED WAY UPDATE

TOTAL RAISED: \$61,966.00 TOTAL PERSONNEL CANVASSED: 46 PER CENT (As of November 19, 2008)

**November 24 to 28:** Rummage Sale, 0800 to 1530 hrs. 8 Air Communication and Control Squadron is hosting a rummage sale and all proceeds will be donated to United Way. Left over items will be donated to a local charity. For more information, contact the 8 ACCS orderly room at local 3144 or 2810.

**November 25:** Pie Shells for United Way, 0800 to 1600 hrs. Drop by the MFRC and pick up your pie shells for holiday baking. Pie shells are available for everyone, the only thing we ask is that a donation is made towards 8 Wing's United Way Campaign. For more information, contact Jamie at local 4299.

**November 27 to 28:** Four-on-Four Hockey Tournament. Once again this year, a 4-on-4 hockey tournament will be held at the RCAF Arena. Cost is \$200 per team. For more information or to register, contact Steve Owens at local 3315

**November 29:** United Way Family Bowling Day, 1200 to 2000 hrs. Come and enjoy an hour of fun with your family at Astra Lanes, for a donation to the United Way. This event is open to all 8 Wing/CFB Trenton personnel and members of the local community. Reservation is for a one-hour period. For more information, or to make a reservation, contact Lieutenant Annie Morin at 613-392-2811 local 4565 or via email at morin.mva@forces.gc.ca

**November 30:** Saddle up for United Way, 1000 to 1700 hrs. Ride your horse and help support the over 80 programs in 50 health and social service agencies across Hastings and Prince Edward Counties funded by the United Way, at the Batawa Ski Hill. Pledge sheets are available at Bridle Path Tack Shop, Double Horseshoe Tack Shop, and Stirling Feed and Seed. For more information, contact Connie Reid or Meridith Bower at 613-962-9531 or 613-398-6568.

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Belleville Public Library	Smylies Independent
Belleville Legion 99	A&P
QHC Belleville General	QHC Trenton Memorial
Dewey's Independent	Shopper's Drug Mart

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



EME Technicians look skyward as Vehicle Technician Corporal Chris Enwood rides high on the platform of the High Reach Boom Truck. The Boom Truck is a new piece of equipment that was recently added to the fleet of other vehicles and equipment that help to keep 8 Wing/CFB Trenton operational.



# 8 Wing Chapel Memorial Wall honours CF men and women

by 2LT J. Jackson  
OJT, Wing Public Affairs

A dedication ceremony was held on the morning of November 17 for the new Memorial Wall in the 8 Wing Trenton Chapel.

The Memorial Wall, which is located across from the entrance to the Worshipping Area, consists of six framed photographs centred around a crucifix and podium which holds a leather-bound

album of the 97 fallen soldiers of the Afghanistan mission.

The six photographs framed by 8 Wing Imaging depict scenes from the First World War, Second World War and the Korean War, Peacekeeping, and the current mission in Afghanistan.

The dedication ceremony began with prayers and scripture readings in the Worshipping Area, and was followed by a dedication through prayer in front of the wall. Afterwards, those present at the cer-

emony were invited to share refreshments, and take time to examine the wall and photo album.

Beginning in March 2008, the development of the Memorial Wall was first put forward by Padre Phil Boudreau, who saw a need for the 8 Wing Trenton Chapel to have a place dedicated to fallen members of the Canadian Forces. Once approval was granted, Padre Boudreau researched photo archives looking for the perfect pictures to include.

"I wanted to include photographs from the First World War to the present mission in Afghanistan. I felt it was especially fitting to include an album of those lost in Afghanistan, since their repatriation ceremonies were conducted here at 8 Wing/CFB Trenton," says Padre Boudreau.

The public is welcome to view the Memorial Wall. Regular hours are Monday to Friday from 0730 to 1600 hrs, and Sunday from 0800 to 1400 hrs.



Photo: Corporal Brandon O'Connell, 8 Wing Imaging

Padres, from left to right: Captain E. Dompierre, Lieutenant-Commander S. Merriman, Captain P. Boudreau, Captain B. Ross, Lieutenant (N) Z. Jonczyk, and Jim Craig.

## Search & Rescue UPDATE



424 Squadron only had one mission last week.

While training in Quebec our Hercules, Rescue 336 was tasked to northern Hudson Bay to investigate an EPIRB which is an Emergency Position-Indicating Radio Beacon (ELT for the Marine world).

It was determined that the signal was unreliable and the crew could not track it properly. With no other indications of anyone in distress the mission was stood down and Rescue 336 returned to Trenton.

Until next week, stay safe!

Missions for 2008: 224    Missions for Nov: 7    Persons rescued: 32



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### The Contact Staff

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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 (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents 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 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

### Letters to the Editor:

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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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## Canadiana Crossword

### Locale Couleur

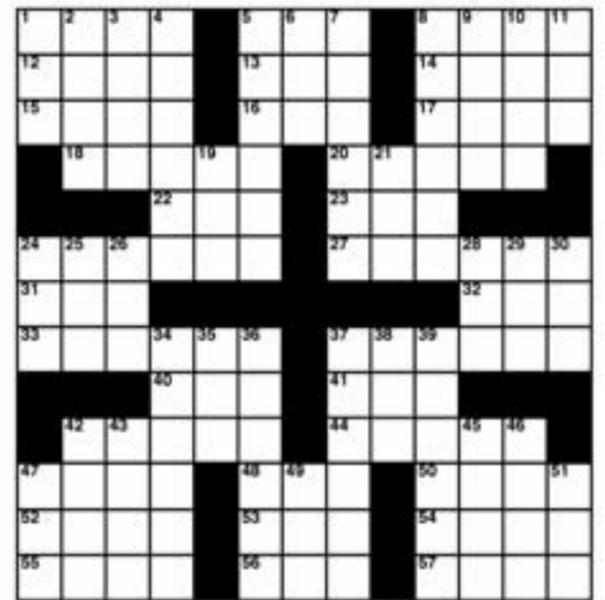
By Bernice Rosella and James Kilner

#### ACROSS

- Taj Mahal locale
- Bronffman or Spade
- Challenge
- Grey, to Gerard
- Environmental org.
- Breast plate
- Toward the sun
- In a
- Haymow
- Deserve
- Red, to Reynard
- Whiz
- Strange
- Violet, to Veronique
- Instigate
- Rocky hill
- Suffix with silk or wool
- Muss up
- Orbit part
- Pasture land
- Household God (Roman)
- Beige, to Bernard
- White, to Celine
- Scheme
- Honolulu handout
- Word class
- Green, to Genevieve
- Baker Finch, for one
- Dig
- Butt
- Twosome
- Ancient Irish tongue

#### DOWN

- Mature
- Metric weight
- Ascend
- Stellar



- Musical composition
- Imitate
- Brown, to Babette
- Deceive oneself
- All eyes
- Overabundant
- Toronto time
- Hockey surface
- Poem of praise
- DVD precursor
- Debtor's doc.
- Salamander
- Excavate
- Sheltered
- Odist's before

- Pedestal
- Journey part
- Vision protector?
- Having abnormal pigmentation
- Buddy
- Orange, to Ophelie
- Blue, to Bernadette
- Receptors
- Black, to Bertrand
- Bear babies
- Private (abbr.)
- de Cologne
- Born of

See Answers, Page 12



### This Week in Contact

1978 - Three Canadians were among 16 NORAD airmen selected as outstanding NCOs of the year. During a three day visit to Colorado Springs in October they toured the underground Cheyenne Mountain operations complex and the US Air Force Academy. There are 53,000 USAF and Canadian personnel in NORAD, and selection for the outstanding airman program is based on both on-the-job and community activities.

1988 - As part of a province-wide week of activities the MPCC and the Base drug and alcohol counsellors hosted a one-night drug conference at Breadner Senior Public School. The evening included several presentations from drug and alcohol experts and ex-users, a large display case of drugs confiscated by MPs, as well as a film illustrating the problem of drug use in a high school, and how denial of the problem contributes to the uses addiction.

1998 - The Military Family Resource Centre took part in a familiar local event; the Trenton Santa Claus Parade. It's hard to believe but Christmas is only a month away! The teen committee along with the help of the MFRC and adult volunteers, participated by decorating a float of their own and spreading the Christmas cheer. The float was a success and won for the best community float. This could be attributed to the hard work of the teen committee, three or four adult volunteers and staff at the MFRC who helped coordinate teams.

Created by Lt J. H. MacDonald,  
 Compiled by Grace La Rose.



## Exercise Trillium Transplant: Chaos hits 8 Wing/CFB Trenton and local area

by Corporal Mathieu Leclerc  
Transportation/Electrical and  
Mechanical Engineering Squadron

The sirens of military and civilian fire trucks, ambulances and police cars could be heard all around as crews rushed to the scene of the simulated aircraft crash site via Whites Road and the airfield.

Already setup on location was the on-scene controller vehicle, relaying all the information back to the command post on base while casualties were being treated, firefighters battled the blaze and police secured the area.

Once the situation was under control and deemed safe, a perimeter was established around the crash site, swept for aircraft debris and so began the process of collecting data for the crash investigation.

The emergency response agencies at play would later respond to a train derailment involving hazardous materials, therefore prompting the immediate evacuation of the private married quarters. This particular scenario, involving multiple levels of base emergency response services, was conducted and responded to under the guidance and co-operation of CP Rail representatives.

Vehicle collisions, power outages, loss of communications, radar malfunctions and other occurrences also randomly disrupted the command post's efforts to remedy the disaster-plagued area and prompted them to relocate while all available resources reacted.

The imminent threat of flooding in the Frankford region that had also been lurking throughout the exercise materialised itself early Friday morning.

The command post received a request for Military Aid to the Civil Authority in response to the flooding in Frankford which prompted a Wing recall that helped determine how many personnel would be immediately available to support domestic operations and provide some relief to the area. Carrying over into the weekend, reservists with 33 Canadian Brigade deployed their Domestic Response Company to 8 Wing/CFB Trenton in order to support with the second phase of the Frankford flood scenario which led them to assume control of the crisis and provide all with valuable experience in return.

The scenarios were all chosen with the intent to test the Wing's response to the most likely and most dangerous emergency situations that could occur on base and in the area.

The goals of exercise Trillium Transplant were to comprehensively test and evaluate as well as exercise and demonstrate the base's Emergency Response capability in order to mount a timely, organized and effective response to a variety of on/off base emergency situations.

The exercise also provided the opportunity to practice using the lines of communication and mutual response agreements forged with municipal-level emergency response agencies from the local community.

Approximately 400 military personnel were directly involved for this multi-day exercise, in addition to the rest of the base personnel who were called back during the Wing recall. Many civilians from the local agencies such as the City of Quinte West, the Hastings County Emergency Response Co-ordinator, Hastings Emergency Services, CP Rail, OPP Quinte West, OPP Odessa, and Quinte Health Care also provided direct and indirect support to the exercise.

Major Brendon Abram, in charge of A3 Readiness Training Flight and the exercise's director noted that overall, the exercise was a success

"Not only was the exercise a great learning experience for everyone involved but it also allowed our team to learn a lot about the planning and organisation required to create and conduct a multi-day, multi-agency training exercise of that proportion," he said. "It will definitely help us improve for future exercises."

Lieutenant-Colonel David Cochrane, who acted as Wing Commander for the exercise, pointed to the great cooperation between the military and civilian agencies that provided quick and efficient response to all scenarios.

"The exercise was a great success and is a benefit to both the military and civilian community as we liaised together, learned of each other's capabilities and combined our efforts," said LCol Cochrane. "I was really impressed by the good synergy and team effort that allowed us to provide viable solutions to the variety of problems we faced."

All of the post exercise notes and observations will be summarized in an exercise report that will perfect our ERP and capabilities so that in the event of a true emergency situation, 8 Wing/CFB Trenton and local communities can feel safe in knowing that the base is prepared, well trained and ready to face emergency situations of that nature.



Photo: Cpl Simon Duchesne, 8 Wing Imaging



Photo: Cpl Igor Loutsouk, 8 Wing Imaging



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Photos: 8 Wing Fire Hall personnel (top) break the windshield of a vehicle in order to extract a simulated casualty during Exercise Trillium Transplant 2008. Members of the 8 Wing Fire Hall and a member of the 24 Canadian Forces Health Services Centre (bottom), as well as other personnel from 24 CF H Svcs (middle), perform first aid procedures on simulated casualties during the exercise.

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# 8 Wing Personnel at Work: Private Rick Amey

Private Rick Amey has his eyes on the sky, and keeps track of what happens up there.

He is a Meteorological Technician (Met Tech) employed at the 8 Wing Meteorological Observation Site, which is located beside the Air Traffic Control Tower.

Pte Amey joined the Canadian Forces in February 2006, and this is his first posting after completing his training at the Canadian Forces School of Meteorology located in Winnipeg, MB.

He became a Met Tech with the CF because he has, "always had an

interest in the weather and understands its impact on operations."

During a typical shift, Pte Amey is responsible for reporting every hour the current sky conditions, active weather, temperature, winds, and pressure. Once he has gathered his data, it is entered into the computer system and can be viewed online not only by CF personnel, but also by any person around the world.

The 8 Wing Meteorological Observation Site is the authority on weather within a 15 statute mile range of the Observations Site, and serves as the basis for all weather reports in the

local media.

At six-hour intervals, Pte Amey does rounds to the meteorological equipment in order to check maximum and minimum temperatures recorded during the time period, and measure any amount of precipitation which may have accumulated.

In addition to regular hourly reports, Pte Amey must provide special updates for any significant weather changes and if an emergency occurs.

These special reports make the observation site one of the busiest places on the Wing during storms and

snowy days, when most operations are forced to a standstill.

Pte Amey enjoys the role he plays in protecting aircrews and passengers from hazardous conditions through his reports on weather systems, and likes the fact that his reports exercise control over aircraft operators, regardless of rank.

Although the observation site does not do any predicting of the weather, the observations made by Pte Amey show trends that are very important for flight planning, and keep pilots informed on areas they should avoid.

Posted to Trenton in July 2006, Pte Amey is expecting his first child with his wife this winter joining his two other children from a previous marriage.

Since being posted to the observation site, one of the most significant observations made by Pte Amey was 100km/hr winds which he recorded during a shift last winter.

**Private Rick Amey, Meteorological Technician, checks the tipping bucket rain gauge (far left photo) to record the amount of rainfall in the last 24 hours. Pte Rick Amey is shown centre checking the satellite screen and recording information for his hourly report to aircrews. Pte Amey works as an observer at the 8 Wing Trenton Meteorological Observation site. He enrolled in the Canadian Forces on February 2006 and was posted to 8 Wing/CFB Trenton in July 06.**

Photos: Pte Isabel Lavallee-Raby, 8 Wing Imaging



## 8 WING QUESTION OF THE WEEK

**QUESTION:**

Will you be receiving a flu shot this year, and why?



**Capt Sylvestre Bishop**  
435 Sqn, Winnipeg

"Already got it, I live in Winnipeg."



**Cpl Yvon Tremblay**  
8 AMS

"No, I got it these past two years and it only seems to make it worse."



**Cpl Denis Marcil**  
Wing Transport/ Refuelling section

"Yes I got the shot because working with many co-workers increases my risk of contracting the virus."



**2Lt Sylvain Marchand**  
WOps

"I intend on getting it yes, to help control the spread of the virus."



**2Lt Gordon Keyser**  
Canadian Mission Control Center

"Yes, I have been getting it for the past few years and it's prevented me from getting sick."

## PET OF THE WEEK



Zena is a 1 year old spayed female border collie/beagle/husky mix. She was turned over after being hit by a car because her owner could not afford the surgery she needed. Zena has since had the surgery and while she is still on cage rest, she is more then ready to join a new family. She needs a home with no other pets.

*Contact the Quinte Humane Society for more information.*

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# Air Cadet with big dreams, big heart for Canada's heroes

by Amber Gooding  
Assistant Editor

Perhaps there is a little bit of an old soul inside Devin Castelloux, one that exists to remind us all of the importance of the little things in life that matter.

Devin is a member of 540 Air Cadets in Oakville and at the age of 16, has spent the better part of the last four years spearheading a project that aims to gather the signatures of Canada's war veterans. The signatures have been recorded on white material that has been attached to a Canadian Flag.

What started as an idea to gather 800 signatures, has now grown into an astonishing 1,800 plus...and still counting.

The main idea behind this project developed from Devin's strong desire to spark an awareness of our veterans.

"I felt then, as I do today, that our veterans have been forgotten for what they did long ago," he explains. "We seem to remember that there are less of them now, but we need to show more appreciation for what they have done for us."

Devin visited the National Air Force Museum of Canada on Wednesday, November 12, to showcase his project and to

meet with 10 veterans, hear some of their stories and collect their signatures.

Veterans in attendance served in the Second World War, Korean War and a number of humanitarian operations and peacekeeping missions. The veterans shared a few personal experiences of serving their country (and Queen), the trials and tribulations, milestone moments, of both the successes and losses they all faced.

Devin's mother, Heather Castelloux, admits that even she didn't think this project would take off the way that it has, and that it's remarkable to experience. Devin originally started this because he was interested in history, she said, and he was trying to improve his writing skills and become more interested in school.

"He's learned a lot about Canada's military history – and he's learning about it from the men and women that were there to see it with their own eyes. It's so personal," she said. "He's met a lot of people and I think that it is helping the younger generation to gain a better understanding."

To read about it in history books is one thing – but to hear, and even see some of the stories from those that were a part of it

all, is another, she explains.

"They fought for their country, so that we could have the freedoms that we do – to say what we want, go where we want, and to be anything we wish to be," said Heather. "All the rights that we have today are because of these men and women. This is something that has opened up Devin's eyes in a whole new light."

Devin has adopted the name of "The boy with the flag," and is known to many as an air cadet with a passion for honouring Canada's veterans – at all times.

One of the most important aspects of this project for Devin is seeing veterans realize that they are remembered – and that people of all ages appreciate the little things in life that affect others in positive ways.

"I did not expect to see so many people react so enthusiastically. I expected that only a few museums may have had some interest," he said.

Although it did take a few years of hard work before this project really started to become noticed, and gain the widespread respect it has received, Devin is pleased that four years later, the project has grown well beyond his initial expectations.

The Grade 11 student from Oakville, Ontario has no plans to slow down with this project.

"I would like to see a flag, or banner, grow in size to a 2 ft by 10 ft made for each province," he said. "This would be something the cadets could do at Remembrance Day events in their province. I am trying to get the flag to travel to the Juno Beach Centre, the Museum of the Regiments in Calgary, and the Halifax Citadel. I would like to see this flag travel to as many Canadian bases and military ships as possible. It would



also be nice to see it travel to Alert some day."

Devin's desire to connect with our veterans, help tell their stories, and make sure they receive the respect they are forever entitled to, sets this young man above the rest when you realize that his passion isn't for the latest gadgets, technology and trends. He does love reading, listening to music and cadets (band), as well as summer and winter camping. But when you ask what he would

really like to do when he spreads his wings to fly on his own, his response is simple, yet profound.

Devin hopes to one day backpack across Europe and walk in the footsteps of his great grandfather who served in the First World War, and chances are it is safe to say that his family and grandfather in particular, couldn't be more proud, and are there with him, each day, supporting him along the way.

Photos: Amber Gooding, Contact Staff



Top photo: The flag and banner as it was displayed at the National Air Force Museum of Canada on November 12, 2008. Signatures are still being collected as Devin Castelloux continues his quest of remembering Canada's war veterans.

Left photo: Devin stands by as Agnes Ward adds her signature to the newest section of the banner. Ward is a Second World War veteran, and leading airwoman with the Royal Canadian Air Force (RCAF) Women Division in London at Air Force Headquarters from 1943 to 1946.



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# FITNESS & HEALTH PROMOTION



## Drug use in the military: How safe is it?

We are all aware that the Canadian Forces is committed to an impairment free workforce, and as a result, prohibits the use of drugs which can impair normal psychological or physical functioning.

There are many reasons for this, but one reason many people don't necessarily think of is the safety factor.

We all know that drugs such as cocaine and heroin are very harmful – this is, after all, why they were made illegal in the first place – but how many of us know what kind of dangers these substances pose for CF members?

The following article will outline the operational dangers posed by cocaine, marijuana, and LSD (otherwise known as acid).

**Marijuana:** Marijuana can lead to exercise-induced angina, which means that you could get significant chest pain (that could easily be confused with a heart attack), when your heart rate goes up.

Given that, in a combat situation, you have to be able to withstand extreme physical exertion at any time, feeling like you're having a heart attack whenever you have to run is a serious problem.

Furthermore, with regular use, marijuana, like tobacco, can reduce lung capacity and cause breathing difficulties.

Again, this is probably something you want to avoid in a combat situation.

**LSD:** LSD, aka acid, is classified as a hallucinogenic drug, so it's no surprise that one of the major features of LSD usage is visual illusions and/or hallucinations.

If this weren't bad enough, it can also cause tremors. Now, imagine yourself in a combat situation and someone in your group has taken LSD.

You now have a person who can't accurately control their body movements (e.g., their trigger finger) and who is seeing things that aren't there. How safe do you feel?

Also, unlike most other drugs, the effects of the drug outlast its time in your system – the half-life of LSD (the time it takes for half of what you've ingested to be metabolized), is three hours, but the effects can last for 16 to 18 hours.

**Cocaine:** The most significant danger that cocaine poses, from an operational standpoint, is that it raises the user's body temperature.

Now, if you're in Winnipeg in January and it's -40°C, this may not seem like such a bad thing.

However, even when the outside temperature is very low, it is still very dangerous for your body temperature to rise as higher internal temperatures cause your organs

to start shutting down.

If it rises more than a few degrees, your brain can stop functioning and be unable to regulate such things as breathing and heart beat. This can be fatal.

Now, those are dangers when it isn't even that hot outside. Imagine how much more dangerous it is when it's really hot outside, like, say, in Afghanistan in the summer.

In this case, your internal temperature is probably already slightly above normal and there is already a significant risk of overheating. Using cocaine on top of this could prove to be fatal.

As you can see, the use of drugs in an operational context is extremely dangerous not only for the user, but their fellow CF members as well. Always think, who's got your back?

For further information on the effects of drug use on the body, please refer to any textbook on internal medicine, such as Harrison's (1998) Principles of Internal Medicine, 14Ed.

For more information on Addictions Awareness Week and the Health Promotion program, please contact your local Health Promotion office or visit our website at [http://www.forces.gc.ca/health/services/engraph/health\\_promotion\\_home\\_e](http://www.forces.gc.ca/health/services/engraph/health_promotion_home_e).

BFT's are being offered on alternating Fridays. To load yourself onto the Battle Fitness Test, please email the Fitness Cell at +PSP Expres Bookings.

20 MSR - PT Tests are now offered daily at 0830 hrs, Monday through Friday. To book your test, please contact your Unit PT Coordinator or email + PSP Expres Bookings

## Upcoming Health Promotion Courses

**Start a Fit Life (24 Health Services referrals only):**  
November 18 and 25

**Holiday Challenge:**  
Ongoing for the month of December

**Mini Weight Wellness – Everyday Eating:**  
December 4, from 1100 to 1200 hrs

**Basic Relationship Training:**  
December 5, from 0900 to 1600 hrs

**Mini Weight Wellness – Social Events:**  
December 11, 1100 to 1200 hrs

**Managing Stress for Success:**  
December 12, from 0900 to 1130 hrs

**Manage your Pocketbook, Manage your Stress:**  
December 12, from 1300 to 1400 hrs

**Mini Weight Wellness – Eating Triggers:**  
December 16, from 1100 to 1200 hrs

**Butt Out - Self Help (Smoking Cessation Program):**  
By appointment on Tuesdays and Fridays, from 0800 to 1100 hrs

Register online at [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com)

## Two new SPIN classes

The Fitness and Sports flight is pleased to offer two new SPIN classes for the 8 Wing/CFB Trenton community.

Classes will take place on Tuesdays and Thursdays at 0630 hrs at the Gym in the MPR.

No registration is required and there is no fee, just show up and join us.

For more information on any of the Fitness programs, please contact Lisa Refausse at local 3328

## SPIN Challenge is coming

Mark your calendars for a Festive Fitness Spin Bonanza on the Gym Floor. The challenge will take place on December 10 at 1000 hrs

Join us for the five hour spin challenge, put in your team of four to fill 40 bikes for 5 hours, all in support of the Food Bank.

For more information please contact Lisa, Event Organizer, at local 3328.

## Did You Know?

The oldest bottle of wine in the world was found in 1867 near a small town in Germany called Speyer, and dates from 325 A.D!



"Did You Know?" is brought to you by your 8 Wing Health Promotion department.

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Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Legion Br. 110 from the hour of:

**8:00 a.m - 4:00 p.m**  
**Tuesday, Dec. 2, 2008**

Anyone wishing more information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage and get some valuable advice concerning your problems.

For An Appointment Call  
Branch 110, Trenton  
613-392-0331 9:00 a.m - 4:00 p.m  
Monday -Friday

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# Go slow when shoveling snow



Submitted by  
Don Heans,  
Wing General Safety  
Officer

You wake up one morning to the heaviest snowfall of the season. You have to shovel the car out of the driveway.

When you arrive for the early shift, no one has even cleared the snow away from the plant entrance, so you reach for a shovel again, even though your back is hurting and you feel slightly dizzy.

What should you do if moving to southern California is not an option?

Stop and think before you tackle these heavy jobs.

Studies have shown that shoveling snow can be as rough on you as a maximum-speed workout on a treadmill.

Every year people die of heart attacks when they over-exert themselves while clearing snow.

Back injuries and strained muscles are also common injuries from this task.

For those who are out of shape or already have heart problems, the combination of heavy work and cold temperatures can bring on a heart attack.

Here are some tips for safer snow shoveling:

Get your doctor's okay for snow shoveling before you attempt it if you know you are out of shape or have a history of heart trouble.

Dress in layers so you can shed some clothing if you get too warm.

Don't rush into the job. Start slowly to give your body a chance to warm up.

You may be tempted to shovel quickly until the job is done so you can return to the comforts of indoors. Instead, work at a slow pace.

Stretch every few minutes and take breaks every 15 minutes or so.

Drink water on your breaks to replace fluids lost through sweating.

If the snow is deep or heavy with moisture, scoop some off the top and then go back for a second load.

Maybe you don't have to do all the shoveling in one day. If the snowfall is moderate, you may be able to tackle half the driveway one day, and the other half the next.

Use safe lifting techniques for snow shoveling. Bend your knees, not your back. Lift the shovel by straightening your legs.

Keep your feet apart to improve your balance.

Keep the load close to your body.

Do not twist your body to toss the snow aside. Turn by moving your feet, and toss straight ahead.

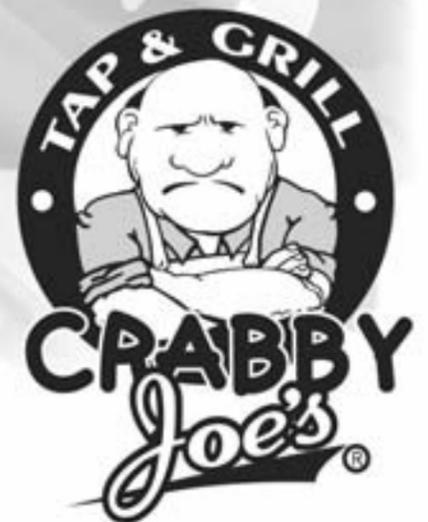
Choose the right kind of shovel for the job. While steel shovels are sturdy, they are also heavy.

Aluminum and plastic models are lighter but less durable. To remove powdery snow you can push a large shovel shaped like a plow. Wet snow requires a shovel designed for lifting.

For the safety of passersby, never leave a snow shovel where it can become a tripping hazard.

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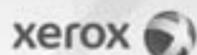
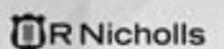
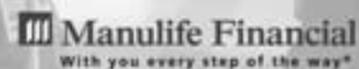
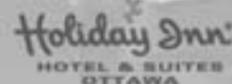
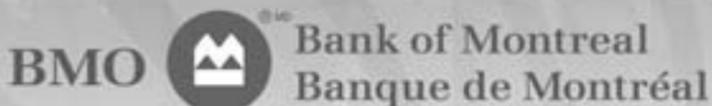
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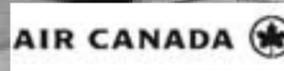
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Sample Photo

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# HOROSCOPES

Weekly Astrology by Christine Davison

November 23 – November 29

**ARIES** (March 21-April 19): This is an adventurous, wonderful time for you filled with learning experiences or chances to meet new people. You may uncover exciting information about someone on your mother's side of the family. A lover may whisper sweet, sensual things. Between Wednesday and Friday, there may be a chance to change your direction.

**TAURUS** (April 20-May 20): Someone may write to you or e-mail you regarding something you once did. New information this week may lead to monetary results involving institutions, inheritances, or insurance. Money may come to you without you having to earn it. Sensual words may be spoken. Try to begin new projects between the 26th and 28th.

**GEMINI** (May 21-June 20): A lover may say something startling or profound to you this week. It may feel as if someone has been almost reading your mind. Use your intuition as well as your intellect when dealing with problems or intimate conversations. Travel may take on a romantic or passionate undertone. Follow and speak your heart.

**CANCER** (June 21-July 22): Pay better attention to your own needs. Though don't be overly selfish about it. You can be calm, patient and dignified at the same time as carving out time for yourself. Avoid suspicious or jealous ways on your part or perhaps the part of others. It's time to try to forgive and forget. Do not listen to gossip.

**LEO** (July 23-Aug. 22): Love may come to you from far-off places if you are willing to travel. You may be able to create something beautiful with someone you've recently met or perhaps someone youthful or young at heart. Try to pick a partner who is as musical as you are. You may be able to mentor someone you care about in creative ways.

**VIRGO** (Aug. 23-Sept. 22): This week revolves around issues dealing with your past and childhood. Perhaps a place you grew up will be one you wish to visit over the next little while. Something that deals with next month's festivities may be drawing upon your heart and mind. Avoid suspicion as it may ruin your feelings of comfort.

**LIBRA** (Sept. 23-Oct. 22): Try not to air your feelings of suspicion or jealousy over the next little while lest others start speaking about you in negative ways. Try to choose the higher road, whenever it is available. Remember, the best revenge is always living well. Don't travel in hasty ways this week. Practise patience, always.

**SCORPIO** (Oct. 23-Nov. 21): There is an excellent chance that you will make money this week through familial ties or job offers via the phone, internet, or letters. Try to choose a career that will allow you more social freedom and the ability to mix more easily with others and perhaps in different, more stimulating or more exotic environments.

**SAGITTARIUS** (Nov. 22-Dec. 21): People may begin conversations with you over the next little while. There is a chance that a Gemini may play an important role in a long-term relationship or perhaps a public affair. Something that you may wish to have kept hidden over the past few years may appear to be public knowledge to everyone else.

**CAPRICORN** (Dec. 22-Jan. 19): Something that you don't care very much about at the beginning of the upcoming week may occupy your heart and mind by the time the weekend rolls around. We all learn from our mistakes and you are able to learn far more deeply than many others. Your heart may not be built of stone but your will certainly is.

**AQUARIUS** (Jan. 20-Feb. 18): You may feel as if you can't get things done as well as others around you but there's very little truth to that. You need the help of others to be able to work. Something you do this week will assist your community, as a whole, later on. Try to partner up with others who share your humanitarian interests and goals.

**PISCES** (Feb. 19-March 20): People may wish to keep you as a confidante. Someone at work may admire your talents. Don't shirk responsibility; you're the best man or woman for the job. Something about you may become notorious or famous in some way. Your empathy and ability to intuit is well-known and valued. Now it's your chance to shine.

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

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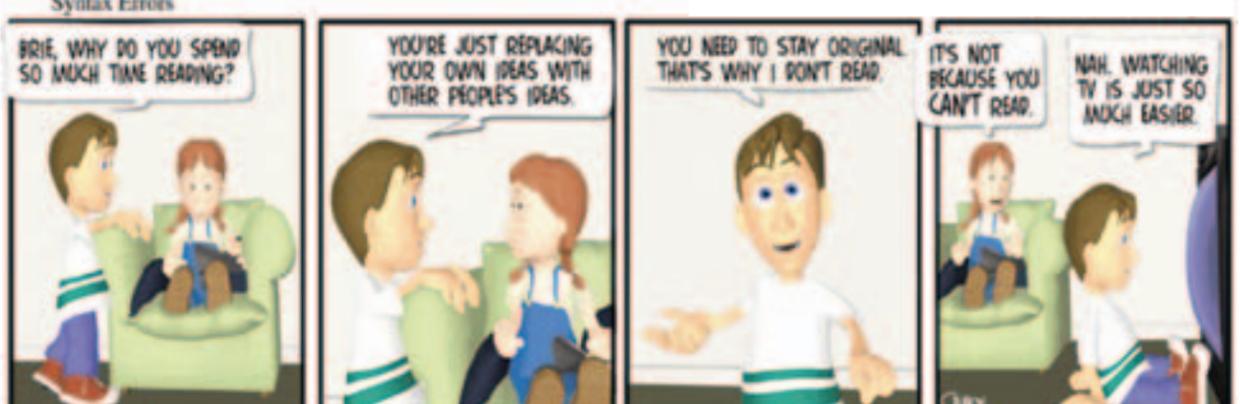
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.

Syntax Errors



BRIE, WHY DO YOU SPEND SO MUCH TIME READING?  
YOU'RE JUST REPLACING YOUR OWN IDEAS WITH OTHER PEOPLE'S IDEAS.  
YOU NEED TO STAY ORIGINAL THAT'S WHY I DON'T READ.  
IT'S NOT BECAUSE YOU CAN'T READ.  
NAH. WATCHING TV IS JUST SO MUCH EASIER.

DEAD AIR



THIS WAS THE FIRST LAUNCHER WE TRIED USING.  
"THE ACME ALIEN LAUNCHER."  
YEAH... I SHOULD HAVE NEVER GONE WITH A STORE-BOUGHT LAUNCHER. WE USED IT ONCE ON A BRAVE LITTLE ALIEN NAMED TED.  
WHY ONLY ONCE?  
BY DAVE JOHNSON  
WE SHOT HIM INTO A BRICK WALL AT 500 MILES PER HOUR. IT WAS A SAD DAY, BUT TEDDY KNEW THE RISKS.  
AS WOULD ANYONE WHO HAS SEEN A ROADRUNNER CARTOON.

DuJour

# LAYOFFS

ROBERT SOMAR



Totally automated ...

## Crossword Answers

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



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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.



**WHEN:** December 1<sup>st</sup>, 2008 5:35 pm

**WHERE:** RCAF Road, Base Trenton

**BENEFITING:** Trenton Care & Share Food Bank



**2008 HOLIDAY TRAIN**

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Johnny Reid & Tracey Brown

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[www.cpr.ca](http://www.cpr.ca)



### ATESS Annual Food Bank Toll Booth

Date: November 27, 2008

Time: 0630 to 0830 hrs

The 12th Annual ATESS Food Bank Toll Booth will take place at the North Gate.



Collecting of non-perishable food items and cash in support of the Trenton Care and Share Food Bank. All donations and support are greatly appreciated.

### TIM HORTONS FREE SKATE DAYS

Friday November 28, 1-3 pm, Wally Dever Arena

Saturday December 20, 2-4 pm, Yardmen Arena

Monday December 22, 1:15-3:15 pm, Wally Dever Arena

Tuesday December 23, 10 am-12 pm, Dick Ellis Arena

Wednesday December 24, 10 am-12 pm, Dick Ellis Arena

Monday December 29, 2 - 4 pm, Dick Ellis Arena

Tuesday December 30, 11 am - 1 pm, Memorial Arena

Wednesday December 31, 10 - 12 pm, Memorial Arena

For more information call Belleville Recreation 613-966-4632



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### The Friends of Quinte West Public Library Monthly Book Sale



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# Remembering...The CT-133 Silver Star

30 November 1954 – “Something like a big silver fish”<sup>1</sup> dropped from the sky over Dufferin Avenue South.

When it hit the railway tracks near the Continental Can Company the entire neighbourhood knew something very out of the ordinary had happened.

A T-33 Silver Star jet-trainer flying out of the Central Flying School (CFS) at RCAF Station Trenton had lost an 800-lbs tip tank. Now it lay crumbled on the tracks, the flammable aviation fuel it contained sprayed over area buildings.

The T-33 Silver Star was a relatively new arrival. In May 1951, two aircraft had stopped in Trenton en route to the training program at RCAF Station Chatham.

In June, another appeared at 6 Repair Depot in preparation for its public unveiling on Air Force Day. It would not be the last sighting around Trenton of the RCAF's newest aircraft.

The T-33 had evolved from the Lockheed P-80 Shooting Star, America's highly successful jet fighter. With the F-86 Sabre and CF-100 Canuck coming into service, the RCAF needed a jet trainer and the T-33 looked ideal for the job.

Nonetheless, the RCAF did make some modifications – most notably the replacement of the Allison J-33 engine with the Rolls-Royce Nene 10 turbojet engine. With the new engine, the aircraft could reach a maximum speed of 917 km/h.

With tip tanks in place, it could reach distances up to 2,253 km.

The RCAF dubbed their new aircraft the T-33 Silver Star to commemorate both the Silver Dart, the first aircraft to fly in Canada, and the Shooting Star; the name never really took hold. Instead, it became better known affectionately as the “T-Bird” or just simply as the “T-33”.

The first “T-Birds” arrived on loan. On 13 September 1951,



Shown above in an archive photo is a T-33 Silver Star jet.

Canadair signed a license agreement with Lockheed to build the “T-Bird” in Montreal. Between 1952 and 1959, Canadair provided the RCAF with 656 aircraft.

The new jet-trainers joined the CFS and eventually 1 Flying Instructors School (FIS) at RCAF Station Trenton. Both organizations had seen hard times in the years after the Second World War.

The FIS, spun off of the CFS at the height of the BCATP, had been absorbed back into the parent school. The CFS itself had dropped down to only ten officers. But resurgence in recruiting during the early 1950s revived both their fortunes.

The CFS was doing more than just training pilots. They were also showcasing their skills as part of air demonstration flights amazing audience around the country. And it was at the CFS that the most famous “T-Bird” was born: the “Red Knight”.

Roy Windover, a CFS instructor, attended the 1957 CNE Air Show where he saw a USAF exchange officer flying the RCAF solo Sabre demonstration.

He left determined that the next year he would fly the solo performance.

Windover approached one of

his students, AVM J.G. Bryans (AOC Training Command) with his idea and was given an unofficial green light.

He immediately began practising aerobatic routines in the skies above Trenton. Then, on 14 June 1958, the “Red Knight” (albeit lacking its soon familiar Dayglo red paint scheme) was introduced at RCAF Station Trenton's Air Force Day.

The “T-Bird” remained to be a familiar sight above Trenton until 1959 when the CFS was transferred to Saskatoon, SK.

It was a frequent visitor over the next fifty-five years as the “T-Bird” became, by the time it retired in 2005, the longest serving aircraft in the air force.

It was a favourite of RCAF and CF pilots alike, logged over 2.4 million flight hours, and, as the “Red Knight”, wowed audiences by the thousands throughout the country.

However, as firemen cleaned up jet fuel from Dufferin Avenue on that fateful day in 1954, only the very few could say they remembered when the T-33 Silver Star “bombed” the City of Trenton.

<sup>1</sup> Witness John Wood quoted in the Trenton Courier-Advocate, 3 December 1954

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Feature

# FAMILY



## Activity: Rhyming Role Play



Reciting and singing simple nursery rhymes such as *Bell Horses* is a great way for children to develop their language skills.

Here is a simple Comfort, Play and Teach™ activity that will have your children moving creatively as they sing their favourite rhymes!

The *Bell Horses* nursery rhyme is as follows:

Bell horses, bell horses, what's the time of day?; One o'clock, two o'clock, time to go

away!

### Instructions

Recite the rhyme a few times and invite your child to say the words along with you.

As you say the rhyme, pat the beat on your lap.

Your child can join you in doing this or tap the beat with a simple instrument such as jingle bells.

Encourage your child to gallop like a horse as you say the rhyme together.

Enjoy this Comfort, Play and Teach™ activity with your child.

### Comfort

Children enjoy hearing familiar rhymes repeat-

ed again and again.

Your child will develop pride in their growing language skills when they recite the rhymes too!

### Play

Creative thinking and imagination are supported when children have the opportunity to pretend and role play.

### Teach

Nursery rhymes help children learn to hear rhythm patterns in language and the musical quality of words.

*Courtesy of the D-News Network, DND-CF Public Affairs Newswire.*

*All text by Invest in Kids. www.investinkids.ca*

## Mealtime.org Mango-Tomato Chicken

### Ingredients:

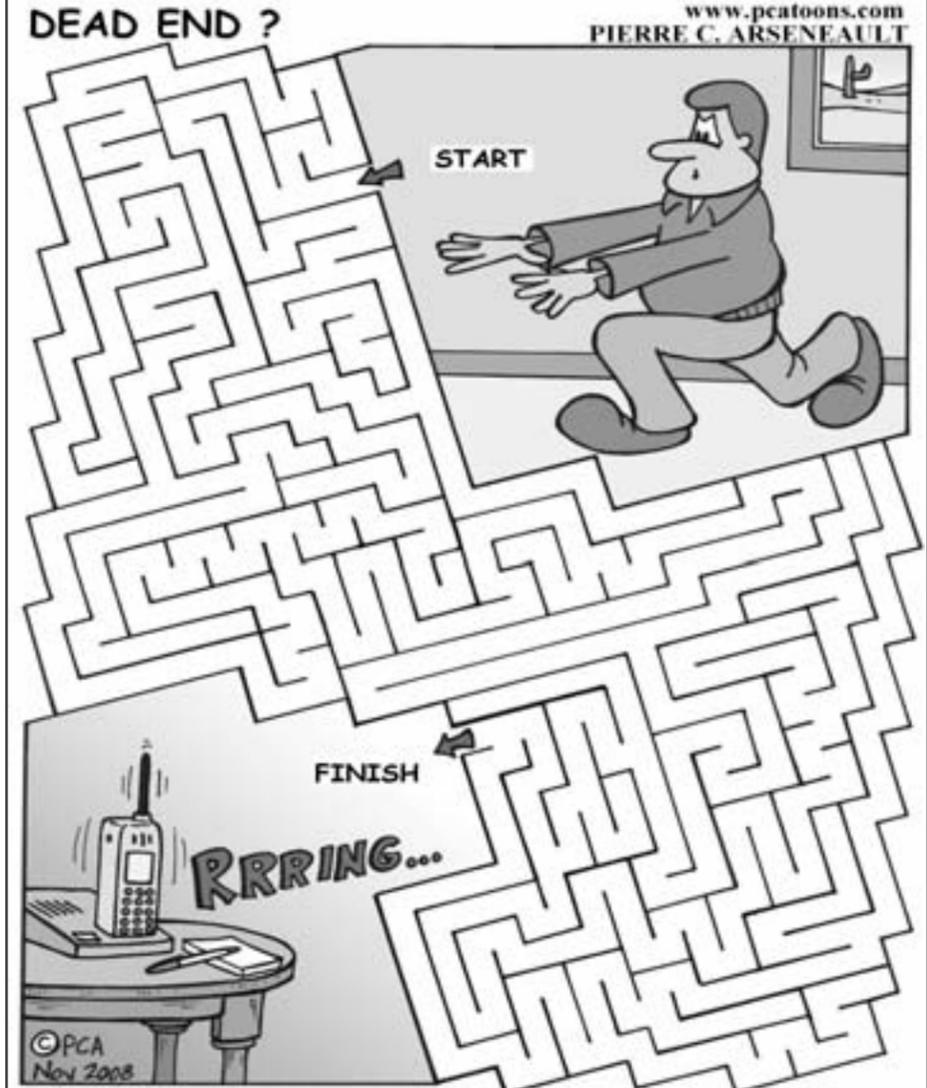
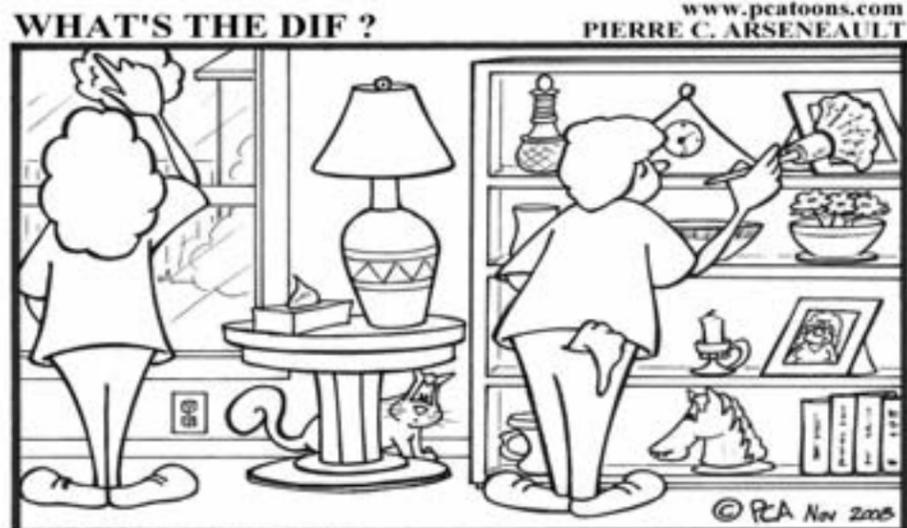
- 1 can (15 ounces) mangos, drained and diced
- 1 can (14 1/2 ounces) diced tomatoes, no-salt added, drained
- 1 Serrano chile, minced
- 1 tablespoon minced red onion
- 1 small bunch cilantro leaves, chopped
- Juice of one lime
- A pinch of red pepper flakes
- 1 scallion, chopped
- 1 tablespoon olive oil
- Salt and pepper to taste
- 4 (5 ounces each) boneless & skinless chicken breasts

**Preparation Time:** 35 minutes **Cook Time:** 10 minutes

**Preparation:** Combine the mango, tomatoes, chile, onion, cilantro, lime juice, pepper flakes, scallion, olive oil, salt and pepper, and let sit for 30 minutes to let the flavours blend. Place the chicken breasts between two sheets of plastic wrap and flatten with a meat pounder to a uniform thickness. Remove from the plastic wrap. Heat the broiler or grill to high. Broil or grill the chicken breasts approximately four minutes on each side until cooked through. Top the chicken breasts with the salsa. Serves: Four.

*Adapted from "Get with the Program! Guide to Good Eating!" by Bob Greene. Copyright 2003 by Bob Greene. Published by Simon and Schuster, Inc., N.Y. Reprinted by permission.*

*Nutritional Information Per Serving: 246 calories; 7 g fat; 78 mg cholesterol; 307 mg sodium; 17 g carbohydrate; 2 g fibre; 30 g protein.*



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*Matinees are Saturday, Sunday*

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# ATA Symposium welcomes close to 5,000 participants, Continued from Pg. 1

leadership principles, and current operations within Afghanistan, to the unparalleled opportunities to meet and discuss the various systems of the future with the hundreds of industry supporters.

The symposium was truly one of the best opportunities for anyone with Air Mobility background to participate in.

Some of the "take aways" from the symposium included future study of the Special Airborne Mission Installation & Response System (SABIR), a system that has been looked at for both search and rescue as well as tactical application with respect to the Hercules E,H, and J fleets to increase visibility in the rear door area of the aircraft.

Further data on fuel management software programs to encompass all fleets, LINK communications systems, as well as electronic flight bags and engineering solutions for legacy Hercules will also continue to be explored.

Both officers echo the fact

that by working closely with our allies our ability to study systems, determine the need and application has become much easier through the common lessons learned and communicated at conferences such as this one.

In fact, much of the information and contacts gained for the new Joint Precision Air Drop capability (JPADS), see below, that will be employed in theatre by the end of February 2009 was garnered through participation at similar events.

The networking, education, and opportunity to discuss issues that affect both our country's air mobility fleets is second to none at the Airlift/Air Tanker Association. The importance of this conference is reflected in the audience of some 4500 - 5000 personnel from all ranks to include no less than 40 General Officers in attendance (some 123 stars) and including the Secretary of the Air Force himself.

For both Canadian officers, this was an eye-opening experi-



Photo: Submitted

Great Lakes Chapter members in attendance at the conference included the following: Front row: BGen Michael Peplinski, 127th Wing/CC, Maj James McPhee, LCol James Kinnear, MGen (Ret'd) John Miller. Back row: CMSgt (Ret'd) James Wilton, A/TA Board of Advisors, Mayor Rigoberto Eduardo Arriagada, Chilean Air Force, Maj Jason Cousine, USMILGP CHILE, Comandante Rafael Alonso Carrere, Chilean Air Force, Capt Joseph Winchester, Great Lakes Chapter President.

ence, the hospitality afforded them by their southern brethren was second to none, forging a long-term commitment to and appreciation for the association with eyes

towards next year to include Canadian ranks from Flag Officer down for participation. For anyone further interested in the Airlift/Air Tanker Association, please do not hesi-

tate to visit its website, <http://www.atalink.org> or contact Maj Jim McPhee at the Canadian Aerospace Warfare Centre (CAWC) at 8 Wing/Trenton.

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— Wilbur Wright

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16	17	18	19	20	Astra 21 MFRC Comedy Night TGIF/TBA	22
23/30	24	Astra 25 UNDE Elections	26	27	Astra 28 MFRC Dance TGIF/TBA	29

**November 2008**



MFRC



# TRENTON

## Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

### Deployment Support / Wednesday Night Out

November 26 - **Dinner Out** - Come out and join other families who are going through deployment, enjoy a meal and adult conversation.

Please call ahead to reserve for childcare. Call 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.

26 novembre - **Souper à l'extérieur** - Venez vous joindre à d'autres familles vivant un déploiement. Profitez d'un souper et de conversations entre adultes. S'il vous plaît, communiquez avec le CRFM pour réserver le service de garde. Téléphonez au 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)

### Holiday Baking made Easier Pie Shell Give Away

Tuesday November 25th 11 am - 4:30 pm  
Siskin Centre

Donations gratefully accepted for United Way

By the case: 12 boxes of 2 pie shells

### Pour vos pâtisseries des Fêtes Don de croûtes de tartes

Le mardi 25 novembre de 11h à 16h30  
Centre Siskin

Les dons pour Centraide Canada sont les bienvenus

A la caisse: 12 boîtes de 2 croûtes

Thanks to / Merci: General Mills, Trenton Cold Storage and Erb Transport



### Nouveau! Causerie francophone

Chaque jeudi de 12:00 à 13:00 au Centre des Jeunes

Si vous êtes nouvellement arrivés, ou si vous avez envie de rencontrer d'autres francophones, joignez vous à nous. Amenez votre lunch et venez bavarder de différents sujets selon vos demandes. Les enfants sont bienvenus, toutefois, prenez note qu'il n'y a pas de service de garde pour cette activité. **Gratuit**

### Face Painting

Denise will be facilitating a workshop for volunteers who would like to help with our face painting activities. Volunteers will be learning primarily through supervised hands-on activity. This activity is for volunteers 14 yrs and up, male or female. All supplies will be provided

Date: December 03/08 Time: 6:00 - 7:30 pm Location: Siskin Centre

RSVP: Please confirm your attendance by Monday, December 1 with Wendy, 613-392-2811 ext 3557

\*\*\* Each participant must bring a model to work on. The model must be capable of sitting for approximately an hour and a half without fussing while their face is being decorated.

### Peinture faciale

Denise donnera un atelier pour les bénévoles intéressés à aider pour les activités de peinture faciale. L'apprentissage se fera surtout par la pratique sous supervision. Cet atelier est offert aux bénévoles de 14 ans et plus, garçons ou filles. Tout le matériel est fourni.

Date: 3 décembre 2008 Heure: 18 h - 19h 30 Endroit: Centre Siskin

RSVP: Veuillez confirmer votre présence à Wendy au poste 3557 au plus tard lundi le 1er décembre 2008.

\*\*\*Chaque participant devra amener un modèle sur qui se pratiquer. Cette personne doit rester assise sans problème pendant une heure et demi environ.

### Card Making

If you enjoy papercrafts and appreciate handmade cards join us for an evening of card making at the MFRC at 6:30pm. Be sure to register and I look forward to seeing you there!! Call Therese - 613 394-0441 to register. \$5 supply fee paid at class. Extra kits available.

**December 3, 2008** - You will be sending your thanks with ribbons and bows!

### La création de cartes

Vous aimez le bricolage et appréciez les cartes faites maison, joignez-nous pour une session de création de cartes au CRFM à 18h30. Inscrivez-vous et j'ai hâte de vous rencontrer! Communiquez avec Therese au 613-394-0441 pour vous inscrire. Des frais de 5\$ payables à la session pour fournitures. Des ensembles sont disponibles en surplus.

**13 décembre 2008** - vous pourrez envoyer vos remerciements avec boucles et rubans!



To know more about Military Discount Program, please visit the MFRC website!!! If you know of any businesses offering discount to the military, tell them about this program or tell us about them. Thank you!

Pour plus d'information sur le Programme de rabais pour les militaires, svp, visitez le site Web du CRFM. Si vous connaissez des entreprises qui offre déjà un rabais aux militaires, informez les de notre programme ou informez-nous de leur rabais. Merci!



### NEW PILOT PROGRAM FOR YOUTH AFTER SCHOOL PIT STOP

Parents do you have kids that are too old for care but just not quite ready to be on their own or have no where to go after school until work is finished?

We have a new program starting at the Youth Centre. It is for youth, 12 - 15 years of age. Monday to Friday 2:45 - 5:15 PM. The cost is \$5 a day, which includes a snack. You will need to register your child and we will need a schedule and payment in advance. Contact Susan for more information.

### NOUVEAU PROJET-PILOTE POUR LES JEUNES : UN COIN ARRÊT POUR APRÈS L'ÉCOLE

Avez-vous des enfants qui sont trop vieux pour la garderie mais pas tout à fait prêts pour être laissés à eux-mêmes ou encore qui n'ont aucun endroit pour aller après l'école en attendant votre retour du travail ?

Nous avons un nouveau programme au Centre des Jeunes pour les 12 à 15 ans, les lundis après-midi de 14h45 à 17h15. Les frais seront de 5 \$ et une collation est incluse. L'inscription de votre enfant est nécessaire. Vous devez fournir un horaire et un paiement à l'avance vous sera demandé. Contactez Susan pour plus d'information.

Please read our newsletter "Touching Base" or visit [www.trentonmfr.cfbtrenton.com](http://www.trentonmfr.cfbtrenton.com) for more information  
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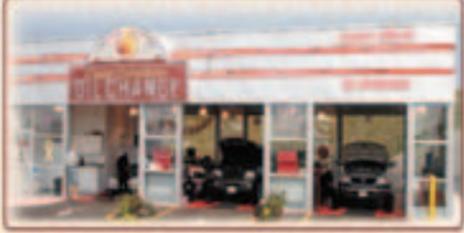
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## Make your home energy wise for winter

(NC)-With the cooler weather approaching and energy costs on the rise, it's the perfect time to take stock of your home's energy smarts.

Making your home more energy efficient could save you hundreds of dollars a year on heating costs.

It's good for the environment too, because the less energy we need to heat our homes, the fewer greenhouse gases are released into the atmosphere.

Here are a few easy tips: Make sure your furnace is in good shape. Space heating makes up more than half of the energy cost of an average Ontario home.

Book a cleaning and maintenance check. And remember to clean your furnace filter every four to six weeks.

Clear the way. Make sure

warm-air registers, baseboard heaters, and radiators are clean and aren't blocked by furniture or drapes.

Seal those leaks. Look for places in your home where cold air can seep in and heat can escape, such as external wall electrical outlets and gaps around windows and doors.

Use foam insulation, door and window weather-stripping and caulking.

Comprehensive weather-proofing can reduce your heating bill by 20 per cent.

Control the temperature. Install a programmable digital thermostat and lower the temperature when you are sleeping or away, and don't set it any higher than you need for comfort at other times.

Using a programmable thermostat can save you \$300 over

the first five years.

Capture the sun. Keep the curtains and shades on your south-facing windows open during the day and close them at night.

Get a home energy audit. An audit can identify ways to make your home more energy efficient and Ontario's Home Energy Savings Program can help defray some of the cost.

You could receive up to \$10,000 in federal and provincial retrofit rebates for upgraded windows, doors, insulation, furnaces, hot water heaters and more.

To learn more, please visit [www.ontario.ca/homeenergy](http://www.ontario.ca/homeenergy).

For more energy saving ideas, visit the Ontario Ministry of Energy and Infrastructure at [www.energy.gov.on.ca](http://www.energy.gov.on.ca), or call 1-888-668-4636.

## Set your sights on green during your home reno

(NC)-If you aren't in the middle of a home renovation right now, you might be making plans to get started.

A recent survey by the Canadian Home Builders' Association found that Ontario's renovators have been busy over the past year and expect to be even busier over the next one.

It makes sense. Spurred by a desire to cut their commutes and shrink their carbon footprint, Ontarians are returning to urban centres across the province, many to older homes that need some TLC.

And they are investing some serious money in sprucing up. Renovation spending in Ontario, which jumped 5.8 per cent in 2007, has been growing at an average annual rate of 8.9 per cent a year since 1998.

Planning a renovation is also the perfect time to think about increasing your home's energy efficiency.

Upgrading your lighting, windows, insulation, water and space heating systems can save you hundreds of dollars a year. It's good for the environment too, because the less energy your home uses, the fewer greenhouse gases are released into the atmosphere.

The Ontario Home Energy Savings Program can help, by showing you how best to cut your electricity

bill, and offsetting the cost of many eligible energy efficient retrofits. You could be eligible for rebates totalling as much as \$10,000.

Simply hire a licensed home energy advisor who will find your home's energy leaks and show what you can do to plug them, such as adding insulation or caulking around your windows and doors. (Your advisor will also apply on your behalf for an audit rebate of up to \$150.)

You will also receive a plan that will show you how to reduce your energy bills, such as upgrading to a more efficient furnace.

After your audit, you have 18 months to make some or all of the suggested improvements and qualify for government rebates. After completing the work, book a post-retrofit audit to verify the work was completed.

After your second audit, the governments of Ontario and Canada will each rebate up to \$5,000 for your upgrades. The more upgrades you make, the more money you'll get back, up to a total of \$10,000.

For more information, please visit [www.ontario.ca/homeenergy](http://www.ontario.ca/homeenergy) - or call the Ministry of Energy and Infrastructure info-line at 1-888-668-4636.

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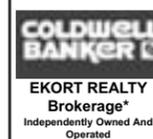
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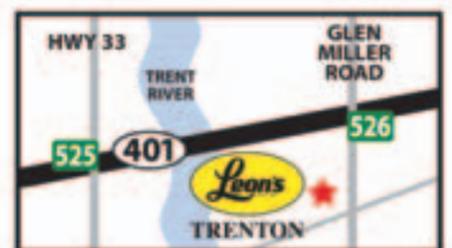
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