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This year it's a different flu season: Know the facts

by 2Lt Vincent Bédard
Public Affairs OJT

This summer, the World Health Organization declared the first global flu pandemic in 41 years. Here we are again, its flu season and this time around the flu may have more of a bite to it.

The health services personnel at 8 Wing/CFB Trenton know what to expect and how to deal with it, but the threat of the H1N1 is keeping everyone on their toes.

24 Canadian Forces Health Services Centre has put forward a prevention plan for the flu season.

If you have recently visited the clinic, you will have noticed hand sanitizer strategically positioned at the entrance and signs compelling you to please wash your hands are abundant.

These sights will become common place in most of the base's buildings as units implement the Workplace Prevention Initiative.

“The intent of our prevention plan is to preserve the operational capability and effectiveness of our units here in Trenton even though we might have higher levels of absenteeism due to influenza or

H1N1,” says Acting Wing Surgeon Capt Bill Śwales. “We have sent out guidelines to every CO on the base about workplace prevention. Simple personal hygiene will prevent many cases of infection in the workplace.

All of Trenton's military will be offered the inoculation as soon as we receive the vaccine.”

Vaccination is strongly recommended. The immunization for the H1N1 consists of two separate vaccinations three weeks apart. After every shot air crew will have to be grounded for a period of 36 hours.

The H1N1 is a new version of the flu virus. It is spread from person to person through coughing or sneezing. People can become infected by touching objects or surfaces with flu viruses on them and then touching their mouth or nose.

H1N1 flu feels very much like the regular seasonal flu. Symptoms include fever, cough, sore throat, body aches, headache, chills and fatigue.

The H1N1 flu virus has affected many Ontarians and this coming flu season it is expected to affect many more. If you become ill with flu-like symptoms, stay home, get rest and limit your contact with others.



Pharmacy Technician Carol Millar makes room in the pharmacy refrigerator for they're soon-to-arrive supply of the H1N1 Vaccine. Photo: Corporal Brandon O'Connell, 8 Wing Imaging

Air Force Association holds 2009 convention in Trenton

by Tom Philp, Contact Staff

The Air Force Association of Canada (AFA) is bringing its 2009 Annual General Meeting (AGM) to Trenton's National Air Force Museum of Canada, a move that recognizes the importance of this country's Centennial of Flight, and 8 Wing/CFB Trenton's contribution to it.

In addition to honouring the Air Force traditions of the past, and the operational reality that is 8 Wing today, AFA Executive Director Dean Black offered another reason for choosing Trenton as the 2009 AGM's venue from October 16 to October 18.

“We are doing so in part as an expression of gratitude to the Municipality of Quinte West for their recent and important support to the museum,” Black said. “By bringing some business to this important community we are saying thank you for the

support the community has provided to the museum.

“We do so also because we have a “sacred” narrative to share, and a story with yet more chapters to write.”

Black's personal narrative includes 30 years in the Canadian Forces, most of them as a tactical helicopter pilot. He retired with the rank of Lieutenant-Colonel. Black is also Publisher of Airforce Magazine.

The AFA can trace its roots to May, 1948, when the federal Cabinet approved \$15,000 “in principle” for the “expenses in establishing an R.C.A.F. Association.

According to association historians, that amount became an annual grant, and increased to \$20,000 by 1951, the same year the organization was formally authorized by an Order in Council to incorporate as an Association under the Companies Act.

The RCAF Association may have held its first annual meeting in Ottawa on

September 16, 1948 (with nearly 3,400 members-at-large and 2,882 Wing members), but its founding charter was not granted by the then Secretary of State of Canada until May 14, 1951. It assumed its current name, the Air Force Association of Canada, in 1994.

There are 65 Wings, or chapters across Canada, the United States and Mexico today (with close to 5,300 Wing members, about 5,600 Members-at-Large and an estimated 2,400 Associate members) actively supporting air cadet squadrons and a wide range of community activities.

The AFA is also a “strong advocate” for Canada's Air Force and its veterans, and partners with the Royal Canadian Legion regularly.

This year's AGM also features a fundraising component for the NAFMC, Black said.

See “Air Force convention 2009” Page 2



Photo: Tom Philp, Contact Staff

Air Force Association Executive
Director Dean Black

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AF convention 2009

Continued from Page 1

"The museum is an undeniable draw; but, more importantly, we initiated a funding drive in support of the museum with our most recent issue of Airforce magazine, and the response has been remarkable. We have received close to 600 return envelopes with donations," he said. "This act of donating to the museum more than anything reflects both the positive response to holding our AGM in Trenton, and the esteem in which our members hold the museum and the incredible cadre of staff and dedicated volunteers."

Black hopes the AFA will be able to give the NAFMC a donation of \$15,000 during the AGM.

Honouring the 100th anniversary of flight is also a "significant milestone" for the AFA and will be a corner stone theme at this year's AGM as members gather at the NAFMC.

"For our association's members, especially air force veterans of the Second World War and subsequent military actions such as the Korean War and the Cold War, the launch of the Silver Dart in February 1909, and its demonstration to military officers in Camp Petawawa later that year, are the corner stones of an air power foundation that has shored up their own air force experiences and careers spanning many decades," Black said.

"... many would agree that a common object to which members of the Air Force Association of Canada are devoted is a well-equipped, well-trained and operationally ready Canadian air force; a truth which members wish to inculcate in all Canadians is that such an air force is critical for their security; and, finally, from its earliest days, the foremost example, of such an air force, on which has been derived great encouragement, and which continues to evoke a feeling of pride, has been the war-time era Royal Canadian Air Force," Black wrote on the AFA Web site.

"The dedication and commitment of the men and women who have served and continue to serve in Canada's air force, from 8 Wing to 19 Wing and every place in between and beyond, through countless peace-keeping operations and combat around the world (is) altogether a great source of pride for all Canadians," Black said.

"The act of sharing in these experiences provides our members with life-defining context. That context grows into narrative, and an expanding narrative is what defines our place in our society, explaining how our members got to be where they now find themselves."

For more information about the 2009 AGM of the Air Force Association of Canada, see: www.airforce.ca/uploads/airforce/2009/07/AGM2009.

CORRECTIONS

It was brought to our attention that incorrect information appeared in the October 2, 2009 (Volume 44, Issue 37) of *The Contact Newspaper*, article 'SAR Techs sharp eye saves stranded sailor' on Page 2.

The following was reported in the original article: *The 8 Wing personnel onboard the aircraft gave the precise location of the vessel to the Coast Guard, allowing them to locate the area. The Hercules used night illumination flares to assist in locating the vessel. The Coast Guard ship Cape Discovery picked up the victim, suffering from mild hypothermia, and delivered him to EMS.*

"This case further demonstrates the excellent SAR interoperability between the Canadian Coast Guard, the OPP and the CF." 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."

The correct information should have read as follows: The Coast Guard ship Cape Discovery picked up the victim and delivered him to EMS. This case

further demonstrates the excellent SAR interoperability between the Canadian Coast Guard, the OPP and the CF. said Major Don Paul, commanding officer of JRCC Trenton.

We apologize for this error and any inconvenience it may have caused.

There was reference to the "old" Air Traffic Control Tower published in *The Contact Newspaper* on October 9, 2009 (Volume 44, Issue 38), stating that the tower was constructed in 1981/82. This information is not correct.

Information received from records published with the 1973 Base Development Planning Study which shows the Air Traffic Control Tower as Bldg 1, being constructed in 1960.

Archive drawings show it as being designed in 1958/59, with an extension added at the bottom to accommodate extra offices in 1975.

So in fact the building is almost 50 years old, not 30 years old as previously indicated in *The Contact Newspaper*. We regret this error.



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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



8 Wing Telecommunications and Information Services Squadron (WTISS) is responsible for the installation, maintenance and operation of the Military Aeronautical Communication System (MACS) at Carrying Place. See here is Pte Lindenberg installing new communication cables as part of the recent upgrade. The equipment updated was the MACS Air Ground Air communications equipment, software, and cabling.



Daughter of 8 Wing Sergeant wins Canadian Forces logistics bursary

by Tom Philp,
Contact Staff

Melissa Murchison, daughter of Sergeant Kevin Murchison, 8 Wing/CFB Trenton Transport and Electrical Mechanical Engineering Squadron and his wife Suzanne, has won a \$500 bursary from the Canadian Forces Logistics Branch.

Just starting the first year of an Honours Bachelor of Science program at the University of Waterloo, in Ontario, the 18-year-old woman applied for the bursary at the urging of her parents, after Sgt Murchison was made aware of it through contacts at work.

"She has had her sights set on becoming an optometrist," Sgt Murchison said. "And with four kids in our family, every little bit helps towards that post-secondary education."

Melissa is one of three, 2009 recipients of the Logistics Branch Bursary, competition for which was open to children and spouses of serving Regular and Reserve Forces members of the Logistics Branch. To qualify, applicants must be in, or have completed their final year of secondary school, and have been accepted in a university, college, trades training or

other recognized post-secondary program.

The bursary was established in 1994 to celebrate the 25th Anniversary of the Logistics Branch. Since its inception, 39 bursaries totaling nearly \$23,000 have been awarded on behalf of the Branch and the Logistics Association.

Recipients are eligible for a maximum of \$500 in any academic year, the criteria for which includes demonstrated need, proof of acceptance into an approved post-secondary program, and an essay describing the applicant, family dynamics, school and extracurricular activities, personal interests and future plans.

After receiving dozens of applications from across Canada, the Logistics Branch Bursary Review Board announced in August that Melissa was one of three bursary winners this year.

Melissa's award was presented October 8, at 8 Wing/CFB Trenton Headquarters, to Sgt Murchison (acting on her behalf), by Lieutenant-Colonel Ross Fetterly, 8 Wing Administration Officer, representing the CF Logistics Branch.

"Suzanne and I are pleased that Melissa won the bursary, and even more proud that she



Photo: Tom Philp, Contact Staff

has a vision of what she wants in life, and that she is willing to do the hard work that will help her achieve that vision," Sgt Murchison said. "We've been extremely blessed to have Melissa as our daughter, and we know that she will be successful, not only in her schooling, but that she will be a light and inspiration to those around her."

For more information about the Logistics Branch Bursary Program, visit cosmat.ottawa-hull.mil.ca/lbi/en/programs_initiatives_e.asp.

Above: Lieutenant-Colonel Ross Fetterly (right), 8 Wing Administration Officer presents a bursary cheque in the amount of \$500 to Sergeant Kevin Murchison, 8 Wing Transport and Electrical Mechanical Engineering Squadron, on behalf of Canadian Forces Logistics Branch. The award was won by Sgt Murchison's daughter Melissa (pictured at right), one of only three CF dependents to receive it this year. Melissa is in her first year at the University of Waterloo.



Photo: Murchison family

Search & Rescue UPDATE

424 Squadron had five missions this past week.

The first mission the Griffon was tasked to search for an overdue Sea Doo with one person on board near Rockport. The Coast Guard located the Sea Doo near Grenadier Island in a swampy area. The area was inaccessible by boat so the Griffon lowered two SAR techs to the female and picked her up via the hoist.

They attempted to drop her off at her cottage as she was not injured but the landing area was too small. They flew her to Brockville where she was picked up by an OPP officer.

The Hercules and Griffon were then tasked to locate an overdue aircraft that was going from Kingston to Sudbury. The ELT was homed by the Hercules and the general area of the crash site was located.

However, due to the weather the Hercules could not locate the site visually. The Hercules then dropped flares for the Griffon and the helicopter located the crash site. The Griffon then lowered two SAR Techs into the crash site and confirmed that of the four people involved there were no survivors. Both the Griffon and the Hercules then returned to base.

The Griffon was next tasked to assist with two people in the water near Point Petre. The 26' vessel was located stuck on a sand bar and listing at a 45 degree angle.

Two SAR Techs were lowered to the boat and both people on board were safely hoisted onto the Griffon. They were then transported to Belleville hospital and there was no further incident.

The Griffon was then tasked to search for four missing hikers near Orillia. Before take off the hikers were located by the OPP and the Griffon was requested to help extract the hikers due to their difficult location. The Griffon arrived on scene and extracted the four hikers and transported them to a nearby field where they were turned over to OPP.

Until next week, stay safe!

Missions for 2009: 200 Missions for Oct: 6 Persons rescued: 27



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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.

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Subscriptions: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.



Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (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.**

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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 (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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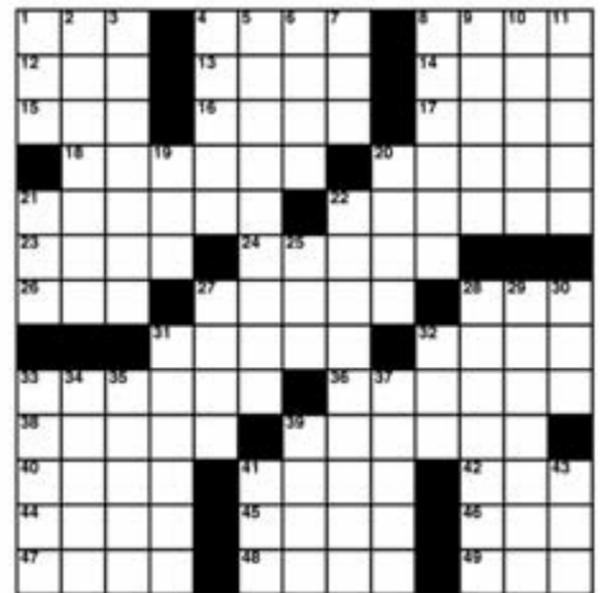
By Bernice Rosella and James Kilner

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See Answers, Page 22



This Week in Contact

1979 – PERI Tales, a new feature in CFB Trenton's Contact newspaper was officially launched. The Physical Education & Recreation Instructors (PERI) began to submit articles that encouraged base personnel to "run on" about their jobs. Captain Al Ettinger was the BPERO, responsible for organizing the series of physical fitness columns; and Master Corporal Ken Straight, now a real estate broker in the Barrie area, had just become the proud papa of a baby girl.

1989 – Members of CFB Trenton's own 2 Air Movements Unit won the prestigious Air Movements Best Overall Unit Award, "indicative of supremacy involving a gruelling day of competition." 2 AMU won the award for the second consecutive year. As a result of winning the five-event challenge, our AMU personnel earned the right to compete in Lahr, Germany the following year.

1999 – The Royal Canadian Air Force 75th Anniversary Monument was unveiled by Colonel E.G. Cloutier, Commander, 8 Wing/CFB Trenton, accompanied by dignitaries that included the Honourable Hilary Weston, Lieutenant Governor of Ontario; Major General Peter Gartenburg, Assistant Chief of the Air Staff; and representatives of federal, provincial and local governments

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



424 represents 8 Wing/CFB Trenton in National SAREX 2009

by Capt Michelle Dagenais
424 Transport and
Rescue Squadron

On September 20, 2009, our 424 Transport and Rescue Squadron crew flew out to Gander, Newfoundland to represent the squadron and 8 Wing/CFB Trenton in the festivities of SAREX 2009.

Our crew consisted of Captain Vince Meunier, Capt Mike Pistilli, Master Warrant Officer Gord Woods, Sergeant Jay Perry, Sgt Jody Hynes, Master Corporal Nic Meunier, MCpl Les Maclean, MCpl Jeff Ferguson and myself, Capt Michelle Dagenais. We were also accompanied by the squadron SAR tech Leader, MWO Eric Larouche and the Commanding Officer, LCol Dunne.

Upon arrival at CFB Gander, all participating squadrons, including our cousins to the south and a member of the Danish Air Force, were greeted by the very welcoming hosts, i.e. the members of 103 Squadron, who were dressed up as "local Newfoundlanders" and were guided to the main exercise check-in area.

The first day consisted of administrative briefings, outlining the exercise schedule, the operations set-up, local rules and regulations, and last but not least, the social event calendar of the week.

Throughout the week, our crew competed in all four of the scheduled search and rescue events, the first one being the Para accuracy challenge, held on the Gander airfield.

Wednesday, September

23, was our busiest day by far. In the morning, our crew took part in the Water Rescue, located in a small bay on Gander Lake, followed by the Land Search event in the afternoon, located over an area of rough Newfoundland terrain.

The following day, three of our four SAR techs participated in the Medical scenario, which simulated a downed aircraft including four casualties with minor to severe injuries.

In addition, many opportunities were made available throughout the week for keen participants, such as the "Hover Trim Control" competition, which took place on the Cormorant helicopter.

Second, there were a few Tandem qualified Jump Masters, who were willing to work hard all day, thus many lucky people were chosen to accompany these men on a 10,000' "once in a lifetime" rush, myself being one of them.

Overall, SAREX 2009 was a great success. 424 Squadron won the Medical event trophy and placed well in the other three exercise events.

Knowledge was gained through working with other crews and other militaries, which will, in turn, expand the overall expertise in the CF's SAR community.

However, all of this would not have been made possible without the hard work, dedication and welcoming arms of 103 Squadron in Gander.

On behalf of 424 Transport and Rescue Squadron, thank you very much for an exceptional SAREX.

Photo: Submitted



Search and Rescue Technicians are lowered out of a CH146 Griffon helicopter during SAREX 2009.

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Keeping danger zones at a minimum

by 2Lt Vincent Bédard
Public Affairs OJT

Wherever you find construction you will also find potential danger.

In the case of an aerodrome, animals and especially birds are part of that danger.

Thanks to Trenton's wildlife management team the risk of bird strikes is kept under control.

Jason Botting of Falcon Environmental Services, the company contracted to keep Trenton's airfield critter free, explains the impact construction has on our daily operations and what they do to prevent incidents.

"We have been able to keep incident rate low through out the constructions," Botting said, "due to the experience gathered over the years from our members in similar construction operations at airports like Lester B. Pearson and JFK."

"What we have learned from the past is that construction sites will bring predictable changes to the game,"

Botting said. "Gaps in the fencing, trash left behind by the construction crews, new food sources from the moving of the soil and difficulty of access to construction areas by the wildlife control officers are all factors we have to work around. Being proactive and enacting a preemptive strike approach to these changes is the way to keep the airfield safe"

The Falcon staff uses their hawks as a "curtain of protection" in the air south of the construction area perimeter to scare the unwelcome birds north and away from the runway.

The crew's brown Labrador retriever Chinook, as well as pyrotechnics, are also used to scare the feathered intruders away.

When birds and aircraft cross path the outcome can be dangerous to aircrew. Most bird strikes occur on or near airport property.

Incident records show that nearly all aircraft collisions with birds take place at less than 1,500 feet above ground level and about half of all



Jason Botting of Falcon Environmental Services.

incidents take place below 100 feet during take-offs or landings.

When there is ongoing construction, the situation can get worse. To keep wildlife from entering operational areas Botting says it's key to control two basic needs: food and nesting.

"Make sure to properly dispose of your waste, report any gaps in the fencing around the aerodrome and report bird

nests in or around your work area," he said.

"Everyone's priority on the airfield is safety. A grey Heron walking in the creek pecking on a discarded piece of sandwich can be a beautiful sight, until it gets startled by an Airbus coming along the glide path for an approach, starts to fly off and is sucked in the engine.

When birds hit the fans, no one is a winner."

Canadians pull out stops on anniversary flight

Air Force News – With a Canadian flag draped over one of the panels outside the cockpit, 17 Canadian and seven US airmen and airwomen, along with civilian and military dignitaries, took to the sky over Tinker Air Force Base in Oklahoma City September 22 for a training flight that was part red carpet and part training for the real world.

The six-and-a-half hour flight, which commemorated 30 years of partnership between the Canadian and US Air Forces on board the E-3 Airborne Warning And Control System aircraft at Tinker, saw Canadian and US air crew and aerospace controllers of all ranks working together to showcase the best of what they do.

They carried out an impressive air-to-air refuelling sequence, for example, that saw pilots con the aircraft to within 3.6 metres of a US KC-135 tanker flying overhead, and controlled a dogfight among four F-18 fighter jets that had launched from the Gulf of Mexico in a good guy/bad guy scenario.

"Today, we wanted to bring some recognition to members of the Canadian component who are posted here at Tinker and to highlight the excellent work they do every day and have been doing for the past 30 years," said Canadian component commanding officer Lieutenant-Colonel Henrick Smith. "These folks fly probably 200 days a year and are deployed [with the USAF] approximately five months every year. They deserve a tremendous amount of credit."

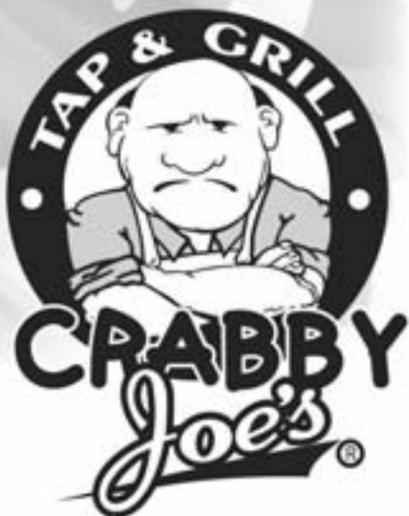
Major-General Pierre Forgues, who was on the flight, gave the Canadian component a pat on the back during a town hall meeting the next day.

"Each of you is hand-picked to be here to represent your country," he said. "The experience is second to none, so remember what you've learned, cherish your experiences and bring your expertise home to Canada."

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SPORTS & RECREATION

Family Skating



Photo: sxc.hu

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.

Program Cancellation

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

CRA Volunteers Urgently Needed!

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

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

ice 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.

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.

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.

Learn to Skate for Adults

Have you ever wanted to learn how to skate? Haven't laced up the skates in awhile and are feeling a little rusty?

Why not come out to the RCAF Flyers Arena and give it a try.

New this year we are offering a Learn to Skate program for adults only!

The Learn to Skate for Adults program will run for a total of eight weeks, on Sundays, from October 25 to December 13. Each session will run from 3 to 3:50 pm

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

Learn to Skate

Youth 8 to 16 years old

The Learn to Skate for Youth 8 to 16 years old is divided into various levels depending on participant skill.

Skaters are evaluated weekly by their coach. There are no formal "testing sessions" for learn to skate and the program consists of 50 minutes of ice time.

The instructor will divide the group based on their ability. Parents are not permitted on the ice during class instruction.

The program will take place on Fridays, from October 23 until December 11.

Children between the ages of four and seven years old will be on the ice from 5 to 5:50 p.m.

Youth between the ages of eight and 16 years old will be on the ice from 6 to 6:50 p.m.

Cost for military community members is \$65, and \$75 for the general public.

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.

Contact

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- John McEnroe

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FITNESS & HEALTH PROMOTION



Unraveling the mystery of label reading

Nutrition information on food labels help you make informed food choices, follow Canada's Food Guide, is required on most packaged foods, and is based on Health Canada's regulations.

The different kinds of nutrition information found on food labels are the Nutrition Facts, the ingredient list, nutrition claims and health claims.

Almost all prepackaged foods have Nutrition Facts. The Nutrition Facts table provides you with information on the Calories and 13 nutrients for the serving size shown. Take five to read the facts.

Serving size: The serving size tells you how much food you need to eat to get the amount of calories and nutrients shown on the Nutrition Facts table.

Always compare the serving size on the package to the amount that you eat. If you eat less than the serving size shown on the Nutrition Facts table you will get less of the calories and nutrients listed.

If you eat more than the serving size shown, you will get more of the calories and nutrients listed.

Calories: Calories tell you how much energy you get from one serving of a packaged food.

Percent Daily Value (per cent daily value): Use per cent daily value to find out if there is a little or a lot of a nutrient in one serving of a packaged food.

Percentage Daily Value puts nutrients on a scale from zero per

cent to 100 per cent.

This scale tells you if there is a little or a lot of a nutrient in one serving of a packaged food and can be used to compare nutrient content between different products.

Get less of these nutrients: Fat, saturated fat and trans fat, cholesterol, and sodium.

Choose packaged foods with a low percentage daily value of fat and sodium, especially if you are at risk for heart disease or diabetes.

Get more of these nutrients: Fibre, Vitamin A and Vitamin C, calcium, and iron. Choose packaged foods with a high percentage daily value of these nutrients.

If you have diabetes, watch how much carbohydrate you eat as this will affect your blood glucose levels.

The ingredients list can also help you make informed food choices. It is important to know that the ingredients are always listed in descending order by weight with the item in the greatest amount listed first.

This can help you choose between products as well as provide information for people with allergies or health concerns or for people who avoid certain ingredients based on their beliefs.

Nutrition claims, which are optional, highlight a feature of interest in the food, such as "Good source of vitamin C."

There are also four health claims on how diet affects health and the reduction of the risk of disease. A key feature of these claims is that they

Nutrition Facts	
Per 1 cup (55 g)	
Amount	% Daily Value
Calories 220	
Fat 2 g	3%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 270 mg	11%
Carbohydrate 44 g	15%
Fibre 8 g	32%
Sugars 16 g	
Protein 6 g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 40%

begin with the wording "A healthy diet..."

Federal government regulations and guidelines specify the criteria a food must meet before a claim can be made, and the wording of the claim to ensure that they are consistent and not misleading.

Because nutrition claims are optional and highlight a characteristic of a healthy diet, you may still need to refer to the Nutrition Facts table to make informed food choices.

Whether it's the Nutrition Facts, the ingredient list or the nutrition or health claims on the label, you can use the information to compare products and make healthy choices for you and your family.

Eating well and being active are steps towards better health and a healthy body weight.

For more information, visit the *Nutrition Labeling Education Centre* at hesy.dietitians.ca.

Did You Know?

Watermelons are 97 per cent water – lettuce 97 per cent, tomatoes 95 per cent, carrots 90 per cent, and bread 30 per cent.



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



8 Wing Health Promotion Contact Information

Health Promotion is pleased to welcome Jessica Ivanko to the team as the new Health Promotion Administrative Assistant. Welcome Jessica!

Jessica Ivanko, local 3768
Health Promotion Administrative Assistant

Angela Prescott, local 4122
Health Promotion Manager

Kendra Lafleur, local 3768
Health Promotion Director

177 Hercules St., Bldg 119

healthpromotionTrenton@forces.gc.ca

Visit healthpromotion.cfbtrenton.com to learn more about the programs and services offered by your 8 Wing Health Promotion team.

NUTRIENT CONTENT CLAIMS

Words used in nutrient content claims	What the words mean	Examples
Free	A nutritionally insignificant amount.	Sodium free (less than five mg sodium per serving).
Low	Always associated with a very small amount of a nutrient.	Low fat (3 g fat or less per serving).
Reduced	At least 25 per cent less of a nutrient compared with a similar product.	Reduced in Calories (At least 25 per cent less energy than the food to which it is compared).
Source	Always associated with a significant amount.	Source of fibre (2 g fibre or more per serving).
Light	If it is referring to a specific nutrient, it is only allowed on foods that are either reduced in fat or reduced in energy (calories)	Light in fat Light in Calories
"Light" can also be used to describe a feature of the food such as "light in colour." Light in colour (an explanation on the label will explain what makes the food light, even if it is light in colour).		

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Ensure your safety: Get the facts about falls



Submitted by
 Don Heans,
 Wing General
 Safety Officer

If you're going to get seriously or fatally injured on the job, chances are it'll be from a fall.

More construction workers die from falls than from any other kind of injury.

Everyone faces this risk. Falls happen in all sectors, all project types, and all trades.

Falls happen because people don't follow the regulations or accepted good practices.

The regulations don't need to be changed, and the solutions are neither

complex nor technical in nature. Arm yourself with the facts!

Falls from ladders are the leading hazard in both residential and construction work.

A few simple rules can prevent most or all of these kinds of injuries.

HERE'S WHAT TO DO:

Never over-reach to get at something off to the side. Always re-position your ladder.

Make sure that your extension ladder is: Free of damage to rungs, siderails, and hardware;

-Set up so that the base is level and the bottom can't slip sloped between 1:3 and 1:4;

-Tall enough to extend at least 3 feet beyond the landing area at the top;

-Secured at the top if it will be a regular means of access.

Consider using ladder stabilizing attachments at



Photo: sxc.hu

the top and base.

Make sure your step ladder is: Free of damage (no cracks in rungs or siderails, no excessive lateral play in the hinges);

-Set up with the legs fully extended and locked;

-Tall enough to let you work while keeping your waist below the top of the ladder.

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Canvassers are hard at work at 8 Wing/CFB Trenton looking for money for a worthy cause.

So far this year's Government of Canada Workplace Charitable Campaign has raised \$32,139.13 for the United Way of Quinte.

The 50/50 pot is at \$447 (the winner gets half the pot) and 17 per cent of personnel have been canvassed to date.

Our goal is to achieve our 100 per cent canvassing goal.

There are several ways you can help: talk to your unit rep about donating money, buy a 50/50 ticket or dental basket rally ticket, or come to one of our events.



The next planned event is a \$5 chili luncheon on October 23 at the Yukon Galley. Good food for a good cause!

Remember, the money you donate helps people in your communi-

ty. For more information on upcoming events, finding your unit rep and the programs supported, follow the link located on the 8 Wing splash page.

Military gears up for Winter Games

by Mary Ellen Green, Lookout Newspaper

In the lead up to the Vancouver 2010 Winter Games, Joint Task Force Games (JTTFG) is busy getting their people and processes ready. The final test before the largest domestic security operation in Canadian history unfolds will be Exercise Gold on Nov. 2-6, a whole-of-government exercise.

"In spite of a tremendous amount of preparation, this is still a very busy time for us at JTTFG headquarters," said Col David Barr, JTTFG Chief of Staff. "We are totally committed right now to optimizing training and getting to the end of Ex Gold. And when Ex Gold is over, we can pick ourselves up, take a breath, do the final adjustments and get ready for the operation itself, but it's flat out from now until Nov. 7."

Exercise Gold, to be held on the mainland, is the final tick in the box to confirm the more than 100 different government departments are ready to handle their role in Olympic security.

To keep up with the increasing tempo and workload, JTTFG HQ brought in more than 200 Canadian Forces members from across the country to augment their staff in September. After a week of orientation training at the Nixon Drill Deck at CFB Esquimalt, including presentations by VANOC, Public Safety and Emergency Management B.C., and RCMP Vancouver 2010 Integrated Security Unit Chief Operating Officer, Assistant Commissioner Bud Mercer, the members were divided into groups for branch specific training. With as many as 10 branches in the headquarters, as indicated by Col Barr, it was important to

offer each branch an opportunity to discuss branch specific subjects with their respective augmentees.

The newly acquired members went to the mainland on Sept. 17 to continue their branch training in Richmond and at HMCS Discovery. On Monday, Sept. 21, they started a five-and-a-half day command post exercise called Exercise Laurel Wreath 0907.

"For the very first time we were broken into our three shifts. In order for us to go 24/7 for 60 days or so during the Olympics and the Paralympics, we can't do it with only two shifts," Col Barr said.

During Laurel Wreath, participants responded to "what if" scenarios. The intent was to practice and confirm processes, procedures, and linkages with other organizations. The main objective of Laurel Wreath was to integrate the augmentees into JTTFG HQ, and provide them with the situational awareness, skills and knowledge necessary to successfully carry out their roles. It also ensured the entire headquarters can work together effectively and is ready for the final confirmation exercises in October and November.

In three weeks everyone will be back on the mainland for Exercise Spartan Rings, which will run in conjunction with the RCMP exercise Pegasus Guardian 3.

"Spartan Rings will be a huge exercise," Col Barr said, Each of the four components - air, sea, land and support - will deploy their headquarters for this exercise, which runs Oct. 19-23.

"The majority of the focus is security related, as opposed to consequence management and safety scenarios, which we'll do later on in Exercise Gold," says Col Barr.

8 WING FOOD SERVICES IS HOSTING A Chili Luncheon

Join us on Friday, October 23 from 1100 to 1300 hrs at the Yukon Galley (Cadet Dining Area) for a chili luncheon, in support of the United Way of Quinte.

This event is open to everyone. For a minimum donation of \$5 (payable at the door), you will receive a bowl of chilli, a bun, salad, and a drink. So come on out and enjoy yourself with good food and friends in support of a great cause.





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VIEW FROM THE PINE



Montreal Canadiens fans suck. How about that for an opener for the 2009/2010 View From The Pine season?

I suppose I could have begun with the standard, "Toronto Maple Leafs fans suck" but that is so painfully obvious I thought I would follow a road less travelled and mix things up a bit.

And no, I am not slandering my Habs lovin' brethren (available dictionary equals increased usage of big words) because I suffered a serious brain injury over the summer (hard to hurt what you don't have).

Although honestly, that would explain my "Red Wings in seven" prediction for the 2008/2009 Stanley Cup Championship series.

No, taking a page out of Mama Tuttle's Parenting 101 Handbook, I criticize and belittle because I love (I had a very, very happy childhood).

Habs fans across the country screamed to the heavens for change following the disgraceful display of Les Glorieux rolling over and letting the hated Bruins scratch their belly during the first round of the playoffs last season.

So, Mr. Bob Gainey, ever the thoughtful GM, listened attentively and proceeded to cast out all 11 unrestricted free agents, instead choosing to bring in a host of young, talented new forwards such as Mike Cammalleri, Brian Gionta and Scott Gomez.

Was that good enough for the Habs faithful? Nooooooo.

The new players were labelled as too small to compete (never mind their previous track records, success or Stanley Cups). "Smurfs" they called them.

Fans and experts alike grimaced at Montreal's lack of toughness and size all year long so in the offseason Hal Gill (6'7", 240 lbs) and Paul Mara (6'4", 210 lbs) were signed.

And did that satisfy the critics? Oh, no.

Gill and Mara were much too slow

to play in the NHL (detractors were obviously not blinded by Gill's shiny new Stanley Cup Championship ring).

Sigh. It's almost like we are becoming Leaf fans as we whine and complain so much. Well, except for the fact that unlike Toronto fans, we do not moan about how crappy our team is while simultaneously planning a Stanley Cup Victory Parade (you would think that after 42 or so years that this exercise in futility would get old, but you'd be wrong).

Montreal fans, learn to pick your spots. Upset that Gainey let Mike Komisarek jump ship for the Leafs? Fair enough.

But after having watched several Toronto games this year (if you ever doubt my love for the game please note that I force myself to watch Leaf games), I am not so sure we lost all of that much with his departure.

Tearing out your hair over Carey Price's second half collapse last year? Can't blame ya.

But at 2-2 after four games this year, and with two of those being gems against the Leafs and Sabres, I am comfortable with him between the pipes (and if you chalk up the Canucks debacle to Price you do not know how to analyze a hockey game beyond the box score).

Suicidal that Montreal is only 2-3 after five games? Take a deep breath and repeat after me, "I am not a dumb ass...I will not freak out after a measly five games into the season", "I am happy to be reminded that the Habs' first five games were all on the road", and "It could be worse, we could be 0-5 Maple Leafs".

And, since we are on the topic anyways, how 'bout them Leafs!

If you were to believe the hype, Toronto's new found toughness would make them one of those few teams that everyone else in the NHL would be scared to play.

Ahhhhh, not so much. I am not saying

that all of Toronto's signings were wasted (really can't argue with Komisarek or Beauchemin) but all the Leaf faithful are seeing now are little scoring, a lot of fights, an avalanche of stupid penalties and exceedingly funny post-game interviews with an exasperated Coach Wilson.

The return of recently added ex-Bruin Phil Kessel in late November or early December will inject some much needed offense into the Leaf's line-up but by that time the season could be essentially over for Leaf Nation.

Look on the bright side, though, if things really tank you could get that top first round pick in 2010 you have coveted for so long. Oops, my bad. I think that pick was traded to Boston for Kessel.

Oh well, there is always 2011. Wait? The 2011 first round pick went to Boston as well? Yikes.

I suppose summer addition Colton Orr could miraculously develop into a premiere power forward and have a breakout season by smashing his previous career high of five points. It could happen, I guess. Maybe.

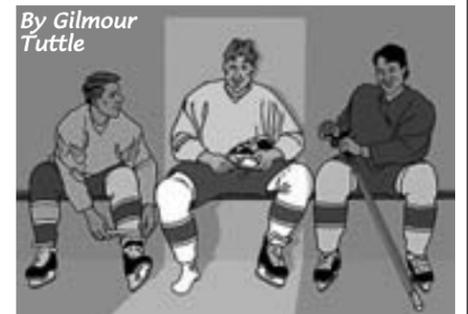
CHARLIE POTATOES

Mike Komisarek (I still like the guy but Mike sitting in the box was one of the main reasons behind the Habs' OT win in Toronto's season opener. I still had to suppress a gag reflex on seeing him in the blue and white, though), Vincent Lecavalier (three assists and a -1 in the first four games of the season? Not good enough for a superstar looking to rebound from a down 2008-2009 season), Pat Quinn (Jarome Iginla is a dirty player? Really? I saw the collision with Souray. Did Iggy drive his own head into the boards on spec? Heck, even Oiler players were defending the Flames' Captain), Roberto Luongo (This might be the only time you see his name here this season but his .818, .889 and .667 save percentages in the first

three losses of the season were putrid), Dany Heatley (He probably should take up permanent residence here for the off-season debacle that was the "Dany Show". However, just to prove life is not fair, he has already collected five goals and five assists in his first five games. Cheechoo and Michalek? One point between them in their first four games).

MEAT AND POTATOES

Joe Thornton (Call it the "Dany Effect". I may hate the way he is getting there but Jumbo Joe has already racked up a whopping 1 goal and 9 assists in his first five games), Los Angeles Kings (A surprising 4-1 after their first five games. They have a solid young core and with the addition of a wily veteran like Ryan Smyth, they could push for playoff contention in 2009/2010), Alexander Ovechkin (I'm thinking that the NHL brass may want to rethink Sid the Kid as the new face of the NHL. Not that Crosby's Stanley Cup is anything to sneeze at but of the two, Ovie is the more charismatic, dynamic and engaging. Oh, and he already has five goals and five assists to start the season), Mike Richards (Flyers Captain already has six goals to start the year and is a lock to make the Team Canada roster), Craig Anderson (auditioned for a starting gig last year with Florida and got it with the Avalanche. His 2-1-1 record with a .942 save percentage and 1.97 goals against average is no fluke).



By Gilmour Tuttle

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Michael "Hammy" Hamilton Memorial Golf Tournament



Photos: Rick Ruthven

The Michael "Hammy" Hamilton Memorial Golf Tournament was a success, and helped to raise \$380 for this year's Government of Canada Workplace Charitable Campaign (United Way).

The tournament began at 0830hrs with a shot gun start and a four person best-ball for nine holes of golf. The winds were an added challenge but the rain held off. After nine holes the golfers returned to the club house, and Lieutenant-Colonel Kevin Brown, Commanding Officer, Canadian Forces Land Advanced Warfare Centre (CFLAWC), addressed all participants followed by an outstanding steak and fries lunch.

We are very grateful for the attendance of Shelly Hamilton and family. Funds were raised by a 'putting contest' and a 'passing the bucket' and prizes were awarded to the tournament winners courtesy of the General Manager John Casey. Many thanks to all who participated and as always, best wishes go out to our friends, the Hamilton family.

Warrant Officer Michael "Hammy" Hamilton, former parachutist with CFLAWC and once a member of the Canadian Forces parachute demonstration team, the SkyHawks, passed away earlier this year.



Above: LCol Brown, Commanding Officer of Canadian Forces Land Advanced Warfare Centre, tees off at the first "Hammy" Hamilton Memorial Golf Tournament.

Right: Cole Hamilton, Mike "Hammy" Hamilton's son from Trenton, tees off. Money from the tournament was raised for United Way.

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James Hamilton, Mike "Hammy" Hamilton's brother from Barrie, ON, is shown teeing off at the first "Hammy" Hamilton Memorial Golf Tournament held in memory of his brother.



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<p>06 FORD F150 FX4 SPORT</p> <p>8845 4X4, Crew cab, short bed, alloy wheels, pwr seat, step bars, park aid, pwr pedals, key pad entry, air, cruise steering controls, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 61,000kms.</p> <p>\$24,795</p>	<p>09 NISSAN FRONTIER SE</p> <p>D9720 4X4, 4.0L V6, Crew cab, short bed with bed liner, alloy wheels, cruise steering controls, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 19,000kms!!</p> <p>\$26,995</p>	<p>07 CHEV AVALANCHE 1500 LTZ</p> <p>8919 4X4, Crew cab, short bed with bed liner, pwr heated leather seats, pwr sunroof, 20" alloy wheels, wood grain trim, steering controls, flex fuel, park aid, pwr pedals, dual climate controls, XM radio, OnStar, dual climate controls, traction control, 41,000kms.</p> <p>\$31,995</p>	<p>06 CHEV SILVERADO 1500</p> <p>8938 4X4, 4.8L V8, Special Edition, Extended cab, short bed with bed liner & tow pkg., chrome step bars, alloy wheels, 4th door, dual climate controls, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 41,000kms.</p> <p>\$17,995</p>
<p>06 DODGE RAM 1500 SLT</p> <p>D9955 4X4, 5.7L V8 Hemi, Crew cab, short bed with bed liner & tow pkg., pwr seats, pwr sunroof, 4th dr., 20" alloy wheels, chrome step bars, steering wheel controls, wood grain trim, air, cruise, tilt, AM/FM, pwr mirrors, windows, locks, keyless entry, only 21,000kms.</p> <p>\$21,995</p>	<p>06 CHEV SILVERADO 1500 Z71</p> <p>8251 4X4, 5.3 V8, Extended, short bed with bed liner, alloy wheels, chrome step bars, steering controls, dual climate controls, air, tilt, cruise, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 51,000kms.</p> <p>\$19,995</p>	<p>09 NISSAN FRONTIER</p> <p>D9768 Crew cab, bed liner, air, AM/FM/CD, pwr windows, locks, mirrors, cruise, tilt, alloy wheels, keyless entry, only 22,000kms.</p> <p>\$26,995</p>	<p>06 GMC SIERRA SLE</p> <p>8383 4X4, Crew cab, short bed with bed liner and tow pkg., pwr seats, chrome step bars, steering controls, dual climate controls, AM/FM/CD, air, tilt, cruise, pwr windows, locks, mirrors, keyless entry, only 43,000kms.</p> <p>\$23,495</p>



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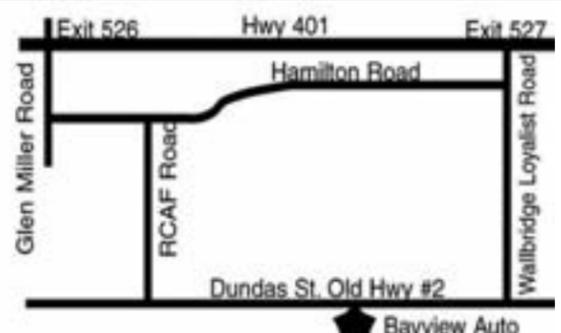


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PROTECT YOURSELF AND YOUR LOVED ONES

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

Trenton Children's Centre Craft & Gift Sale

November 14, 2009

Join us from 10 a.m. to 4 p.m. for great gift ideas for the holidays, and stocking stuffers! Find something for everyone on your list! Hot lunch and bake sale, Caricatures by "Caricatures By Me". \$1 Admission, includes door prize draw and raffles. Proceeds support the Trenton Children's Centre.

For more information or to book a table call Christine 613-394-6825.

Link to Learning Resource Centre - Lending Library

Saturdays, in Belleville, from 1 pm to 4:00pm Lending library with most up to date resources for families raising a child with a disability.

We also specialize in reading programs for all capabilities.

Please check us out at 188 Victoria Ave. www.linkstolearning.ca

Trenton Boofest - October 31

Scary, spooky and silly Halloween fun for everyone!
Location TBD.

For more information call 613-392-2841.

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 Officers Mess Halloween Party!



Friday, October 30th at 8pm

Live Music by AVRO

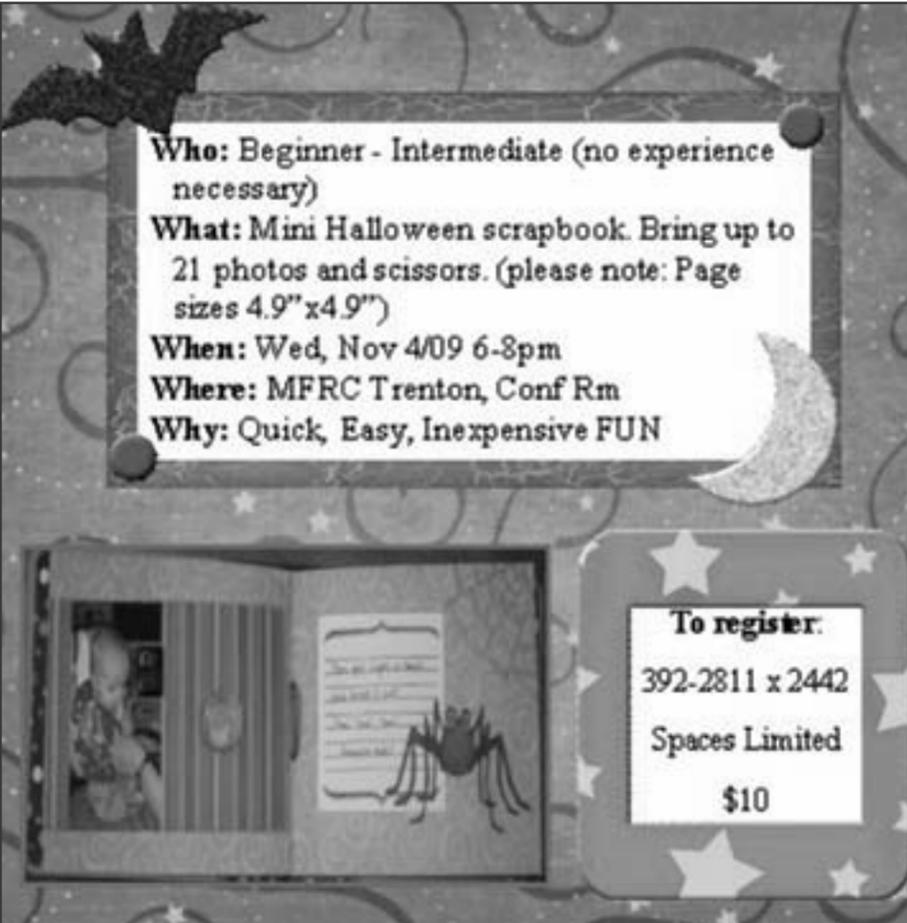
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\$7 for Members \$10 for non-members



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Who: Beginner - Intermediate (no experience necessary)

What: Mini Halloween scrapbook. Bring up to 21 photos and scissors. (please note: Page sizes 4.9" x 4.9")

When: Wed, Nov 4/09 6-8pm

Where: MFRC Trenton, Conf Rm

Why: Quick, Easy, Inexpensive FUN



To register:
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Spaces Limited
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FAMILY



Activity: Eggshell Chalk



This activity is appropriate for two-year-olds and older.

Not only does this activity give you and your child a chance to be together, it's environmentally friendly and offers a chance to talk with your child about recycling.

You will need: Egg shells; pestle and mortar to grind the egg shells (crushing them with a bowl also works); plaster of paris or flour; water.

Instructions: Remove

all the membranes from shells.

Crush and grind the shells to a fine powder. Mix in two parts flour or plaster of paris for every part shell powder.

Mix in enough water to make a stiff paste. Mould into shape. Wrap in plastic and leave.

Hints: For coloured chalk, add powdered paint before the water. Clean, dry egg shells keep well. Save them up for a big batch!

Here's what to do while you make it: While making the chalk, talk with your child about the different ingredients and their qualities - touch, smell, etc. As you combine ingredients talk about what's happening as things are added. This activity is also an oppor-

tunity to talk about environmentally-friendly materials, recycling and reusing things that normally go into the garbage can!

Here's what you can do once it is made: This is great chalk for use on outdoor surfaces such as driveways and sidewalks.

Go outside to make pictures with your child, or use the chalk to create games such as hopscotch or tic-tac-toe!

If you want a smaller surface, use the chalk on coloured construction paper.

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 Feta Olive Bread

Ingredients:

- 3/4 cup (3 ounces) crumbled feta cheese
- 1 1/2 cups bread flour
- 2 to 2 1/4 cups all-purpose flour
- 1 tablespoon sugar
- 1 package yeast
- 1 teaspoon salt
- 3/4 cup milk
- 1/4 cup water
- 1 tablespoon extra-virgin olive oil
- 1/4 cup canned, sliced pitted ripe olives, drained

Preparation Time: 60 minutes **Cook Time:** 35 minutes

Preparation: Heat the oven to 375° F. If the feta cheese is packed in brine, drain it well and pat dry; set aside. Mix the bread flour, sugar, yeast and salt in a large bowl. Heat the milk, water and oil until very warm (120° to 130° F); stir into the dry ingredients. Beat until elastic bands start to form. Stir in the cheese, olives and enough all-purpose flour to form a soft dough. Knead on lightly floured surface until smooth and elastic, about 4 to 6 minutes. Cover and rest for 10 minutes. Roll the dough into a 12- x 8-inch rectangle. Beginning at a short end, roll up the dough tightly. Pinch the seam and ends to seal. Place the loaf, seam-side down in a greased 9- x 5-inch loaf pan. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes. Bake for 30 to 35 minutes or until done. Remove from pan; cool on wire rack. Serves: 12

Nutritional Information Per Serving: 179 calories; 4 g fat; 8 mg cholesterol; 302 mg sodium; 30 g carbohydrate; 1 g fiber; 6 g protein.

DEAD END ?

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October 18 – October 24

Theme of the week: There's a fair bit of tension, pushing, pulling, and jockeying for power this week. Taurus, Leo, Scorpio, and Aquarius bear the brunt of it, but others may also feel some heat. The rest of you may have a more stress-free time of it, unless you have to deal with one of the aforementioned types. Heads up!

ARIES (March 21-April 19): There's some tension, but the news isn't all bad. The singles among you could very well get lucky! As for you already-committeds, while you may have to make some adjustments so that the workload is being shared more equally, things should be pretty good for you too! There could be some sort of challenging decision in the picture, but you'll deal with it well.

TAURUS (April 20-May 20): You can destroy, or you can create. What's it gonna be? The choice is yours! On other fronts, you may be wanting to participate in some sort of public function or forum. Unless it's something that attracts protesters, you should have a good time.

GEMINI (May 21-June 20): If you smoke, this would be a good week to quit. If you're visiting ye olde watering hole on a daily basis, maybe it's time to cut back. If you're spending far too much time in front of the TV set or online, maybe it's time to find something else to do. I think you get the idea...

CANCER (June 21-July 22): You seem to be working on some sort of joint project this week, either at home or at work. While there seems to be a fair bit of fiddling with this before you get it right, you can definitely get the job done!

LEO (July 23-Aug. 22): This is a difficult week. Emotions run deep and words can be harsher than necessary. Relationships with co-workers could bear some watching. On other fronts, you may be attending a large meeting or public function this week.

VIRGO (Aug. 23-Sept. 22): A communication from a friend or relative may require you to fine-tune some plans. This is tedious, but it's not the end of the world. The rest of your life should be pretty much ok, with peace and understanding prevailing most of the time.

LIBRA (Sept. 23-Oct 23): Got some stuff to recycle or get rid of? You'll find it easy to clear away deadwood and unused items. Doesn't matter if it's an outgrown relationship or those jeans that never did fit right. Someone else might absolutely love these cast-offs, and they're just taking up space in your life. If you give 'em up, you'll have room in your life for something better

SCORPIO (Oct. 23-Nov. 21): Inspiration is in the air. Anything artistic or creative should go well, as should any sort of research you might want to do. Gossip could mar your week, though. Stay away from it!

SAGITTARIUS (Nov. 22-Dec. 21): Expect social contact with people who matter, but use care if mixing business and pleasure. If romance is what you have in mind, keep it out of the workplace, no matter how tempting the opportunity. It could otherwise get very messy later!

CAPRICORN (Dec. 22-Jan. 19): Both friends and people in high places play a role this week. One may be instrumental in getting you a promotion or some other perk you want. They may even offer you something you weren't expecting. There may be a string attached. Tug it and see what happens!

AQUARIUS (Jan. 20-Feb.18): You may be planning a trip. You could also be dealing with something governmental or bureaucratic. It might be a visa, passport, or immigration issue. It's a pain, but when it's done, it's done!

PISCES (Feb. 19-March 20): There could be a direct or indirect improvement in your finances. There could also be an important communication from someone in another part of the country, probably in a different time zone. Their message may take you by surprise. This leads to a need to make some changes in your schedule or plans.

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IN THE ZONE BY BRIAN CODAGNONE

AT ONE TIME, PLAYING HOCKEY MEANT LOSING TEETH. OFTEN IT MEANT LOSING MANY TEETH.

AMATEUR PLAYERS BEGAN WEARING MOUTH GUARDS. AT FIRST THEY WERE ATTACHED TO THE CHIN STRAP. LATER THEY WERE FITTED BOXING STYLE PROTECTORS.

NOW, MOST AMATEUR LEVELS OF THE GAME REQUIRE FULL FACE PROTECTING HELMETS. SOME PROS WEAR EYE SHIELDS. MANY MORE USE A MOUTH GUARD.

THAT YOU GORRY?



GINGER & SHADOW BY BARRY CORBETT

HEY SPARKY. I WOULDN'T SIT IN FRONT OF THAT WINDOW.

OH, WHY NOT?

CLANCY IS MEETING ME HERE IN 5 MINUTES.

YOUR LITTLE BIRD FRIEND? ARE YOU AFRAID HE WON'T COME IN IF HE SEES A CAT?

FWAD

I'M AFRAID HE WON'T SEE THE WINDOW.



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"I'm not getting him out! You get him out!"

EY-CHENEY



Making room in a bubble: Cooperation is key to getting things done

by Tom Philp, Contact Staff

It's a small job in the grand scheme of base projects, but recent renovations to offices in the command corridor at 8 Wing Headquarters are a prime example of how different squadrons and branches work cooperatively and effectively to get things done.

Lieutenant-Colonel Dave Alexander recently assumed duties at 8 Wing/CFB Trenton as the Chief of Staff, Air Mobility Advisory Group (AMAG). Colonel Russ Williams, Commander of 8 Wing chairs that group. As Col Williams 'right-hand-man' for AMAG, LCol Alexander needed an office along the secure, third floor corridor in 8 Wing HQ known affectionately as "the bubble." Enter a cross-trades team of experts to optimize the efficiency of space and services in that area; and the cooperation of all parties affected by the renovation to smooth the transition.

"A lot of people think it's a simple matter of knocking out a wall here, putting in a doorway there, and running some cables along the floor or over the ceiling," said LCol Sean Lewis, Wing Logistics and Engineering Officer. "The truth is a lot of planning, design, coordination and execution go in to making this type of transition, even for the smallest projects."

In this case, planning began in the bubble, examining existing space allocation and looking for ways to make it

more efficient. Wing Construction and Engineering (WCE) Squadron looked at structural, safety and other physical requirements.

Engineers and planners from Wing Telecommunications and Information Services Squadron (WTISS) worked on cabling and communications support infrastructure needs for the new room. The Wing Fire Hall gave its input. LCol Ross Fetterly and his staff found the money in the current budget to proceed. And, perhaps most importantly, Sue Simmons, Administrative Assistant to LCol Fetterly, and Julia MacEwen, Administrative Assistant to the Wing Commander agreed immediately to have their office worlds ripped apart and reorganized to accommodate LCol Alexander.

Captain David Jane is the 8 Wing Fire Chief. He wore a different helmet last week in his position as Acting Wing Construction and Engineering Officer, overseeing the transformation of two "bubble" offices into three.

"CE is the Squadron which takes care of the majority of the construction projects on the Wing. However, they are not responsible for the vast amount of telecommunications infrastructure hidden behind the walls that we all rely on for our telephones, computers and other communications requirements," Capt Jane said. "WTISS is responsible for this equipment, and on nearly all construction or renovation projects it is vitally important for close coordination

between the various shops of WCE, WTISS and other units affected by the job to ensure the task is sequenced properly and smoothly."

"WTISS and WCE work together on many projects at 8 Wing," said Captain Leslie Dicks, Deputy Commanding Officer, WTISS. "Recently there has been a surge of activity for both squadrons due to the large number of rejuvenation projects on the Wing, and to support the new CC177 Globemaster IIIs and CC130J Hercules aircraft."

Captain Dicks said the squadrons work cooperatively on projects in ways that allow displaced staff to continue working during renovations.

"WTISS Projects Flight will design and coordinate all telecommunication requirements, and WTISS Technical Services Flight will then install computers and phones while WCE does the building modifications, electrical and run conduit," Capt Dicks said. "Often the provision of swing space will include setting up temporary trailers where the WCE contracting section will order the trailer and have it installed, and the WTISS will design the communication support system and install cabling, computers and telephones."

Another example of WTISS/WCE co-operation is the installation of cameras and access control systems. As these systems move to IP base, WCE will install access gates and other hardware while WTISS would install and

support servers, computers and cabling, Capt Dicks said.

"In all cases, during renovations or new capital projects, the aim is to minimize disruption for the user and to ensure operational readiness," she said.

Craig Neild, Assistant Communications Requirements Coordinator with WTISS, was on hand last week to review the renovation work in the bubble with his colleague Vicky Foster from Projects Drafting. The fact that the office redesign and build went so well is no surprise to him.

"We work hand-in-hand with (WCE) all the time," Neild said. "They always give us a heads-up about what's happening."

"The renovation in the bubble of the Wing Executive area is an excellent example of this kind of partnership," Capt Jane said.

WLE is the largest and most diverse unit on the Wing, with many complex moving pieces. LCol Lewis stresses "teamwork" as a focus in the Branch.

"We follow a philosophy of seamless integration between very large Squadrons; there is no such thing as a "stand alone" operation - everyone depends on everyone else to a greater or lesser degree, depending on the task," LCol Lewis said.

"Whether it's WCE and WTISS, ATESS and TN/EME, the MSS or operations along the flight line, cooperation and interdependence is the key to success."



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Contact: Jaimie Corriveau ext 4299



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The double garage is spacious enough to include a workbench, and enjoys access to the laundry room, which includes a built-in table for folding sheets and towels, as well as a closet for family gear. Nearby is a powder room.

This home measures 62 feet, five inches wide by 70 feet deep, for a total of 2,154 square feet of living space.

THIS DESIGN INCLUDES AN UNFINISHED BASEMENT



MAIN FLOOR PLAN
2154 SQ. FT. (200.1 M²)
9'-0" CEILING HEIGHT

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WIDTH - 62'-5" (19.0 M)
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INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Bus Trip to the "Dixie Mall"
Saturday, November 21st, 2009

Just in time for Christmas or to send your parcels overseas to loved ones. Dixie Mall is west of Mississauga and has over 135 Outlets. The bus will leave the Siskin Centre at 8:30 am and leave Dixie Mall to come home at appr. 6:30 pm. The cost is \$15 and must be paid at time of registration at the MFRC.

Information 613-965-3575

Voyage en autobus au "Dixie Mall"
Le samedi 21 novembre 2009

Juste à temps pour Noël ou pour envoyer vos colis outre-mer aux êtres aimés. Le Dixie Mall est situé à l'ouest de Mississauga et offre plus de 135 magasins entrepôts. L'autobus quittera le Centre Siskin à 8h30 et partira du Dixie Mall à 18h30 appr. Les frais de \$15 doivent être payés à l'inscription au CRFM.

Partner's Away Wednesday Night
6 p.m. to 8 p.m.

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

October 21—**Coffee and Chat**—Open Forum -Bring forward any issues any topic you would like to discuss with the group.
 October 28—**Halloween Dinner and Party.**
 November 6—**Christmas Packages for the Troops.**

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.

21 octobre – **Café et jasette** – forum de discussion ouvert – Apportez vos sujets de discussion, problèmes ou sujets d'intérêt que vous aimeriez discuter avec le groupe.
 28 octobre – **Souper et party d'halloween**
 6 novembre – **Colis de Noël pour les troupes**

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\$

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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BASIC RELATIONSHIP TRAINING
 (A Couple's Communication Workshop)

DATE: 7 November 2009
 TIME: 9:00 – 1:30 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 ext 2009 TO REGISTER CONTACT MFRC RECEPTION @ 613-965-3575

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

DATE: Le 7 novembre 2009
 HEURE: 9h30 à 16h30
 LIEU: Baker's Island

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

Date limite d'inscription : le 3 novembre 2009

POUR TOUTE INFORMATION VEUILLEZ CONTAETER LA COORDONNATRICE À LA PRÉVENTION, SOUTIEN ET INTERVENTION AU 613-965-3575 poste 2009. POUR VOUS INSCRIRE VUEZ LEZ CONTACTER L'AGENCY DE CRFM AU 613-965-3575

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Souper francophone

Vendredi le 23 octobre, 19 h, Tomasso (Trenton)
 Vendredi le 20 novembre, 19 h, Aji Sai (Belleville)
 Vendredi le 11 décembre, 19 h, Kelseys (Trenton)

Inscrivez vous au CRFM, au plus tard, le jeudi 16h avant la réservation.
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Pour plus d'information sur ces sorties, contactez Mona Lise au monalise3@hotmail.com.

Note: Vu l'heure du souper, nous préférons que cette soirée soit pour adultes.

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Ferry Command: Veteran donates memorial to Trenton's Air Force Museum

by Tom Philp, Contact Staff

When a world war erupted in 1939, fewer than 100 transatlantic crossings had been made by aircraft.

By the end of that great conflict, tens of thousands of flights had crossed the Atlantic Ocean to Great Britain, thanks almost exclusively to the brave men and women of the Royal Canadian Air Force (RCAF) Ferry Command.

The National Air Force Museum of Canada (NAFMC) is now the home of a monument memorializing No 45 Group, RCAF Atlantic Transport Group (Ferry Command) personnel, thanks to Ontario veteran Gordon Saunders.

"We were visiting (the NAFMC) one day, and I noticed most monuments in the museum park had been donated by groups of service people," Saunders told The Contact in a recent interview. "Well, the members of Ferry Command weren't a very tight-knit group, due to the nature of our duties, so I thought if anyone is going to get this done, it might as well be me."

The monument, which fea-

tures images of Lancaster, Dakota and Hudson aircraft across its top, honours the "barnstormers, bush pilots, crop dusters, Hollywood stunt pilots" and other volunteers who either enlisted in a fledgling RCAF, or flew and navigated as civilians to get North American-made planes to theatres of war in Europe, North Africa and Asia.

Based originally in Montreal in 1942, and newly-graduated to Leading Air Crew (LAC) at ceremonies in Victoriaville, Quebec (where LAC Saunders has a fond memory of contradicting then Wing Commander, and future Governor General of Canada Vincent Massey), navigator Saunders joined his friend, Pilot Officer Ray Piercy in an air force adventure.

He would make a total of 13 overseas "deliveries" of aircraft before the war ended, six of them with Piercy. Depending on the aircraft being delivered, there was usually only a pilot, navigator and "wireless operator" to get them safely across the ocean.

Ferry Command was established formally in 1941 to fly aircraft to Great Britain from

North America, thus avoiding the catastrophic losses of planes when the ships carrying them across were sunk by German warships, and to speed up the delivery of aircraft to an insatiable wartime flying force.

Organized by the RAF, Canadian and American air crew were trained in Montreal by experienced British Overseas Airways Corporation flyers, who worked initially with the Canadian Pacific (CP) Air Services Department ("the pioneers," according to Saunders, because they reconnoitred and plotted the initial overseas routes), which had been established a year earlier. CP's unit became the RAF Ferry Command, under the direct authority of Air Chief Marshall Sir Frederick Bowhill, eventually reforming as RAF (and RCAF) Transport Command with worldwide responsibilities.

Group No 45, to which Saunders belonged, retained responsibility for transatlantic aircraft ferrying.

Ferry Command, with a total complement of about 1,000 personnel in Montreal, Newfoundland and Bermuda (including 400 air crew, of

whom 207 were civilians, mostly Canadian and American), eventually delivered "about 10,000 warplanes," according to Saunders; and although overall losses were few - official records show only 100 unit members were either killed or missing in action - they did occur.

Saunders recalled one flight of six Dakotas that demanded a stop in Iceland. Only five arrived at the northern base.

Four of those remaining planes took off successfully the next day for England; the fifth disappeared, to be found the following spring, crashed on an Icelandic mountain top. There were no survivors.

Now 86 and a retired chartered accountant living in Waterloo, Ontario, Saunders still speaks with passion about his wartime flying duties.

"It was our job. There was a great need for newly built aircraft in Europe and elsewhere. There were so many losses, you see," Saunders said.

Because they were needed "immediately" back in Montreal to deliver the next group of planes overseas, Ferry Command's air crew were called "war babies" and given

priority placement on flights to Canada "over every other rank lower than Group Captain," Saunders said. And the odd flight included "perks" not usually afforded wartime flyers.

"I recall being aboard a Pan American Clipper flight from England, heading for North America," he said. "The steward served us dinner then made up our bunks, exactly the same service as you would have found on a passenger train at home."

The critical pioneering work done by Ferry Command not only hastened an Allied victory in World War Two, it presaged commercial, international air transport services in the post-war years; not only a bridge over the troubled waters of a wartime North Atlantic, but an invaluable aviation connection across decades.

"The museum greatly appreciates this unexpected, but generous donation," said Dr. Georgiana Stanciu, Curator of the NAFMC. "The Ferry Command played an important part during the second world war in transporting aircraft to operational units.

This monument represents all those who served in this unique operation."



Capt R. Cyr Dsameo
received his CD1, presented by LCol T.P. Dunne, CO 424 (T & R) Sqn.



MCpl W. Donahue
received her OPME completion certificate, presented by Maj D. Miller, CO 24 CFH SVCS, WO K. Harvey, CDU #1 Physicians Asst and Capt B. Swales, acting Wing Surgeon and Medical Officer.



Pte(T) M. Byers
received a promotion to that rank, presented by Maj D. Miller, CO 24 CFH SVCS and Capt B. Swales, acting Wing Surgeon and Medical Officer.



Pte(T) D. O'Keefe
received a promotion to that rank, presented by LCol D. Murphy, CO WOPS.



WO T. Bell
received a promotion to that rank, presented by LCol D. Murphy, CO WOPS.



MCpl R. Hunter
received a promotion to that rank, presented by Maj M. Beauchesne, 8 AMS AMSO and CWO B. Horvat.

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 \$152,900. Lots of renovations. New kitchen; HW flrs in family rm, living rm & hall; 4 pc bath; 2 bdms up; metal roof; super landscaping. Bill Wallace*. MLS #2095085

Desirable Location
 \$175,200. Great place to raise a family. Brick home 3+1 bdrm, 2 bathrm. Updated kit, new roof '07, windows '06. Double detached garage. Minutes to 401, base & Trenton. Call Vicki to have a look. MLS #2094119

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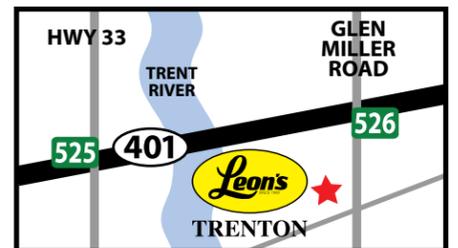
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