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• October 2, 2009 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 44 Issue Number 37 •

## All clean hands on deck: It's that time of the year again

by Captain Chris Perrault,  
Michele Edwards, and Glennis Newton,  
Community Health Nursing Team

Roll Call! Everyone needs to be on board if we are going to get through this heightened germ season with minimal negative effect.

The Community Health Nursing Team at 8 Wing/CFB Trenton has rallied and is armed for battle.

Over the next several months, watch for our column which will highlight current topics to discuss at the water cooler and dinner table.

As we wait for direction on this year's seasonal flu and H1N1 vaccination plans, we are full steam ahead in encouraging everyone to follow these easy and low-cost steps to help stop the spread of germs.

Clean your hands often: Keeping your hands clean is one of the best ways to keep from getting sick and spreading illness.

Routinely clean and disinfect surfaces: Cleaning with soap, water and scrubbing removes dirt and most germs.

However, using a disinfectant cleaner kills germs, giving even better protection.

Handle and prepare food safely: Clean

hands and surfaces often. Don't cross-contaminate one food with another. Cook foods to proper temperature. Refrigerate foods promptly.

Get immunized: Getting immunizations is easy, low-cost, and saves lives. Make sure you and your kids get the shots suggested by your doctor.

Use antibiotics appropriately: Antibiotics don't work against viruses such as colds and flu. Unnecessary antibiotics can be harmful. Antibiotics should be taken exactly as prescribed by your doctor.

Be careful with pets: Pets should be routinely cared for by a vet. Children under the age of five should be watched carefully around pets and animals. Always wash hands after touching animals or animal waste.

Avoid contact with wild animals: Wild animals can carry deadly diseases and pass them to you and your pet. Keep your house free of wild animals by not leaving any food around. Keep garbage cans sealed.

All units need to take the time to review and refresh their role in promoting Hand Hygiene among their staff.



Photo: Submitted

Armed with their germ-fighting tools are Michele Edwards (left), Captain Chris Perrault, and Glennis Newton (right). They comprise the Community Health Nursing Team at 24 Canadian Forces Health Services Clinic at 8 Wing/CFB Trenton.

Look for the link on the 8 Wing Splash Page for Workplace Hand Hygiene Recommendations.

Visit these links for further reading: [defenceteam-equipedeladefense.mil.ca](http://defenceteam-equipedeladefense.mil.ca) and [phac-aspc.gc.ca/index-eng.php](http://phac-aspc.gc.ca/index-eng.php)

## SUPPORTING UNITED WAY

Photo: Cpl Isabel Lavallee-Raby, 8 Wing Imaging



Mr. Peter Lorimer (left) presents a check for \$1,500 to Colonel Russ Williams, Commander, 8 Wing/CFB Trenton. The proceeds from the Wing Commander's Annual Charity Golf Tournament will be donated in support of the Government of Canada Workplace Charitable Campaign (GCWCC). See Page 3 for story.

## Nearly 400 stones added to AD ASTRA memorial

by Tom Philp, Contact Staff

A bugler playing The Last Post; the sound of a piper's lament; the drone of a CC130 Hercules aircraft as it flew low over the nearly 1,500 people gathered in the RCAF Memorial Air Park; these were some of the sights and sounds of the AD ASTRA ceremony held September 26 at the National Air Force Museum of Canada (NAFMC).

Leading the gathering of veterans, military members and civilians in the 14<sup>th</sup> annual event, Lieutenant-Colonel Sean Lewis, Wing Logistics and Engineering Officer at 8 Wing/CFB Trenton, and NAFMC board chair, Bob Burke, dedicated 397 new, granite AD ASTRA memorial stones in the park, bringing the total to more than 9,500 markers. All of the new stones were placed between August 2008 and August of this year.

LCol Lewis, representing Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, compared the growth of the

memorial park to the doubling of facilities and operations on the base, saying it is a "really exciting time" to be here.

He spoke about the logistics of expanding Canada's largest military airport dramatically, being the Canadian Forces launching point for "unprecedented" operations worldwide, supporting Canadian Forces Station Alert, and the ongoing mission to find and train young Canadians to accept a "high calling" and become "part of a huge family."

"We have big buildings, big planes and a big mission," LCol Lewis said. "We have been holding a huge recruiting drive and we are gathering some of the brightest and most motivated of our young people."

Burke said it is an honour for NAFMC to host the AD ASTRA stones, all of which represent a military memory for donors.

"We pledge to look after your stones and memories, and cherish them as you do," Burke told the large crowd.

See "AD ASTRA stone dedication," Page 6

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## SAR Tech's sharp eye saves stranded sailor

by 2Lt Vincent Bédard,  
8 Wing Public Affairs OJT

A St-Mary's man is safe thanks to the efforts of a 424 (Transport and Rescue) Squadron's Search and Rescue team and the Ontario Provincial Police (OPP).

A CC130 Hercules from 8 Wing/CFB Trenton spotted the man sitting on his overturned catamaran in the early hours of September 26. The man had been drifting on Lake Huron near Grand Bend Ontario for nine hours.

The man had been sailing on Lake Huron on the afternoon and evening of September 25, but when he didn't return, the OPP were noti-

fied.

The Joint Rescue Coordination Centre (JRCC) jumped into action once the OPP called for support at approximately 9:30 p.m.

Shortly after, the JRCC sent out a CC130 Hercules from 8 Wing/CFB Trenton to do an off-shore search pattern, while Huron OPP marine units were tasked to a shore crawl followed by an offshore pattern.

The night was dark, but a SAR tech spotted a shape in the water; the Hercules did another pass to investigate further, and on the second pass the shape was identified as the missing vessel. From the sky they could not determine if the per-

son was onboard.

8 Wing/CFB Trenton personnel onboard the aircraft gave the precise location of the vessel to the OPP, allowing them to locate the area. The Hercules used night illumination flares to assist in locating the vessel. Once the man was retrieved from the water, he was returned to shore and transported to hospital with mild hypothermia.

"This rescue was a great example of cooperation between the OPP and JRCC Trenton," said Major Don Paul, commanding officer of JRCC Trenton. "When people are in danger, we need to respond as quickly as possible, and this kind of teamwork makes that possible."

## Defence Managers' Network

Registration is now open for the Annual National Defence Managers' Network Symposium that will be held from November 4 to 6, 2009, at the Ambassador Hotel in Kingston, ON.

The theme of this year's Symposium is "Stronger Together - Wise Investments for Difficult Times."

There is no symposium registration fee, and the cost of hotel accommodations for the nights of Nov. 4 and 5, and lunches on Nov. 5 and 6 Nov are also borne by the network.

Registration deadline is October 16, 2009 and can be done online at <http://mn-rg.mil.ca/sites/page-eng.asp?page=6077>.

The NDMN is a community of DND and CF managers that has evolved into an active community supporting civilian and military managers in the DND/CF. The NDMN is affiliated with the National Managers Community and seeks to support managers by: Identifying and supporting the needs of managers at DND/CF; presenting managers' issues and recommendations to senior management; organizing events to foster learning and networking amongst managers; providing a network for the exchange of information, best practices and ideas; and partnering with other manager communities/initiatives in the public and private sectors.

The Network is a grass-roots, volunteer organization that is operated by a national Executive and Council of DND/CF managers who have been elected by their peers.

## Réseau des gestionnaires de la Défense nationale

Vous pouvez maintenant vous inscrire pour le Symposium annuel du Réseau des gestionnaires de la Défense nationale qui aura lieu du 4 au 6 nov 09 à l'hôtel Ambassador, à Kingston (Ont).

Le thème de cette année est «*Plus fort ensemble: des investissements judicieux pour des temps stimulants*».

Aucun frais n'est lié aux inscriptions et les frais d'hôtel et de certains repas étant imputés au budget du RGDN. Alors inscrivez-vous au <http://mn-rg.mil.ca/sites/page-fra.asp?page=6077> dès aujourd'hui car la date limite est le 16 oct 09.

Le RGDN est une collectivité de gestionnaires du MDN et des FC qui a évolué pour devenir une communauté active appuyant les gestionnaires civils et militaires au sein du Ministère et des Forces canadiennes. Le RGDN est affilié à la Communauté nationale des gestionnaires et cherche à soutenir les gestionnaires en effectuant les tâches suivantes :

Cerner et soutenir les besoins des gestionnaires au sein du MDN et des Forces canadiennes ; présenter les enjeux et les recommandations des gestionnaires à la haute direction ; organiser les activités afin de favoriser l'apprentissage et le réseautage chez les gestionnaires ; fournir un réseau pour l'échange d'information, de pratiques exemplaires et d'idées ; établir un partenariat avec d'autres collectivités/initiatives de gestionnaires dans les secteurs privé et public.

Le Réseau est une organisation de base composée de bénévoles qui est gérée par un comité exécutif et un conseil de gestionnaires du MDN/des FC qui ont été élus par leurs pairs.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Mr. Carl Botting a civilian supervisor/mechanic employed in the components Section of EME Flt, repairs a John Deere Gator 4x4. EME Flt repairs a wide variety of ground equipment utilized on the Wing. Components Section looks after all seasonal equipment as well as many small motorized vehicles, including ATV's, snowmobiles and even watercraft.



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## 2009 Wing Commander's charity golf tourney raises \$10,000

by Apollo Athanasopoulos,  
Tournament Coordinator

The Wing Commander's Annual Charity Golf Tournament, held September 23 at the 8 Wing/CFB Trenton golf course, Roundel Glen, kicked-off the Government of Canada Workplace Charitable Campaign (GCWCC), once again proved to be a huge success.

The 109 golfers participating this year raised nearly \$10,000 for charitable causes.

It was a day full of fun for all including an 18-hole Four-Ball-Best-Ball Scramble, closest-to-the-pin and closest-to-the-line challenges, a putting contest, barbecue dinner, an auction, and of course prizes for all participants.

Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, had the honour of making the first shot on Hole #1, showing the golfers surrounding him how it's done; his ball landed on the edge of the green, about 15 feet from the pin. The challenge was set and at least one foursome was ready to tear up the course.

The first place team came in with a 53 (18 under the course par of 71). All four members received a trophy and a prize.

Special thanks go out to our main sponsors, Loraday Environmental, Snap On Industrial, Labatt's, Wilson Sports, Waterford Wedgewood and Royal Doulton and Ping Canada. Without the continual support of these sponsors, this annual event would not be the success it has proven to be over the years.

The following companies must also

be recognized for their generosity in donating prizes for this year's Wing Commander's charitable golf tournament, allowing every participant to receive a memento of a fun and successful day:

Wilson Sports, Fitness Depot, Tomasso's Restaurant, Golden Valley Restaurant, Four Season Sports, Findlay Foods, Simcoe Office, Advantage Fitness, Wolseley, Alpine Hotel, Continental Fitness, Frost Automotive, Twin City Rentals, Lansing Express, Tim Hortons, Division Street, Cobourg, Airborne System Canada, Grand and Toy, Corporate Express, Timberwolf Gallery, Fisher and Paykel, Health; Gym-con, Boeing, Gordon Foods, Clearwater Design, Swish Maintenance; Allstate, Grills Crane and Trucking, Comfort Inn, Port Hope, Axis Pharmacy, Oshawa, Hercules Tires, and Apollo's Restaurant, Campbellford.

Our tournament volunteers are valued and appreciated more than we can possibly express, selflessly giving their time and energy to help an ongoing cause. Without them, this event would not be possible. Our gratitude goes out to volunteers Shirley Martin, Paula Staples, Leading Seaman Julie Tremblay, Master Corporal Kathy Bergeron, Private Jonathan Perrault, Julianne Sprigings, Dave Butt and Tony Moreau.

Finally, to everyone else who donated their time in the organization, preparation, and contributions for the 2009 Wing Commander's Annual Charity Golf Tournament...thank you.

As Organizer I would like to thank all the volunteers and sponsors that have



Photo: Cpl Isabel Lavallee-Raby, 8 Wing Imaging

Shown above from left to right: Peter Lorimer, President of Loraday Environmental and a major sponsor of the event, Mark Philbin, Chair of the 2009 Quinte United Way Campaign, Paul Ferguson, Classic Hits 95.5, and Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, pose at the first tee during the 2009 Wing Commander's Annual Charity Golf Tournament held September 23 at the Roundel Golf Course, 8 Wing/CFB Trenton. All proceeds from the event went to the United Way Campaign.

supported this golf tournament from 2002 to present date and hope they will continue to support it in the future.

The time has come to pass on the torch on to younger blood with energy and enthusiasm.

## Search & Rescue UPDATE

424 Squadron had eight missions this past week. The first tasking involved both the CC130 Hercules and the CH146 Griffon. They were tasked to St. Agathe to investigate an eye witness report of a plane crash. Once on scene, the Hercules and Griffon conducted a search and could not locate a crash site. After completing the sector search they received information that the aircraft had landed at its destination and there was no distress.

The Hercules was next tasked after there was a report of two red flares spotted near Waupoos Island. After conducting two line searches nothing was seen and the aircraft was stood down.

The Hercules was then tasked to look for a reported ELT in the vicinity of St. Hubert. The ELT was homed to an airport in the USA named Adirondack Estates. They informed Boston air traffic control and then returned to base.

The Hercules was then tasked to look for an overdue 16' catamaran with one person on-board near Grand Bend. The Hercules located the overturned vessel and directed a Coast Guard Vessel to the scene. The Coast Guard vessel recovered one mildly hypothermic person.

The next tasking involved the Hercules again and it was tasked to assist two survivors of a C-172 crash 190nm north of Bagottville. Once the crash site was located the survivors were dropped a radio and it was determined they were not medically in distress. A passing float plane then picked up the two survivors and extracted them from the scene.

The Hercules was then again tasked to provide top cover for the Griffon which was tasked to complete a medevac out of Algonquin Park. The Griffon was stood down due to poor weather. The Hercules arrived on scene and circled for just over an hour to wait for the weather to improve. The weather got worse and the Hercules was re-tasked to search for an ELT in the Toronto area. The ELT was homed to the Hamilton Harbour area and after it was determined there was no distress the Hercules returned to base.

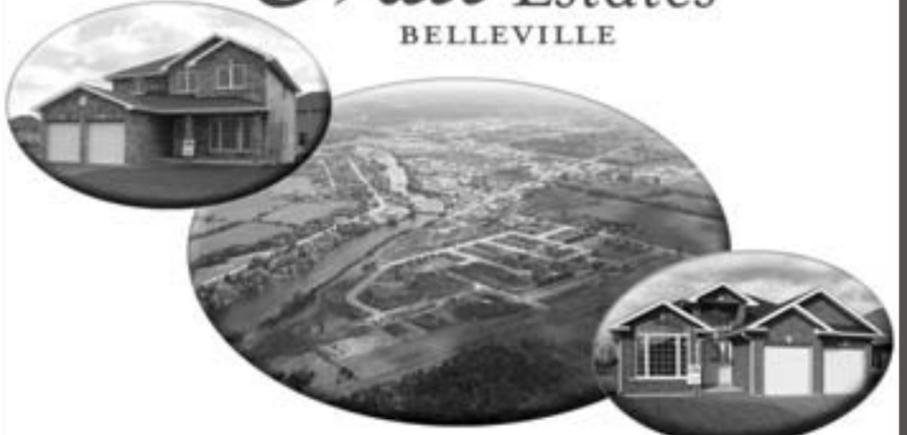
The Hercules was then tasked for an ELT search near Val'Dor. The ELT was homed to two float planes where it was then determined that there was no distress and the Hercules returned to base.

Until next week, stay safe!

Missions for 2009: 193 Missions for Sep: 23 Persons rescued: 20



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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

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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)

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



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## ATTENTION Contact readers and contributors

Please be advised that any articles and/or photos you wish to submit to *The Contact* can be submitted to Amber Gooding, Acting Managing Editor, at [amber.gooding@forces.gc.ca](mailto:amber.gooding@forces.gc.ca) (alternatively, the intranet address can be found on the DIN).

Our apologies to those trying to submit pieces to the paper for the last few weeks, as the regular account for submissions has been temporarily disabled.

If you wish to contact the publication by phone, or have any question or concerns, please feel free to contact Amber Gooding at 613-392-2811 ext. 3978.

Thank you for your patience during this time.

### LETTERS TO THE EDITOR

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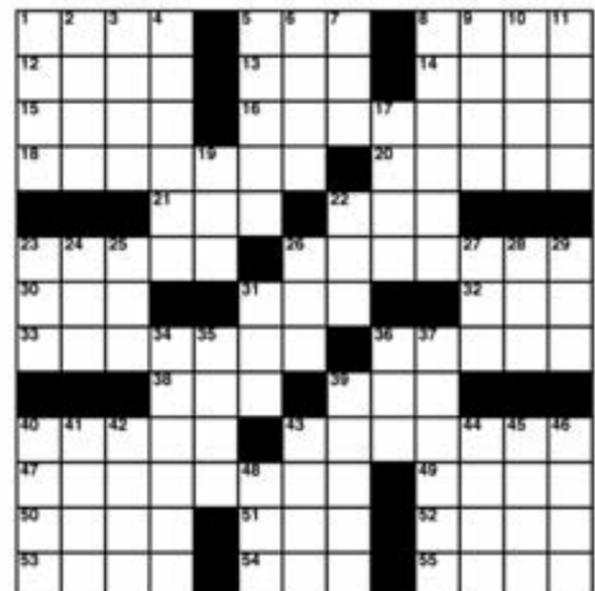
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## Canadiana Crossword

### Ladies Day

By Bernice Rosella and James Kilner

- ACROSS**
- Quebec's Ville de \_\_\_\_\_
  - Abraham familiarly \_\_\_\_\_
  - Scottish hillside \_\_\_\_\_
  - Alberta's St. \_\_\_\_\_ River
  - Indian city \_\_\_\_\_
  - Shelf \_\_\_\_\_
  - Entered a plea \_\_\_\_\_
  - Quebec's Ville de \_\_\_\_\_
  - More rocky \_\_\_\_\_
  - Possessor \_\_\_\_\_
  - Tolkien creature \_\_\_\_\_
  - Mil. rank \_\_\_\_\_
  - Quarries \_\_\_\_\_
  - Manitoba's \_\_\_\_\_ City
  - Poetic contraction \_\_\_\_\_
  - Mil. address \_\_\_\_\_
  - Brew \_\_\_\_\_
  - Ontario town \_\_\_\_\_
  - Ontario town or actress \_\_\_\_\_  
 Hilton \_\_\_\_\_
  - Honey maker \_\_\_\_\_
  - \_\_\_\_\_ de mer \_\_\_\_\_
  - Chairman Mao or Kim Il-Sung \_\_\_\_\_
  - Sufi ascetic \_\_\_\_\_
  - British Columbia's Capital \_\_\_\_\_
  - Resound \_\_\_\_\_
  - Healing herb \_\_\_\_\_
  - Novelist Fleming \_\_\_\_\_
  - Tide type \_\_\_\_\_
  - Progeny \_\_\_\_\_
  - Seasonal sandwich \_\_\_\_\_
  - Wimbledon champion \_\_\_\_\_



- DOWN**
- Electrical units \_\_\_\_\_
  - Make ale \_\_\_\_\_
  - Common cookie \_\_\_\_\_
  - Cape Breton city or actress Sylvia \_\_\_\_\_
  - Lace part \_\_\_\_\_
  - Slob \_\_\_\_\_
  - Receptor \_\_\_\_\_
  - Scraps \_\_\_\_\_
  - Precipitation \_\_\_\_\_
  - Teen terrorizer? \_\_\_\_\_
  - Thrifty one \_\_\_\_\_
  - Fibrous \_\_\_\_\_
  - Elites \_\_\_\_\_
  - Magnon preceeder \_\_\_\_\_
  - Nacelle \_\_\_\_\_
  - Classic car \_\_\_\_\_
  - Sea bird \_\_\_\_\_
  - Accounting pro \_\_\_\_\_
  - Seaman \_\_\_\_\_
  - Caliph \_\_\_\_\_
  - Nielson to friends \_\_\_\_\_
  - Beverage \_\_\_\_\_
  - Lessens \_\_\_\_\_
  - Comedian Jay \_\_\_\_\_
  - Golf score \_\_\_\_\_
  - Saskatchewan village \_\_\_\_\_
  - Intended \_\_\_\_\_
  - Actress Gardner and others \_\_\_\_\_
  - Farm storage unit \_\_\_\_\_
  - Image \_\_\_\_\_
  - Place a call \_\_\_\_\_
  - Frappes \_\_\_\_\_
  - Eastern ruler \_\_\_\_\_
  - Fraser River town \_\_\_\_\_
  - Cut of beef \_\_\_\_\_

See Answers, Page 22



### This Week in Contact

1979 – The Second Annual Belleville YMCA Marathon was a strong showing by both military and civilian members of CFB Trenton. Base personnel John Bryson, Rejean Letourneau, R.J. Nicol, Don McLeod, Michael Quann, Herb Tiessen and Julien Vienneau all set personal best times in the event.

1989 – “Mister Loadmaster,” Chief Warrant Officer Michael “Boe” McNeil retired after 34 years of service to the Canadian Forces. Because of his extensive experience with a great many aircraft, CWO McNeil was often approached for expert advice, including calls from allied forces. After his final flight landed at CFB Trenton, CWO McNeil was welcomed and congratulated by a delegation led by Brigadier General G.C. Diamond, base commander.

1999 – Pipe Major, Sergeant John-Hugh MacDonald, head of the 8 Wing Trenton Pipe Band, was named the Air Force Association of Canada ‘Airperson of the Year’. The band leader received the prestigious Air Marshal C. Roy Slemmon Award at a gala banquet in Ottawa. Sgt MacDonald was instrumental in the success of the ‘High Flight’ recording project which raised funds for six Ontario charities.

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



# Charity golf tourney honours memory of Kathleen Galt

by Tom Philp, Contact Staff

Like most parents, Teresa and Doug Galt believed their children would outlive them. That concept changed for the couple two years ago when their 15-year-old daughter, Kathleen, lost her battle with an incurable brain disease.

Neurodegeneration with Brain Iron Accumulation (NBIA) took Kathleen Galt's life; but it could not stop her parents from treasuring the priceless memories they hold.

To honour Kathleen and the memory of her love, faith, strength and courage, Teresa and Doug set up the Kathleen Galt Foundation and launched what they hope will be a timeless series of charity golf tournaments.

The second Kathleen Galt Memorial Golf Tournament was held September 18 at 8 Wing/CFB Trenton's Roundel Glen Golf Course.

Doug, who is also the Executive Chef at Roundel Glen's restaurant, The Landing, told *The Contact* that he and his wife established the foundation initially to help other families whose kids are dealing with serious health issues; and more recently to provide bursary assistance to area students entering post-secondary health sciences studies.

"We were overwhelmed by how many kids in our area are sick with life threatening diseases," Doug said. "As a result of the foundation work, and the money raised during the first golf tournament, we were able to help out eight families this past year."

Among other things, the Kathleen Galt Foundation lends medical aids and



Photo: Tom Philp, Contact Staff

(Left to right): Roundel Glen Golf Course General Manager, John Casey, tournament founders Teresa and Doug Galt, and Tracy Patrick, representing tournament sponsor Pelee Island Winery, prepare to welcome golfers to the Second Annual Kathleen Galt Memorial Golf Tournament, held on September 18.

equipment to needy families for their children's use.

That equipment includes wheelchairs, commodes, specialized air mattresses and other devices designed to improve a child's quality of life.

"Teresa and I know how expensive travel and equipment is for a family," Doug said. "We received so much help, from so many people, so that we were

able to keep Kathleen at home when she was sick, that we wanted to find the right way to give something back. Kathleen's foundation is one way to do that."

Doug and Teresa, who draw daily on their strong Christian faith, look for certain qualities in students applying for a foundation bursary. Jennifer Kennedy, a recent graduate of Quinte Christian

High School who is now enrolled in health sciences at Conestoga College, was the inaugural recipient of the award.

"What we looked for in individuals was a strong faith, church involvement, community involvement and someone who has an interest in helping others," Doug said. "We're pleased that Jennifer has all those qualities."

The tournament also coincided with the two-year anniversary of Kathleen's death, making it a bittersweet event for Doug and Teresa. But the final fundraising tally for the day helped lift the Galts' spirits: more than \$11,000 will now be available for foundation use over the coming year, including doubling the scholarship money.

"This really was made possible by our sponsors," Doug said. "Smylie's (Independent Grocer) donated all the steaks, and Labatt's, Pelee Island Winery and Snap-On Tools all went far beyond any expectations."

"And we would also like to thank my staff and the members of Roundel Glen," he said. "Half of those golfing were members here, and without us knowing, my staff collected enough money to sponsor one hole."

"It was a pretty amazing day," Doug said.

The Kathleen Galt Foundation is there to assist, but can always use your support. For more information about this worthy organization, please contact Doug or Teresa Galt directly at (613) 475-1769, or stop by The Landing Restaurant during non-peak hours and chat with Doug there.



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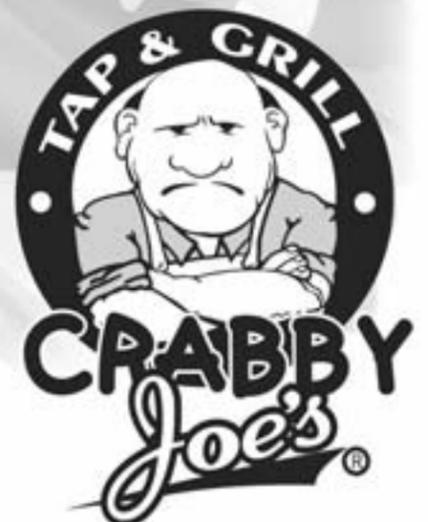


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# AD ASTRA stone dedication, Continued from Page 1

John Melbourne, representing the Air Force Association of Canada, also pledged ongoing support for the museum and park.

Near the end of the ceremony, and after both the bugler (from the 8 Wing Concert Band), and piper (from the 8 Wing Pipes and Drums), played their mournful songs, Royal Canadian Air Cadet Martina Yandt released a symbolic homing pigeon, which was followed immediately by the CC130 Hercules flypast.

"The Ad Astra memorial stones program started 14 years ago is remarkable," LCol Lewis said. "Not only have more than 9,500 stones been purchased and placed to honour men and women who have served, or are current-

ly serving in Canada's Air Force, but the attention and interest this endeavour has brought to the museum and our service is truly invaluable."

Two additional events took place at NAFMC on Sunday, September 27.

More than 400 Rotarians from across Ontario participated in the NAFMC Rotary Foundation Walk in the morning, starting at the museum and continuing around 8 Wing/CFB Trenton; and the dedication of a new monument to in the RCAF Memorial Park to commemorate the service of Canadian women during the Second World War was held in the afternoon. Twelve AD ASTRA stones are currently placed near that monument.

Photo: Private Allyssa D. Carter, 8 Wing Trenton Imaging



Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer, salutes the colours during the playing of the National Anthem at the 14th Annual "AD ASTRA" Stone Dedication Ceremony. The ceremony was held at the RCAF Memorial Airpark, on the grounds of The National Air Force Museum of Canada.

# CF pilot honoured at end of tour

by Captain Greg Boyd

"Set, saved, off" were the final words of Captain Jim "Corky" Forrest to the CC130 Hercules Shut-Down Check on September 24, 2009.

Capt Forrest had just completed day 78 of his 56 day tour in Camp Mirage and Kandahar airfield. This was his fifth "56-er" with the Tactical Air Unit.

After some delaying questions by the incoming Air Combat Systems Officer (ACSO) and a covert signal, Capt Forrest ducked out of the CC130 Hercules to meet the business end of Lieutenant-Colonel Dave Cochrane's fire extinguisher. The CO TSE, Camp CWO, OC TAU and other TAU members were on hand to ensure that Jim was without dry underwear in the dawn heat. There were smiles all around as a dripping Capt Forrest was presented a 'Certificate of Recognition' for his long and distinguished CC130 flying career.

Capt Forrest joined the Canadian Forces as a private in July 1979 as an Air

Photo: Submitted



Captain Jim "Corky" Forrest with Lieutenant-Colonel Dave Cochrane.

Traffic Control Assistant.

He re-mustered to Airborne Electronic Systems Operator in April 1985 accumulating over 3,800 flying hours in the maritime community on the CP-120 Tracker, CH124 Sea King and CP140 Aurora.

With tours on both coasts, Jim snagged four cruises on the HMCS Iroquois, Nipigon and Ottawa. Then promoted to the rank of warrant officer, Capt Forrest became Lt Forrest upon graduation from CF Air Navigator School in 2002.

He finally saw the light

and came to Air Mobility as a Navigator at 429 Squadron in 2003.

He joined 436 Squadron in 2006 and went on to become an ATAT-qualified Nav/ACSO and Standards Officer with more than 6200 hours total time. Known for his wit, (razor sharp to him) Capt Forrest will be noticeably absent from the flying community and Mirage bus schedule.

Capt Forrest looks forward to a challenging and fulfilling ground tour working in Ottawa for CEFCOM. "Green on" Corky.

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**PET OF THE WEEK**

PHOEBE is an adult spayed female brown tabby. They don't come much sweeter than this darling! She would love a quiet home to curl up in!

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# SPORTS & RECREATION

## Basketball Hoops Program

The Hoops Program helps kids to understand the game of basketball and develop skills. It is good for the beginner right up to those wishing to fine-tune their skills.

The program will take place on Mondays, from October 5 to December 14 in the RecPlex Gym.

Please note: No class will take place on Thanksgiving - Monday, October 12.

The program is split into two age categories: eight to 13 years will take place from 5:30 to 7 p.m.; and for 14 to 17 years old will take place from 7 to 9 p.m.

Cost: \$40 for military community members and \$50 for the general public. Pre-registration is required



Photo: Amber Gooding, Contact Staff

## Bronze Cross and Standard First Aid

Emphasis is placed on the candidate's ability to respond to a variety of aquatic emergencies using principles of teamwork and emergency procedures.

Bronze Cross is a prerequisite for the National Lifeguard Service course. Candidates must have completed Bronze Medallion and Emergency First Aid.

Please bring certification cards to the first class.

The course will take place on

Saturdays, from October 17 to December 12, from noon to 3 p.m. each week.

Please note that 100 per cent attendance at all classes is mandatory.

Cost is as follows: \$150 for military community members and \$170 for the general public.

Manuals used for this course are the same manuals used for Bronze Medallion.

## Intersection Noon Hour Volleyball

The I/S Noon Hour Volleyball League last chance organizational meeting is scheduled for 1000 hrs, on Thursday, October 8, in the Gymnasium conference room.

The league is open to Canadian Forces military, DND, NPF and contract full-time employees.

Interested unit sports reps and

players are to attend subject meeting in preparation for the 2009/2010 Season.

The league will play at the Gymnasium, Mondays and Wednesdays at noon.

For more information contact Dan Cormier, Military Sports Coordinator, by e-mail or phone at local 3373.

## 2009 8 Wing/CFB Trenton Curling Play down

The 8 Wing/CFB Trenton Curling Team will represent 8 Wing/CFB Trenton at the Ontario Regional Curling Championship, scheduled to be held at CFB London (dates TBD).

Slide, sweep and curl your way to the championship. This competition is open to all Canadian Forces, Class

B and C reserves members.

Play down will be held at the Trenton Curling Club at 0800 hrs on Wednesday, October 14. Curlers must register NLT October 9, 2009.

For registration or more information contact Dan Cormier, Military Sports Coordinator, at local 3373.

## Arena Volunteers Needed!

The PSP Community Recreation Association is seeking dedicated parents, grandparents, aunts and/or uncles to volunteer as Ice Monitors for our Family Skates and to assist with Shinny Hockey.

If interested, please contact Brenda Riddell at 613-392-2811 ext. 5230 at the RecPlex.

## 8 Wing Women's Hockey Team

The 8 Wing/CFB Trenton Women's Hockey Team is looking for players for this upcoming season.

Don't hold back on playing if experience or equipment is a problem.

Beginners or experienced players are welcome and equipment can be loaned if required.

Come and join the team for a season of fun! The team is open to regular and reserve force members.

For more information, please feel free to contact Nicole Bureau at ext. 2230 or at nicole.bureau@forces.gc.ca.

You can also contact Annie Morin at ext. 4565 or at annie.morin@forces.gc.ca.

## Power Skating for Kids

Power skating provides co-ed instruction covering power development, power strides, starting, stopping, lateral mobility and power drills.

This program will benefit kids who play hockey. Skaters must be at least five years old, be able to skate forwards, backwards and be able to come to a stop without running into the boards!

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

Power Skating for Kids will run from October 19 to December 7, on Mondays from 4 to 5 p.m.

Cost is as follows: \$65 for military community and \$75 for the general public.

Full hockey equipment is required, including sticks and mouth guards.

## NLS Recertification

NLS Recertification will take place on Saturday, October 24 from 9 a.m. to 3 p.m. at the RecPlex.

Cost is as follows: \$70 for military community members and \$85 for the general public.

Please note that you must be re-certified every two years, and proof of NLS is required (current or expired). Pre-registration required for this course.

## Red Cross Swim Lessons

Registration continues at the RecPlex, until the start of lessons, according to the Recreation Association hours of operation.

## Bronze Medallion and Emergency First Aid

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

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

must be 13 years of age or older

This course will take place on Tuesday evenings, from October 13 to December 9, from 6:30 to 9 p.m. Please note that 100 per cent attendance at all classes is mandatory.

Cost is as follows: \$190 for military community members and \$210 for the general public. All manuals are included.

PSP CRA Fall Brochure of Programs and Services is available at the RecPlex or check out all the programs and services at [www.cfbtrenton.com](http://www.cfbtrenton.com).

## 2009/2010 Noon Hour Hockey League

It's that time of year again. The 2009/2010 hockey season is almost upon us.

The 8 Wing/CFB Trenton Hockey leagues are open to Canadian Forces Military, DND and NPF full-time employees.

The start date for the Noon Hour Hockey League (NHL) has been postponed until Tuesday, October 13.

The NHL will place noon hours, at

a cost \$80 per player. Player registration for the NHL will be extended until 1530 hrs, on October 8.

Registrations are being accepted at the Gymnasium main office, from 0800 to 1130 hrs and from 1300 to 1530 hrs, Monday to Friday. Register now.

For more information contact Dan Cormier, Military Sports Coordinator, at local 3373.

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# FITNESS & HEALTH PROMOTION



## Are artificial sweeteners safe to consume?

For centuries, sugars have been used to enhance the flavour of the foods we eat.

More recently, eating large amounts of sugar has been linked to health problems such as obesity, diabetes, cancer and heart disease.

However, research doesn't support these claims.

In fact, tooth decay is the only health problem that has been proven to be linked to sugar intake.

Regular brushing, flossing and dental care can help prevent the effects of sugars on your teeth.

Canadians are advised to choose sugars in moderation as part of a balanced diet based on Canada's Food Guide. Keeping an eye on your sugar intake is important because sugars provide food energy (calories) but few other nutrients.

Artificial sweeteners make food sweeter but don't contain any real food energy (calories).

Artificial sweeteners have a different chemical makeup than sugars, so the amount you need to produce a sweet taste is different than for sugars.

They generally don't affect your blood glucose levels.

Health Canada must approve all the artificial sweeteners that are sold in Canada. A sweetener has to undergo extensive research to show its safety and effectiveness before Health Canada will approve it for use.

Once a sweetener is approved, Health Canada sets strict guidelines for how it can be used, as well as advice on Acceptable Daily Intake (ADI) levels.

The following shows the different types of sweeteners that have been approved for use in Canada:

**Aspartame** is marketed under the brand names of Equal™ and Nutrasweet™. It's used in soft drinks, yogurt, candy and as a table-top sweetener.

It is not for use in cooking nor baking. It contains phenylalanine, so people with phenylketonuria



(PKU) must avoid aspartame. It is considered safe for use by pregnant women.

**Sucralose** is marketed under the brand name Splenda™. It is widely used in soft drinks, candy, baked goods and frozen desserts and ice cream products.

It is used widely for home cooking and baking and is considered safe for use by pregnant women.

**Acesulfame potassium** is not used as a table top sweetener. It's used only by food manufacturers as an ingredient for sweetening soft drinks and candy.

Since it contains potassium, people on low potassium diets should avoid using this product.

It is considered safe for use by pregnant women. If you're taking antibiotics that contain sulfa, this product may interfere with your medications.

**Saccharin** is marketed as the table top sweetener Hermetas®. It can only be bought at pharmacies in Canada and should be avoided during pregnancy.

**Cyclamate** is marketed as the table top sweeteners Sucaryl®, Sugar Twin® and Sweet 'N Low®. It isn't recommended for cooking and baking and should be avoided during pregnancy.

In moderation, both sugars and artificial sweeteners can be part of your healthy eating plan.

## What are sugar alcohols?

Sugar alcohols (sorbitol, mannitol, maltitol, xylitol) can't be bought as table sweeteners but are used by food manufacturers in foods and beverages such as candy, frozen desserts and ice cream products to add sweetness and texturizing/bulk to foods.

They are similar to sugar, but are less sweet and have fewer calories per gram. Sugar alcohols are slowly and incompletely absorbed, so they cause a slower rise in blood sugar levels.

Because they are not completely absorbed, eating too much (more than 10 grams/day) can cause gastro-intestinal discomfort and laxative effects.

Sugar alcohols aren't "true" artificial sweeteners – they do provide carbohydrate energy (calories) that the body will use as fuel or store excess as fat.

Mannitol and sorbitol, along with other sugar alcohols, have been promoted as useful sugar substitutes for diabetics. Unlike sucrose and glucose which cause quick changes in blood glucose concentration, these sugar alcohols do not produce significant changes in blood glucose concentration because, once absorbed, they are converted to energy by processes that require little or no insulin. People with diabetes, however, should consult their physician or other health professionals about the usefulness of sugar alcohols in their diet before increasing the amount of foods they eat that contain these substances.

More information can be found on the Health Canada website by visiting [www.hc-sc.gc.ca/fn-an/securit/addit/sweeten-edulcor/polyols\\_polydextose\\_factsheet-polyols\\_polydextose\\_fiche-eng.php](http://www.hc-sc.gc.ca/fn-an/securit/addit/sweeten-edulcor/polyols_polydextose_factsheet-polyols_polydextose_fiche-eng.php).

## Managing Angry Moments

Effective communication and leadership starts with managing angry moments.

The Canadian Forces Managing Angry Moments (MAM) workshop is designed to increase personal performance by assisting participants to deal with anger generating situations in an emotionally non-reactive way.

Benefits of the workshop include: improved relationships in the workplace, at home and in the community; enhanced team cohesion; more effective problem solving skills; reduced levels of stress and anxiety when faced with anger generating events and circumstances.

Health Promotion is offering a Managing Angry Moments course on Fridays, from October 16 to November 6, from 0830 to 1200 hrs.

Space for this course is limited. Register at [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com).



## Upcoming Courses

**Stress Take Charge (new version):**  
14 and 21 Oct, from 0830 to 1600 hrs

**Managing Angry Moments:**  
Fridays from 16 Oct to 6 Nov from 0830 to 1200 hrs

**Top Fuel for Top Performance:**  
3 and 10 Nov, from 0830 to 1600 hrs

**AODG Supervisor Training:**  
19 Nov, 0830 to 1600 hrs

For more information or to register visit:  
[healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com)

## Did You Know?

In the Middle Ages, sugar was a treasured luxury costing nine times as much as milk.



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## Contact

"The difference between the impossible and the possible lies in a person's determination."

- Unknown Author



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# Search and Rescue technicians participate in SAREX 2009

Each year, the Search and Rescue (SAR) community conducts an exercise (EX) SAREX to develop rescue cooperation, test alerting and notification systems, and cross-train in rescue procedures and techniques in the event of a large-scale search and rescue operation. The exercise is hosted on a rotating basis at one of the Canadian Forces SAR Wings.

Canada has a long and proud tradition of rendering assistance in the form of SAR for both civilians and the military. Throughout their 56-year history, Air Force SAR crews have won countless awards for heroism, including Canada's highest honour, the Cross of Valour.

**Right:** Master Corporal Jeff Ferguson, MCpl Les MacLean, and Sergeant Jody Hynes from 424 Squadron at 8 Wing/CFB Trenton respond to a simulated air crash scene.

**Bottom:** MCpl Jeff Ferguson (photo far right), and MCpl Les MacLean (photo left) from 424 Transport and Rescue Squadron at 8 Wing/CFB Trenton tend to a simulated casualties during a simulated air crash during the medical exercise at SAREX 2009.



Photos: Corporal Darcy Lefebvre



# Show your rock, roll, chant or cha-cha-cha at Ultapalooza

by Tom Philp, Contact Staff

Are you thinking it's time to take your musical talents to the next level?

Then the stage of Ultapalooza 09 is offering you a chance to shine, shimmy and show your stuff.

Two area men with ties to 8 Wing/CFB Trenton are in the final stages of organizing an *Ultapalooza '09*, a "Music in Motion" concert designed to showcase area amateur talent. Sponsored by Trenton's Riverside Music, the show is now set for November 1, at the Empire Theatre in Belleville.

James Klassen, Safety Officer for Defence Construction Canada (DCC) at 8 Wing/CFB Trenton and Alan Lloyd, a DCC electrical contract manager, are both amateur musicians in their own right.

They are also committed to providing a venue for "young

people" to express themselves publicly through music.

Both producers of *Ultapalooza*, Lloyd will direct operations, while Klassen will serve as master of ceremonies. It's a chance to give something back to the community, they said.

"We're both parents, and we've seen how easy it is for teenagers to cross that line to doing the wrong things, usually because they think they have nothing else to do," Klassen said.

"Not only does *Ultapalooza* (patterned after the giant festival held each year in Chicago, Illinois) offer young amateurs a chance to perform locally, any proceeds above expenses will go directly to the Quinte Children's Foundation (QCF)."

QCF works "to prevent child abuse and neglect and to improve the quality of life of those it affects," according to the

organization's website. It partners with other community agencies to "enhance, (but) never duplicate existing services."

"We've seen an increase in violence among young people locally over the past few years, and think a lot of it has to do with teens not having appropriate outlets for their energy," Klassen said. "There is a lot of amazing amateur talent in the region, and if kids had a positive outlet for their musical abilities, we think there'd be a lot less trouble in our communities."

"Statistics show that a great many of the kids and families who come in contact with the local Children's Aid Society and the (QCF) want to get involved in some way with music, but often can't afford it," he said.

"We get nothing from this except the joy of knowing young people will be given a chance to perform their music, regardless of style, in public, and that some



Defence Construction Canada managers Alan Lloyd (left), and James Klassen hope to inspire Quinte's musicians at Ultapalooza 09, running November 1 at Belleville's Empire Theatre. All amateur musicians are welcome to register.

money hopefully will be available to help kids get involved in music," Klassen said.

Any amateur music performer, regardless of skill level or style, can play and sing at *Ultapalooza* by registering with Klassen at (613) 966-7501.

You can also email organizers at [frankapalooza@hotmail.com](mailto:frankapalooza@hotmail.com), or visit the Ultapalooza Facebook group for more information. Tickets (\$10) to the show are also available by calling 613- 966-7501, or by visiting Riverside Music.



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## 8 Wing/CFB Trenton Fire Hall obtains new Titan firetruck

by Cpl Lisa-Marie Guernon  
OJT Public Affairs

8 Wing/CFB Trenton firefighters have a brand new state-of-the-art fire truck with more technology and computers than you can shake a joystick at.

The Titan 8x8 Aircraft Rescue and Fire Fighting vehicle is loaded with new features to make the job faster, easier and safer than ever.

But the new truck is not just cool piece of kit. It's a necessity now that the Wing is home to the CC177 Globemaster III's.

All airports are divided into categories. The bigger the aircraft, the more fire truck you need to respond.

Now that 8 Wing/CFB Trenton is in the CC177 category level, it is a safety requirement to have more extinguishing agent, like foam and water, available around the aircraft.

The new fire truck is bigger, meaning fewer vehicles will be needed on site.

"We only need three of these trucks on site for the Globemaster," said Captain David Jane, Wing Fire Chief, "compared to a greater number of lower extinguishing agent capacity trucks we had to use before."

The Fire Hall expects two more trucks sometimes next year.

So far the truck is a big hit with the firefighters who use it because it's easy to use and has new safety features.

One of the top safety features, according to Corporal Mike Nicholson, a firefighter at 8 Wing/CFB Trenton's 85 Aircraft Rescue Firefighting



Photo by Cpl Drew Deics, 8 Wing Imaging

8 Wing/CFB Trenton recently received a new fire truck to support the CC177 Globemaster aircraft crash rescue operations here at the wing. The new Red 5 fire truck is an E1 12000L Major Foam Vehicle. Here the New Red 5 sits with one of 8 Wing's four CC177 Globemaster III.

Flight, is the forward-looking infrared system.

An infrared camera allows firefighters to see through heavy smoke while approaching a fire.

The screen inside the truck reads the heat of everything outside, like trees and buildings, and shows it like a black and white movie. You can distinguish humans since their body temperature is higher than the environment.

"It scans the ground [left to right] so we don't run over someone while we're driving," says Cpl Nicholson.

Another great feature, according to Cpl Nicholson, is the touch screen computer inside the truck. The DEVS (Driver Enhanced Visibility System) is an independent GPS system that will guide

them through poor visibility conditions like storms or heavy rain.

Firefighters also like this truck because it is equipped with the brand new Generation 5 Rhino Turret.

The system will spray water and foam 200 feet in front of the truck while it is moving.

According to Cpl Jacques Caron, another firefighter at 8 Wing/CFB Trenton, the new joystick on the Rhino Turret is much easier to use than the one they had before.

Another tool for fighting fires is something called the snozzel. It is a telescopic arm on top of the truck, which extends up to 50 feet off the ground.

The driver manoeuvres the joystick to extend the arm,

which can reach the top of a CC177 Globemaster.

At the end of the snozzel is a piercing nozzle. It looks like a sharp stick and can make a hole in the fuselage of the aircraft.

This allows firefighters to spray water and foam, which shoots out like a shower from the end, inside the aircraft to extinguish the fire.

"The features are more modern, more thought out," says Cpl Nicholson, "fewer people are needed to operate (the new truck)."

The Titan also has a Canadian invention which is now used all over the world – the Canadian Nitrogen Cylinder System.

Before, the firefighters would have to crane and winch down their nitrogen

cylinder from the top of their truck, since this cylinder is used as the propellant for the dry chemical when trying to extinguish a fire.

Canadian firefighters had the idea to have it accessible from the side of their truck.

"It would take three, four men to do this job," explained Cpl Nicholson. "Now the winch is integrated inside and you just pull it down from the side of the truck, one or two men can do it."

So far the truck is used when an aircraft has mechanical problems, such as an engine that is not working or when smoke is coming out from the aircraft.

It hasn't been used to fight a fire yet. Nonetheless, each team is training on it every shift.

## 8 Wing represented well at Firefighter Combat Challenge

by Corporal Jacques Caron  
8 Wing/CFB Trenton Fire Hall

After participating in four different events over the summer, I was really looking forward to representing 8 Wing/CFB Trenton at the National Championship of the Firefighter Combat Challenge in Gaspé, Quebec.

The challenge sees real life fire fighters carry a 20 kg hi-rise packed hose up a six storey tower, then haul up a 19 kg donut roll before racing down the stairs to a force machine.

Next, participants race through a set of pylons and then pull a charged hose line 33 metres to a target.

To finish this off, they drag a 79 kg dummy backward for a distance of 33 metres to the finish line.

And of course, we are doing all of this while wearing full bunker gear and self contained breathing apparatus (SCBA), which can weigh up to an extra 25 to 35 kg.

All events replicate actual firefighting scenarios. Participating firefighters train all year long, which raises their level of on-

the-job performance and helps them better serve their communities.

Motivation goes beyond a first-place finish at this time.

The location of the event was right on the waterfront in Gaspé. I first competed on the wild card day (Thursday) and qualified for the final day.

On Friday, I competed in the over 40 tandem race with Greg King of Quinte West, and in the relay again with the Quinte West team. We qualified for the final day of the relay race but were put up against the second best team in the knockout elimination race.

On Sunday, I had a time of two minutes and 25 seconds and finished in twelfth place overall in the over 45 category.

My time qualifies for the World Championship to be held in mid-November in Las Vegas, Nevada.

I wish to thank all the people that helped me during this past five months, starting with my darling wife Lucy, the Personnel Support Programs staff, all crews from the Fire Hall and all of my supervisors at the Fire Hall and finally, the 8 Wing Fire Chief, for his financial support.

Photo: Submitted



Corporal Jacques Caron is shown above preparing for the challenge.

# Contact

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without motors,  
but not without  
knowledge and skill.

— Wilbur Wright





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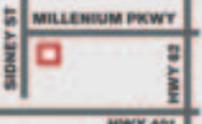
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## Warrant Officer Mike "Hammy" Hamilton Memorial Golf Tournament & Charity Fund Raiser



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9 holes "Best Ball"  
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John Casey at the Roundel Pro Shop @ 613-392-1544



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<p><b>06 CHEV MALIBU LT</b></p> <p>9197 Automatic, 4 cyl, pwr seat, alloy wheels, factory remote start, air, cruise, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 62,000kms.</p> <p><b>\$9,995</b></p>	<p><b>09 NISSAN MAXIMA</b></p> <p>D9736 Pwr sunroof, pwr seat, alloy wheels, radio/cruise steering controls, air, tilt, AM/FM/CD, pwr windows, mirrors, windows, keyless entry, only 34,000kms!</p> <p><b>\$29,495</b></p>	<p><b>05 NISSAN SENTRA</b></p> <p>9099 Automatic, 4 cyl, air, tilt, pwr mirrors, windows, locks, AM/FM/CD, keyless entry, 66,000kms.</p> <p><b>\$8,995</b></p>	<p><b>06 PONTIAC G5 GT</b></p> <p>9385 Manual transmission, 4 cyl, 4 dr, alloy wheels, air, tilt, radio/cruise steering controls, pwr locks, mirrors, windows, AM/FM/CD/MP3, keyless entry, 96,000kms.</p> <p><b>\$9,395</b></p>
<p><b>05 NISSAN SENTRA</b></p> <p>9540 Automatic, 4 cyl, pwr windows, locks, mirrors, air, AM/FM/CD, tilt, keyless entry, 62,000kms.</p> <p><b>\$8,995</b></p>	<p><b>06 PONTIAC PURSUIT</b></p> <p>9750 Automatic, 4 cyl, 4 dr, burnt orange, air, tilt, cruise steering controls, pwr locks, AM/FM/CD, keyless entry, 59,000kms.</p> <p><b>\$8,495</b></p>	<p><b>06 SATURN ION</b></p> <p>9729 Automatic, 4 cyl, 4 dr, cruise steering controls, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 43,000kms.</p> <p><b>\$8,995</b></p>	<p><b>06 PONTIAC GRAND PRIX</b></p> <p>9277 Pwr seats, Onstar, radio steering controls, pwr windows, locks, mirrors, air, cruise, tilt, factory remote start, alloy wheels, AM/FM/CD, keyless entry, 90,000kms.</p> <p><b>\$9,995</b></p>
<p><b>06 SATURN ION LEVEL 3</b></p> <p>9794 Automatic, 4 cyl, 4 dr, coupe, pwr sunroof, alloy wheels, cruise steering controls, air, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 54,000kms.</p> <p><b>\$9,995</b></p>	<p><b>06 NISSAN ALTIMA S</b></p> <p>9823 Automatic, 4 cyl, 4 dr, air, tilt, cruise steering controls, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 68,000kms.</p> <p><b>\$12,495</b></p>	<p><b>05 SUBARU IMPREZA RS</b></p> <p>9723 AWD, Manual transmission, 4 cyl, 4 dr, alloy wheels, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 96,000kms.</p> <p><b>\$12,995</b></p>	<p><b>06 CHRYSLER 300</b></p> <p>9797 Pwr sunroof, pwr seat, alloy wheels, air, tilt, cruise, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 70,000kms.</p> <p><b>\$13,995</b></p>

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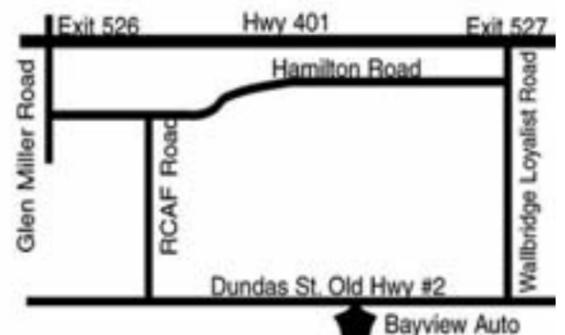
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Community Events



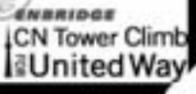
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations 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.



**8 Wing Trenton Climbs for United Way**  
25 October 2009

Team OPI Pte S. McKee  
Stephanie.McKee@forces.gc.ca

Each team member MUST raise a minimum of \$50 and register by October 14 in order to participate.



More info available at <http://www.unitedwaytoronto.com/climbforunitedway/main.php>



**Belleville Public Library & John M. Parrott Art Gallery**  
**October Events**

**PARTY WITH CAILLOU**  
Join us on October 17 at 10:30 a.m., and enjoy Caillou stories, videos, games and a craft. This is for those ages 3 to 7 year olds.

**P.A. DAY MOVIE**  
Spend the P.A. Day on October 23 with "Beethoven's Third" movie, at 10:30 a.m. for those ages seven and older.

**PAPER AIRPLANES**  
Create paper airplanes that really fly! Join us on October 24 at 10:30 a.m. For those ages five and older.

For more information please call 613-968-6731. The Belleville Public Library is located at 254 Pinnacle Street.

**FREE Child ID Clinic - Quinte West**  
**October 31, 2009**

Join us from 10 a.m. to 2 p.m. (or the last Saturday of each month) at the Quinte West Community Policing Office (located at 29 Dundas St. West) for this free child ID clinic. For more information call 613-392-0911.

The 8 Wing Family Violence Crisis Team presents

**take a Stand Against Family Violence**  
a family violence awareness & prevention week

**Tues Oct 6 - Thurs Oct 8, 2009**

the Astra Lounge	Keynote speakers	the Astra Lounge / 115 Trent
<b>October 6 &amp; 7</b> at 8:30am	<b>Know the Consequences, Know Your Rights</b> Get to know the Ontario laws regarding family violence. Speakers include: + Robert Cross - Attorney, York White + legal and protection + Military police and Quinte police + and more support agencies	
<b>October 6 &amp; 7</b> at 1pm	<b>Understanding Relationship Violence - Hate Violence Teams</b> + Oct 6 Michael Gilbert - Ontario Association of Police Quarters + Oct 7 Dave Franklin - retired to 50	
<b>October 8</b> at 8:30am	+ Wto - Women Stay workshop (Registration required - 613-967-6114 ext 210) + Healthy Relationships + Managing Angry Moments + Relationship Forgiveness	
<b>the MFRC</b>	<b>Evening topics include</b>	<b>Military Family Resource Centre, 10 Lakeshore</b>
<b>October 6</b> at 6:30pm	+ The Impact of Violence on Children Witnesses	
<b>October 7</b> at 6:30pm	+ Trends in Youth Sexual Victimization + On-Line Predators	

**NO COST - Everyone Welcome**

Lunch available at the Yukon Gallery for a nominal fee  
Free evening childcare at the MFRC available on the 6th & 7th (request only, by Oct 2nd - 613-968-2075)

For more information call 613-392-2811 ext. 3031 or ext. 1171

**Walk with the Wellington Pumpkinfest Parade**

Lions Foundation "Walk for DogGuides" invites you to join the fun and walk with, or without you pooch as part of Wellington Pumpkinfest Parade on Sat October 17.

Registration and pledge forms are available at Wellington Legion at 9 a.m. with parade to follow. All proceeds will go to the Lions Foundation of Canada DogGuides. For more information please contact Janet at 961-0990.

**Auto Hobby Club**  
Meeting: October 7, 6 p.m.  
**Location:**North side of the base, past heavy equipment, behind the big sand dome

**The agenda will include voting, and discussion on topics. Welcoming previous members and new members, or anyone interested in seeing what this fantasticclub has to offer.**

**For more information, contact Sgt. K.R. Lafleur (613) 392-2811, Ext 3623**  
**Email: Lafleur Sgt KR@426 (T) Trng Sqn@Trenton**

**QUINTE WEST FARMER'S MARKET**  
**MAY - OCTOBER 2009**

Join us for a selection of seasonal vegetables, baking, perennials and crafts, located in the Front Street Parking Lot, downtown Trenton. There's always wide selection of local harvest at great prices. For more information please call 613-392-3172.

**Staying Healthy: Boosting Your Immune System Naturally**

Join us on November 4 for a Lunch and Learn with Michelle Durkin, Naturopathic Doctor. This session will take place from 12:00 to 13:00 hrs at the Trenton Learning and Career Centre (58 Polaris Ave, Room 113). Those in attendance will have a chance to learn: Proper, preventive diet; Keeping your body alkaline; Adrenal support; Supplementation; Detoxification and more. For more information please contact Nelly at local 2077.




**The 8 Wing Officers Mess Halloween Party!**



Friday, October 30th at 8pm  
Live Music by AVRO  
Prizes for Great Costumes  
Tickets on Sale at the Mess Office Local 2205  
\$7 for Members \$10 for non-members

Feature

FAMILY



### Activity: Finger Puppets



Making finger puppets is a wonderful activity to share with your children, because making the puppet is just the beginning of the fun you will have.

With your help, preschoolers can make their puppets, create their own play for an in-home audience, and have a new toy to pull out another day - all in one activity!

Depending on how complicated their puppet design might be,

they may need your help occasionally.

Take the time to sit down and make your own puppet so you too can join in the real fun.

**WHAT YOU WILL NEED**

Old glove, woollen mitt, paper bag or sock - for the body of the puppet; scissors; beads, yarn, small buttons, sequins, felt tip markers, felt - all for decorating the puppets; glue.

**INSTRUCTIONS**

Once each of you has chosen the body of your puppet select the different items you will use to make your puppet's eyes, ears, nose, mouth, hair and any other attributes you

want to put on your puppet.

Have the children glue each item on as they desire (you may be tempted to have them sew but this may be a challenge for preschoolers as it requires considerable eye-hand coordination).

Variation: just use your hand/fingers and felt tip markers (washable) to make finger puppets.

Try using your whole hand as a puppet.

Enjoy this more with Comfort, Play and Teach™:

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

### Mealtime.org Stuffed Cabbage

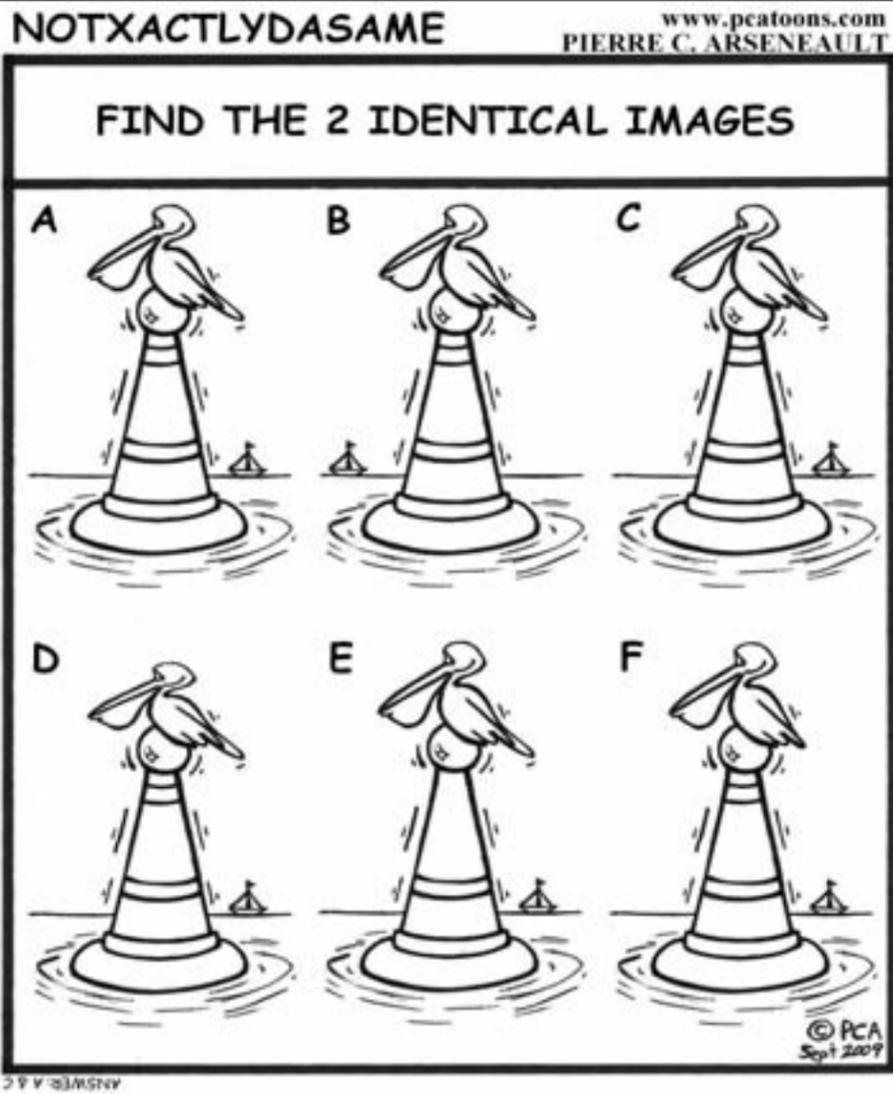
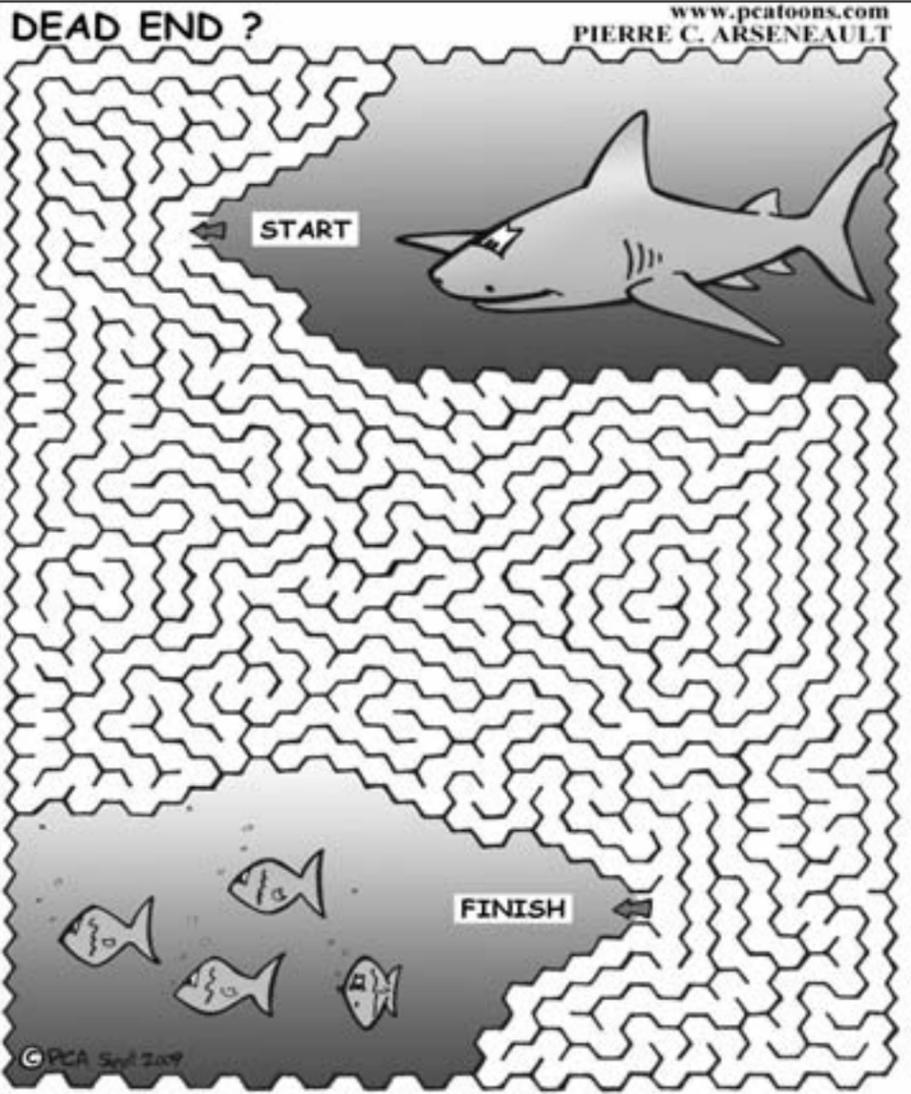
**Ingredients:**

- 8 large, savoury cabbage leaves
- 1 tablespoon olive oil
- 1 can (12 ounces) chunk chicken, drained
- 1 garlic clove, diced
- 1 can (14 1/2 ounces) zucchini with peppers
- 2 cups cooked brown rice
- 1/4 cup chopped basil
- 1 cup canned, diced tomatoes with chillies
- 2 tablespoons Parmesan cheese
- 2 tablespoons chopped Italian parsley

**Preparation Time:** 20 minutes **Cook Time:** 25 minutes

**Preparation:** Preheat oven to 350°F. Remove main stem from cabbage leaves. Bring water in a medium saucepan to boil; lower heat and soften cabbage leaves in boiling water for two to three minutes. Remove from water with a slotted spoon; set aside until cool enough to handle. Heat olive oil in a medium, non-stick skillet. Add chicken and garlic; cook and stir until lightly browned. Remove from heat. Cool slightly. Mix zucchini, rice and basil into chicken-garlic mixture. Place about 1/3 cup of chicken mixture on each cabbage leaf. Wrap, tucking the edges in, to make a small package. Arrange cabbage rolls in a baking dish, seam side down. Pour tomatoes over cabbage rolls. Cover. Bake at 350°F for about 25 minutes. To serve, sprinkle with Parmesan cheese and parsley. Servings: Four.

*Nutritional Information Per Serving: Calories 340; Total fat 8g; Saturated fat 2g; Cholesterol 75mg; Sodium 880mg; Carbohydrate 38g; Fibre 7g; Protein 29g; Vitamin A 25% DV\*; Vitamin C 50 per cent DV; Calcium 10 per cent DV; Iron 15 per cent DV; Folate 17 per cent DV; Potassium 15 per cent DV. \*Daily Value*



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# HOROSCOPES

Donna's Astrology Weekly  
www.donnavantoen.com

October 4 – October 10

*Theme of the week: Things are all over the map this week, so one generalization definitely doesn't fit all. Cancers, Scorpios, and Pisces will find your intuition particularly reliable. Trust it! Aries, Libra, and Capricorn, watch out for a tendency to act without thinking. Taurus, Leo, and Aquarius, you have something you need to get under control. You'll probably succeed. Gemini, Virgo, and Sagittarius, hey, where's the fire? You're buzzing around like crazed bees. All of you, have a good week!*

**ARIES** (March 21-April 19): Be wary of situations you know are going to be stressful. If something makes you crazy at the best of times, this week it'll make you even crazier. Postpone it if you can. There's enough tension already!

**TAURUS** (April 20-May 20): An old problem will be resolved. A new project will be started. Expansion and progress are favoured so long as your expectations are reasonable. Your energy level's good. Overall, things are chugging along very nicely. Enjoy!

**GEMINI** (May 21-June 20): This is not a good week for financial speculation. Lady Luck is on vacation. The scratch and wins don't even give you your money back. Save your money! On other fronts, a friend may be laid up at home or in hospital. Use the money you saved to buy a card. Go visit if you can.

**CANCER** (June 21-July 22): This is a social week. You're on good terms with your family. A friend may be instrumental in introducing you to a new person or activity. You'll be going out a fair bit. Just watch the tendency to overeat. All else is just fine!

**LEO** (July 23-Aug. 22): You get a situation under control, after which things lighten up considerably. The situation may have to do with money. You may also receive some communication from a relative or friend that pleases you. All in all, it's a good week!

**VIRGO** (Aug. 23-Sept. 22): A rational conversation helps you reach an agreement about something you want, probably in the realm of work or money. While you may have to fine-tune your expectations some, overall you can be very convincing. Take advantage!

**LIBRA** (Sept. 23-Oct 23): A friendship hits the skids and may crash right into the point of no return if you don't think before you act. If you're totally fed up, by all means bid it adieu, but don't burn the bridge if you don't have to. You never know when your paths might cross again!

**SCORPIO** (Oct. 23-Nov. 21): You're bordering on hypersensitive this week. At the very least there's confusion. At worst, there could be an emotional blow-up if something's been bugging you for a bit. If you feel a need to just go off by your self to sort your feelings out, do it. Your inner voice will give you far better guidance than anyone you might talk to!

**SAGITTARIUS** (Nov. 22-Dec. 21): Blunt or bitter words could lead to a rift in a friendship. Yes, you know a lot, but others are not obligated to agree or even be interested. Your self-righteous side is not appealing. Give it a rest!

**CAPRICORN** (Dec. 22-Jan. 19): This is a very intense week that's liable to be difficult in spots. There are a lot of demands on you physically and emotionally. These can make you impatient and impulsive. Think before you act for best results.

**AQUARIUS** (Jan. 20-Feb. 18): Avoid people and situations that have a history of irritating you if it's at all possible. It's hard enough keeping things on an even keel this week without adding known time-wasters and crazy-makers into the mix. Get what you can under control before taking on new challenges. Make time to phone people you care about. You'll both appreciate the conversation!

**PISCES** (Feb. 19-March 20): There could be some improvement in finances this week. There could be direct or indirect benefits. For best results, make adjustments to your schedule so that you have plenty of time to get from one place to the next. And trust your intuition!

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

**DEAD AIR** BY DAVE JOHNSON

JUST THINK, DALE! IN A MATTER OF DAYS, WE'LL GET TO SEE THE NEW YOU!

YOU MUST BE REALLY EXCITED... YOU COULD END UP LOOKING LIKE BRAD PITT!

OF COURSE, YOU COULD ALSO LOOK LIKE ABE VIGODA WITH A BAD HAIRCUT, BUT TRY AND KEEP YOUR CHIN UP.

IF YOU EVEN HAVE A CHIN... IT'S REALLY HARD TO TELL.

**IN THE ZONE** BY BRIAN CODAGNONE

THERE WAS A TIME WHEN GOALIES DIDN'T WEAR FACE MASKS...

JACQUES PLANTE OF MONTREAL WAS THE FIRST TO WEAR ONE REGULARLY, A PLASTIC MASK OF HIS OWN DESIGN.

TODAY, ALL GOALIES WEAR A "HELMET AND CAGE" STYLE MADE OF HIGH-TECH MATERIALS.

YOWZA!!

C'EST BON!

THANK YOU, JACQUES!

**DuJour**

**EQUAL TIME** ROBERT SEMUR

Revelations 12:10

Sorry! NO rebuttals!!!

**Stuff!**

Game Over!



# Fire Prevention Week

October 4 – October 10, 2009

This year's Fire Prevention Week is scheduled to run from October 4 to 10, 2009.

The theme for this year's event is "Stay Fire Smart! Don't Get Burned."

As in prior years, the 8 Wing Fire Department will be holding fire drills at various buildings throughout the base.

All Wing personnel are advised to review their workplace Fire Orders in order to ensure they are familiar with the procedures to follow in the event of a fire.

In addition, the fire department will be holding a host of activities

on October 4 in conjunction with the Trenton Military Family Resource Centre's (MFRC) Family Day.

All Wing personnel are invited to attend and bring their little ones to participate in events such as the Miniature Firefighter Combat Challenge, Fire Truck rides and a colouring contest.

If the past is any indication, these events are an enjoyable time for the little ones and adults alike.

For further information please contact the Fire Prevention Office at local 7880 or 3910.



Image reproduced from NFPA's Fire Prevention Week website, www.firepreventionweek.org. ©2009 NFPA

## Semaine 2009 de protection contre l'incendie

Cette année, la Semaine de prévention des incendies se déroulera du 4 au 10 octobre.

Le thème de cette année est «Avec Le Feu, Soyez Prudent! Évitez De Vous Brûler».

Tout comme les années précédentes, le service d'incendie de la 8<sup>e</sup> Escadre mènera des services d'évacuation dans divers bâtiments de la base.

On conseille à tous les employés de l'Escadre de réviser les ordres d'incendie de leur lieu de travail afin de s'assurer qu'ils connaissent bien les procédures à respecter en cas d'incendie.

De plus, le service d'incendie

organisera une multitude d'activités le 4 octobre en même temps que la Journée de la famille du CRFM.

On invite tous les employés de l'Escadre à y participer et à amener leurs enfants pour qu'ils puissent prendre part à des activités telles que le mini défi de combat des pompiers, la maison à évacuer, les tours en camions incendie et le concours de coloriage.

Comme en témoigne le passé, ces activités sont des moments agréables tant pour les petits que pour les adultes.

Pour un complément d'information, veuillez communiquer avec le bureau de prévention des incendies aux postes 7880 ou 3910.

# Take part in Canada's biggest fire safety campaign ever!

Dear readers,

If you had a fire in your house, would your family know how to escape safely?

When smoke alarms go off, there is no time to lose. Everyone must know what to do and where to go.

Yet alarmingly, few Ontario families have a fire Escape Plan for their home.

Starting during Fire Prevention Week, running from October 4 to 10, 2009 and continuing all month, teachers and firefighters across Ontario –

with help from Sparky the Fire Dog – will show our kids how to create and practise an Escape Plan at home.

It's part of our national Great Canadian Fire Drill program – the largest fire safety campaign we've ever done.

To help you prepare your family's Escape Plan, we've developed a simple planning grid you can download free at [safeathome.ca/drill](http://safeathome.ca/drill).

Also take time to check all smoke alarms in your home to ensure you have

one on every level and that they are not outdated.

If they are over 10 years old, replace them immediately!

Please do the Drill and count yourself in! Working together we can reduce fire tragedies in all Ontario communities.

*Ontario Fire Marshal Patrick Burke, Chair, Ontario Fire Marshal's Public Fire Safety Council*

*Fire Chief Tim Beckett, Ontario Rep, Canadian Association of Fire Chiefs*

## Tips for creating a home escape plan

(NC)—It's easy to believe a home fire "will never happen to me." But if it does, will you and your family know how to react?

In a fire, seconds count. That's why you install smoke alarms as a first defence. When they sound, they provide precious early warning that something is wrong. If they do go off, how can you help your family escape tragedy?

An escape plan that your family creates and practices together is hailed by fire departments as a potentially life-saving tool. Statistics show that most fires start at night, meaning you will not only have to react quickly – your family must first wake up and then react quickly. That's not only difficult to do – it also leaves no room for confusion.

Educational experts, along with the Canadian Association of Fire Chiefs, have collaborated to offer tips for how to create your own home escape plan:

Draw a floor plan of your home. Show all doors and windows.

Mark two ways out of each room, if possible.

Mark the location of all smoke alarms with "SA." There should be one smoke alarm on every floor of your home as well as outside sleeping areas. Make sure children



Photo: NewsCanada

recognize the sound a smoke alarm makes.

Test each alarm and replace batteries if necessary. Replace immediately any smoke alarm that is over 10 years old.

Agree on an outside family meeting place, e.g. "the large tree on the Wilson's front lawn five houses down," and mark it on your plan.

Practise the escape plan twice each year. Make sure everyone knows that "Once out, stay out."

Once a family member is out of the house and at the Meeting Place, call the fire department (9-1-1) from a cell phone or neighbour's phone.

More home fire safety tips can be found online at [www.safeathome.ca](http://www.safeathome.ca).

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# Accident hazards never take a break



Submitted by  
Don Heans,  
Wing General  
Safety Officer

Your break from work is a chance to kick back, relax and forget about your job for awhile.

But don't forget about safety - it is important during your breaks, too.

Here are some tips for taking safety on breaks with you:

Follow the correct procedure for powering down any equipment, as your supervisor instructs.

Don't rush off to lunch or coffee breaks until you are sure machinery is shut down or handed over as required. Leave only when it is safe to do so.

If you have been

working with any chemical substances, follow the recommended procedures for removing any Personal Protective Equipment to avoid contamination of yourself and your co-workers.

If there is a possibility of chemical contact, wash your hands before using the toilet as well as after.

Wash with soap and water before eating or drinking to prevent catching or spreading disease.

Help keep washrooms clean and dry. Wipe up any spills. Put trash in the correct covered receptacles so that it does not attract insects or rodents.

Use your break for health-enhancing activities. Don't skip meals - eat nutritious foods.

Drinking plenty of water, getting some fresh air and doing some relaxation techniques, stretching exercises or taking a walk are good ways to use the time. You'll

return to work refreshed and more alert.

Keep the lunchroom dry, clean and sanitary. Put trash and materials for recycling in the correct containers.

Don't drink from dirty cups or use a communal coffee spoon.

Learn the Heimlich manoeuvre so that you can save a life if someone chokes. You can even save your own life with this technique.

It is often taught in conjunction with CPR (cardiopulmonary resuscitation) training.

Pedestrian safety is just as important at break time as any other time.

As you walk through the plant, be sure to stay within designated pedestrian lanes and watch for traffic such as hand trucks and forklifts.

The parking lot can be a hazardous place at break time. Be alert to dangers from traffic, and watch your step so that you do not trip or slip.

For personal security,

do not enter remote areas of the parking lot alone.

If you drive to another location for lunch, remember that traffic hazards don't take a lunch break.

Put on your seat belt and drive safely - even if you are feeling rushed as you try to make it back to work on time.

When you return to your work station, check for any changes which may have occurred while you were away.

Has anyone been adjusting the equipment? Is there a lockout in effect? Are machine guards in place?

Remember to put on your Personal Protective Equipment, such as your safety eyewear.

Replace barrier cream which you may have washed off during your break.

Clear your mind of distractions before you get back to work. Your job needs all of your attention so that you can perform it safely.

# Pedestrian safety is key

(NC)—Last year school children around the world participated in Photovoice projects which involved taking photos to highlight local child pedestrian safety issues. This year, some Fort Frances, Ontario students are joining them.

Grade five and six students at J.W. Walker School in northern Ontario recently embarked on their own Photovoice project with cameras in hand and pedestrian safety in mind. With the help of their teachers and under the expert guidance of police officer Anne McCoy, the students reviewed pedestrian safety guidelines and then took to the streets, taking photographs of their pedestrian environment, noting unsafe conditions and spotting speeding drivers.

"It is important to get the input from the students with issues of pedestrian safety, and it was obvious in doing this project that students see things differently and interpret safety concerns particular to their age groups," observed Officer McCoy.

Photovoice was enthusiastically received by the students, who had fun taking pictures but also realized the importance of being alert while negotiating Fort Frances roads. Indeed, their keen eyes found much to be concerned about, including drivers speeding along the Kings Highway, an absence of sidewalks and poorly marked crosswalks. Equipped with the students' photos and their infectious enthusiasm, local groups in Fort Frances plan to advocate for changes to improve pedestrian safety for the community's children.

October is International Walk to School Month, an ideal time to think about pedestrian safety issues that affect children as they walk to school each day. In fact, pedestrian injuries are one of the leading causes of death and disability among children in Canada. By partnering with schools, Safe Kids Canada and the program's 10-year sponsor, FedEx Corporation, hope to reduce these preventable incidents while educating and empowering students. Information on the program and child pedestrian safety is available at [www.safekidscanada.ca](http://www.safekidscanada.ca).



## TRENTON

### Military Family Resource Centre



### MFRC-EVENTS & INFORMATION

#### Employment Café

We invite you to join us for a gourmet coffee/tea and chat. Strategic planning session. Let your employment search needs be heard!



October 5, 2009 10:00-12:00

MFRC Bistro

Bilingual Session

#### Take a Stand Against Family Violence

(a family violence and awareness week)

Tues Oct 6 - Thurs Oct 8, 2009

Keynote speakers

Astra Lounge and MFRC

See splash page for detailed schedule of events.

#### Presentation Skills

Join us for a 2-part session; conquer some of the fears you may have and enjoy a laid back, supportive approach to public speaking.

Fridays, October 16<sup>th</sup> & 23<sup>rd</sup> 10:00-12:00

Deadline to Register: Friday, October 9th, 2009

Via Email: [Elizabeth.Nicholas@forces.gc.ca](mailto:Elizabeth.Nicholas@forces.gc.ca)



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For additional information:  
[www.MFRC.CFBTrenton.com](http://www.MFRC.CFBTrenton.com)  
Contact: Jaimie Corriveau ext 4299



### CFRM-Événements et Information

#### Café Emploi



On vous invite à vous joindre à nous pour un café/thé gourmet et pour bavarder. Session de planification stratégique. Présentez-nous vos besoins face à votre recherche d'emploi

Le 5 octobre, 10h-12h

Bistro du CRFM

Session Bilingue

#### Dénonçons la violence familiale

(une semaine de prévention et de sensibilisation à l'égard de la violence familiale)

Mardi 6 oct - Jeudi 8 oct 2009

Orateurs principaux:

Le Salon Astra et CFRM

Regardez Avis Importants pour l'horaire des événements.

#### Les techniques de présentation

Joignez-vous à nous pour cet atelier (2 parties); venez conquérir vos craintes et profitez d'une approche plus décontracté et coopérative de l'art oratoire.

Les vendredis, 16 et 23 octobre, 10h-12h

Date d'échéance pour inscription : le vendredi 9 octobre, 2009

Par Courriel: [Helene.Cadotte-Gagnon@forces.gc.ca](mailto:Helene.Cadotte-Gagnon@forces.gc.ca)

La saison 2009-10 est dédiée  
à la 8e Escadre Trenton

Coupons rabais au CFRM bureau d'accueil  
12.00\$ moins 12 - 8.00\$



Pour information additionnelle  
[www.MFRC.CFBTrenton.com](http://www.MFRC.CFBTrenton.com)  
Contactez: Jaimie Corriveau poste 4299



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**Striking Home**  
Plan Number 2-3-701

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An offset entrance under a covered porch, carousel windows and a pointed roof, together with an abundance of windows, a shake roof and fish scales in the roof peak give the house a touch of class.

In the dining area, an optional buffet will provide extra space and a serving area for more formal meals. A sliding glass door opens to a sun deck with steps down to the back garden.

*The house is 42 feet wide and 40 feet deep with 1,390 square feet of living space and an unfinished basement.*

*To order Plan No. 2-3-701 for the three bedroom layout or Plan No. 2-4-702 for the four-bedroom layout.*



**MAIN FLOOR PLAN**  
1353 SQ. FT. (125.7 M<sup>2</sup>)

WIDTH - 42'-0" (12.8 M)  
DEPTH - 40'-0" (12.1 M)

FOR 3 BEDROOM PLAN ORDER: **PLAN NO. H 2-3-701**  
TOTAL 1390 SQ. FT. (128.1 M<sup>2</sup>)

FOR 4 BEDROOM PLAN ORDER: **PLAN NO. H 2-4-702**  
TOTAL 1390 SQ. FT. (128.1 M<sup>2</sup>)

Plans for design 2-3-701 are available for \$532 (set of 5), \$592 (set of 8) and \$640 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$25.00 for Priority courier charges within B.C. or \$45.00 outside of B.C. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and postage charges. Our 41st Edition of the Home Plan Catalogue containing over 300 plans is available for \$13.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:

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# TRENTON

## Military Family Resource Centre



**INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575**

### Annual Military Family Day

Hosted by the MFRC in partnership with 8 Wing Firefighters & PSP  
Sponsored in part by SISSIP

**Sunday, October 4th, 2009, 11 am - 3 pm**  
Siskin Centre

**Free Food**  
**Free activities:**  
Pony Rides  
Climbing Wall  
Bouncing Castles  
Inflatable Structures  
Fish Pond  
Races  
Petting Zoo  
Ring Toss etc...

**Fun Fun Fun**  
for all ages

**Prizes!!!**

Please, leave your dog at home  
Service Dogs are welcome!





**Bouffe gratuite**  
**Activités gratuites:**  
Tour de poney  
Mur d'escalade  
Château gonflable  
Structures gonflables  
Étang de poissons  
Courses  
Zoo pour enfants  
Lancer de l'anneau, etc...

**Plaisir Plaisir Plaisir**  
pour tous les âges  
Des prix!!!

SVP, Laissez votre chien à la maison,  
Les chiens d'assistance sont les bienvenus!






### Journée pour familles militaires

présenté par le CRFM en partenariat avec les pompiers de la 8<sup>e</sup> Escadre & PSP  
Parrainé en partie par Sissip  
**le dimanche 4 octobre de 11h à 15h**  
Centre Siskin

### Partner's Away Wednesday Night

**6pm to 8pm**

Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.

October 7—**Introduction to Brain Gym**- What is it? What can it do for you? Learn how movement can improve your brain and relieve stress.  
October 14—**Energy Healing**-Special guests Linda and Darlene will give a mini treatment. Cost \$15. Please register.

### Groupe Partenaires au loin,

**le mercredi soir de 18 h à 20 h.**

Le service de garde est disponible, toutefois vous devez réserver à l'avance pour que nous puissions prévoir suffisamment de gardiennes pour les enfants.

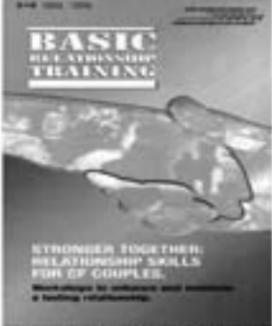
7 octobre – **Introduction à la gymnastique du cerveau** – C'est quoi? Qu'est-ce que cela peut faire pour vous? Apprenez comment les mouvements peuvent améliorer le fonctionnement de votre cerveau et réduire votre stress.  
14 octobre – **Énergie de guérison** – Les invitées, Linda et Darlene donneront des mini-traitements. Coût; 15\$. Inscription nécessaire.



Are you new at 8 Wing/CFB Trenton?  
Come to the MFRC, get your plant, coupons, information as needed, have a tour of the place. We are looking forward to meeting you.  
We also have Welcome Packages from other bases.

Etes-vous nouveaux à la 8e Escadre/BFCTrenton?  
Venez au CRFM pour avoir votre plante, coupons, de l'information et une visite de la place.  
Nous avons hâte de vous rencontrer.  
Nous avons les Trousses de bienvenue des autres bases.

The MFRC has now available for your convenience the Quinte West garbage tags. You can purchase them at the reception at the cost of \$2.50 each.  
Vous pouvez maintenant vous procurer les étiquettes pour les sacs de vidange de Quinte West au bureau d'accueil du CRFM au coût de 2,50\$



**BASIC RELATIONSHIP TRAINING**

STRONGER TOGETHER: RELATIONSHIP SKILLS FOR COUPLES.  
Renforcement de confiance et amélioration de l'attachement relationnel.

Strengthening the Forces, in partnership with the MFRC & 8 Wing Chaplains we are offering

**BASIC RELATIONSHIP TRAINING**  
(A Couple's Communication Workshop)

DATE: 7 November 2009  
TIME: 0830 - 1230 hrs  
LOCATION: Baker's Island

Participants must pick up their workbooks before the workshop begins.  
Workbooks can be picked up at the MFRC, Prevention, Support, & Intervention Coordinator

Deadline to Register: 3 November 2009

FOR ADDITIONAL INFO CONTACT:  
PREVENTION, SUPPORT, & INTERVENTION COORDINATOR @ 613-965-3575  
TO REGISTER CONTACT MFRC RECEPTION @ 613-965-3575

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Ateliers de renforcement de confiance et d'attachement relationnel.

L'union fait la force, en partenariat avec le CRFM et l'Assemblée de 8<sup>e</sup> Escadre vous invitent à

**UNE FORMATION EN RELATIONS DE COUPLE**  
(un atelier de communication pour les couples)

DATE: Le 7 novembre 2009  
HEURE: 0830 à 1230  
LIEU: Baker's Island

Les participants devront passer au CRFM prendre leurs cahiers d'exercices, après de la coordination de la prévention, soutien et intervention avant le début de l'atelier.

Date limite d'inscription : le 3 novembre 2009

POUR PLUS D'INFORMATION VOUS DEVEZ CONTACTER LA COORDINATRICE À LA PRÉVENTION, SOUTIEN ET INTERVENTION @ 613-965-3575

POUR VOUS INSCRIRE VOUS DEVEZ LE FAIRE AVANT LE DÉBUT DE L'ATELIER




**Canada's Wonderland** Get your tickets at reduced price at the MFRC

- Senior, Children, 3+ & less than 48" tall ----- \$28.00
- Until November 1st ( 3-59 years & over 48" tall)-----\$31.00

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- Jusqu'au 1er novembre (3-59 ans & plus que 48" hauteur) ---- 31,00\$



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

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

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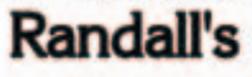
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## Lieutenant-General Angus Watt retires as Chief of the Air Staff

Ottawa – Command of Canada's Air Force officially changed hands during a ceremony held inside the Canada Aviation Museum in Ottawa on October 1, 2009.

Lieutenant-General André Deschamps, a former Wing Commander of 8 Wing/CFB Trenton, succeeded Lieutenant-General Angus Watt as the Commander of Air Command, and Chief of the Air Staff.

LGen Watt has held this appointment since July 26, 2007, and is retiring after 37 years of distinguished service to Canada.

General Walter Natynczyk, Chief of the Defence Staff, presided over the transfer of leadership.

The ceremony consisted of a 50-person



Lieutenant-General André Deschamps

Honour Guard, a Colour Party and music provided by the Central Band of the Canadian Forces, Air Command Pipes and Drums.

## SCAN Seminar: October 14 -15, 2009

Considering retirement? Exploring your options? Unsure about your pension or financial entitlements upon release?

The SCAN Seminar targets military members, with 15 or more years of service, who are contemplating a return to civilian life, but is open to all military personnel. Spouses are strongly urged to attend.

Seating is limited; reservations may be made by contacting the WPSO office at [http://trenton.mil.ca/admin/WPSO/Release%20SCAN/SCAN%20Seminar/index\\_e.htm](http://trenton.mil.ca/admin/WPSO/Release%20SCAN/SCAN%20Seminar/index_e.htm) - no later than 5 Oct 2009. Registration begins at 0730 hrs on 14 Oct and 0745 hrs on 15 Oct 09. *Appropriate civilian attire. Seminar takes place at the Astra Lounge.*

## COLLOQUE DU SPSC : octobre 14 -15, 2009

Pensez-vous prendre votre retraite bientôt? En êtes vous à examiner les options qui s'offrent à vous? Vous ne connaissez pas vraiment vos droits en termes de pension et d'avantages fiscaux après votre retraite?

Les colloques du SPSC (Service de préparation à une seconde carrière) sont axés sur les besoins des militaires qui sont au service des FC depuis au moins 15 ans et qui pensent retourner dans le civil, mais c'est disponible pour tous le personnel.

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Le nombre de places est limité; veuillez donc réserver en appelant le bureau de l'OSP [http://trenton.mil.ca/admin/WPSO/Release%20SCAN/SCAN%20Seminar/index\\_e.htm](http://trenton.mil.ca/admin/WPSO/Release%20SCAN/SCAN%20Seminar/index_e.htm) le plus tard le 5 Oct 2009. L'inscription commence à 07h30 le 14 Oct et 07h45 le 15 Oct 09 - Astra Lounge. *Tenue civile de circonstance.*

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# Showcase



Mr Bruce Hewton

received a certificate upon his retirement after 30 years in the Public Service, presented by LCol MacCaull, CO ATESS.



Cpl M. Rashid

received a promotion to that rank, presented by Maj B.P. Baker, WCEO.



Sgt B. Ragos

received a promotion to that rank, presented by LCol K. Brown, CO CFLAWC.



Cpl R. Barron

received a promotion to that rank, presented by MWO J. Sampson, Capt T. Pepin, MWO J. Blain and CWO D. Paradis, WTN/EME CWO.



MCpl R. Hough

received a promotion to that rank, presented by CWO J. Wudrick, SCWO ATESS and LCol J. MacCaull, CO ATESS.



Pte(T) N. Crumb

received a promotion to that rank, presented by Maj B.P. Baker WCEO and MWO J. Rene, Deputy Fire Chief.



Pte(T) A. Boulay

received a promotion to that rank, presented by Maj B.P. Baker WCEO and MWO J. Rene, Deputy Fire Chief.

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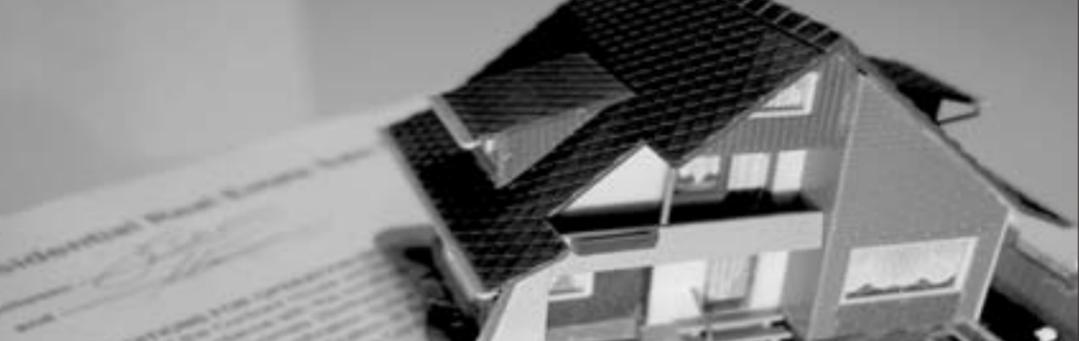
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