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• November 20, 2009 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 44 Issue Number 44 •

## New Air Mobility Training Centre to support CC130J operations

by Tom Philp, Contact Staff

Some of the most ambitious projects in the history of this country's Air Force will be launched officially this week with a ribbon cutting, the flick of ceremonial shovels and words of encouragement from the senior officer responsible for their successful completion.

Brigadier-General Eldren Thuen, Deputy Commanding Officer, Mission Support, 1 Canadian Air Division, flew to 8 Wing/CFB Trenton to oversee the November 20 ribbon cutting of the newly constructed Air Traffic Control (ATC) tower, and to put the first shovels in the ground for several infrastructure renewal projects.

BGen Thuen's sod turning for the new \$40.5 million (estimated-project value) Air Mobility Training Centre (AMTC) will be the culmination of a busy afternoon for the head of Air Force Construction Engineering; an afternoon that includes cutting the



ribbon to open the new \$11 million 8 Wing ATC, and additional sod turnings for a new 1 Hangar (project value of \$122.6 million), the future Transport/Electrical Mechanical Engineering shops (\$75 million), and the Aerospace Telecommunications Engineering Support Squadron Refinishing Facility (\$30.9 million).

The Government of Canada awarded a contract for close to \$40.5 million earlier this month to Ottawa-based contractor,

Pomerleau Inc., for the construction of the AMTC at 8 Wing/CFB Trenton. According to Minister of Defence, the Honourable Peter MacKay, the AMTC contract, like many other projects already underway at 8 Wing will bring "tremendous economic benefits to the region, generating direct employment opportunities over the course of this work."

"Awarding this contract is evidence of the Government's commitment to providing the Canadian Forces with the infrastructure required to maintain a first-class modern military," said the Honourable Peter MacKay, Minister of National Defence and Minister for the Atlantic Gateway. "This new facility will provide excellent training conditions and long-term support for military personnel at 8 Wing Trenton."

The new AMTC will be located on the south side of the Wing, immediately west of the 8 Wing hospital and Junior Ranks barracks. The preparatory work for this project has already presented several "big challenges" for 8 Wing Construction Engineering personnel, including relocating a major utilities corridor and realigning Hercules and Yukon Streets.

See "Air Mobility Centre," Page 5

## United Way of Quinte's Casino Olympia exceeds \$20,000 fundraising goal

by Tom Philp, Contact Staff

There were croupiers and chip holders in abundance at 8 Wing/CFB Trenton's Astra Lounge last week, and all of them contributed to making the charity event, Casino Olympia, even more successful than planned.

Planned and organized by volunteers with both the Government of Canada Workplace Charitable Campaign (GCWCC) and the United Way of Quinte, Casino Olympia was held November 13, attracting more than 250 "gamblers" to the base to try their hands at roulette, blackjack, craps, slot machines and other games of chance, while enjoying live music provided by local band, The Far Side.

Not surprisingly, the target of \$20,000 was surpassed as revellers got into the spirit of things.

Julia Gosson, United Way of Quinte Executive Director, said the overall event was "scaled back a bit" this year, even though new games were added to this year's lineup to provide variety; but it was the more traditional games that attracted the most players.

It was the first year Casino Olympia was held at 8 Wing/CFB Trenton after six consecutive years at the Sears warehouse in Belleville.

Because of the downsizing and a depressed economy, Gosson said United Way staff expected casino proceeds to fall far short of the average \$80,000 realized in previous years.

"The traditional blackjack tables were always full with people not wanting to give up their seats," Gosson said. "The organizers are very pleased with the results."

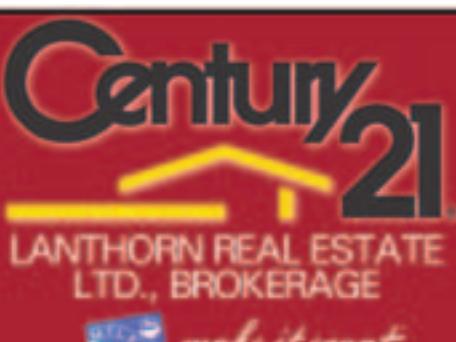
"We thought holding the casino at CFB Trenton would provide a great opportunity for CFB (Trenton) personnel to wear their civilian clothes and relax a little bit," she said.

Gosson extended thanks to 8 Wing/CFB Trenton for opening the Astra Lounge for the fundraiser, and to Sears Canada for providing decorations. Members of the Casino Committee included Sue Rollins (event chair), Lisa Newman-Chesher, Margie Burness, Danita Tilley, Bruce and Irene Francis, Laurel Harrison, See "United Way Casino Olympia" Page 3

Photo: Submitted

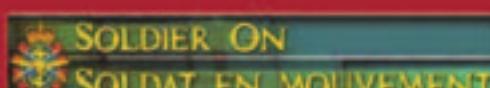


Lt Annie Morin (left) and Major James Marshall, both Co-Chairs of the 8 Wing Government of Canada Workplace Charitable Campaign, take a breather during the recent, and very successful Casino Olympia charity event at the Astra Lounge.



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## Campaign heading for the finish line

With just two weeks left in our fundraising drive, the Government of Canada Workplace Charitable Campaign and the United Way Quinte Region need your help.

There are several fundraising events coming up. Here are just a few! Musician and 424 Squadron Honourary Colonel Ed Robertson of the Barenaked Ladies will headline a show November 20 at the Astra Lounge: Admission \$10; there are two more fundraising lunches: chilli on November 27 and pizza/pasta on December 4; the Dental Clinic is raffling a basket full of goodies; and don't forget the Jail and Bail on November 25! Have one of your friends or colleagues arrested for charity. You'll have a good laugh, and the money raised goes to a good cause. For more great events and fundraising efforts, check out the 8 Wing splash page announcements.

So far the GCWCC



at 8 Wing/CFB Trenton has raised \$78,744.71 for the United Way of Quinte. The Mega 50/50 pot is at \$3,444.55 (that's \$1,722.28 in your pocket!) and 76 per cent of personnel have been

canvassed. Our goal is 100 per cent canvassed. To help, talk your unit rep about donating money, buy a 50/50 ticket, a dental basket rally ticket, or come to one of our events. Remember:

the money raised helps people in our community. For information on upcoming events, finding your unit rep and the programs supported, follow the link on the 8 Wing splash page.

### 8 Wing Trenton EAP Referral Agents

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A member of the CFS Alert volunteer fire department is seen in action during training.



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# United Way Casino Olympia, Continued from Page 1

and 8 Wing/CFB Trenton GCWCC co-chairs, Major James Marshall, Major Michael Thornley, and Lieutenant Annie Morin.

Three of the more notable volunteer croupiers and dealers (and some event organizers used the word "notorious") were Mark Philbin, Chair of the 2009 United Way of Quinte Campaign, Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, and Wing Chief Warrant Officer, CWO Kevin West.

"It was a wonderful evening," said CWO West. "For military personnel having the opportunity to live and be part of a community that gives us so much support, it was nice to give the local community some support in an event that is for a great cause."

Gosson said other mini-events during Casino Olympia included the Big Brothers Big Sisters celebrity "cake off," with Belleville Police Services Chief Cory McMullan's cake taking top honours at \$100; a \$600 Dine Around Town package won by Judy McKinney who had bid on the Belleville Toyota team for the evening's bobsled race; Dan Hoxford won box seats and perks for a Toronto Raptors home game in the Heads or Tails competition; and Norma Burke took home the grand "balloon busting" prize of prime tickets to an Ottawa Senators hockey game.

"United Way would also like to thank the volunteers and sponsors for their donations of time, auction items, prizes and money," she said. "And finally, a huge thank you to the Casino committee who pulled this event off in just six weeks!"



Photo: Paul Martin, 95.5 FM

**Julia Gosson, United Way of Quinte Executive Director (shown above on the right), and Mark Philbin (centre), 2009 United Way Campaign chair, enjoy the fruit of their hard work to bring Casino Olympia to life with Mark's co-worker, Ingrid Moore, from Classic Hits 95.5's morning show . The charity casino hosted between 250 and 300 people.**

## Search & Rescue UPDATE



424 Squadron was involved in one mission this past week which involved both our Herc and Griffon.

They were tasked to look for a missing 82 year old hunter in the Kimball Lake area. When the Griffon arrived on scene, they started by searching the shoreline and quickly located the individual.

The position was relayed to the OPP ground search party and the gentleman was recovered and transported to hospital. Both of our crews returned to Trenton.

Until next week, stay safe!

Missions for 2009: 210 Missions for Nov: 4

Persons rescued: 38

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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 Russ Williams, Wing Commander, 8 Wing / CFB Trenton.

### The Contact Staff

**Editor-in-Chief:** Captain Mark Peebles  
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**Translator/Proofreader:** WO Louise Fagan  
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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:

**Internet:** [ANDREA.STEINER@forces.gc.ca](mailto:ANDREA.STEINER@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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### CORRECTION

Credit for the two Remembrance Day photos on last week's front page should have been given to Corporal Drew Deics, from 8 Wing Imaging. The Contact regrets the mix up.

### LETTERS TO THE EDITOR

All letters must be signed and these names will be published unless it is otherwise requested by the author.

We reserve the right to edit while preserving the main objective of the writer.

**Please note:**  
 We cannot guarantee that any particular letter will be printed.

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## Canadiana Crossword

### Much About Little

By Bernice Rosella and James Kilner

| ACROSS                           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------------------------------|---|---|---|---|---|---|---|---|---|----|
| 1 Marbles (the game)             |   |   |   |   |   |   |   |   |   |    |
| 4 Tease                          |   |   |   |   |   |   |   |   |   |    |
| 8 Offer                          |   |   |   |   |   |   |   |   |   |    |
| 11 Temper                        |   |   |   |   |   |   |   |   |   |    |
| 12 Away from wind                |   |   |   |   |   |   |   |   |   |    |
| 13 Took a taxi                   |   |   |   |   |   |   |   |   |   |    |
| 14 Newfoundland's Little         |   |   |   |   |   |   |   |   |   |    |
| 16 Press                         |   |   |   |   |   |   |   |   |   |    |
| 17 Deli offering                 |   |   |   |   |   |   |   |   |   |    |
| 18 Flat                          |   |   |   |   |   |   |   |   |   |    |
| 20 Risque                        |   |   |   |   |   |   |   |   |   |    |
| 22 Angry                         |   |   |   |   |   |   |   |   |   |    |
| 23 Heirs, maybe                  |   |   |   |   |   |   |   |   |   |    |
| 24 Ontario's Little              |   |   |   |   |   |   |   |   |   |    |
| 28 Weave                         |   |   |   |   |   |   |   |   |   |    |
| 29 RRSP owners, likely           |   |   |   |   |   |   |   |   |   |    |
| 30 Condensation                  |   |   |   |   |   |   |   |   |   |    |
| 31 British Columbia's Little     |   |   |   |   |   |   |   |   |   |    |
| 34 Art                           |   |   |   |   |   |   |   |   |   |    |
| 35 Voice in Verona               |   |   |   |   |   |   |   |   |   |    |
| 36 Prince Edward Island's Little |   |   |   |   |   |   |   |   |   |    |
| 37 Nova Scotia's Little          |   |   |   |   |   |   |   |   |   |    |
| 39 Adjust                        |   |   |   |   |   |   |   |   |   |    |
| 40 South African settler         |   |   |   |   |   |   |   |   |   |    |
| 41 Manitoba's Little             |   |   |   |   |   |   |   |   |   |    |
| 46 Sole                          |   |   |   |   |   |   |   |   |   |    |
| 47 Acronym for one in a hurry    |   |   |   |   |   |   |   |   |   |    |
| 48 Layer                         |   |   |   |   |   |   |   |   |   |    |
| 49 Manner                        |   |   |   |   |   |   |   |   |   |    |
| 50 Conifers                      |   |   |   |   |   |   |   |   |   |    |
| 51 Imitate                       |   |   |   |   |   |   |   |   |   |    |
| DOWN                             |   |   |   |   |   |   |   |   |   |    |
| 1 Twitch                         |   |   |   |   |   |   |   |   |   |    |
| 2 Macaws                         |   |   |   |   |   |   |   |   |   |    |
| 3 Moist                          |   |   |   |   |   |   |   |   |   |    |
| 4 Rebound                        |   |   |   |   |   |   |   |   |   |    |
| 5 Came down to earth             |   |   |   |   |   |   |   |   |   |    |
| 6 Branch of Buddhism             |   |   |   |   |   |   |   |   |   |    |
| 7 Passionate                     |   |   |   |   |   |   |   |   |   |    |
| 8 Tidal surge                    |   |   |   |   |   |   |   |   |   |    |
| 9 Malcolm or Avila               |   |   |   |   |   |   |   |   |   |    |
| 10 Lair                          |   |   |   |   |   |   |   |   |   |    |
| 13 Nova Scotia's Little          |   |   |   |   |   |   |   |   |   |    |
| 15 Fundamentals                  |   |   |   |   |   |   |   |   |   |    |
| 19 Sin                           |   |   |   |   |   |   |   |   |   |    |
| 20 Bellow                        |   |   |   |   |   |   |   |   |   |    |
| 21 Pier                          |   |   |   |   |   |   |   |   |   |    |
| 22 Rubble at the base of a cliff |   |   |   |   |   |   |   |   |   |    |
| 23 Eng. conditioner              |   |   |   |   |   |   |   |   |   |    |
| 25 German river                  |   |   |   |   |   |   |   |   |   |    |
| 26 Part of the woods?            |   |   |   |   |   |   |   |   |   |    |
| 27 Deuce                         |   |   |   |   |   |   |   |   |   |    |
| 29 Hospital ward                 |   |   |   |   |   |   |   |   |   |    |
| 32 Dentine                       |   |   |   |   |   |   |   |   |   |    |
| 33 Large marsupial familiar-ly   |   |   |   |   |   |   |   |   |   |    |
| 34 Biblical does                 |   |   |   |   |   |   |   |   |   |    |
| 36 Barks                         |   |   |   |   |   |   |   |   |   |    |
| 37 fide                          |   |   |   |   |   |   |   |   |   |    |
| 38 Depend                        |   |   |   |   |   |   |   |   |   |    |
| 39 Chopped greens                |   |   |   |   |   |   |   |   |   |    |
| 40 Alberta river                 |   |   |   |   |   |   |   |   |   |    |
| 42 Exploit                       |   |   |   |   |   |   |   |   |   |    |
| 43 Sierra Club e.g.              |   |   |   |   |   |   |   |   |   |    |
| 44 Matterhorn, for one           |   |   |   |   |   |   |   |   |   |    |
| 45 Indigo                        |   |   |   |   |   |   |   |   |   |    |

*See Answers, Page 22*



### This Week in Contact

1979 – Older hockey enthusiasts at CFB Trenton iced an Old Timer's Hockey Team for the first time in base history. Organized by Hugh Gillis, newly transferred from CFB Borden where he ran the OTH League, and coached by Jim McIntosh, the Trenton team practiced at the Frankford arena and played their first OTH tournament in Belleville.

1989 – CFB Trenton announced November 20-26 as Recycling Week, just before the Province of Ontario officially launched its Blue Box program. (The) Contact carried a front page story that included many tips about reducing, reusing and recycling goods, most of which are still in play today.

1999 – 8 Wing/CFB Trenton Construction Engineering personnel were working hard to ensure all base buildings would still have heat, hydro, water and sewer services when the clock struck twelve on December 31, 1999. Amid global rumours that the dawn of a new millennium would also usher in widespread systems stoppages, 8 Wing technicians covered things capably by renting and installing three, 1250-kilowatt diesel generators.

**Created by Lt J. H. MacDonald,  
Compiled by Tom Philp.**



## Make some noise at United Way silent auction

by Tom Philp, Contact Staff

A silent auction of items that should appeal to just about every taste will be hosted by 8 Wing/CFB Trenton Health Services from November 23 to 27, with all proceeds going to the Government of Canada Workplace Charitable Campaign (GCWCC) and the United Way of Quinte.

Auction organizer, Corporal Margot Bayer, says the one-week event provides an opportunity for Health Services staff to help with the GCWCC campaign from their own location at 8 Wing. She has been working steadily on ramping up the number of items on which to bid, and is confident there is "something here for everyone."

"We have a wonderful golf bag donated by our Commanding Officer, but most of the items up for auction were generously given by area businesses," Cpl Bayer said.

Visitors to the Health Services Silent Auction corridor will notice most bid items have been grouped into "themes" that will appeal to individuals, couples and families. Cpl Bayer said this "value added" approach is sure to appeal to people who want "a more complete package." Those packages available include Fill Your Bar (mixing tools, different styles of drinking glasses and an LCBO gift certificate); Date Night (gift certificates for lingerie, dinner for two, movies for two, scented candles and an LCBO gift certifi-



Photo: Tom Philp, Contact Staff

**8 Wing Health Services staff member, Corporal Margot Bayer, has organized a Silent Auction to benefit the Government of Canada Workplace Charitable Campaign/United Way of Quinte. Here, Cpl Bayer poses with some of the many donated items up for bid.**

cate); Family Day (gift certificates for movies at both Rogers and Wal-Mart, and dinner for four at Golden Valley Restaurant); and New Puppy (a package with a puppy bed, new puppy guide book, gift certificates and treats).

Other items on the auction block include a teak floor lamp, table lamps, camping and sports equipment and a tabletop roasting oven that Cpl Bayer says is "simply amazing!"

"The wonderful thing about helping the GCWCC and United Way is that all proceeds go to helping needy local people, rather than being

lost in some giant corporate machine," she said.

All 8 Wing members are encouraged to visit Health Services during business hours, view the auction items and place a bid on one or more of them. Plan to come back often: someone may have outbid you on that "favourite thing." Bids will be accepted until 1130 hrs, Friday, November 27.

Winning bidders will be notified between 1200 and 1300 hrs, November 27, and are to be paid for, in cash only, and picked up by 1600 hrs that day.

## CC130H SEARCH AND RESCUE COURSE 0901

Photo: Submitted



Shown above, back row: Sgt Harvey, Sgt Jackson, Cpl Wilkins, MCpl Melanson, Capt Isenor, Capt Leslie, Cpl Moss, Capt St-Georges, Sgt Johnson, Capt Jacobson, Capt Abrahams. Front row: Capt Millard, MCpl Bradley, MCpl Matheson, Capt McDuff, Cpl Canavan, Capt Pentney, Capt Boates.

426 (T) Squadron once again welcomes the challenge of revamping and developing a new course. Eighteen student Pilots, Air Combat Systems Officers (ACSO), Flight Engineers and Loadmasters have embarked on the recently developed and challenging CC-130H SAR Course which will ultimately prepare them to integrate into their respective Search and Rescue Units on the CC130 Hercules aircraft. This training will include several weeks in the classroom, 17 simulator flights, 12 local training flights and culminates with a multi-day Deployed Ops mission. The away mission will take the students to destinations north for some arctic exposure, northern Quebec for some mountainous terrain flying and to the east coast to experience some ocean operations. The course members have come from a variety of backgrounds ranging from initial Pilot, ACSO and Loadmaster training to previously trained CC130 Transport, SAR, and Flight Engineer worlds. Their goal over the 79-day course will be to learn and develop the necessary skills which will enable them to be productive and important members of the SAR communities that await them. 426 (T) Sqn will train three serials of the CC130H SAR Course per year.

## Air Mobility Centre

Continued from Page 1

That pre-construction work has now been done, according to Major Phil Baker, 8 Wing Construction Engineering Officer.

"Hercules actually becomes a dead end street now west of the Junior Ranks barracks, but Yukon runs the entire length of the south side, which will provide a better traffic flow in the future," Major Baker said. "All of this preparatory work was completed this summer and early fall to make way for construction of the Air Mobility Training Centre."

Another interesting point that results from this preparatory work will be the changes in 911 street addresses for 24 buildings which were on Hercules (from 10 Hercules to 145 Hercules) which will be readdressed to Yukon Street," Major Baker said. "These are just a few examples of the behind-the-scenes work that has gone on for just one of the many projects in this massive 8 Wing infrastructure renewal."

This AMTC project, part of Minister MacKay's infrastructure announcement in September 2009, will result in a new 17,000 square metre facility that will house the equipment and personnel required to train operators and maintainers of the CC130J Hercules aircraft. Major Baker said construction of that hangar is expected to begin before the end of 2009, with the maintenance training portion of the facility completion anticipated for summer 2012.

"Operators and maintainers of the newly-acquired CC130J-30 aircraft require specialized training on this airframe and there are no existing facilities available at 8 Wing to house the equipment and personnel required," Major Baker said. "The AMTC will ensure that the facility requirements for the CC130J-30 aircraft are met."

The Department of National Defence has stated that renewal of the tactical airlift fleet continues the modernization and the strengthening of the Canadian Forces, and enables our troops to conduct safer and more effective operations at home and abroad.

MacKay said awarding the contract to construct the AMTC "illustrates the Government's commitment to modernizing Canadian Forces equipment and infrastructure in an integrated fashion."

"426 Squadron is thrilled with the new training facility. We have recently received the approval to call the building the W/C Sedley S. Blanchard Training Centre after the first Commanding Officer of 426 Squadron who was killed in action during the Second World War," said Lieutenant-Colonel Christian Roy, Commanding Officer of 426 (Transport) Training Squadron. "We are pleased that we can link both the history and the future of the Thunderbirds."

"This state-of-the-art building will house cutting edge training and training equipment provided by CAE (a Canadian manufacturer of simulator, modeling and integrated training technologies) and their sub-contractors," LCol Roy said. "We are looking forward to the unique opportunities this arrangement brings to Air Mobility."



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## Healthy Choices menus help you be a friend to your body

by Tom Philp  
Contact Staff

Most of us know that food fuels our bodies. What is sometimes harder to understand is that too much of the wrong foods fuel our forms in ways that are simply not healthy.

Enter the Healthy Choices menus introduced to Canadian Forces messes, including food offerings at 8 Wing/CFB Trenton's Yukon Galley.

Captain Micheline Leguerrier is the 8 Wing Food Services Officer. It is her job to ensure that military and civilian customers of her galleys have a variety of healthy food choices available to them daily.

One of the ways she and her staff have managed to do that is to reduce the availability of french fries to twice a week; another is to offer "theme" lunches every Wednesday, posting those choices on a menu board displayed prominently in the Yukon Galley foyer.

"There is always a healthy choice available here," Capt Leguerrier said.

Galley menus now include "a greater variety of fish, but prepared with much less fat." High fibre cereals are available. Bowls of fresh fruit abound. Non-fried food choices are always on the menu.

"We try to focus on healthier types of preparation for meals, and that means trying to step away from fried foods as often as possible," Capt Leguerrier said.

Does she get any complaints about that move away from fried foods?

"Oh, yes! People do like their fries," Capt Leguerrier laughed.

The veteran Food Services boss realizes that, while many Canadian Forces members continue to demand healthier and safer foods, their nutritional habits could also be improved by encouraging them to eat appropriate portions of fresh fruits, vegetables and whole grains each day.

"We are offering a lot more whole grain breads at our sandwich bar, and customers seem to enjoy that," Capt Leguerrier said. "Mustard is good, but you'd be better off

holding the mayo(nnaise) on your ham or roast beef sandwich, and add some tomato and lettuce."

Having said that, the head of Wing Food Services admits there has not been a move yet to introduce lower fat mayonnaise in such things as pasta salads; but low-fat and calorie reduced dressings are always available at the Yukon Galley's large, multi-choice salad bar.

With more than 20



**Captain Micheline Leguerrier (centre), Officer Commanding, 8 Wing Food Services, with Food Services Workers Valerie Johnston (left) and Carol Davis, encourages 8 Wing members to make Healthy Choices every day from the Yukon Galley's salad bar. Fat-free dressings, whole grain breads and fruit abound.**

years of military service, Capt Leguerrier has seen many menu changes. She knows today's Healthy Choices offerings are a world apart from the foods being presented to service people two decades ago.

"When I consider what we were being served when I first enlisted, it is obvious that we are now offering a lot more variety to the troops," she said. "There

really is no excuse for bad eating habits when so many good, healthy food choices are available here."

Canadian Forces studies show that the majority of military members report eating well; however, obesity continues to be a challenge across the CF, just as it does in Canadian society generally. The good news is that education about that problem is prompting a lot more Canadians ... including

CF members ... to eat properly, and to exercise more often, and that pleases Capt Leguerrier.

"What we're doing with Healthy Choices here is part of a larger strategy that reflects what Canadian society is doing generally," she said. "If you know what you're eating is not good for you, and you know why, and you have a healthier choice, the chances are that you will make that right choice."

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### PET OF THE WEEK



Abner is a young adult chocolate tri coloured beagle. He was brought in by animal control with Popeye. The photos do not show just how cute and small he is... Abner is an adorable, sweet, affectionate, somewhat shy boy who will need basic training.

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*Sports & Recreation*

# SPORTS & RECREATION

## 8 Wing honoured at World Curling Event

Submitted by Capt Paul Peloquin

On October 21, members of 8 Wing/CFB Trenton were invited to throw the ceremonial first rock at the season opening of the Grand Slam of Curling in Mississauga, ON.

The organizers of the event wanted to honour the men and women of the Canadian Forces and called on 8 Wing to represent them.

The event which ran from Wednesday to Sunday is one of four such tournaments during the season and assembled 14 of the best men curling teams in the world to compete for the Grand Slam of Curling Trophy. This first event was held at the Hershey Sport Complex in Mississauga, Ontario.

In front of 6,500 spectators and the

cameras of CBC, Capt Paul Peloquin of A3 RTF carried the tournament trophy as part of the opening ceremonies and presented the Toronto Curling Association with a picture of 8 Wing.

Following the opening speeches, MWO Jamie Whalen of 8 AMS was invited to throw the ceremonial rock. To sweep the stone along were Major Kelly Freitag of CMCC and Capt Jeff Baldwin of A3 Operations. Holding the broom at the other end was the skip, Sgt Derek Phillips of 8 AMS.

The spectators rose to their feet and warmly applauded when the announcer presented the 8 Wing team.

Overall, it was an excellent opportunity for 8 Wing to be part of a community event on such a large scale and a most enjoyable experience for the members who represented the Wing.



Photo: Submitted

Shown at the far end, from left to right: Captain Jeff Baldwin, Master Warrant Officer Jamie Whalen, Major Kelly Freitag and Sergeant Derek Phillips.

## CRA Volunteers Urgently Needed

Help out the military community by volunteering your time with the PSP Community Recreation Association (CRA).

We are urgently seeking adult volunteers to oversee the kids shinny hockey program as well as ice moni-

tors during our family skating timings.

If you are interested and able, we would love to hear from you.

Please contact Brenda Riddell at the RecPlex at 613-392-2811 ext. 5230.

## Shinny Hockey Cancellations

Please note:  
PeeWee Shinny Hockey on Thursday, November 26, and the Tyke/Novice Shinny Hockey on Friday, November 27, are both cancelled.

## NLS Recertification

The National Lifeguard Service (NLS) certification must be re-certified every two years. Pre-registration required. Proof of NLS is required (either current certification or expired) in order to register for this course.

This course will take place on Sunday, December 20, from 9 a.m. to 3 p.m.

Cost is \$70 for military community members, and \$85 for the general public. Register today at the RecPlex.

## Astra Lanes Five Pin Bowling news

by Wendy Phillips

Astra Five Pin Bowlers Association (Astra 5PBA) would like to acknowledge Larry Rankin.

Larry has been bowling for 55 years and has been a dedicated volunteer for the Astra 5PBA and the Ontario 5PBA for 25 years. On October 21, at Astra Lanes Larry was honored with the following awards.

From the Ontario 5 PBA Larry was presented with a gold watch for 25 years of volunteer service to his community and his generous contribution to advancement of five pin bowling in Ontario.

The Astra 5 PBA presented Larry with a beautiful handmade wine rack with glasses and a bottle of 100th Anniversary of Five Pin Bowling wine for 25 years of dedicated service to the Astra association. Congratul-



Photo: Submitted

Shown above is Larry Rankin (left) with Harold Stoddart, President of Astra Five Pin Bowlers Association. ations Larry!

If you are interested in more information on Leagues, Open bowing times or Birthday Parties please call: Astra Lanes at 613-392-2811 ext 3305.

Keep your eye on your spot, until next time....bowl well and have fun!

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# FITNESS & HEALTH PROMOTION



## Good clean fun: It's great for the body – great for the soul

Healthy Leisure is often connected to an addiction-free lifestyle because it is also about moderation and balance.

In this case it is about balancing work and free time activities, responsibilities and leisure time in an effort to maintain health and fitness.

Healthy leisure is about balancing our lives with recreation that benefits our minds, bodies and spirits and can cover a range of activities from sports/ fitness activities to stamp collecting.

The important thing is that these activities are enjoyable to you and are chosen by you.

Healthy leisure can play a very important role in our emotional and physical health and well being.

It can help us relax, manage stress, increase our sense of self worth, prevent boredom, increase mental and physical agility, and provide us with coping skills, enjoyment and social connection.

### What is the connection between healthy leisure and an addiction-free lifestyle?

Many people use substances or gamble in their free time.

This is done for a variety of



reasons: to feel better, happy, relaxed or nothing at all, to forget, to sleep better, to be social, to cope with stress or boredom, and the list goes on.

However, there are many other leisure activities that can provide the same benefits – without the risks that come with alcohol, tobacco, other drugs or gambling.

Also, if you feel you may be moving out of the healthy range of substance use, developing healthy leisure activities is one way to replace that unhealthy use of substances.

It provides you with more choices of things to do in your free time and other ways to help feel happy, sleep better, or relax.

Also, these activities help you develop the coping skills to man-

age daily stress and help you build the social networks that protect us from developing problematic substance use.

Leisure is a very personal thing and, in order to find activities that are rewarding and satisfying, it is important that they meet your own individual needs and expectations.

No matter where you live, there are a variety of healthy leisure activities available to you. On your base you can check with your local PSP Office.

In your community, check bulletin boards in your local library or grocery store, check your municipal recreational calendar, community college, university, social clubs, special interest stores, or community health centres.



## 8 Wing Health Promotion

177 Hercules St., Bldg 119

**Jessica Ivanko, local 3768**  
Health Promotion Administrative Assistant

**Angela Prescott, local 4122**  
Health Promotion Manager

**Kendra Lafleur, local 3768**  
Health Promotion Director

healthpromotionTrenton@forces.gc.ca

Visit [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com) to learn more about the programs and services offered by your 8 Wing Health Promotion team.

## Did You Know?

Tea is said to have been discovered in 2737 BC by a Chinese emperor when some tea leaves accidentally blew into a pot of boiling water.



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

## What you need to know about caffeine consumption

Caffeine is found naturally in over 60 plants such as coffee and cocoa beans, tea leaves, kola nut, yerba mate, and guarana.

It's also used in soft drinks, energy drinks and drugs such as some cold and pain remedies.

Coffee and tea are the main sources of caffeine for adults, while soft drinks are the main sources for children.

It's well-known that caffeine makes us more alert and delays sleep. It's also popular among athletes, since it can improve performance in some sports.

People often wonder whether caffeine is safe. Right now, it appears that a moderate caffeine intake does not increase the risk of developing cardiovascular disease, osteoporosis or cancer.

Contrary to popular opinion, caffeinated drinks do not dehydrate us, especially if we are used to caffeine.

Many different foods, beverages and medicines contain varying amounts of caffeine.

Health Canada recommends that adults limit their caffeine intake to no more than 400 to 450 mg/day. This is about the amount found in three eight-ounce cups of regular coffee.

Health Canada also recommends that pregnant and breastfeeding women limit their intake to no more than 300 mg per day (two cups of coffee or six cups of tea).

Caffeine can be passed to an infant in breast milk, which may result in irritability and sleeplessness.

Recommended limits for children are even lower (45 mg/day for children four to six years old, 62.5 mg/d for seven to nine years old and 85 mg/day for children 10 to 12 years old).

It doesn't take much for children to reach these limits; a 12-oz can of cola contains about 45 mg of caffeine, an energy drink has about 80 mg and a solid milk chocolate bar has contains about 10 mg.

For the average healthy adult, moderate caffeine intakes pose no health risk, especially if we eat a balanced diet and enjoy regular physical activity.

Many people who are used to having caffeine experience side effects like headaches and drowsiness when they suddenly stop taking it.

Here are some tips to cut back slowly: Mix your regular coffee with half decaffeinated coffee.



- Try caffeine-free herbal teas or apple cider for a hot drink.
- Choose a latte or café-au-lait over brewed coffee.
- Brew tea for less time.
- Try caffeine-free versions of your favorite carbonated beverages.

*Important Warning* – Health Canada warns us to never mix caffeine with ephedrine (ma huang) due to potential serious health risks.

*Source: Dietitians of Canada*

## ARRIVE ALIVE

Please show appreciation and respect for the health and happiness of yourself and others.

Don't drink and drive, or allow anyone behind the wheel of a motor vehicle if you believe they have had too much to drink.

Assign a designated driver.

Call a friend, or a cab.

Report any suspected impaired driver.

Do the right thing.



**DON'T DRINK & DRIVE!**

## National Addictions Awareness Week: November 15-22, 2009

Promoting an addiction-free lifestyle! Visit [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com) to learn more



## News



## National Addictions Awareness Week promotes cleaner lifestyle

by Tom Philp, Contact Staff

The fifth consecutive National Addictions Awareness Week (NAAW) is being celebrated across the Canadian Forces, and 8 Wing/CFB Trenton personnel are finding lots of opportunities to learn about the benefits of an addiction free lifestyle.

The 2009 NAAW campaign, running from November 16-20, is an integral part of the Canadian Forces Health and Physical Fitness Strategy which is committed to developing and sustaining "a strong and healthy CF." Encouraging both military and civilian CF members to abandon addictions to alcohol, drugs, gambling and other "lifestyle deterrents" is a key element of the strategy to maximize operational strength "through a resilient and fit force."

"People who are addiction free lead much healthier lives," said Angela Prescott, 8 Wing's Health Promotion Manager. "This year's (campaign) slogan is 'Promoting an Addiction Free Lifestyle,' and Health Promotion has come up with a number of games and other exercises that should help participants better understand how their lives are affected by addictions."

Those NAAW promotions at 8 Wing have included 'Beer Google

**Photo: Tom Philp, Contact Staff**



**Members of ATESS took turns trying to shoot a hockey ball into the net while wearing "Beer Goggles" during a National Addictions Awareness Week exercise at the south side gymnasium. Beer Goggles simulate the visual experience someone would likely have with a .17 blood alcohol concentration. For the record: there were few goals.**

Olympics' held at the South Side Gymnasium. During their regular Physical Training period, volunteers from 8 Wing Aerospace and Telecommunications Engineering Support Squadron (ATESS) donned thick goggles before attempting to shoot a hockey ball at a net, try their hands at basketball or hit a badminton birdie with a racquet.

"When participants are wearing those goggles, they get to see what it would be like to play sports with a blood alcohol concentration of .17," Prescott said. In May 2009, the Province of

Ontario introduced legislation that created a "warning zone" for anyone caught driving with a blood alcohol concentration (BAC) between .05 and .79. Drivers with a BAC of .80 or above are considered "legally impaired".

Other NAAW activities scheduled for 8 Wing/CFB Trenton include Alcohol, Other Drugs and Gambling (AODG) Roulette (operating in the foyer of the Yukon Galley during the lunch hour on Friday, November 20); Addictions Awareness Jeopardy at Military Family Resource Centre; AODG Supervisor's Training Courses;

and the distribution of Low Risk Drinking Guideline information during various 'meet and greets' by a number of squadron and unit Commanding Officers.

An addiction free lifestyle benefits individuals and their families, builds a strong, vigorous Canadian Forces, and strengthens the communities in which we live.

For more information about National Addictions Awareness Week, or about dealing with addictions, please call 8 Wing Health Promotion, 613-392-2811, local 3768.

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## Hospital personnel presented with Quarterly Awards

Photos: Submitted



CDU clerks are presented with the 3rd Quarter Award of Support Excellence at 24 Canadian Forces Health Services Centre. From left, Major D Miller, CO, Lisa Lewis and Roxanne Whiting (CDU 1) Anne-Marie Gould and Lesley VanMeer (CDU 2), Capt W Swales, Acting Wing Surgeon.



Ms Glennis Newton, Infection Control Nurse, is presented with the 3rd Quarter Award of Clinical Excellence at 24 Canadian Forces Health Services Centre. From left, Major D Miller, CO, Glennis Newton, Capt W Swales, Acting Wing Surgeon.


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## VIEW FROM THE PINE



I received the most disturbing phone call the other day, which for me was a change as normally I am the one giving them. A friend (yes, I have paid my monthly dues) rang me up at work and during the course of our conversation he had the gall to ask me if I had been following "Battle of the Blades." I just about choked on my tongue.

So after swearing a blue streak that would have made an old sea dog blush, I collected myself and inquired as to the quantity and quality of the illicit drugs he was obviously under the influence of. He honestly sounded quite perplexed at my reaction until I started questioning his manhood, or apparent lack thereof. At that point in the phone call he got a bit defensive, but I did get him to sheepishly admit that he watched it with his wife because, "she thought that Craig Simpson was pretty cute".

Anyways, things pretty much deteriorated from there until I had him sobbing uncontrollably and promising to spend one full day of penance locked in his basement in his underwear and tube socks, watching old copies of rock 'em sock 'em with a three day old pizza and a case of wobbly pop. It was tough love but it was needed. Because that is the type of friend that I am.

So it has actually been pretty "interesting" to watch all of the hand wringing by the NHL head shed on the recent rash of head injuries and concussions being seen around the league.

And I say "interesting" because not all of the injuries have been the result of "dirty" hits. In fact, I would argue that most of the injuries have been the result of relatively clean hits.

So what is the league to do? Contact and hitting is an integral part of the North American game and I have yet to find anyone that does not get fired up watching the boom being lowered on an opposing team's player.

At the same time, no one wants to see some poor unsuspecting sod needlessly injured, especially when it comes to concussions which can easily be career enders. Believe it or not, I think a lot of the onus is on the players themselves to put a dent in the injuries currently being experienced. See one of your players about to be run over? How about a "heads up!" Make a particularly pretty pass? Maybe instead of admiring your handiwork get your head in the game and make sure you are not inadvertently "in the trolley tracks".

If the players can police themselves (and no, I don't mean the needless fight that erupts every time a clean hit that results in an injury is delivered), and the League takes care of the cheap shots, this latest rash of injuries should fade away.

Interesting fact #1 – the Toronto Maple Leafs are second last in the NHL, only barely ahead of the lowly Carolina Hurricanes. Interesting #2 – the Toronto Maple Leafs have not made the playoffs in the last four years and are not going to make the post season this year either. Interesting fact #3 – for the fourth year in a row the Toronto Maple Leafs were ranked as the most valuable NHL franchise coming in at a whopping \$470 million USD. That's a lot of Mats Sundin jerseys.

So, I may have had to spend more than a few years in Grade 6 (Saskatchewan elementary

school math is soooo tough), but I am not sure how "one plus two equals three" in this equation. Normally I would be shaking my head at how successfully mediocre the Toronto franchise was, but now we have moved into truly absurd, Mike Millbury on HNIC territory.

By Maple Leafs math, the progressively worse the club does the more the franchise increases in value. Wow. Simply, wow. And just to show I am not completely biased (really, I'm not) the Canadiens were ranked the third most valuable franchise at \$339 million USD and Montreal has not advanced past the Eastern Conference semi-finals since their Stanley Cup Championship in 1992-1993. Now THAT is being successfully mediocre.

### MEAT AND POTATOES

Wendel Clark (This one is for you, Leaf Nation. Despite how painful it was watching the Leafs amateurishly honouring the old Courtnall-Clark-Leeman "Hound Line", it did bring back at least one good memory. Clark's monumental hit on Bruce Bell of St. Louis. Trust me, if you are too young to remember the hit, google it. Now that's good Saskatchewan hockey! And people want to take hitting out of the game? For shame), Henrik Sedin (Canucks star may be twinned but his stats are not suffering. He racked up three goals against Colorado and has six goals in his last six games), Carey Price (The haters have been out all year with Price but if you look at the stats he has basically gotten little scoring support from his team. He is 2-2 in his last four games and

has brought his season save percentage above .900. In those four games, including a 53 save performance in a losing effort against the Predators, the Habs have averaged a lowly 1.75 goals a game. So basically, unless Price pitches a one-goal or shutout game, every game, he will probably be holding a losing record by year's end. And that ain't fair), Jarome Iginla (October was not kind with only four goals and five assists for the Flames superstar. November has been much better with seven goals and one assist in six games), Drew Doughty (2008 second overall pick is really coming into his own this year with 16 points and a plus six in 21 games. And the kid is not even 20 years old yet).

### CHARLIE POTATOES

Toronto Maple Leafs PR Department (You know you need to hire new staff when even my wife got angry at the "Hound Line" celebration on HNIC last weekend. No word of a lie, she looked over and asked what junior high school student put together that night-

*By Gilmour Tuttle*



*Any responses can be sent to andrea.steiner@forces.gc.ca*

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## 8 Wing technicians take part in US Veterans' Day ceremony

by Major Allan J. MacKenzie

*Marietta, Georgia.* - A group of 24 Aircraft Maintenance Technicians from 8 Wing/CFB Trenton recently took part in a United States Veterans' Day event, in Marietta Georgia on 11 November.

While training at the Lockheed Martin Aeronautics facility, these Avionics and Aviation technicians took a break from their studies to participate in a parade and memorial event on Marietta Square just outside of Atlanta, GA.

Here in Georgia for approximately three months, the technicians are preparing for next year's arrival of the CC130 "J" Super Hercules in Trenton. Contractor instruction staff, many of them ex-US military personnel, gladly made the students available for Veterans' Day, understanding that it would be very similar to a Canadian Remembrance Day ceremony.

The event consisted of a one and a half mile parade, followed by a ceremony on the city's central podium. Organizer Scott Chadwick of the Marietta Kiwanis Club made mention of the special friendship between Canada and the USA, as did the Guest speaker, Major-General William T. Nesbitt, Georgia National Guard, Adjutant-General for Georgia. His speech focused on the changing face of veterans who are not just World War II or Korean Conflict veterans.

Personnel from this growing segment of society are now coming home as seasoned, and some of them barely out of their teens. This fact is equally as poignant in Canada as it is in the USA and the rest of the Coalition Against Terror.

"Veterans' Day is an important event to me, just as Remembrance Day. I felt proud to represent my country, as well as stand with our neighbours to the south," he added.

The Canadian presence at the event did not go unnoticed and was very well received by the organizers, the podium guests, even the general public attending. Indeed, the Canadian contingent received accolades from the Mayor of Marietta as well as the president of the local Kiwanis Club, a retired Marine Gunnery Sergeant.

The local newspaper, The Marietta Daily Journal, also noted the Canadian Forces participation in their feature article on the events of the day.

"I was glad to be part of this event. It was a different experience, but it was still similar to what we would do at home," said Master Corporal Fred Sherrington about his participation in an American veterans' event. MCpl



**Corporal Greg Simms**, currently training at the Lockheed Martin Aeronautics facility in Georgia, enjoys a conversation with an ex-US military member from the Veterans of Foreign Wars during the Veterans' Day on November 11.



### WRITE TO THE TROOPS MORALE BY MESSAGE BOARD!

The men and women of the Canadian Forces have demonstrated time and again that they will rise to any challenge. Let your Canadian Forces members know you appreciate their service by sending a message using the monitored message board available at [www.forces.gc.ca/site/commun/message/index-eng.asp](http://www.forces.gc.ca/site/commun/message/index-eng.asp)

**Canadian Forces Morale Mail:** The Morale Mail service provides families and friends within Canada a cost-free alternative to using Canada Post to send care packages to those serving at a CF deployed operation.

Morale Mail can be dropped off typically at a Base or Wing Military Family Resource Centre, Mail Room, or Military Post Office.

### ÉCRIVEZ AUX MILITAIRES LE MORAL PAR BABILLARD ÉLECTRONIQUE!

Les hommes et les femmes des Forces canadiennes ont démontré maintes et maintes fois qu'ils sont à la hauteur de tout défi. Faites savoir aux membres des Forces canadiennes que vous appréciez leur service en leur envoyant un message à partir de ce babillard électronique surveillé. [forces.gc.ca/site/commun/message/message-add-ajout-fra.asp](http://forces.gc.ca/site/commun/message/message-add-ajout-fra.asp)

Le service de courrier d'encouragement vise à permettre à la famille et aux amis des militaires affectés à une opération déployée des FC de leur envoyer gratuitement des produits de réconfort, plutôt que d'avoir recours à la Société canadienne des postes.

Le courrier d'encouragement peut être déposé au Centre de ressources des familles des militaires de la base ou de l'escadre, salle du courrier ou Bureau de poste militaire.

## REMEMBERING IN ALERT

Photo: 2Lt Cynthia Kent



Major Sylvain Giguère, Commanding Officer, CFS Alert, and MWO Darryl Foster, Station Warrant Officer, CFS Alert, place a wreath during Remembrance Day Services at the station. On November 11 as snow fell and the temperature hovered near (minus) -25°, station personnel gathered at the cairn and crosses dedicated to the 1950 Lancaster crash to remember all those who have died in service to Canada.

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D9915 5.7L-V8 Hemi, pwr heated leather memory seats, pwr sunroof, chrome wheels, wood grain trim, park aid, steering wheel controls, dual climate controls, air, cruise, tilt, AM/FM/MP3/6 disc changer, pwr windows, locks, heated mirrors, keyless entry, 65,000kms.  
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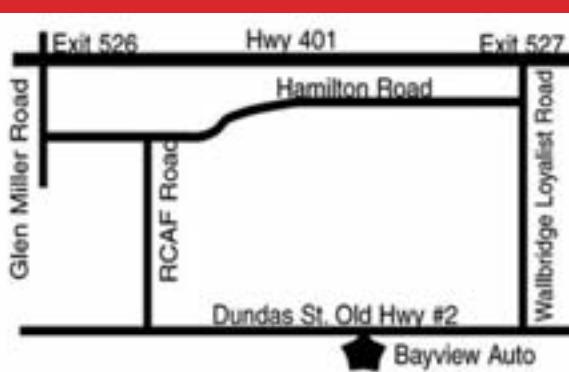


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# Community Events

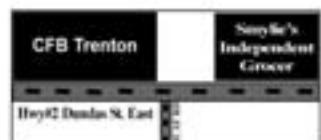
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

## Book Sale

The Friends of Quinte West Public Library will hold their monthly book sale on Saturday, November 28 between 9 a.m. and 1 p.m. at the Municipal building (located at 22 Trent Street North) in Frankford.

A great selection of books, puzzles, videos and CD's will be available for all ages. For more information please call 613-392-3131.

All proceeds will go to the Quinte West Public Libraries.

**2009 Trenton Santa Claus Parade**

Sunday, November 29, 2009  
Parade leaves Centennial Park at 4:30 PM

**People's Choice Award**

It's your chance to vote for the Best float online at [www.quintewestchamber.ca](http://www.quintewestchamber.ca) or vote at the Chamber office at 97 Front Street, Trenton.

**Tim Horton's School Band Challenge**

Introducing the Tim Horton's School Band Challenge. Local area schools will compete for a chance to win money for their music program.

1<sup>st</sup> \$300      2<sup>nd</sup> \$200      3<sup>rd</sup> \$100

Please bring an unwrapped toy or a non-perishable food item for the drives. Santa Letters will be picked up by Canada Post carriers throughout the Parade.

Thank you to our sponsors:

M&M's, RBC Financial Group, Royal LePage, Bell, Scotiabank, Wallace, West End, Chasseur's Trophies, Quinte West, Presented by Quinte West Chamber of Commerce.

**SASSY SCRAPPIERS OF THE TRENTON MFRC INVITE YOU TO A CREATIVE MEMORIES OPEN HOUSE**

Saturday, Dec. 5 (Noon - 2:00 p.m.) and Sunday, Dec. 6 (9 a.m. - 3 p.m.)

Come out and learn more about traditional and digital scrapbooking options available from Creative Memories.

Product and album displays.

Door prizes.

Raffle.

Demonstrations of traditional tools and digital software - Saturday, Dec. 5 - 1-3 p.m.

Potluck dinner

**EVERYONE WELCOME!!!**

Purchases associated with this event will help to provide scrapbooking tools for Sassy Scappers workshops. These workshops are available to all local scrapbookers - membership is only \$10/year.

FOR MORE INFORMATION CONTACT ALLISON AT: (613)392-9189 or [all\\_gar@hotmail.com](mailto:all_gar@hotmail.com)

## ATESS ANNUAL FOOD DRIVE

DATE: Thursday, 26 November 2009

TIME: 0630 to 0800

13th Annual Food Bank Toll Booth  
ATESS North Gate

Collecting non-perishable food items and cash in support of the Trenton Care & Share Food Bank.

All donations and support are greatly appreciated.

## Link to Learning Lending Library

Saturdays, in Belleville, from 1 p.m. to 4 p.m. Lending library with most up to date resources for families raising a child with a disability. Please check us out at 188 Victoria Ave. [www.linkstolearning.ca](http://www.linkstolearning.ca)

## Victorian Candlelight Tea and Bazaar

St. George's Anglican Church is holding their Annual Candlelight Tea and Bazaar on Saturday, November 28 from 2 p.m. to 4 p.m. at the Parish House, located at 25 John Street in Trenton. Live music, refreshments, crafts, baked goods and much more! There will also be door prizes!

Tickets are \$4 per adult and \$2 for Children under 12 years. Please call 613-394-4244 for more information.

**Quinte's 14th Annual Christmas Model Railroad Show**

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Sponsored by Belleville & Brighton Model Railroad Clubs

## Trenton Knights of Columbus Monthly Breakfast/Brunch

Everyone is welcome to attend the Trenton Knights of Columbus Monthly Breakfast/Brunch on Sunday, Nov. 22 from 9:00 am to 12:30 pm at the K. of C. hall, at 57 Stella Crescent. The cost is still \$6.00 for adult, \$3.00 for children under twelve and free for toddlers under the age of six. You can expect the same generous menu and courteous service as always. The funds raised through our monthly breakfast are always to help various local charities. Thank you for your continuing support.



# FAMILY

## Activity: Very blueberry muffins



### Instructions

Preheat the oven to 350°F. Place 12 paper liners into the muffin tin.

In a large bowl, stir together the dry ingredients, and then add the sugar and rolled oats.

In a separate bowl, mix together the egg, milk and cooking oil.

Combine the wet and dry ingredients until just moistened, and then fold in the blueberries.

Spoon some batter into the muffin liners, and then bake for 15 to 20 minutes until brown.

Enjoy this more with Comfort, Play and Teach™ time!

### You will need

1 cup all purpose flour  
2 tsp baking powder  
½ tsp salt  
½ tsp cinnamon  
¾ cup rolled oats  
½ cup lightly packed brown sugar  
1 egg  
1 cup buttermilk  
¼ cup cooking oil  
¾ cup fresh or frozen blueberries

sharing some of the muffins with a neighbour. Your child can prepare a small gift bag and then discover the good feelings that come with giving someone an unexpected surprise.

### Play

Change the names of the ingredients a little just for fun. Ask your child to stir in the cold goats, the baking chowder or the mutterbilk! They will laugh hysterically and then tell you how to say it properly!

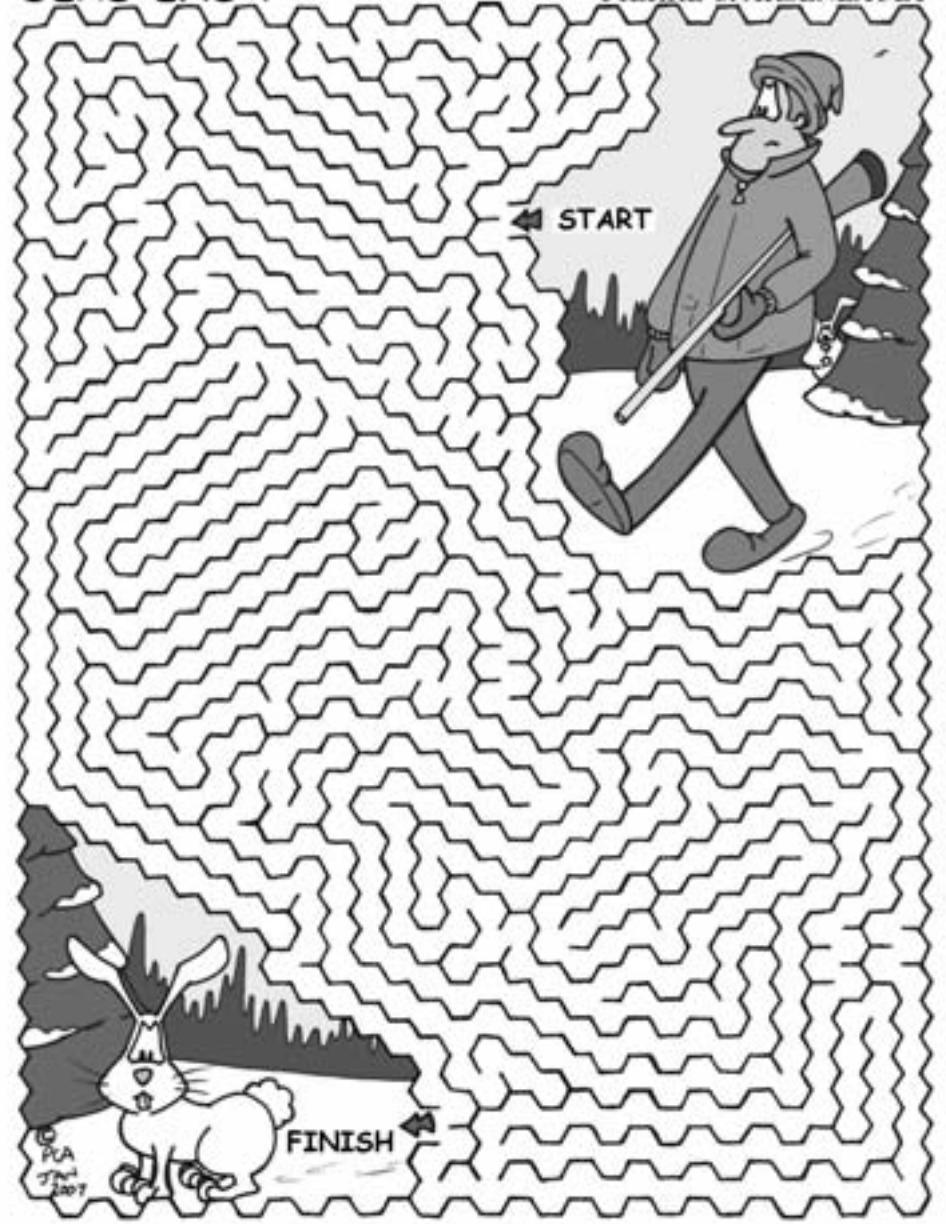
### Teach

What a great way to practice counting to 12! As the muffins get eaten, your child will learn about subtraction when you count how many are left.

*Courtesy of the D-News Network, DND-CF Public Affairs Newswire. All text by Invest in Kids. www.investinkids.ca*

### DEAD END?

pcarsent@nb.sympatico.ca  
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## Mealtim.org Salmon Pockets

This salmon salad is loaded with the flavours and ingredients of the French Riviera – and is stuffed in a pita to become an easy and savoury meal any time of day. Salmon is also a convenient source of heart-healthy omega-3 fatty acids.

### Ingredients:

2 cans (7 1/2 ounces each) sockeye salmon, drained and flaked  
1 can (8 ounces) unsalted cut green beans, drained  
2 hard-cooked eggs, shelled and chopped  
1 large tomato, chopped  
1 small red bell pepper, cored and chopped  
1/2 cup thinly sliced red onion  
1 can (2 1/4 ounces) sliced black olives, drained  
1/2 cup garlic-herb vinaigrette  
6 whole-wheat pitas, sliced in half  
6 cups Bibb lettuce

**Preparation Time:** Approximately 15 minutes

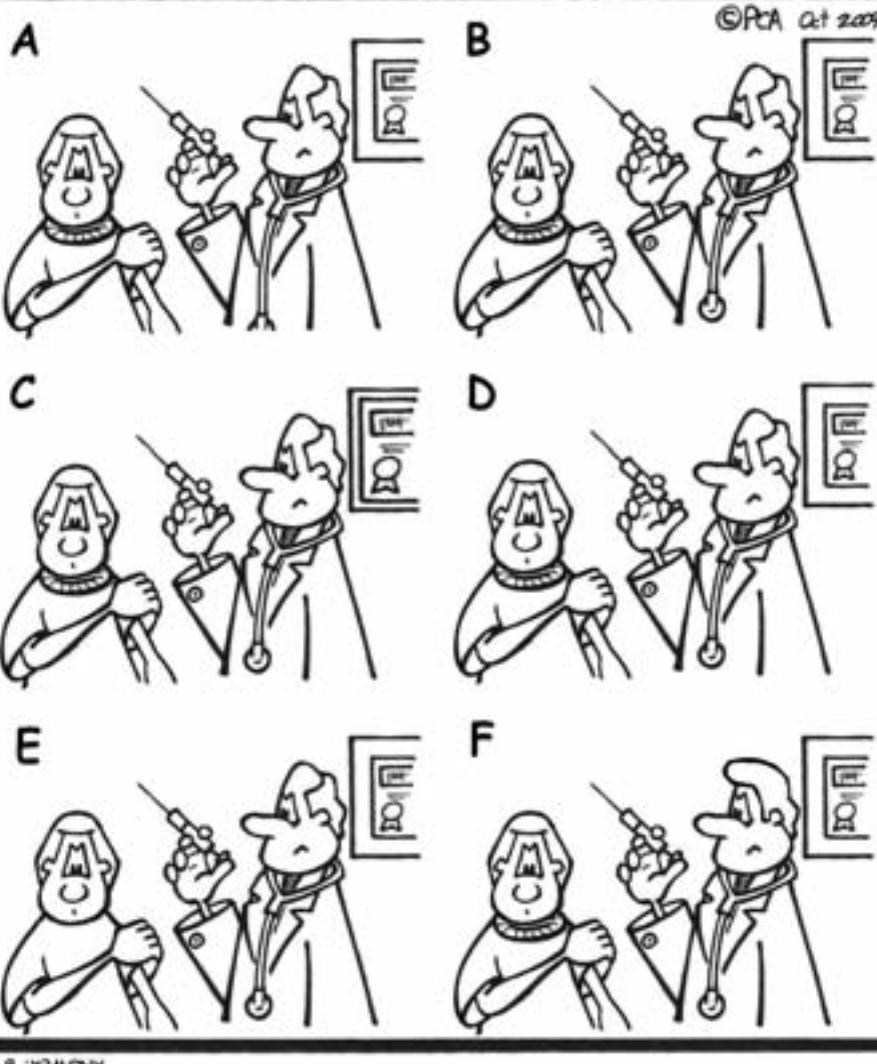
**Preparation:** In a medium bowl, combine salmon, green beans, eggs, tomato, red bell pepper, red onion and olives - mix together. Add vinaigrette and toss mixture gently. Line pita halves with lettuce leaves. Spoon about 2/3 cup salmon mixture into each pita half. Serve immediately. Serves: Six

*Nutritional Information Per Serving: Calories 350; Total fat 15g; Saturated fat 2.5g; Cholesterol 100mg; Sodium 710mg; Carbohydrate 32g; Fibre 6g; Protein 25g; Vitamin A 60 per cent DV\*; Vitamin C 60 per cent DV; Calcium 20 per cent DV; Iron 20 per cent DV; Folate 21 per cent DV; Potassium 17 per cent DV Per serving, this dish provides from MyPyramid: About one cup Vegetable Group; two ounces Grains Group; two-and-a-half ounces Meat and Beans Group \*Daily Value*

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## HOROSCOPES

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November 22 – November 28

*Theme of the week: If you've got meetings to schedule or public events on the agenda, you should get a terrific response. For some, friends or group involvements may lead to added responsibilities, but the efforts will be worth it. Concentrate on the opportunities available to you and you'll succeed!*

**ARIES** (March 21-April 19): There are some changes in your hopes for the future. You're becoming more optimistic, which is great as long as you don't get carried away. Your imagination is very active this week. Let it inspire you, but don't get too impulsive! Social life is low-key and may simply involve watching TV or renting movies.

**TAURUS** (April 20-May 20): This is an excellent week for making changes in your work area, especially if you're self-employed. While there may be some tension, presentations and other meetings should go very well. Play it safe by showing how any changes will enhance the status quo.

**GEMINI** (May 21-June 20): It looks like someone's trying to draw you into a conflict by being uncooperative and insistent on being right. Don't blow a fuse; simply detach. This stuffed shirt is not worth the aggravation. Tune out and busy yourself elsewhere. You may not be able to escape to an exotic island, but you certainly can escape to another room!

**CANCER** (June 21-July 22): While there are some adjustments to be made, things look pretty positive overall. Even though there could be some added domestic responsibilities, your energy level and attitude are good. There's nothing here you can't handle. An unexpected trip or outing may figure in the week's activities.

**LEO** (July 23-Aug. 22): You become interested in a new hobby before the week is out. Your judgment is good overall, but there's a bit of an impulsive streak that needs watching, especially if imbibing is on the agenda. Otherwise, you're fine and you're rarely alone!

**VIRGO** (Aug. 23-Sept. 22): Expect family members to be particularly quirky this week. You'll just have to deal with it. Resistance is futile. They are who they are. You've gotta love 'em, even when they're making you crazy. Don't forget birthdays or anniversaries or they'll make you even crazier!

**LIBRA** (Sept. 23-Oct. 23): Someone forgets to check the oven. Adjustments to dinner plans have to be made posthaste. Dinner out? Order in? All's well that ends well. On other fronts, both ambitions and mating urges are strong, and there's plenty of mental stimulation in the mix. It could be an interesting week indeed!

**SCORPIO** (Oct. 23-Nov. 21): There's a lot going on at the same time this week. That makes it rather easy to forget things. Check your calendar and don't be too proud to make lists. On other fronts, you could meet someone this week who has the potential to become a friend. For some, hunting or outdoor activity may be part of the agenda.

**SAGITTARIUS** (Nov. 22-Dec. 21): This is a restless week. Your interests turn to philosophical subjects, but your focus shifts from one thing to another without any one captivating your attention for very long. Work and social dealings go well as long as you walk your talk as well as talk it, so it's not a totally wasted week!

**CAPRICORN** (Dec. 22-Jan. 19): You don't need anyone to light your fire this week; you've got plenty of passion and pizzazz all on your own! While a little care may be needed with romantic entanglements, your inspiration will take you far on other fronts. Enjoy!

**AQUARIUS** (Jan. 20-Feb. 18): Sparks of interest get fanned into flames of passion. Some of you become keen to improve your knowledge of some subject. Some of you have exciting communication with friends. Some of you may even make romantic commitments. It's all good!

**PISCES** (Feb. 19-March 20): You're catching up on your reading, writing, and email this week. A new responsibility could also be offered to you. While it means more work, it's also a good opportunity to meet new people and learn something new. Accept!

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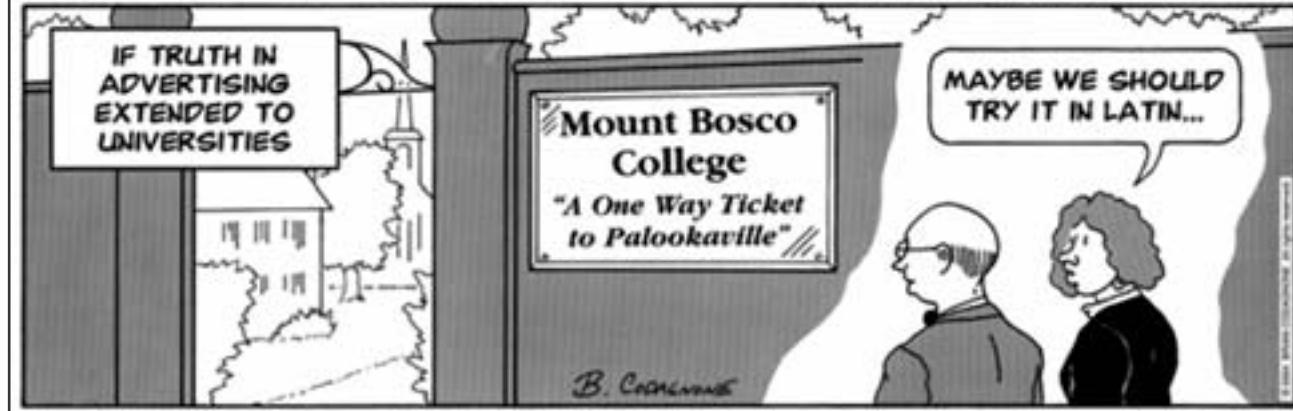
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### MISFITS BY BRIAN CODAGNONE



### DEAD AIR



### DuJour



Anyone got a RULE book?

### Stuff!



Dominant Horses!



## Features to look for when purchasing a CO detector?



Submitted by  
Don Heans,  
Wing General  
Safety Officer

Most carbon monoxide (CO) detectors are designed to give an alarm when CO levels reach a high-level in a short time.

However, health agencies advise that long term, low-level exposure are also of concern, especially for the unborn and young children, the elderly and those with a history of heart or respiratory problems (*Health Canada, 1989*).

Detectors that can display both high and low levels are more expensive but they do provide greater accuracy and more information.

The following are some features to consider when purchasing a CO detector.

Look for a detector that is listed with the Canadian Standards Association (CSA) stan-

dard. The logos of the testing agency will be on the product.

Choose a detector with a memory if you want to monitor long term low-level exposure and short term, high-level exposure.

Even though product standards do not allow manufacturers to display low levels of CO, these units monitor and store this information.

Peak levels, no matter what the level of concentration, can be viewed by pressing a button.

Battery operated units allow detector placement in the most convenient location. However, any battery-operated device requires the user's diligence in replacing worn-out batteries.

Do not connect plug-in units to an electrical outlet that is controlled by a wall switch.

No detectors will operate properly forever. Replace them at least every five years, unless the manufacturer specifies a shorter or longer life.

Eventually, manufacturers may be required to print expiry dates on their CO detectors.

This will ensure that you are purchasing an up-to-date product with a full sensor life.

### Where do I put a CO detector?

Most manufacturers do specify where you should locate their CO detector.

In general, the best place to put the detector is where you will hear it while sleeping.

CO is roughly the same weight as air and distributes evenly throughout a room, so a detector can be placed at any height in any location, as long as its alarm can be heard.

Additional units could be installed in several other locations around the home, such as a child's bedroom; check the list below before installing.

To avoid both damage to the unit and to reduce false alarms, do not install CO detectors in unheated basements, attics or garages; in areas of high humidity; where they will be exposed to chemical solvents or cleaners, including hair spray, deodorant sprays, etc.; near vents, flues or chimneys; within two metres (six feet) of heating and cooking appliances; near forced-or unforced-air ventilation openings; within two metres (six feet) of corners or areas where natural air circulation is low; where they can be dam-

aged, such as an outlet in a high traffic area; where directly exposed to the weather.

### What do I do if I hear the CO detector alarm?

Do not ignore the CO detector's alarm if it sounds. Treat each alarm as serious and respond accordingly.

CO detectors are designed to sound an alarm before a healthy adult would feel any symptoms.

Infants, the elderly and those with respiratory and heart conditions are at particular risk and may react to even low levels of CO poisoning (*Health Canada, 1989*).

Symptoms of CO poisoning: Be sure that all members of your family know the symptoms of CO poisoning:

Mild exposure: Flu-like symptoms such as headache, running nose, sore eyes, etc.

Medium exposure: Drowsiness, dizziness, vomiting. The sense of disorientation and confusion may make it difficult for some victims to make rational decisions like leaving the home or calling for assistance.

Extreme exposure: Unconsciousness, brain



## DANGER! CARBON MONOXIDE

damage, death.

Continued low-level exposure to CO: While this may be not lead to observable symptoms, you should still avoid such exposure.

Testing a carbon monoxide detector: Most CO detectors have a test button that should be pressed once a week to confirm that the device is in operation.

Detectors with displays can be tested with a known source of CO such as smoke from a cigarette or incense stick.

Hold the CO source about eight to 10 inches

away and watch the digital display respond to the presence of even a small amount of CO. But an alarm will most likely not sound with this test.

There are CO detector test kits available, where CO detectors are sold, that provide a vial of high level of CO (1000 ppm) and a plastic tent to house the unit during the test. This test only proves that your detector will sound an alarm with a very high level of carbon monoxide.

For more information visit [www.cmhc-schl.gc.ca/en/co/maho/yohoyohe/inaiqu/inaiqu\\_002.cfm](http://www.cmhc-schl.gc.ca/en/co/maho/yohoyohe/inaiqu/inaiqu_002.cfm)

## National Safe Driving Week

December 1 – 7, 2009

As part of the annual National Safe Driving Week, MSE Safety is offering a no cost Dependant's Defensive Driving Course on December 1 and 2, 2009, from 1800 to 2100 hrs (6 to 9 p.m.) both nights.

Please note, as the name implies, this course is for the *families* of military and civilian workers at 8 Wing/CFB Trenton.

The course will take place at the Wing Transportation Safety classroom located at 11 Buffalo Ave (South Side near the Gym).

## Semaine Nationale de conduite préventive 1 - 7 décembre 2009

Pendant la semaine nationale de conduite préventive annuelle, la sécurité routière offre un cours gratuit de conduite défensive pour les dépendants. Tel que le nom le dit, ce cours est pour les *familles* de militaire et travailleur civils de la 8<sup>e</sup> Trenton. *Ce cours n'est cependant offert qu'en anglais.*

**Prérequis :** Classe G1 du permis de conduire Provinciale de l'Ontario

**Date :** 1 & 2 décembre 2009

**Heure :** 18h à 21h les deux soirs

**Endroit :** Salle de classe de la Sécurité routière de la Base situé au 11 Buffalo Ave (Côté Sud près du Gymnase)

Participants must attend both teaching nights in order to receive their DDC cards and accreditation certificates.

This "first come, first serve" format has a limiting seating capacity of 30 persons – all interested personnel are to be pre-booked for subject class by contacting Wing TN MSE Safety Section at local 3470 or local 3347 to secure a seat.

**Note:** This course is registered with Canada Safety Council and may be recognized by some auto insurance companies for cost reductions.

Les participants doivent assister aux deux soirées de classe pour pouvoir recevoir leur carte CCD et le certificat d'accréditation.

La méthode « premier arrivé premier servi » est limité à 30 personnes. Toutes personnes intéressées doivent s'inscrire à l'avance en contactant la Sécurité Routière au Transport de la base au local 3470 ou 3347 pour réserver un siège.

**Note :** Ce cours est enregistré avec le Canada Safety Council et peut être reconnu par quelques Compagnie d'assurance automobiles pour réduire les coûts.

## Military Police - Emergency and Non-Emergency Locals

Local 2333 was previously a non-emergency MP number. Due to changes to the way emergency 911 calls are routed within the base wide local dialing system, local 2333 is now the MP Emergency number and **must not** be dialed for administrative or non-emergency calls. Local 4444 is to be used for non-emergency calls to the MP Detachment.

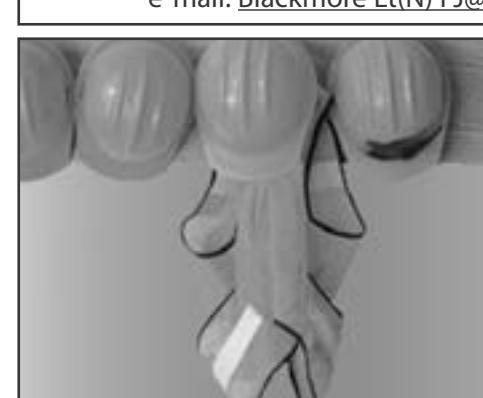
OPI: Lt(N) P.J. (Paul) Blackmore, C.D.  
Title: Detachment Commander Phone: 3685  
e-mail: [Blackmore.Lt\(N\).PJ@CFB.Trenton.MP.Sqn@Trenton](mailto:Blackmore.Lt(N).PJ@CFB.Trenton.MP.Sqn@Trenton)

## Police militaire - numero de téléphone d'urgence - non urgence

La poste 2333 étaient précédemment un numéro de la PM de non-urgence. Du au changements au système d'urgence 911, la poste 2333 est maintenant le numéro d'urgence de la PM et **ne doivent pas** être composés pour des appels administratifs ou de non-urgence. La poste 4444 doivent être employé pour des appels administratif et de non-urgence au détachement de la PM.

BPR: Lt(N) P.J. (Paul) Blackmore, C.D.  
Title: Detachment Commander Phone: 3685  
e-mail: [Blackmore.Lt\(N\).PJ@CFB.Trenton.MP.Sqn@Trenton](mailto:Blackmore.Lt(N).PJ@CFB.Trenton.MP.Sqn@Trenton)

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No safety, know injury**



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## TRENTON

### Military Family Resource Centre

**MFRC-EVENTS & INFORMATION**  
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Children under 12 - \$15

1. Choose a game date - schedule at [www.bellevillebulls.com](http://www.bellevillebulls.com)
2. Contact Jaimie Corriveau at [jcorriveau@cogeco.net](mailto:jcorriveau@cogeco.net) to arrange tickets and payment
3. Deadline: 48 hours prior to game day
4. Food will be served in the Bull's Lounge at 5:30p - game time 7:05p  
(Food: Pizza, Wings and Pop)

**CFRM-Événements et Information**  
**"Combat Combo"**  
Rassemblez vos amis et venez profiter d'une 'bouffe' et d'un 'match' des Bulls de Belleville pour 20\$/personne  
Les enfants moins 12 ans – 15\$

1. Choisir une date de partie – L'horaire au [www.bellevillebulls.com](http://www.bellevillebulls.com)
2. Contactez Jaimie Corriveau au [jcorriveau@cogeco.net](mailto:jcorriveau@cogeco.net) pour billets et paiement
3. Date limite: 48 heures avant le match
4. 'Repas' sera servi dans le 'Bulls Ring Lounge' à 17h30- l'heure de partie 19h05.  
(Pizza, ailes de poulet et boissons gazeuses)

**We Have Moved!**  
The following MFRC staff has moved to 9 Namao Drive, next to the Chapel.  
David Lee – Financial Administrator: 613-955-0719  
Jaimie Corriveau – Special Events Coordinator: 613-955-8711  
Roxanne Lamothe – Violence against Women Counsellor: 613-955-8891  
Christa Zappitelli – Prevention, Support & Intervention: 613-955-0902  
Mona Lise Dubé – Francophone Community Counsellor: 613-955-0646  
Stéphanie Bernier – Francophone Social Worker: 613-955-0419

**Déménagement**  
Ces membres du personnel du CRFM ont déménagés au 9 Namao Drive (à côté de la chapelle)  
David Lee – Administrateur : 613-955-0719  
Jaimie Corriveau – Événements spéciaux : 613-955-8711  
Roxanne Lamothe – Intervenante "Violence envers les femmes" : 613-955-8891  
Christa Zappitelli – Prévention, Soutien & Intervention : 613-955-0902  
Mona Lise Dubé – Conseillère Communautaire Francophone : 613-955-0646  
Stéphanie Bernier – Travailleuse Sociale Francophone : 613-955-0419

**Francophone Supper**  
This activity is for francophone adults and those wishing to practice their French.  
**Friday, November 20th 7:00pm**  
– Aji Sai (Belleville)  
Deadline to Register: Thursday, Nov. 19 at MFRC



For additional Information:  
[www.MFRC.CFBTrenton.com](http://www.MFRC.CFBTrenton.com)  
Contact: Jaimie Corriveau 613-955-8711



**Souper Francophone**  
Cette soirée est pour adultes et personnes qui veulent pratiquer leur français parler.  
**le vendredi, le 20 novembre de 19h**  
– Aji Sai (Belleville)  
Inscription avant: le 19 novembre de CRFM

Pour information additionnelle  
[www.MFRC.CFBTrenton.com](http://www.MFRC.CFBTrenton.com)  
Contactez: Jaimie Corriveau 613-955-8711



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The living and dining rooms are located at the front of the house and share a three-sided fireplace, guaranteed to suffuse evening gatherings with a cosy warmth.

The living room features a sloping ceiling, enhancing the feeling of space, and the dining room enjoys a built-in buffet that will provide extra storage and ease serving formal meals.

A wrap-around veranda, double entrance doors, horizontal siding and board and batten in the gables lend character to the exterior.

The house measures 57 feet, 8 inches wide by 32 feet, 8 inches deep, with 1,486 square feet of living space plus the unfinished basement.

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*Chaplain Services*


# 8 Wing/CFB Trenton Chaplain Services

## services offerts par l'aumônerie de l'escadre



### **WING CHAPLAIN SERVICES**

#### **SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE**

Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre  
Administrative Assistant - adjointe administrative  
613-392-2811 x 2490

#### Unit Chaplains – aumôniers d'unités

LCdr Padre Steve Merriman, P; Capt Padre Philippe Boudreau, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale; Capt Padre Blair Ross (P)

#### As support staff - comme personnel de soutien

Rev Jim Craig, P Civilian Officiating Clergyman – membre du clergé civil

### **WORSHIP SERVICES**

Our Lady of Peace (RC)  
Christian community – communauté catholique

Notre-Dame-De-La-Paix (CR)

Chapel Life Co-ordinator

*Father Philippe Boudreau*

Co-ordonateur de Vie de Chapelle

**Masses-Messes**

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

#### Confession - Réconciliation

Please, contact the Wing Chaplain's Receptionist to get in touch with a RC priest prior to coming over. *Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.*

#### Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

St. Clement Astra (P)  
Protestant Community

Chapel Life Co-ordinator

*Padre Jim Craig*

#### Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

1<sup>st</sup> Sunday of the month

**Parish organisations (P)**

Chapel Guild: last Tuesday – 1930hrs

**DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR**  
After working hours, for emergency 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, appeler le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.*

### **SACRAMENT OF BAPTISM**

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at Local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked.

The pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

For liturgical reasons and the baptism sacramental theology, baptisms are not celebrated during the Lent Liturgical Season.

Civilian parents who wish to have their child baptized at our military facility must first contact their civilian parish (whether or not they are active at that parish) before contacting our chapel. As Our Lady of Peace belongs to the Military Diocese of Canada, a letter of canonical jurisdiction from your civilian pastor giving the reasons supporting your request will be needed.

### **SACREMENT DU BAPTÈME**

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le pâtre pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême.

Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents.

Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême.

Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8<sup>e</sup> Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du pâtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

### **Planning to get married?**

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic party must contact first the Wing Chaplain's Offices at 613-392-2811, Ext 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (which must be attended) and the pâtre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day. Please, keep in mind that pre-marriage classes are not offered from May to September. This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The latter have the choice between their Wing Chaplain's Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from... to the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

### **Vous planifiez de vous marier?**

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenche l'ouverture du dossier prénuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

Il importe également de prendre note que si le dossier prénuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date: voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.

Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le pâtre de votre confession religieuse le plus tôt possible.

### **CHAPLAIN EMERGENCY FUND**

You can help the chaplains help our military families most in need. *How?* Every time you make a purchase at our CANEX, ask to have the *Club Xtra* points put on the Chaplain's *Club Xtra* Card. The points will be used to help our military families during times of family crisis. For more information, ask one of the Canex employees.

### **FONDS D'URGENCE DES AUMÔNIERS**

Vous pouvez aider les aumôniers à aider les familles de nos militaires qui en ont le plus besoin. *Comment?* Chaque fois que vous faites un achat dans notre CANEX, demandez que les points du Club Xtra soient crédités à la carte Club Xtra des aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales. Pour avoir des renseignements supplémentaires, demandez à l'un des employés du Canex.

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## Centennial of Flight project nets Military Families Fund \$50,000

by Holly Bridges  
Air Force News

**Nov. 16, 2009** – One of the most celebrated and highly visible Centennial of Flight projects to occur across Canada in 2009 – the Hawk One F86 Sabre – has resulted in a \$50,000 donation to the Military Families Fund.

At a recent ceremony in Ottawa, Lieutenant-General André Deschamps, Chief of the Air Staff, presented a cheque to the fund on behalf of the entire Hawk One team, and members of the Air Force, who volunteered their time and expertise to see the F-86 fly again during this centennial year.

"We are extremely pleased with the recent donation," says Sandra Gauthier, Senior Manager of the Military Families Fund. "The MFF exists only through the generous donations from Canadians."

This donation will allow us to continue assisting our military families in times of need. To date the MFF has helped over 306 families."

The Hawk One Project saw the refurbishment of a classic F-86 Sabre jet painted in the colours of legendary Golden Hawks aerobatic team that thrilled Canadians for five air

show seasons beginning in 1959 for the 50th anniversary of powered flight in Canada.

Purchased by Vintage Wings of Canada and lovingly restored, flown, maintained and managed by a team of highly dedicated military and civilian maintainers, pilots and countless other volunteers, the Hawk One Project is a non-profit venture supported by corporate sponsorships and other sources of private funding.

Following the close-out of their 2009 air show season, Hawk One organizers stayed true to their word and presented the Military Families Fund with their remaining proceeds.

In presenting the cheque, LGen Deschamps emphasized the importance of military families and the contributions they make to the success of Air Force and Canadian Forces operations here at home and abroad. He also congratulated members of the Hawk One team for making the venture a reality as part of the overall Centennial of Flight military celebrations.

### About the Military Families Fund

The Military Families Fund (MFF) is an agile and responsive means for Base and Wing



Photo: Janet Trost

**Hawk One sponsors and guests are shown above from left to right: Jim Strang, Brad Martin, Dave Jennings, LGen André Deschamps, CAS; Michael Potter, representatives of the Irving family and Dave Roberts.**

Commanders, in concert with Military Family Resource Centers (MFRC) across the country, to help military families within hours of being advised of need. It will help with short-term emergencies and also provide long-term support.

The MFF allows CF leadership to meet the special-case needs of CF members and their families with speed and flexibility not always available through

the traditional programs.

The MFF enhances and complements, it does not replace, existing public and non-public programs. The Fund fills the gaps by providing for the unforeseen and often immediate needs that families may have due to conditions of service.

The MFF works with the already established and substantial existing support programs offered through the Canadian

Forces Personnel Support Agency (CFPSA) and elsewhere, to CF members and their families.

The MFF allows for several areas of support, including rehabilitation, education, financial assistance in the case of injury or death of a CF member due to service, and urgent and extraordinary financial demands where the ability to provide family necessities is at risk.

## COBOURG YOUTH TOUR 8 WING/CFB TRENTON



Photo: Submitted

On Friday, November 13, the Cobourg Community Training and Development Centre (CCTDC), a life skills program for youths, toured three of the core units of 8 Wing/CFB Trenton. The group of youths accompanied by their coordinators, Mr John Sudano and Lea McMillan, are seen here in Engine Bay enjoying a presentation by Sergeant Brendan Tanney from 8 Air Maintenance Squadron.

## CORRECTION



Pictured above is Liana Whitman receiving her 10-year pin from Major Steve Camps WOps O. Ms Whitman was incorrectly identified in the November 13 issue of The Contact.

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Who is on top of the hill looking down  
Wearing a big fat frown  
**Birthday Party for Brad Barker**  
(it's a surprise!)  
November 28/09 - 8pm sharp  
Belleville Legion, 1st Floor  
Hope to see you there!  
Your presence will be Brad's present

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Since being introduced more than 25 years ago, the R-2000 standard has set the benchmark for homebuilding in Canada. The standard is currently being upgraded to include new technologies as they become established in the marketplace.

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**Quality** - An R-2000 home delivers quality you can trust. It is a system for building and certifying new homes to a higher energy efficiency standard, well beyond what building codes require. With R-2000, energy efficiency and construc-

tion quality go hand in hand.

**Comfort and Health** - R-2000 homes are great to live in. Fresh indoor air, even temperatures, few moisture problems and the use of environmentally-responsible materials mean year-round comfort.

**Peace of mind** - R-2000 homes go through the most demanding quality assurance process in the industry. Only trained and licensed builders can build them. And every R-2000 home is subject to independent inspections and tests that conventional homes don't receive. The R-2000 certificate is your proof.

**Energy savings** - An R-2000 home stretches your heating dollars. The secret? - energy efficiency that's "designed in," not "added on."

**State-of-the-art technology** - R-2000 homes are the result of 25 years of intensive

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**Protecting the environment** - Homes such as R-2000 homes lead the way in environmental responsibility. Using a wide range of environmentally-improved materials and building techniques helps keep Canada's environment healthy. And it reduces demands on our natural resources. R-2000 homeowners get a better new home and help protect our environment for future generations.

Check out the whole R-2000 story at [www.r-2000.nrcan.gc.ca](http://www.r-2000.nrcan.gc.ca) or call 1-800-387-2000 to order publications.

\*R-2000 is an official mark of Natural Resources Canada

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They then work with the advisor to develop energy upgrade options that have money-saving features you may want to include in your new home.

Together, they use NRCan's computer software to simulate different options, looking for cost-effective measures that will lower your energy bills. They focus on ways to improve the energy efficiency of:

- heating and ventilation equipment, such as the furnace;
- the building envelope, such as windows;
- and insulation levels in the attic, walls and basement.

Builders will offer you options, but you

make the final choice about what you would like to include in your home. Many of the most valuable energy improvements are easier and cheaper to install while a home is being built. Any investment in energy efficiency improvements you make at the building stage will start to pay you back in lower energy bills the day you move in.

Visit Natural Resources Canada's website for everything you need to know about building or buying an energy efficient new home at [newhomes.nrcan.gc.ca](http://newhomes.nrcan.gc.ca) or by calling 1-800-387-2000 to order publications.



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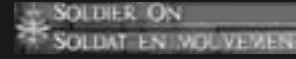


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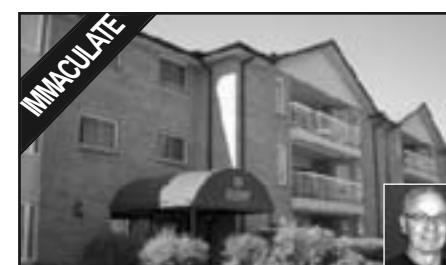
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