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Wing Commander, Wing Chief try out a tough trade

By Tom Philp, Contact Staff

On the eve of Fire Prevention Week 2009, two men rush out of 8 Wing/CFB Trenton Headquarters, fastening their yellow 'bunker gear' as they run towards the fire truck waiting for them at the curb.

A Warrant Officer gives them instructions. The men climb aboard the vehicle and the driver takes them quickly to the north side of the airfield where 'casualties' wait to be rescued.

That was the task accepted by Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, and Wing Chief Warrant Officer Kevin West as they spent a morning learning the firefighter trade the hard way.

Reaching the fire training house on the north side, Col Williams and CWO West were told to put on full breathing apparatus, take up their hoses and head inside the smoke-filled, three-storey steel building. Heavy



Photo: WO Robert Comeau, 8 Wing Fire Hall

Colonel Russ Williams, Commander, 8 Wing/CFB Trenton (fourth from the right) is flanked by Wing Chief Warrant Officer Kevin West (holding his breathing apparatus) and members of the Wing Fire Hall, including Wing Fire Chief, Captain David Jane (far left) and Master Warrant Officer Jacques Rene (far right), after Col Williams and CWO West completed a full fire rescue exercise in the Wing fire training facility behind them.

manikins, representing people trapped on the third floor of a burning building, had to be brought outside to safety. It was their job to make that

happen, albeit under the watchful eyes of Captain Dave Jane, Wing Fire Chief, Master Warrant Officer Jacques Rene, Warrant

Officer Robert Comeau from the Wing Fire Hall, and a crew of firefighters tasked to "train" and assist the Colonel and Wing

Chief. "I started my career as a sailor, and as a member of a ships company everyone is a firefighter and is trained as

such," said WCWO West before entering the "burning" building. "The equipment we used aboard ship 20 years ago, and what I have the opportunity to use here cannot even be compared.

The equipment today is designed with the firefighter in mind to assist them in carrying out their difficult tasks efficiently and safely."

Ten minutes later, from within the building, a steady, loud beeping could be heard by both those involved in the exercise and personnel observing it.

"It's the Wing Commander's air level," said WO Comeau. "His tank is running low and the alarm is sounding."

A figure appeared at the door of the training house, dragging a manikin outside. CWO West had effected his rescue, handing off the heavy "dummy" to a fire crew member and going back inside the building to continue the exercise.

See "Tough trade," Page 3

Return to Function, SPIN Studio rooms now open at south side Gymnasium



Photo: Tom Philp, Contact Staff

The ribbon-cutting party for the October 2 launch of 8 Wing's new Return to Function Room included (left to right) PSP Deputy Manager Todd Peddle, Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, Wing Chief Warrant Officer Kevin West and PSP Manager John Snyder. Project personnel from Wing Administration, Health Promotion, PSP and Fitness and Sports proudly participated in the ceremony.

By Tom Philp, Contact Staff

A ribbon cutting and a round of applause marked the launch of a new exercise room last week at 8 Wing/CFB Trenton's south side gym, literally opening the doors for injured members to work towards a quick and full recovery.

"The equipment in our Return to Function room is slightly advanced compared to 'traditional' machines with only linear movements," explained David Rothermund, 8 Wing's Director of Fitness and Sports. "This equipment has a free motion setup where performing the exercise properly requires greater focus on proper movement pattern and muscular stabilization."

"I can't emphasize enough how important this is for people recovering from an injury."

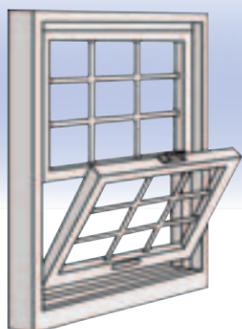
Cutting the ribbon at the October 2 ceremony were Colonel Russ Williams, Commander, 8 Wing/CFB Trenton and

Wing Chief Warrant Officer Kevin West, assisted by Personnel Support Programs (PSP) Manager John Snyder, PSP Deputy Manager Todd Peddle, Lieutenant-Colonel Ross Fetterly, Wing Administration Officer, Major John Wade, Wing Administration, Bruce Leedham, Regional Manager for the Director Casualty Support Management Detachment, Rothermund and members of his staff.

Ryan Abrams, a Physical Exercise Specialist hired specifically to work with people recovering from injury, said the specialized equipment and service is designed "to help referred personnel rehabilitate through structured exercise."

"Once they are referred by medical staff, members utilizing this room will be able to speed up their return to operations without having to vie for time, and space and equipment in the regular exercise areas," Abrams said.

See "Expanded gym services," Page 9



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Back to basics: Prevent infection, including H1N1

Washing hands is the most effective way to prevent Influenza infection

Following the most recent Force Health Protection Directive, 24 Health Services Centre has placed an interim moratorium on the seasonal influenza vaccination program for all Canadian Forces members including OP PODIUM, deployed personnel, first responders and high risk patients. The H1N1 pandemic flu vaccine is estimated to arrive here around mid-November. Clinic dates will be announced later.



Infection Control Nurse Glennis Newton (left), instructs Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, on proper handwashing techniques.

The Prince Edward Family Health Team (PEFHT)

Do you need a family doctor? The Prince Edward Family Health Team (PEFHT) is pleased to announce the newest members of the team, Dr. Michael Gibson, Family Doctor and De-Ann Sheppard, Nurse Practitioner.

They are now accepting patients at our newest location at Prince Edward Square, 5529 Hwy 62 in Rossmore, at the foot of the Norris Whitney (Bay) Bridge (beside Gilmour's).

Our interdisciplinary care team provides a single point

of access to family medicine and our additional health care services and programs such as: Diabetes Education, Mental Health, Chronic Heart Failure, Asthma, Pediatrics, Foot Care, Wound Assessment, Orthopedic Assessment and Chronic Pain Management, and many more.

For more information about the PEFHT, see our website at www.pefht.ca.

All family members of enlisted personnel are invited to register. Please drop by the office or call 613-967-8000.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Master Seaman Jamie Istead demonstrates knife handling techniques to Mrs. Tracy Astbury-Hart. Mrs Astbury-Hart was selected to be part of the Apprenticeship Program. The program will give her the opportunity to train for three years alongside our FOS-5's and military cooks then attend a culinary school for classroom training with the goal of being a fully Red Seal cook. Best of luck Tracy!

CORRECTION

A photograph appearing on Page 21 (Showcase) in the October 2, 2009 (Volume 44, Issue Number 37), was inadvertently shifted to the right, making it difficult to see all personnel in the photograph.

We apologize for not catching this error prior to press time.



Sgt B. Ragos

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

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Tough trade: Firefighters for a day, Continued from Page 1

Col Williams then appeared at the exit with his casualty, air tank alarm still sounding, and was immediately escorted away from the building by a trained firefighter and told to take a knee, remove his mask and breathe deeply.

"I certainly have a much deeper appreciation of what our firefighters experience on a fire call," Col Williams said.

CWO West exited the building several minutes later, still with air in his tank (his previous training as a diver had taught him the importance of regulating his breathing during operations); but, like the Wing Commander, he too was showing signs of exhaustion and perspiring heavily. Both men eagerly accepted the bottles of cold water offered to them at the end of the exercise.

"Even though I consider myself to be in half decent physical condition, the workout of the 8 Wing firefighters put us through was, to say the least, exhausting," said CWO West. "The equipment they wear, bunker gear, breathing apparatus, helmet ... is heavy and very warm; then add the physical effort of carrying hoses, tools and extracting a casualty down numerous flights of stairs, it didn't take us long to see why our firefighters need to be in top physical condition."

The training exercise for Col Williams and CWO West lasted less than 20 minutes, without the actual stress firefighters face when battling an actual fire.

"We could only imagine how gruelling it can be for them in real fire conditions," CWO West said.

Canadian Forces firefighters must be incredibly fit and strong and capable of passing an annual fitness test to meet their

job requirements. While much of their work here on the Wing involves fire prevention and medical emergency calls, they are responsible round-the-clock for protection of the airdrome, PMQs and all building structures, and are the first line of defence for hazardous material calls.

Col Williams and CWO West continued their day with Wing Fire Services by returning to the Fire Hall ... where they were happy to be relieved of their protective gear ... touring the facilities, chatting with personnel, reviewing plans for the recently approved new Fire Hall, and getting inside-the-cab instruction on operating a fire truck.

Capt Jane concluded the morning's events by presenting each of the "trainees" with a certificate of appreciation from 8 Wing firefighters.

"It is hard to describe the physical challenge of being a firefighter, especially conducting rescue operations," Capt Jane said. "This is one of the main reasons I wanted the new Command Team of the Wing to experience a few minutes of hands-on structural firefighting training. If sweat on the brow can be used as an indicator, I think they both now fully understand the physical challenge of the job."

"Firefighting is without a doubt one of the most demanding and challenging trades in the Canadian Forces," Col Williams said. "I am certainly more aware of that now than I have ever been. As we celebrate Fire Prevention Week, I urge all 8 Wing personnel to practice fire safety, and to continue supporting the incredible services provided to us by the Wing Fire Hall."

In the photo to the right, Colonel Russ Williams (left) gets an adjustment to his standard bunker gear from an 8 Wing firefighter prior to participating in a full fire rescue exercise on the base. Below, 8 Wing Fire Chief David Jane (left), and Master Warrant Officer Jacques Rene present certificates of appreciation to Col Williams (centre left) and Wing Chief Warrant Officer Kevin West.



Photo: Tom Philp, Contact Staff



Photo: WO Robert Comeau, Wing Fire Hall

Search & Rescue UPDATE



424 Squadron had only one mission this past week.

While conducting training in the local area, our CH146 Griffon crew were asked to assist the Trenton authorities in the extraction of a diver who was trapped underwater at the Number One Dam on the Trent River.

Rescue 422 landed at the scene but the local rescue team had the casualty out of the water. He was taken to hospital but did not survive.

Until next week, stay safe!

Missions for 2009: 195 Missions for Oct: 1 Persons rescued: 20

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The Contact Staff

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Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.
Jpeg-Maximum (8X10), 300 dpi
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

Internet: ANDREA.STEINER@forces.gc.ca

Intranet: STEINER.AL@CFBTrenton@Trenton

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



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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 ambergooding@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.

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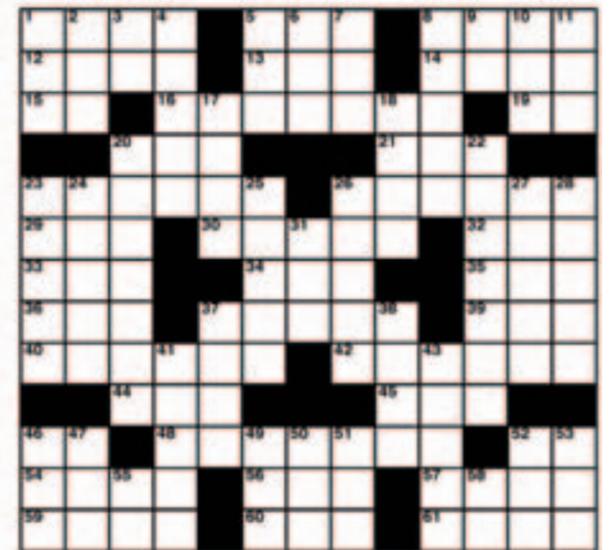
Canadian Crossword

A Band of Billionaires

By Bernice Rosella and James Kilner

ACROSS

- Off ingredient
- Famous Oiler Tikkanen
- Objective
- Aleutian island
- Word after bubble
- French verb
- Cold Lake to Cree Lake dir.
- The ____ Family (Communications billionaires)
- Cobalt symbol
- Jacob or Hutter follower
- Korean car maker
- The ____ Family (New Brunswick billionaires)
- Montreal's ____ Family (dairy products billionaires)
- Prefix denoting new
- Nova Scotia's ____ Family (grocery Billionaires)
- Tape to tape transfer
- Mongrel
- Land meas.
- ____ Amin
- Streets of Laredo starter
- Winnipeg's ____ Family (media billionaires)
- Foot part
- Goad, in a way
- The ____ Family (Telecommunications billionaires)
- Observe
- Succour
- ____ John NB
- New Brunswick food processing billionaires)
- Exist
- Equestrian team game
- Arbour and Blakeney
- Norse god
- Astounds
- Chart
- Strut



DOWN

- Actor George
- Summer to Sylvain
- UFO crewman maybe
- Word before frutti
- Sense of self
- Total
- Some radio svces.
- Spanish lime
- Result of an NHL tie
- Circle part
- Zodiacal sign
- Buff Orpingtons
- Approve
- Piano keys
- Inspected
- About South American aboriginals
- Utilize again
- Furze
- Feast of the passover
- Jet trainer
- Drama awards
- Jazz
- Actor Guinness
- Horse colour
- Presentations, slangily
- Essences
- Grail Springs or Aqua Terre
- Haul
- Engine part
- Flower parts
- Email connector
- Scarf
- Stray
- The in Terrebonne
- Steak sauce or computer giant

See Answers, Page 21



This Week in Contact

1979 – Members of 437 Squadron, based here and flying Boeing 707 aircraft, completed the military portion of the “boat people” airlift that saw more than 2,100 Vietnamese flown from Hong Kong to Canada. In all, 11 flights were needed to complete the CFB Trenton task.

1989 – CFB Trenton was represented at the Belleville Corporate Charity Challenge, held at Loyalist College, by 708 Communications Squadron. The squadron earned its berth by placing first in the Base Commander's Challenge earlier in the year. One of 66 teams competing in the 12-event challenge, 708 Comm Sqn members placed first in one event and ninth overall.

1999 – A 150-member contingent of the Canadian Forces Disaster Assistance Response Team (DART) returned to 8 Wing/CFB Trenton after a mission to help earthquake victims in Serdivan, Turkey. Deployed quickly after the August earthquake struck, the DART focused on providing medical aid and clean drinking water to the people of Turkey. More than 5,000 civilians were treated by the medical station; and the DART water treatment personnel produced more than 2.5 million litres of drinking water for local distribution.

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



Canadian Air Force construction and engineering boss visits 8 Wing

by Tom Philp, Contact Staff

Colonel Ray Baker, Director of Construction and Engineering for the Canadian Air Force, made a return visit to 8 Wing/CFB Trenton last week, including a trek through the mounds of mud surrounding many of the base's massive building projects.

"I've always said you can't mind getting dirty if you want to be a construction engineer," Col Baker said.

Some of the mud in question was found by Col Baker atop the large pile of excavated earth that borders 8 Wing's new northwest ramp, a colossal concrete apron on the north side designed to accommodate the heaviest Canadian Forces aircraft. Col Baker was accompanied on his visit by Lieutenant-Colonel Gyula Gergely, 1 Canadian Air Division Realty Assets Officer, and the A4 Construction Engineering Chief Warrant Officer, Gilles Caouette.

The Trenton tour was organized by 8 Wing Construction Engineering (CE) Officer, Major Phil Baker (no relation), and conducted by 8 Wing CE Captain Kathryn Comptois and Defence Construction Canada (DCC) project managers Siva Gnananayakan and Chris Guernsey.

"The one big change I notice right away is the number of

DCC employees on the base now," Col Baker said. "When I was here (as Wing Logistics and Engineering Officer, 2001-2004), we had one or two DCC people and were always scrambling to find the money for projects to keep them busy."

"The round-robin of construction projects underway here now is pretty phenomenal," he said, noting that DCC now has more than 60 managers on site.

Lieutenant-Colonel Sean Lewis, 8 Wing/CFB Trenton's current WLEO, has tremendous respect for the officer he calls "our Construction Engineering Godfather."

"Colonel Baker envisioned what could be done to improve operational support here when he held the job I have now," LCol Lewis said. "He is effectively the mastermind and maestro behind many of the infrastructure upgrades going on at Trenton."

In addition to his duties as 'boss' of Air Force CE, Col Baker is also the divisional level officer responsible for Canadian Forces Station Alert, with all of the "infrastructure challenges" presented there, LCol Lewis said.

Colonel Baker visited Trenton's new Air Traffic Control Tower (something he said was "long overdue ... spiders had pretty much taken over the old tower when I was here"), and toured the soon-to-be-complet-

ed new home of the Canadian Forces Aerospace Warfare Centre (CFAWC).

"The new CFAWC, first and foremost, will provide the Air Force with an excellent state-of-the-art facility from which to conduct its doctrinal and strategic development and research," Col Baker said.

Col Baker said the "CE guy" in him was impressed that construction of the facility is "on time, it is on budget, and it has maintained an excellent safety record," and that the project team has taken Canadian Forces environmental stewardship "seriously."

"(The CFAWC) is on pace to earn LEED (Leadership in Environment and Energy Design) Gold Level certification, a rare achievement that should be the goal for all of our new facilities," he said.

Col Baker said "relief to CFB Trenton's aging infrastructure" was made possible, in part, by the Air Division Infrastructure staff's diligence in incorporating "the current capital infra plan with...the new equipment acquisition requirements," realizing "synergies" and "cost sharing" that resulted in "many more projects" being implemented in such a short timeframe than would normally have been possible.

From new hangars and aprons to roads, storage and training facilities, the scope of the



Colonel Ray Baker (centre) Director of Construction and Engineering for the Canadian Air Force tours the northwest ramp project at 8 Wing/CFB Trenton on September 30, 2009 with Captain Kathryn Comptois (left) Wing Construction and and Engineering Branch, and Defence Construction Canada Project Coordinator Chris Guernsey.

(8 Wing) program is "currently second to none in the CF," he said.

"The entire plan, from my perspective, is a win-win whereby the Air Force has increased, and will increase its ability to meet its mobility mission worldwide, while CFB Trenton will have the ability to continue to safely, effectively and efficiently support that

mission," Col Baker said.

"We are on budget and delivering an infrastructure program that is breaking speed records from inception to delivery," he said. "The Engineers at 1 Cdn Air Div, WCE 8 Wing, CAS, and DCC are truly making a difference on behalf of the Air Force, and in particular to Trenton's operations."

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11	12  Mess Closed	13 Astra Scan Seminar	14 Astra Scan Seminar	15 Astra Scan Seminar	16 Astra Scan Seminar OKTOBERFEST TGIF Cancelled	17 
18	19	20	21 Astra Set up Dart Tournament	22 Astra Set up Dart Tournament	23 Astra Bob Jones Memorial Dart Tournament TGIF Donairs Sports Pool	24 Astra Bob Jones Memorial Dart Tournament UFC TV Room
25 Astra Bob Jones Memorial Dart Tournament	26	27	28	29 Astra 2 Air Mov Sqn Hon Col Ceremony	30 TGIF Chicken & Taters Sports Euchre	31 



OCTOBER 2009



A safe attitude in the workplace



Submitted by
Don Heans,
Wing General
Safety Officer

Who appointed you safety inspector in your workplace?

The answer is you don't have to be appointed – it's part of your job!

Workplace safety depends on each worker taking responsibility for finding and reporting hazards.

Here are some things to check around your work area:

Is the area free of material which could cause someone to trip?

Walkways and work areas should be free of stored materials, scrap and other debris.

Is the work area cleaned up regularly?

Debris should be removed continually, or at least as each task ends.

Is emergency equipment readily available?

Keep an eye on fire extinguishers, emergency exits and sprinklers to see they are not blocked by materials.

Are cords and cables routed away from traffic areas?

This is important to prevent tripping accidents and to prevent damage to the equipment.

Are light fixtures maintained so there is adequate light to work safely and effectively?

Burned out bulbs and tubes should be replaced promptly.

Are hazardous materi-

als correctly labelled and stored where they cannot ignite or contact workers?

Are the Material Safety Data Sheets (MSDS) easily accessible by workers and emergency personnel?

Are tools and equipment maintained according to the manufacturer's instructions?

Malfunctioning equipment and worn or damaged tools can cause serious accidents.

Is ventilation equipment working properly to remove dust, fumes and other respiratory hazards?

Take responsibility for the conditions in your workplace.

Watch for and report any hazardous conditions so they can be corrected.

Don't leave this up to your boss or safety department - after all, it's your safety at stake.

Keep the auditor attitude!

FIRE PREVENTION WEEK 2009



Photo: Cpl Maggie Gosse
8 Wing Imaging

Above: Lieutenant-Colonel Ross Fetterly (centre), Acting Commander, 8 Wing/CFB Trenton presents Warrant Officer Keith Risser (right) with 'Fire Warden of the Year' for 8 Wing/CFB Trenton, as Sparky the fire mascot and Captain David Jane (left), Wing Fire Chief, look on. WO Risser is an Aerospace Telecommunications and Information Systems Technician with Air Communications and Control Squadron (ACCS). The photo was taken on October 5, during the introduction to Fire Prevention Week 2009.



Right: LCol Ross Fetterly reads the "Fire Proclamation" to start off Fire Prevention Week. Fire Prevention Week is recognized every October. This year's theme is "Stay Fire Smart – Don't Get Burned" and will focus on burn awareness and prevention, as well as keeping homes safe from the leading causes of fires.

**Know safety, no injury
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SPORTS & RECREATION

Wing Hockey League

The 2009/ 2010 Wing Hockey Leagues is off and running with 16 teams that will be divided in two divisions. The teams are as follows: team 436/426 Sqn, ATESS, Work Shops, CFLAWC #1, CFLAWC #2, ATC, Hangar Hogs, 424 Sqn, CJIRU, WTISS, 2 AMS, WCE/Fire Hall, Wolverines, 429 Sqn, Rockets, and WTN/EME are fighting for top honour. The opening game saw CFLAWC # 1 and the Wolverines play the first game on Sunday, October 4, 2009.

Lieutenant-Colonel Ross Fetterly, 8 Wing Administration Officer, and Dave Rothermund, 8 Wing Fitness and Sports Director, conducted the official drop of the puck.

The Fitness and Sports Flight would like to thank the Executive Committee President, Master Corporal Shawn Thompson and Vice-President Corporal Jonathan Prevost for volunteering their time. Good luck players! Have fun and play fair.

Volunteers Urgently Needed!

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

We are urgently seeking adult volunteers to oversee the kids shinny hockey program as well as ice monitors during our family skating timings.

If you are interested and able, we would love to hear from you. Please call Brenda Riddell at the RecPlex at 613-392-2811 ext. 5230.

Program Cancellation

Sorry to announce but the Hockey Skills and Drills program has been cancelled.

Family Skating: RCAF Arena

Family Skating begins on Saturday, October 10. Family skating times will take place on Saturdays and Sundays from 1 to 2:50 p.m. Please be advised that the Friday evening time is still being confirmed.

Family Skating is free for military personnel and Rec Association members and is available at a cost of \$1 each for military community members and \$2 each for the general public.

Shinny Hockey for Kids

Shinny Hockey for Kids begins on Tuesday, October 13, as follows: Bantam/Midget - Tuesdays, from 4 to 5 p.m.; Atom - Wednesdays, from 4 to 5 p.m.; PeeWee - Thursdays, from 4 to 5 p.m.; and Tyke/Novice - Fridays, from 4 to 5 p.m.

Cost is as follows: \$2 each, for military community members with ID, and \$3 each for the general public.

Trenton Curling Club

The Trenton Curling Club (located at 293 King St.) is inviting all military curlers to join the club and curl in the ladies, men's, mixed, and senior's leagues. Come out for some exercise, some fun, and some social life and make the winter go by quickly. For more info visit trentoncurlingclub.ca or call 613-392-5244.



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.

The program 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.

RECPLEX POOLS SHUTDOWN NOTICE



Photo: Tom Philp, Contact Staff

As of Friday, October 9, the annual maintenance of the pools at the RecPlex was continuing. It is anticipated that the new date to re-open will be on Tuesday, October 13. Please contact the RecPlex at ext 3361 for up-to-date information.

CF National Taekwondo Invitational Championship

The Canadian Forces National Taekwondo Invitational Championship will be held in conjunction with the 2009 Toronto Open Taekwondo Championship, from Friday, November 13 to Monday, November 16.

The championship is open to CF, Class B or C Reserve members who practice WTF style Taekwondo.

This championship is a chance to qualify for the CISM selection camp in 2009/2010.

If you are interested in joining or require more information contact Dan Cormier, Military Sports Coordinator, no later than October 14, 2009.

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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.

Reduced hours of operation

During the period of annual maintenance of the indoor pools from Tuesday, September 8 through to Tuesday, October 13, the RecPlex will be open with reduced hours of operation. They are as follows: Monday to Friday from 9 a.m. to 7 p.m.; Saturdays from 12 p.m. (noon) to 6 p.m.; and Sundays from 12 p.m. (noon) to 4 p.m.

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You have options: Take a stand

Family violence is a broad term that encompasses all forms of abuse of power within a relationship of family, kinship, trust, dependency or intimacy.

The term includes domestic violence (sometimes referred to as partner, spouse, or wife battering), sexual assault, child physical abuse and neglect, child sexual abuse, and the maltreatment of older people. Intimate relationships can include those between the opposite and same sex partners.

Violence is not a loss of control. It's an attempt to gain control.

Family violence can include many forms of abusive behaviour, e.g., physical abuse, emotional/psychological abuse, criminal harassment, neglect, financial exploitation, spiritual abuse, destruction of property, injury to pets, physical assault, sexual assault and homicide.

Persons in an abusive situation may be subjected to more than one form of abuse.

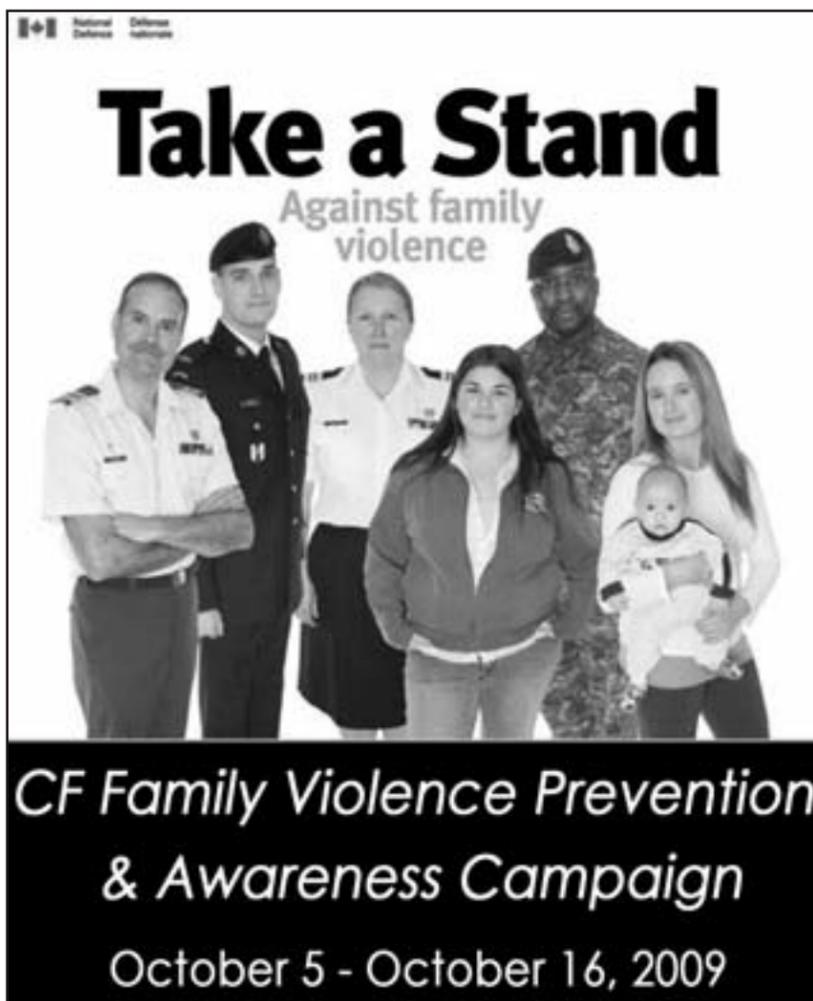
Family violence is a complex issue with no known single cause.

Certain risk factors have been identified which may contribute to family violence however risk factors alone do not cause family violence.

Many experts in the area of family violence believe that violence is a learned behaviour which is reinforced by society.

Some of the risk factors that are commonly associated with family violence include:

- Social isolation or lack of social support;
- Unresolved or chronic marital conflict;
- Everyday stressors exacerbated by: financial problems, unemployment, and serious substance abuse;
- Witnessing or being victimized



by family violence as a child;

Holding attitudes or beliefs that condone violence ;

Depression or other mental health diagnosis; and

Poor communication skills.

Family violence has enormous economic costs for Canadian society.

Direct costs such as policing and judicial services are substantial.

Absenteeism, reduced productivity and errors in job performance are a few of the indirect costs associated with family violence.

Family violence within the

Canadian Forces can also have a negative effect on operational readiness and good order and discipline.

The CF has taken a proactive stance in dealing with this complex issue, and is committed to preventing violence through education and understanding of issues relating to family violence.

Family violence shall not be tolerated and any allegation or suspected incident of family violence within the CF shall be taken seriously and dealt with in an effective and timely manner in accordance with DAOD 5044-4.

IF YOU ARE EXPERIENCING OR WITNESSING FAMILY VIOLENCE...SEEK HELP!

8 WING CONTACT INFORMATION

613-392-2811

Family Violence Crisis Team:
local 4322 or local 7670

Mental Health Services:
local 3651

Member Assistance Program:
1-800-268-7708

Military Family Resource Centre:
613-965-3537

On Duty MO or Padre (after hours):
local 2219 or local 3316

Alternatively, you may also dial 0 for switchboard

Health Promotion:
local 3767

COMMUNITY CONTACT INFORMATION

Crisis Intervention Centre Line:
613-962-7227

Trenton Mental Health Services:
613-394-1655

Kids Help Phone:
800-668-6868

Three Oaks Women's Crisis Line:
613-966-3074

SupportLink and Victim Quick Response:
877-354-4151

Children's Aid Society:
613-962-9291

Victim Services:
1-866-680-9972

Open Line Open Mind:
613-310-OPEN (6736)



Managing Angry Moments

Effective communication and leadership starts with managing angry moments.

The CF 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; and reduced levels of stress and anxiety when faced with anger generating events and circumstances.

Health Promotion is offering a Managing Angry Moments on Fridays, October 16 to November 6, from 0830 to 1200 hrs. Space is limited. Register online at healthpromotion.cfbtrenton.com.

Did You Know?

The 2004 Canadian Forces Health and Lifestyle Survey revealed that approximately 6,000 CF members reported having experienced family violence within the previous five years.



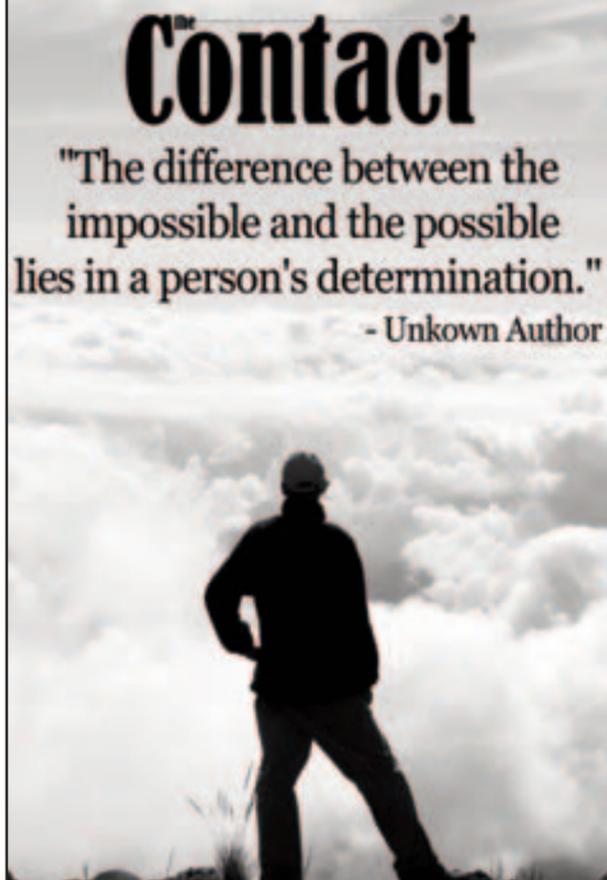
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Angela Prescott, Health Promotion Manager, local 4122
Kendra Lafleur, Health Promotion Director, local 3768

Visit healthpromotion.cfbtrenton.com to learn more!





Expanded gym services now available, Continued from Page 1

"The room acts as a buffer, a transition to Canadian Forces programs and a return to regular duties," Leedham said.

Kendra Lafleur, 8 Wing Health Promotions Director, said the Return to Function room project "really brought everyone together to ensure all the necessary services are coordinated to effect a return to service."

"What we're doing here is preparing people for a better quality of life, by supporting their rehabilitation and getting them back to some form of function," Leedham said.

"The issue of getting our people healthy and back to work in a timely fashion is hugely important," Col Williams said.

While still at the south side gym, Col Williams officially launched the Wing's new Spin Studio, a second floor, state-of-the-art stationary cycling room complete with instructors' stations, programs for everyone from beginner to advanced riders, and a large-screen television on which cycling sessions,

demonstrations and instructions can be broadcast.

Lisa Refausse, 8 Wing Fitness Coordinator, told Col Williams the Spin Studio can accommodate up to 20 spinners at any one time, with a full schedule of classes now in place.

"The class boasts being the best workout in the industry," Refausse said. "We have purchased Life Fitness Lemond bikes equipped with Pilots, which are boards that read lots of useful information, including caloric expenditure, cadence and rpms."

Refausse also said that a recent poll of 8 Wing members revealed Yoga is high on their list of priorities when it comes to improving both fitness and lifestyles.

"It's all about balance," she said.

"It was great to have Colonel Williams, LCol Fetterly and the Wing Chief here today for the grand opening of both the Return to Function room and our cycle cardio room," Rothermund said.



Photo: Tom Philp, Contact Staff

Colonel Russ Williams, Commander, 8 Wing/CFB Trenton (left) listens as Lisa Refausse (front right), explains the purpose, function and benefits of the new Spin Studio, located on the upper floor of the south side gym. Col Williams officially opened the new cardio room after cutting the ribbon to launch 8 Wing's Return to Function room, set up in the same building to assist injured members return to duty through structured exercise. Also shown here are David Rothermund (far right), 8 Wing Director of Fitness and Sports, and gym staff Bill Jeffs and Tracey Blair. The Spin Studio boasts 20 state-of-the-art bikes.

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Emergency evacuation action leads to commendation for 8 Wing sergeant

By Tom Philp, Contact Staff

In the early morning hours of August 10, 2008, a series of explosions sent shockwaves through a north Toronto suburb, creating a tableau that most combat veterans associate with war zones.

It was not the type of incident Sergeant William Kochie even dreamed he would be dealing with as part of the Canadian Forces Toronto Area Support Unit (ASU).

The multiple explosions and massive fire that erupted at the Sunrise Propane Industrial Gases facility in Downsview, Ontario, and resulted in the deaths of two people, were triggered around 0400 hrs that day.

Sgt Kochie was the ASU's Duty Officer when they occurred. His actions following the devastating blasts earned Sgt Kochie (who was a Master Corporal at the time) a Chief of Defence Staff (CDS) Commendation last month.

According to the scroll presented to Sgt Kochie (posted to 8 Wing/CFB Trenton two months ago as In Charge Ancillary, Wing Transport/Electrical Mechanical Engineering Squadron) on September 30, he received the honour:

In recognition of his outstanding actions in response to the catastrophic explosion at Toronto's propane facility on 10 August 2008. Blast damage to the Married Quarters and the threat from toxic fallout required immediate evacuation. As Duty Officer, Master Corporal Kochie was the first to be alerted of the

emergency and his leadership was instrumental in the successful evacuation of 43 families. His exemplary conduct brought great credit to the Canadian Forces.

"The site of the blast was about 150 metres from the PMQs," Sgt Kochie told The Contact this week. "A lot of our people (military and civilian) were affected. It was an administrative challenge coordinating between the two agencies (CFHA and Military Police) to attain the necessary information required for a large-scale evacuation."

Due to the calm, professional efforts of people like Sgt Kochie, the challenge of working with Military Police, emergency services personnel and civilian authorities was minimized. This ensured people affected by the explosions and fire were contacted, located, and safe.

In total, and including military members and their families, more than 13,000 people were evacuated from the area after the blasts.

Nearly 22 hours after the first blast, Sgt Kochie got to go home, satisfied that the Canadian Forces had done all it could to help during the initial aftermath of the disaster.

"I just happened to be the Duty Officer that night," Sgt Kochie said. "The biggest challenge for me was the difficulty in getting (military) people coordinated to respond, because most people in the ASU live so far away (from the former CFB Downsview)."

"Security of the properties



Photo: Toronto ASU

Sergeant William Kochie (left), In Charge/Ancillary, 8 Wing Transportation/Electrical Mechanical Engineering Squadron received a Chief of Defence Staff Commendation September 30 from Major James DeBruin, Commanding Officer, Toronto Area Support Unit for his coordination of the evacuation of military homes after an August, 2008 explosion in Downsview that resulted in two deaths and the evacuation of more than 13,000 people from the area.

was another concern," he said. "There was actually some looting starting to happen. Can you believe that?" In addition, security was necessary to protect residents attempting to return home to get clothes or needed medication. The condition of the housing in some areas was nothing short of disastrous.

A humble man by nature, Sgt Kochie said, "I was just doing my duty. Somebody else thought about it in a larger context."

"I was surprised to receive (the CDS)," he said. "I really am humbled by it."



Photo: Courtesy Ontario Fire Marshall's Office

The August, 2008 propane blast in Downsview, Ontario devastated vehicles, buildings and landscaping within a 300-metre radius of its epicentre, forcing a major evacuation.

Rotary Club of Quinte Sunrise hosts the Rotary District 7070 Foundation Walk

by Don Gilliland, Rotary Club of Quinte Sunrise

The threat of rain didn't keep them away! On Sunday, September 27, nearly 450 Rotarians, family members and friends came to Quinte West under gloomy skies to participate in the annual District 7070 Foundation Walk, hosted by the Rotary Club of Quinte Sunrise.

Rotary District 7070 stretches from eastern Toronto to Belleville and includes 55 separate Rotary Clubs with 2300 members.

The purpose of the Walk is to raise money for the Rotary Foundation, which was established in 1917 as a not-for-profit corporation of Rotary International.

The Foundation's mission is to advance world understanding, goodwill, and peace through the improvement of

health, the support of education, and the alleviation of poverty.

The programs of the foundation include the worldwide Eradication of Polio, Disaster Recovery, and Grants for Health, Hunger, Humanity and Volunteer Service, as well as Educational grants, scholarships, exchanges, fellowships, and study programs. Since 1917 the Foundation has received contributions totalling well over \$1 billion.

The Bill and Melinda Gates Foundation has given grants totalling \$355 million, with a challenge to Rotary to match the first \$200 million by the end of June 2012.

In the weeks leading up to the Walk, Rotarians make their own donations and collect other contributions from acquaintances and associates in their Club area or elsewhere.

The honour of hosting is awarded to the Club collecting the highest average of contributions per capita at the previous year's walk.

The Rotary Club of Quinte Sunrise earned that honour at the Walk held in Cobourg in September 2008.

Starting at the National Air Force Museum of Canada, this year's walkers traveled the west and south boundaries of the airfield at 8 Wing/CFB Trenton, with several information stops along the way.

This part of Highway 2 and RCAF Road form the beginning of the Highway of Heroes, the route along which Canadians killed overseas in the service of Canada are driven to the coroner in Toronto after repatriation ceremonies at the Base.

The last stop on the 2.4 kilometre walk was at the Memorial Gates, which

were presented in 1949 to commemorate the Second World War British Commonwealth Air Training Plan, of which Trenton was the centre.

After a shuttle bus return to the Museum, walkers were able to visit the Museum and Air Park at leisure, then listened to the music of the Dan Bone Trio as they enjoyed lunch catered by Occasions by the Bay.

Presentations were made by President Gord Leverton and Past President Stewart Hood of the Rotary Club of Quinte Sunrise, District 7070 Governor Doug Byers, and Polio Plus Chair Bill Patchett.

As ceremonies ended, funds raised for the Foundation had reached \$110,000 and there were still some Clubs to be counted. Next year's hosts for the Walk will be the Rotary Club of Alliston.

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Military bikers take a tour for Heart and Stroke Foundation

By Tom Philp,
Contact Staff

The late day forecast called for heavy rain, but that didn't stop about 35 military members of 8 Wing/CFB Trenton from mounting their motorcycles on the morning of October 2 and touring more than 400 kilometres for a good cause.

The brainchild of Master Corporal Rob Lafferty, 8 Air Movements Squadron, the inaugural 8 Wing Motorbike Rally in support of the Canadian Heart and Stroke Foundation took riders from their starting point at the base CANEX to the scenic roads north of Peterborough, and back to Baker Island for concluding ceremonies.

MCpl Lafferty said participation in the first rally was limited to regular and reserve members of the Canadian Forces because of legal and liability issues. He plans to work with the proper authorities before the Second Annual 8 Wing Motorbike Rally runs next year, so that, hopefully, civilians may also ride to support this worthy cause.

"The weather started out a little cold, but the sun was out and it was beautiful right up until

1:30 p.m. when we were on our trip back to Trenton," MCpl Lafferty said. "Then the cold rain started and never let up."

The group returned to Baker Island shortly before 4:30 p.m., "safe and sound, just cold and wet," he said. "A few riders made their way back to Trenton a little slower than the others due to the poor weather conditions, and weren't able to make the presentation."

That presentation of the ride's proceeds was

made by Colonel Russ Williams, Commander, 8 Wing/CFB Trenton to a local representative from the Heart and Stroke Foundation. Just over \$700 was raised by the dedicated riders and their friends.

As a special surprise for rally participants Sergeant Rob Moulton (an 8AMS member who suffered a stroke last year at age 43, and whose ordeal inspired MCpl Lafferty to organize the event) and his wife Sherry were also

on hand to receive a donation on behalf of 8 AMS personnel to go towards a self-retrieving fishing reel for Sgt Moulton, to help him return to the fishing outings he enjoyed regularly before having the stroke.

MCpl Lafferty thanks everyone who helped with the inaugural 8 Wing Motorbike Rally for Heart and Stroke, and is already looking forward to rally number two, in the fall of 2010.



Photo: Cpl Isabel Lavalee-Raby, Wing Imaging

Heather Hedley, from the Belleville office of the Heart and Stroke Foundation of Ontario accepts a cheque for \$700 from Colonel Russ Williams, Commander, 8 Wing/CFB Trenton (left) and Wing Chief Warrant Officer Kevin West, representing the proceeds from the inaugural 8 Wing Motorbike Rally organized to raise funds for the organization and its clients.



Photo: Tom Philp, Contact Staff

The third of three groups of motorcycle riders prepares to leave the 8 Wing CANEX parking lot, October 2 in a fundraising rally for the Canadian Heart and Stroke Foundation. The 400 kilometre tour, that included about 35 military motorbike enthusiasts, started in sunshine and ended in rain at Baker Island where Colonel Russ Williams, Commander, 8 Wing/CFB Trenton presented a cheque for \$700 to a Foundation rep. Stroke victim, Sergeant Rob Moulton, was also honoured that day with a specially designed fishing rod and reel that will allow him to pursue his passion while recovering.

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<p>05 NISSAN SENTRA</p> <p>9099 Automatic, 4 cyl., air, tilt, pwr mirrors, windows, locks, AM/FM/CD, keyless entry, 66,000kms.</p> <p>\$8,995</p>	<p>06 PONTIAC G5 GT</p> <p>9285 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>\$9,395</p>	<p>09 NISSAN MAXIMA</p> <p>D9736 Pwr sunroof, pwr seat, alloy wheels, radio/cruise steering controls, air, tilt, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 34,000kms!</p> <p>\$29,495</p>	<p>06 CHEV MALIBU LT</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>\$9,995</p>
<p>06 BUICK LUCERINE CXS</p> <p>9835 V8, Pwr heated, leather, memory seats, OnStar, park assist, steering controls, dual climate controls, 18" high polish wheels, XM radio/CD, factory remote start, pwr windows, locks, mirrors, keyless entry, 64,000kms.</p> <p>\$20,495</p>	<p>06 PONTIAC GRAND PRIX</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>\$9,995</p>	<p>06 PONTIAC PURSUIT</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>\$8,495</p>	<p>05 NISSAN SENTRA</p> <p>9540 Automatic, 4 cyl., pwr windows, locks, mirrors, air, AM/FM/CD, tilt, keyless entry, 62,000kms.</p> <p>\$8,995</p>
<p>05 SUBARU IMPREZA RS</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>\$12,995</p>	<p>08 TOYOTA YARIS</p> <p>D9855 Automatic, air, red, AM/FM/CD/MP3, 55,000kms.</p> <p>\$12,995</p>	<p>06 SATURN ION</p> <p>9910 Manual transmission, 4 cyl, 4 dr., air, cruise, tilt, steering wheel controls, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 62,000kms.</p> <p>\$6,995</p>	<p>06 PONTIAC G6 GTP</p> <p>9903 Burnt orange, pwr sunroof, pwr heated leather seats, alloy wheels, pwr pedals, factory remote start, air, cruise, tilt, traction control, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 78,000kms.</p> <p>\$12,295</p>

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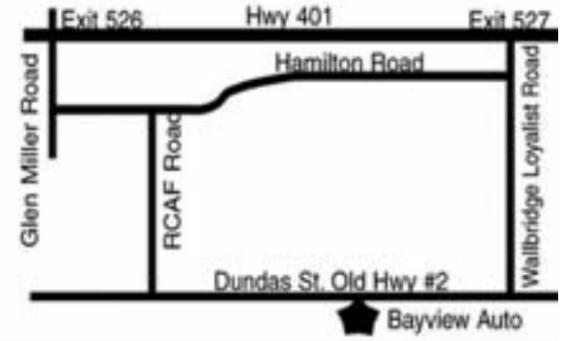
All payments based on bi-weekly payments- 2003 - 48 mths; 2004 & 2005 - 60 mths; 2006 & 2007 - 72 mths; 2008 & 2009 - 84 mths. Admin., PPSA, and taxes included. EG: \$10,000 + \$299 admin. + taxes \$1338.87 + \$65 PPSA = 11,713.40 financed over 60 months at 6.50% = \$105.65 bi-weekly with a cost of borrowing of \$2021.10 on approved credit. All cash deals are price plus administration + taxes. Terms & rates current at time of print. 0 down, taxes included. Bayview Auto is not responsible for any errors in pricing. See dealer for details.

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Belleville Bulls dedicates its season to 8 Wing/CFB Trenton

by Lt Annie Morin
8 Wing Public Affairs Officer

8 Wing/CFB Trenton has always made it one of its goals to be part of the local community, helping others when possible.

Everyday, at home and abroad, our members accomplish their mission without expecting anything, much less any sort of recognition. It was something of a surprise when the Belleville Bulls' team presented their plan to dedicate their whole 2009/2010 season to the men and women and the families of 8 Wing/CFB Trenton.

"It is a touching tribute to the work and dedication of our people, military and civilian, whose efforts contribute to the success of Canadian efforts around the world," said Colonel Russ Williams, Commander, 8 Wing/CFB Trenton.

A special ceremony took place at the Bulls' season opener, on September 19, which members of 8 Wing/CFB Trenton participated in, to officially announce the dedication. Brittany Wade, daughter of Major Wade A1 personnel, beautifully sang *O Canada* to the hockey fans.

The national anthem was followed by the unusual arrival of the pucks which just "dropped in". Indeed, Private Rose and Ordinary Seaman Nash, both members of the Canadian Forces Land Advanced Warfare Centre, rappelled down from the ceiling in the middle of the ice to the amazement of the crowd.

They gave Colonel Williams and Chief Warrant Officer West pucks, which were used during the official face off between the Belleville Bulls and the

Peterborough Petes.

Throughout the season, 8Wing/CFB Trenton units and squadrons will be invited to have their dedicated night with their own video and booth to show what they do. Discounted tickets will also be available at the Military Family Resource Centre for the units/squadrons participat-

ing during the display nights. More information about this opportunity will follow.

The Belleville Bulls will also have two other games that will be specially dedicated; one to our Veterans and the other to the MFRC. On November 11, a ceremony will highlight and take time to remember the ultimate sacrifice of our Canadian

Forces, present and past. Then on February 13, the Bulls will auction their jerseys and the proceeds will be donated to the Military Family Resource Centre (MFRC), along with 10 per cent of all the game's revenues. The patrons of the MFRC will truly benefit from the efforts of the Bulls' team.

Photos: Submitted



The 2009/2010 Belleville Bulls OHL team visited 8 Wing/CFB Trenton prior to dedicating the season to the Wing.

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Right: Ordinary Seaman Ron Nash (left) and Private Rob Rose (right), both from the Canadian Forces Land Advanced Warfare Centre rappel down to centre ice at the OHL opening season game against the Peterborough Petes on Saturday, September 19.



Bottom: Colonel Russ Williams (back row, left), Commander, 8 Wing/CFB Trenton, and 8 Wing Chief Warrant Officer Kevin West (back row, right), meet with rappellers Private Rob Rose (front row, left) and Ordinary Seaman Ron Nash (front row, right) at centre ice for the puck drop with Belleville Bulls player Marc Cantin and Peterborough Petes player Zack Kassian.





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.

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.

Jr Ranks Mess
Astra Lounge

Oktoberfest

Friday, 16 October 09

Doors Open: 2000 hrs
Cost: \$8.00 person

Dance to the Music of DJ
"Greg Bemis"

Free Hat, Mug & Bratwurst
for the first 300 tickets sold
Prizes and Draws throughout the Evening!

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

Trenton Boofest - October 31

Scary, spooky and silly Halloween fun for everyone!

Location TBD.

For more information call 613-392-2841.

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.

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.



PROTECT YOURSELF AND YOUR LOVED ONES

OCTOBER 24, 2009 ~ 1:00pm - 3:00pm

Safety tips for you, your children, your pets and your vehicle. The event will include a clinic on proper installation of child seats, fire hazard clinic, general vehicle maintenance and emergency safety tips, a CPR overview and an animal safety in the vehicle.

Also included in the special event is the presence of a fire truck, a police cruiser and a petting zoo. There will also be a draw for a two-person 72-hour survival kit retailed at \$150, and other prizes as well.

To enter the draw please bring two non-perishable food items for the Foodbank or a two dollar donation to the Quinte Humane Society.

The event will be held at Molloy's Auto Service and Blue Flame Muffler Centre, 2528 Stirling Marmora Road, Stirling. For more information please contact LaurieAnn at 613-395-5560 or visit molloyauto.com

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.

Who: Curious Beginners (no experience necessary)

What: Framed Scrapbook Page, \$10 includes all supplies. Bring 1 5x7 or up to 3 4x6 photos and scissors

When: Wed, Oct 21/09 6-8pm

Where: MFRC Trenton, Conf Rm

Why: Quick, Easy, Inexpensive Christmas Gift

To register:
392-2811 x
2442

Spaces
Limited

Feature

FAMILY



Activity: Instant Orchestra



You can make musical instruments out of recyclables and items from around the house!

Children can explore different sounds and "play along" to their favourite songs and rhymes as they discover different uses for familiar items.

Making music a daily part of your child's life is a great way to Comfort, Play with and Teach them!

Safety precautions for infants and tod-

dlers: Ensure that the lids of containers like bottles and used washed vitamin containers are glued on tightly so that the contents remain inside.

Wooden spoons should be cut shorter for little hands, and sanded smooth to protect your child's eyes and mouth.

When an instrument wears out or breaks, discard it and make a new one. Always put safety first!

You will need: A plastic bottle filled with some water; used washed vitamin pill containers partly filled with different things (i.e., rice, popping corn, salt); an ice cream container and two wooden spoons; two aluminum

pie pans; two smooth stones (for tapping together).

Caution Note: These should be large enough that a baby cannot put the entire stone in his or her mouth.

Two paper towel rolls (for tapping together or to sing/speak into)

Fingers for snapping, hands for clapping, thighs for patting, feet for tapping

Voices for singing, rhyming, chanting, humming, whispering...

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 Corn and Crab Cakes

Crab cakes may seem out of the question when you're watching the family food budget, but canned crab is a fraction of the cost of fresh, equally nutritious, and ready-to-use without worrying about the need to clean the crab of shell. In this classic version, the cakes are embellished with a can of creamed corn (adds a little sweetness and moisture), a dash of hot pepper sauce for pizzazz, and some chopped green onion for a fresh from the garden flavour.

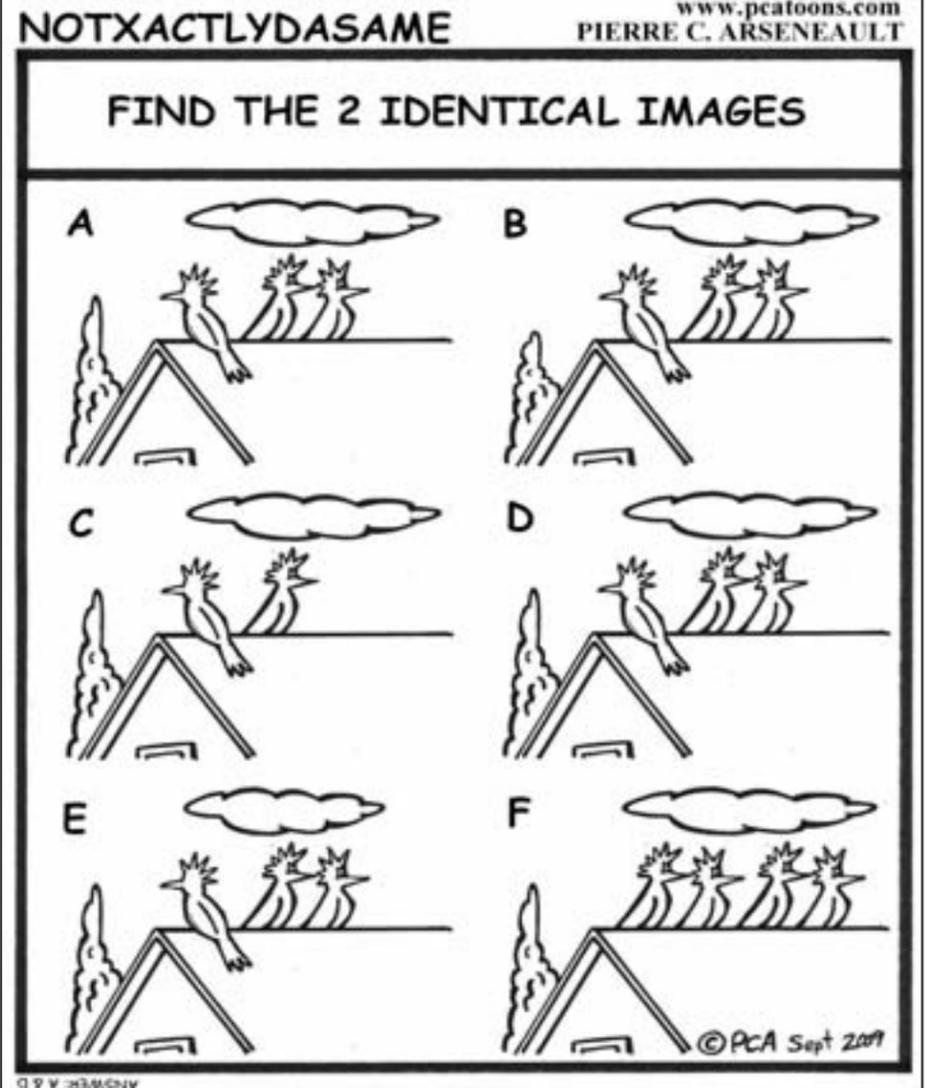
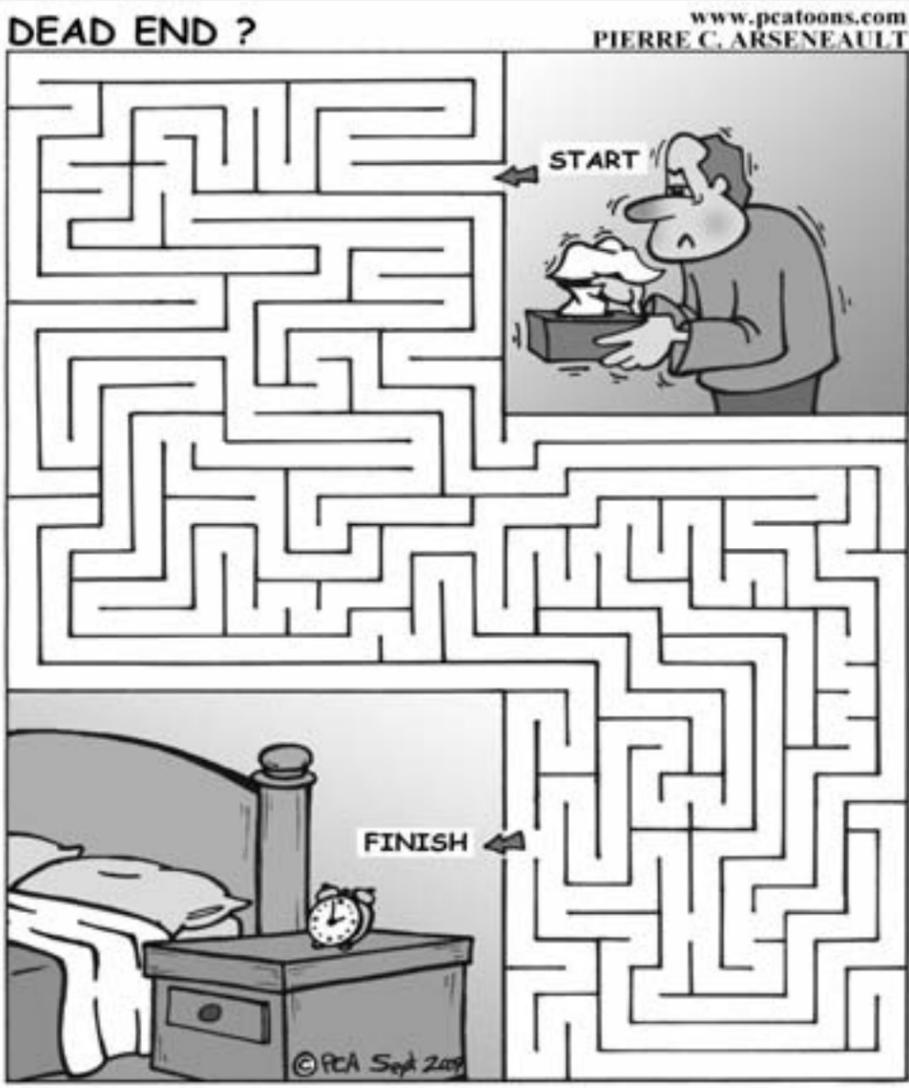
Ingredients:

- 2 cans (6 oz each) crabmeat, drained
- 1 can (8.25 oz) cream style corn
- 1/2 teaspoon hot pepper sauce, such as Tabasco
- 2 medium scallions (green onions), trimmed finely chopped
- 1 1/2 cups seasoned bread crumbs, divided

Preparation Time: 7 minutes Cook Time: 8 minutes

Preparation: Mix crabmeat, corn, hot sauce, scallions and 3/4 cup bread crumbs in a medium mixing bowl until well blended. Spread the remaining breadcrumbs on a sheet of foil and divide the crab mixture into eight even portions (about 1/3 cup each). Roll each portion in bread crumbs until the surface is well coated, and form into 1/2-inch thick patties. Heat a large non-stick frying pan over medium-high heat. Pour in some canola or vegetable oil (about three tablespoons). When the oil is hot, brown the crab cakes on both sides, about four minutes per side. Serves: Four

Nutritional Information Per Serving: (including three tablespoons oil used in cooking): Calories 380; Total fat 14g; Saturated fat 1.5g; Cholesterol 75mg; Sodium 760mg; Carbohydrate 39g; Fiber 3g; Protein 24g; Vitamin A 2 per cent DV; Vitamin C 8 per cent DV; Calcium 15 per cent DV; Iron 15 per cent DV. *Daily Value*



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HOROSCOPES

Donna's Astrology Weekly
www.donnavantoen.com

October 11 – October 17

Theme of the week: Don't be surprised if there are a few provocations and irritations this week. Try not to fly off the handle. In most cases they are minor and not worth getting in a flap about. Biting your tongue now will keep you from having to eat harsh words later. Better safe than sorry!

ARIES (March 21-April 19): This is a very good week in terms of opportunities to meet new people, particularly influential people and spiritual, metaphysical, or astrological folks. Work should also go well. There could be a challenging decision to make in regard to your private life, but otherwise there are no problems.

TAURUS (April 20-May 20): About four months ago, it looked like work plans were going to put you in line for a great deal or a lucky break. Then nothing happened. Well, good news! The deal is back on the table. This time, it's going somewhere. Keep your eye on the ball and your ear to the ground!

GEMINI (May 21-June 20): Travel is favored. So is study, particularly if it involves philosophy, languages, or political or social sciences. Others will be impressed by your sincerity. You can learn a great deal by asking the right questions. Enjoy!

CANCER (June 21-July 22): This is a fairly quiet week for you. Mostly you're catching up on reading or email and returning a few phone calls. At some point, you may be offered a new responsibility. Your first inclination is to turn it down or maybe even be a little irritated by the offer. Think again. This is actually a good opportunity!

LEO (July 23-Aug. 22): You're on good terms with family and friends, but work could have some stressful moments. A friend could be instrumental in introducing you to someone or something you've wanted to experience for a while. This is a good opportunity. Make time for it!

VIRGO (Aug. 23-Sept. 22): Unfortunately there could be some sort of small financial loss or additional expense this week. There could also be a hassle in your love life. There's no point in forcing either financial or romantic issues now. The ball just isn't in your court. Making demands could actually make things worse. Grin and bear it. This, too, shall pass!

LIBRA (Sept. 23-Oct 23): Your optimism and charm don't seem to be protecting you from hassles this week. Frankly, you're judging someone or something by the wrapping paper rather than by the gift inside. If you have a closer look, you'll be better able to know what to do!

SCORPIO (Oct. 23-Nov. 21): A situation involving jealousy or just plain dislike could rear its ugly head this week. This is not the first time you've dealt with this person or problem, and this time you're ready to return it in kind and with interest. Be aware that this sort of retaliation will only ensure that the saga will continue and you'll both live to do battle another day. Let the Universe take care of it!

SAGITTARIUS (Nov. 22-Dec. 21): Be careful this week. Anything that smacks of self-righteousness is apt to provoke others, as is nagging or guilt-tripping. Fortunately, your energy level is high and you've got help waiting in the wings if you need it. Let your actions speak for you!

CAPRICORN (Dec. 22-Jan. 19): It's important to express your true feelings this week. If you're ok, everybody else will be too. If you're not, then how others feel about the situation doesn't matter. Do what you have to do!

AQUARIUS (Jan. 20-Feb. 18): Spiritual, philosophical, and cultural interests take up much of your time this week. Work goes well. Learning has priority over social life, though if you've been meaning to call people, it's time to pick up the phone. No major problems!

PISCES (Feb. 19-March 20): Although there's some good stuff going on in the relationship department, a matter to do with joint finances or sharing could also be problematical. Make the necessary adjustments. Also make time for yourself!

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DOG COMPLEX BY DAVE JOHNSON

IN THE ZONE BY BRIAN CODAGNONE

DuJour

SERMON BY ROBERT SEMUR

Isaiah 50:4

NOW can I nod off?

Stuff!

Copyright © 2005 E.L. Cheney

If people walked like they drove!



École L'Envol students walk in memory of Terry Fox



Left: Grade 3 students at École L'Envol pose with a banner received from the Terry Fox Foundation before they and fellow schoolmates embark on a Terry Fox Walk on September 24. About 100 children from the Catholic elementary school at 8 Wing/CFB Trenton walked the 2.5-kilometre route around the PMQ area in honour of Fox.

Middle: Students from L'Envol stroll in the sunshine during the Catholic elementary school's annual Terry Fox Walk. The line of 100 or so students and their escorts brought a few people out of their homes as they completed an area route in 8 Wing/CFB Trenton's PMQ area, while escorted by 8 Wing's Military Police personnel.

Bottom right: Children leave L'Envol school on Johnson Drive during the Terry Fox Walk.

The Terry Fox Run/Walk has become a fall tradition for Canadians to gather together, lace on our shoes, and bring our pledges to help find a cure for cancer. When Terry Fox recognized that he would not be able to complete his Marathon of Hope, he instead bequeathed his mission to those very Canadians who kept him going. He knew before his death that there would be an annual Terry Fox Run in cities, towns, hamlets and villages across the country. It was our turn to inspire Terry Fox.

Photos: Lisa Bailey, Contact Staff



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Heritage photos: 8 Wing's old Air Traffic Control Tower



Photo: Canadian Military Air Traffic Controllers Heritage Association



Photo: Canadian Military Air Traffic Controllers Heritage Association



Photo: 8 Wing Heritage Office

Top left: Private Debi Jessop, a Tower Assistant, operates the new TRACS system on June 21, 1983, about a year after the "old" tower was built at 8 Wing/CFB Trenton.

Bottom left: Prior to the opening of 8 Wing/CFB Trenton's new Air Traffic Control Tower (ATCT) this month, operations were conducted in the old tower, constructed in 1981-1982. This photo shows the pristine interior of the tower "cab" on March 30, 1982, the day the Terminal Radar Air Control System (TRACS) installation was completed.

Above: The Air Traffic Control Tower attached to Hangar 4, during the British Commonwealth Air Training Plan (BCATP) years. Air controllers signalled approaching aircraft using coloured flares fired from the original tower.



TRENTON

Military Family Resource Centre



MFRC-EVENTS & INFORMATION

Conquer Chaos at Home

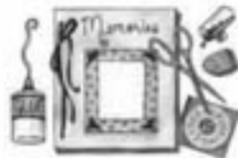
"Mom! Where's my hockey sweater?" "Honey! Where did you put the car keys?"

This presentation will discuss:

- The causes of clutter and how to avoid them.
- Learn how to get your family members organized and to stay organized.
- Learn the steps you can take to prepare for moving & staying organized.

Date: Tuesday, October 13 – 7pm Cost: \$15 per person

Scrapbooking - Curious Beginners
Framed Scrapbook Page
\$10 includes all supplies
Wednesday, Oct 21, 2009 6:00-8:00pm
Register at MFRC (spaces limited)



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 16th & 23rd 10:00-12:00

Deadline to Register: Friday, October 9th, 2009

Via Email: Elizabeth.Nicholas@forces.gc.ca

CFRM-Événements et Information

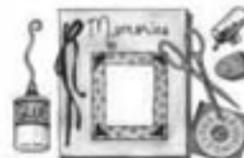
Vaincre le chaos chez vous

"Maman! Où est mon chandail de hockey?" "Chérie! Où as-tu mis les clés d'auto?"

Au cours de cette présentation il y aura une discussion à propos:

- Des causes du désordre (fouillis, encombrement) et comment les arrêter.
- De comment aider les membres de famille à devenir et de rester organisés.
- Des trucs et astuces pour simplifier un déménagement

Date : le mardi, le 13 octobre – 19h Coût : 15\$ par personne



Scrapbooking - Débutant curieux
Encadrement d'une page de scrapbook
Coût: 10\$ (tout le matériel sera inclus)
Le mercredi, le 21 octobre 18h-20h

Inscription : CFRM de Trenton (espaces limité)

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



Special Dedication of
2009-10 Season to 8 Wing Trenton

Game Vouchers available at MFRC Reception
\$12.00 under 12 - \$8.00



For additional information:
www.MFRC.CFBTrenton.com
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Contactez: Jaimie Corriveau poste 4299



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Open-Plan Design
Plan Number 5-3-636

This spacious, open-plan design could offer the ideal layout for empty-nesters who want to scale down from a large family home but are not ready to move to an apartment.

Although there is no basement, an extra bedroom ensures a comfortable place for the grandchildren and other guests to stay overnight. The good-sized kitchen has plenty of counter space, a double-door pantry and a central island that includes a cooktop and a raised eating bar.

The double garage, which provides entry to the house through the utility and laundry rooms, will also serve as a mud room. The garage has access to the kitchen, as well, making it easy to unload groceries from the car.

This home measures 58 feet, 4 inches wide, and 57 feet, 10 inches deep, for a total of 1,696 square feet of living space.



Plans for design 5-3-636 are available for \$629 (set of 5), \$706 (set of 8) and \$755 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$25.00 for Priority 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 Priority 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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8 Wing/CFB Trenton Chaplain Services

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

Unit Chaplains – aumôniers d'unités

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

As support staff - comme personnel de soutien

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

WORSHIP SERVICES

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

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

Chapel Life Co-ordinator
Father Philippe Boudreau
Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 0900h
Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee
3ième dimanche messe bilingue: 09h00 et café

Confession - Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs
Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator
Padre Jim Craig

Worship Service

Sunday Divine Worship, 1015hrs
Holy Communion:
1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

SACRAMENT OF BAPTISM

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

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

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

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

SACREMENT DU BAPTÊME

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

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

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

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

Planning to get married?

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

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

Vous planifiez de vous marier?

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

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

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

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

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Hidden home-energy wasters

(NC)—As fall comes to a close and the temperature drops, many homeowners realize how energy inefficient their house actually is.

There are a few tell-tale signs: frigid air seeping in around the window frame; the cool touch of the outside walls; or, worst of all, the energy bill that spikes suddenly.

In a year when many people are watching their wallets, what can homeowners do to save energy to save money?

According to The Home Depot Canadian Green Home Index, a bi-annual survey tracking consumers' attitudes and behaviours toward greening their homes, the majority of Canadians want to be more environmentally responsible at home, but most aren't overly confident in their abilities.

But getting your home on the green path doesn't have to be costly or difficult; in fact it's easier than many people think.

"You don't need to undertake a massive renovation to make your home greener and more energy efficient," says Moss Brookfield, an associate at The Home Depot. "I regularly help customers find easy, affordable, D-I-Y green solutions - you don't have to spend a fortune to get your energy costs down."

Brookfield says that taking simple steps to tackle hidden home energy wasters can save you money overall. In other words, there's coin to be had for being green.

Here are three key

areas where many people waste money and don't even know it.

Don't draft away

It should come as no surprise to many that windows are the number one culprit of unnecessary heat and energy loss.

But being energy efficient doesn't mean having to purchase brand new windows for the entire house. While this is certainly ideal, it's not the only option.

For less than \$20, homeowners can purchase a weather-stripping kit at The Home Depot that will cover four large windows.

Apply the double sided tape inside the window frame, stick the clear plastic film to the tape, and use a hot air blow drier to seal the windows. It's that easy.

And by sealing and insulating your home you can reduce home heating bills by seven to

20 per cent. **Get time on your side**

When the heat's on and no one's home, you're spending money on nothing. Save your heat, and spend your dollars when someone's there to enjoy it.

The Home Depot sells programmable thermostats for less than \$100. Once installed, set the thermostat to turn the heat off during the times of the day when the house is empty.

For additional savings, program the thermostat to drop the temperature slightly during the night when everyone is asleep and cuddled under the blankets. Doing this will save you roughly \$180 a year in energy costs - \$80 more than you spent on the thermostat in the first place.

Cozy up

Another hidden home energy waster is the

water heater. It constantly turns on to ensure the water in the tank is hot and ready for use.

But as the hot water sits unused it cools, causing the heater to kick on to reheat it.

This cycle happens over and over again, wasting energy every time.

By purchasing a hot water heater blanket - for less than \$50 at The Home Depot - you can minimize the amount of heat lost through the tank's walls, causing the heater to turn on less often.

In fact, by covering your heater with a blanket, you can save up to nine per cent on water heating costs.

For more information on energy efficient products and to learn more about energy efficient home projects you can visit The Home Depot nearest you or check out homedepot.ca.



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Recycled glass countertops latest trend in "Green" home décor

(NC)—Global warming has become a top of mind concern for most North Americans over the last few years thanks to the devastating tragedies from tropical storms around the world due to climate change.

As a result, more and more people are increasingly sensitive to the environment and show a stronger desire for preserving our resources and recycling. Countless corporations are following suit by incorporating "green" philosophies to their regular product offerings.

This "green" trend has made its greatest impact in home decorating with consumers and decorators now gravitating to more eco-friendly alternatives for interior décor.

One trend that is leaving a "green" mark in homes across the country is the choice of recycled material countertops over more conventional surfaces.

Green countertops are recycled or renewable surfaces that minimize impact on the environment during their production. They are comprised of different combinations of natural and man-made materials and often include some form of recycled glass. Many are attractive and viable alternatives to conventional countertop materi-

als. The latest entry into this category, Elements by Durcon, is creating quite a buzz as it's a "green" countertop surface that also offers unmatched durability, cleanliness and aesthetic qualities.

Durcon, the leading U.S. manufacturer of epoxy resin quartz countertops and sinks for the last 35 years, recently launched an eco-friendly surface variation, Elements by Durcon, for the residential and commercial markets. Stone fabricators, dealers and architects across North America agree that the product's unique qualities and highly durable characteristics set it apart from first generation eco-friendly surface products currently available.

Molded from a proprietary blend of fine quartz, epoxy resin, and recycled glass (ie. clear beer bottles), the material is solid, non-porous, never requires sealing, and is homogenous in consistency. Its unique manufacturing process produces an incredibly silky smooth and durable countertop surface.

"Elements is ideal for the discerning customer who desires a unique eco-friendly product for kitchen countertops, vanities, fireplace surrounds,

and commercial applications," explained Mark Hanna, President of Montreal-based Leeza Distribution Inc., one of North America's leading distributors of premium countertops such as Elements by Durcon.

Elements is an incredibly safe and durable countertop surface ideal for kitchens as it is certified by NSF, is a very low VOC emitting material and boasts the highest heat resistance rating available.

"Elements is stylishly sleek with a distinctly silky feel that works beautifully with any décor," Hanna added. "From Old World to ultra-modern it provides a look that is very unique, timeless and clean."

Its versatility is its strongest attribute. In addition to custom colours, Elements by Durcon is available in two alternate design variations - "Titanium" and "PUR". Titanium features a dramatic metallic flecked surface. The highlight of the PUR line is Pristine that is "already a hit with designers", said Hanna, due to its rare, deep, and absolute white quality that is in high demand in today's décors.

Elements surfaces are so durable that unused and old countertop material is recycled by

Durcon for use in road construction. More information on these eco-friendly countertops is available at leezadistribution.com.



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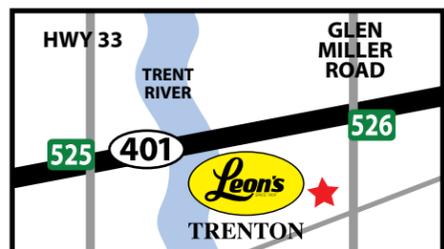
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