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## H1N1 flu vaccination parade underway at 8 Wing

By 2Lt Vince Bédard  
Public Affairs OJT

The H1N1 vaccine has arrived at 8 Wing/CFB Trenton, and all 8 Wing military personnel must show up on parade, if only to become more informed of their options.

In order to reduce the number of 8 Wing personnel affected by the H1N1 and the possible crippling effect that high numbers of infections could have on base operations, an Administrative Order has been approved by the chain of command and is now in effect for every military member of the 8 Wing community.

All 8 Wing civilian staff are encouraged to attend flu vaccination clinics being held in communities throughout the region.

On October 28, at 0930 hrs, Lieutenant-Colonel Ross Fetterly, Wing Administration Officer, and Lieutenant-Colonel Sean

Lewis, Wing Logistics and Engineering Officer rolled up their sleeves and received both the H1N1 and the seasonal influenza vaccines.

"I strongly encourage everyone to receive the vaccination," said LCol Fetterly as he was rolling down his sleeves.

In the background you could see Major Derek Miller, Commanding Officer of 24 Health Services along with Captain Bill Swales 8 Wing's Flight Surgeon, and Captain Christine Perrault, 8 Wing's Community Nurse making sure the installations were ready to meet the demands of the weeks to come.

Capt Swales said, "24 Health Services Centre is committed to protecting the health of CF members, as well as minimizing the loss of CF operational capabilities due to illness from H1N1.

"This year the flu vaccination program will have a different look. Units will,

under the direction of their chain of command, present together for vaccination parades."

Before he left to continue the preparation, Captain Swales commented: "I would strongly urge all members of the 8 Wing Community to consider accepting the H1N1 vaccination and to encourage their family members to do the same."

No one can be forced to receive the vaccination, but everyone has to show up at their assigned time slots. Health professionals will hand out pamphlets indicating the benefits and risks of the vaccine.

An added benefit from this year's operation is that you can choose to receive both the seasonal influenza and the H1N1 vaccine at the same time.

Health authorities at both the provincial and federal levels are attributing two recent Ontario deaths to the H1N1 virus.



Photo: Corporal Igor Korpan, 8 Wing Imaging

The flu vaccination parade begins for all military personnel with officers from the Command Corridor. Above, Lieutenant-Colonel Ross Fetterly, 8 Wing Administration Officer (front left) and Lieutenant-Colonel Sean Lewis, Wing Logistics and Engineering Officer (front right) get the first two inoculations given at CFB Trenton for both seasonal influenza and the H1N1 strain. LCol Fetterly is receiving his shot from Captain Christine Perrault, 8 Wing Community Nurse, while LCol Lewis shows his support for an injection courtesy of Registered Nurse Michele Edwards, also part of the nursing team at 24 Canadian Forces Health Services. Watching in the background are Major Derek Miller (left), Commanding Officer of 24 CF Health Services, and Captain Bill Swales, 8 Wing/CFB Trenton Flight Surgeon.

## 'Celebrity Chefs' dish it out to boost GCWCC/United Way campaign



Photo: 8 Wing Public Affairs

The United Way campaign is in full swing, and 8 Wing/CFB Trenton is pulling together to help. Our most recent event was a chili luncheon on Friday, October 23rd and there was some high profile help, including the Wing Commander and the Wing Chief, dishing up the food.

So far the 8 Wing Government of Canada Workplace Charitable Campaign (GCWCC), has raised \$53,344.53 for the United Way of Quinte. The 50/50 pot is at \$1128 (the winner gets half the pot) and 45 per cent of personnel have been canvassed. Our goal is 100 per cent can-

vassed.

For our most recent event, the delicious chili was made by MCpl John Savitski and Mr Darrell Gibbs. The celebrity servers were: Col Russ Williams and CWO Kevin West from the Wing Executive, Maj Lori Sumner and MWO Sandra Spragg from Wing Administration, from 426 Squadron, Commanding Officer LCol Christian Roy and Squadron Chief Warrant Officer CWO James McKenzie.

In the photo at left, Col Williams and CWO West are shown working with MCpl Christine Dubé, Wing Food Services, in the

kitchen of 8 Wing's Yukon Galley.

The next fundraising lunch will be a Pizza and Pasta lunch on November 6th. Come on out and support the GCWCC and United Way - Quinte.

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.

Remember, we need your help to help people in our community. For information on upcoming events, finding your unit rep and the programs supported, follow the link on the 8 Wing splash page.

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## 8 MSS/2 CER show teamwork at Ex Osons Hammer

by 2Lt Cynthia Kent  
8 Wing Public Affairs

For the soldiers from 2 Combat Engineer Regiment, Petawawa who are deploying to Afghanistan this April, it is vital to stay focused on training and on the mission. And they're getting some important help doing that from 8 Wing's Mission Support Squadron.

8 Wing MSS is taking part in Exercise Osons Hammer, 2 CER's confirmation exercise to prepare for the next Roto in Afghanistan.

Normally, the soldiers from Petawawa would have to design, build, sustain, and tear down their own camp. With 8 MSS present to do that for their own confirmation exercise, the combat engineers are able to focus specifically on the skills they'll need when they're in Afghanistan.

Major Chris Ayotte of 2 CER is the officer responsible for coordinating all aspects of Ex Osons Hammer. He said there is a lot of training to do and only six months remaining before the combat engineers deploy, so having 8 MSS on board to build and run the camp alleviates a lot of pressure.

"It would normally be a massive undertaking for us to do that," he said. "To not only have someone else do it for you, but to have them do it to such a high level and to have them do it so professionally has made it an absolute joy to work with them and have them participate in the exercise."



Cpl Maxime Brisson and the team from 8 Wing Transport work filling sandbags for Ex Osons Hammer. (Photo: 2Lt Cynthia Kent, 8 Wing PAO, OJT)

Maj Ayotte learned about 8 MSS and the fact the squadron is also preparing for deployment from Major Renald Nelson at 1 Canadian Air Division.

"It was apparent from the outset that there would be a really, really good benefit for both organizations to have the MSS involved in Osons Hammer," Maj Ayotte said.

Major Eric Cyr, the Officer Commanding 8 Wing Telecommunications and Information Services Squadron, leads 8 MSS. He is very pleased with how the exercise with 2 CER is going.

"They're outstanding professionals," he said. "Our relationship has

been excellent. There's good communications both ways."

By training with the combat engineers, 8 MSS is showing it's ready to deploy. And now, as part of Exercise Osons Hammer, some of the 8 MSS team are also getting "outside the wire" experience.

A few people at a time are being sent out to be exposed to tactical training. If the team goes to Camp Mirage next summer, there is a good chance some of them will get deployed forward to Afghanistan and then possibly have to go outside the wire. Training with 2 CER will help them prepare.

"The MSS is going to be integrated into some

of the patrols during the training," said Maj Ayotte.

"They'll be involved in IED incidents, they'll be involved in indirect fire incidents and ambushes, and get a little bit of the feel of the drills and expectations of being a part of a patrol."

When the exercise is over mid-November, the MSS will enter a state of high readiness.

That means the personnel are on a 21-day notice to deploy and will remain in that state for 6 months. If they do not deploy within that timeframe, the team will deploy overseas as scheduled in June of 2010.

2 CER is scheduled to deploy to Afghanistan in April.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Photo: 2Lt Cynthia Kent, 8 Wing PAO, OJT

Staff at the 8 MSS Command Post keeps the camp running during Ex Osons Hammer at CFB Petawawa.



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# 8 Wing Personnel at Work: Corporal Derrick Pruys

By Master Corporal Kam Singh, 8 Wing Public Affairs, OJT

That old saying of "Crack Kills" is especially true for Cpl Derrick Pruys and the rest of the members who make up the Non Destructive Testing (NDT) shop in Trenton.

These CF members work at the Aeronautical Telecommunication Engineering Support Squadron (ATESS) and augment the entire Wing with their specialized skills.

Cpl Derrick Pruys can very easily explain what the 14 members of this section do on base and how valuable they are to the Wing. "We have the ability to inspect aircraft, including skin, structure and parts, and we also inspect items like forklifts, boiler tubes and other equipment. We detect cracks, corrosion, defects in welding and do all this without affecting the parts serviceability." They ensure that whatever they are testing meets the requirements of what it is designed to

do and that it hasn't deteriorated or experienced decay.

These technicians work to make sure that if there is something wrong with the part, it is replaced before something potentially bad happens.

Cpl Pruys has been working in the support section of the NDT shop for more than four years and loves the work.

The demands of the job change daily: one day they can be x-raying an aircraft wing and the next day they can be involved with inspecting and testing equipment and pipes used by the base steam plant.

"I love the variety of being able to work on different aircraft, from CC 150 components to Hercs, and everything in between. This job is about constantly learning and constantly adapting to whatever job you are doing"

Cpl Pruys joined the Canadian Forces from his hometown of Thunder Bay, Ontario in 1999. He originally enlisted as an Aviation

(AVN) Technician and was posted to 435 Squadron in Winnipeg. It was there that he was introduced to the Non Destructive Testing world. Often working with NDT technicians in his day-to-day job, his interest was sparked by their highly detailed inspections of parts for defects or cracks. Doing shift work at the time, he started volunteering to work with the NDT techs on his days off. Pruys decided that he liked the trade enough to take some civilian courses to further expand his knowledge of the job.

In 2005, Cpl Pruys applied to become a Non Destructive Testing technician. After completing the 12 week long course, he was posted to ATESS in Trenton. Training can take at a minimum, 5 years to complete.

Cpl Pruys said "Civilian companies tend to focus on repetitive work. I love the military aspect as it is always changing, learning with new devices and software, and learning to adapt to new require-

ments and technologies." Pruys said one of the benefits of being in such a small occupation in the military is you get to know everybody in the trade.

He looks forward to helping train new students entering the trade. "I think it's the best trade in the military, it's challenging, fun, and you receive great qualifications which give us the ability to work on any aircraft."

Cpl Pruys lives in Trenton with his wife Krista and they are expecting their first child later this year. His hobbies include playing sports, hockey, and badminton, taking walks with his wife and traveling.



Photo: MCpl Kam Singh, 8 Wing Public Affairs, OJT

Corporal Derrick Pruys, 8 Wing ATESS Non Destructive Testing (NDT) shop, doing an ultrasonic test of boiler equipment. Cpl Pruys has been posted to the NDT shop here for the past four years.

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## Search & Rescue UPDATE



424 Squadron had three missions this past week that were all handled by our Griffon crews.

The first tasking was to investigate an ELT signal in the Markham area. The signal was homed to a grass landing strip but there was no one in distress observed. The ELT was turned off and the crew was released and proceeded to Buttonville for fuel.

While on the ground in Buttonville the crew was tasked to help the OPP in the Picton area look for an 81 year old gentleman who had wandered off from his residence. He could not be located in the dark and the Griffon returned to base. A fresh crew recommenced the search in the morning and he was quickly located in a corn field a short distance from home. After turning the case over to the OPP our crew returned to Trenton.

Until next week, stay safe!

Missions for 2009: 203 Missions for Oct: 9 Persons rescued: 30

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**Managing Editor:** Andrea Steiner  
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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](mailto: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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## Canadiana Crossword

### Away to The Races

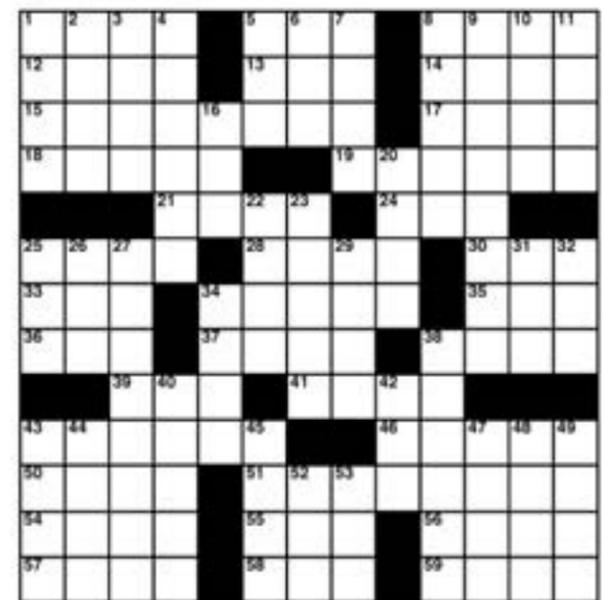
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Exhibition
- 5 Post grad degree
- 8 Crush
- 12 Fairy tale beginning
- 13 Yes to Yvette
- 14 Stare lasciviously
- 15 Toronto raceway
- 17 Gator's cousin
- 18 Balcony
- 19 Ontario raceway
- 21 Amphibian
- 24 Swiss river
- 25 Suffer defeat
- 28 Dormouse
- 30 Social and capital ender
- 33 Tolkien tree creature
- 34 Bambis
- 35 Macaws
- 36 Biblical affirmative
- 37 Ms Piggy pronouncement
- 38 Cocaine, slangily
- 39 Damage
- 41 Harmony
- 43 Per \_\_\_\_\_
- 46 CFL team
- 50 Elderly
- 51 Vancouver raceway
- 54 Brood of pheasants
- 55 Praiseful poem
- 56 Separate
- 57 Digits
- 58 Bowyer's raw material
- 59 Very in Verdun

#### DOWN

- 1 Chickens and ducks
- 2 Endangered buffalo
- 3 Symbol
- 4 Edit your daybook
- 5 Taro dish



- 6 Atli, for one
- 7 Day to Didius Julianus
- 8 Java
- 9 Rural
- 10 Reduce speed
- 11 Mild expletive
- 16 Prefix for chemistry and physics
- 20 Rows
- 22 Kyrgyzstan mountains
- 23 Word after Assiniboia and Flamboro
- 25 Von Braun tutor Willy
- 26 Sole
- 27 Calgary event
- 29 Extremely black
- 31 Marquee acronym
- 32 Moby's mouth
- 34 \_\_\_\_\_ Eric Racetrack
- 38 Handwriting
- 40 Adjutants
- 42 Portman to pals
- 43 Jargon
- 44 Exchange premium
- 45 Nautical greeting
- 47 Snaarl
- 48 Fairy tale villain
- 49 Big fast freighters
- 52 Fruity beverage
- 53 Stitch

See Answers, Page 18



### This Week in Contact

1979 – Colonel R. Russell, Commander, CFB Trenton agreed to be a judge in the Trenton Centennial Beauty Queen Contest. Col Russell was joined in his judging duties by Trenton Mayor D. MacDonald; Donna O'Neil, wife of MLA Hugh O'Neil; and two other community members. The event was sponsored by the Kinette Club of Trenton.

1989 – A flotilla of 14 boats from the CFB Trenton Yacht Club passed through Trenton's Highway #2 swing bridge for the last time. A brief ceremony was held late in the afternoon to mark the last time the Dundas Street Bridge would swing, making way for the "fixed" span bridge we use today.

1999 – 8 Wing/CFB Trenton was honoured with the Gordon R. McGregor Memorial Trophy at the 1999 Aviation Awards in Ottawa for "outstanding professionalism in air transportation operations." In naming 8 Wing as the recipient, the Air Force Association of Canada praised both military and civilian personnel based in Trenton for their professionalism in carrying out their duties both at home and abroad.

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



## VIEW FROM THE PINE



By Gilmour Tuttle

These are heady times we are living in, my friends.

Yes, this is a wonderful, new age that, in the big scheme of things, must fall somewhere between The Renaissance and man walking on the moon. Why so happy, you may ask? Well normally I would chalk it up to a refill on my prescription but this week I am just high on life. And how could any red blooded Montreal Canadiens fan not be absolutely giddy as Month 1 of the NHL season winds down (and I mean giddy in a very manly way, of course). Toronto sits at a woeful 1-8-1. Meanwhile, the Habs have seemingly crawled their way out of the Northeast gutter with a very successful home stand, winning 4 of 6 games on home ice after what ended up being a "slow" start to the season (taking only 2 of 5 games on the road). Now granted, I am not planning any parades just yet as 3 of Montreal's wins have come against lesser lights such as the Islanders and Maple Leafs (insert Toronto joke here). But at 6-5 I'll take the 12 points and run.

Speaking of running, the Maple Leafs could not high tail it out of Dodge fast enough (Run Forrest! Run), following their latest home loss to the surprising New York Rangers. Unfortunately for the Buds and Laff Nation (sorry, no typo there), they literally jumped from the frying pan into the fire in Vancouver with Luongo heating up and a tampering controversy swirling around GM Brian Burke. All in all Burke and his mouth did an admirable job trying to draw the media's attention away from his travelling Gong Show on Ice. In the end, however, Toronto could not beat Luongo (no shame in that) and remained winless for their franchise worst 8th game (two minutes, by yourself, you feel shame). Like I said, it is a good time to be alive. The Leafs

actually have their fans yearning for the Harold Ballard years (I can't believe I even get the opportunity to write that line) and their bombastic (truculent?) General Manager and Coach are getting ruthlessly beat about the head by the Toronto media and fans. Could things possibly be better?

Well, yes, I suppose they could. Life would be infinitely more bearable if CBC and Hockey Night in Canada would stop endlessly trotting out the Maple Leafs for the first game of their Saturday double header. I mean, c'mon guys. Really? The abysmal Leafs, the winless Leafs, the "damn, my son's Wee Pee Rec League Team could give them a run for their money" Leafs are a better draw than a Boston/Ottawa tilt or even the Rangers and Canadiens? Seriously, that dog don't hunt. Time to give a few other Canadian teams a shot at the national spotlight instead of highlighting the country's National Shame (oooh, too much, too soon?). Heck, you can even let Don and Ron go on...and on...and on...and on about fixing what is wrong with Toronto for the duration of Coach's Corner for all I care. Just please, for the love of all that is just and right in this world, no more Leafs. Please, won't someone think of the children?

And on the opposite end of the spectrum from children sits "Moses Was My Younger Brother" Pat Quinn. Mad props to Methuselah for seemingly turning the Edmonton Oilers around this year. Sitting at 6-4-1 and third place in the Northwest Division, the Oil seem rejuvenated under Quinn this season. Or maybe it is those God awful throwback jerseys. At any rate many of Edmonton's players who had been written off under Craig MacTavish and company are responding to their new bench boss.

First among them is Dustin Penner who shockingly sits in 9th place in NHL scoring with 8 goals and 7 assists heading into the last week of October. It is doubtful he keeps up his torrid scoring pace but it is not hard to envision him smashing his previous career high of 47 points tallied in his first season in Edmonton back in 2007-2008.

That infamous offer sheet may not turn out to be so bad after all.

### CHARLIE POTATOES

Tuomo Ruutu (Doing his best Jarkko imitation, Tuomo earns a 3 game suspension for his hit on Darcy Tucker of the Avalanche. Given Tucker's antics over the years this one may fall into that "what goes around comes around" category), Hockey Night in Canada (Yes, it may be sacrilegious to list HNIC here but if they keep wheeling out the rotting corpse which is the Toronto Maple Leafs to be dissected weekly on national TV, they deserve it. Nothing to see here folks, move along), Dumb Hockey Fans (You know who you are. The ones whining endlessly about the Canucks' d-man Willie Mitchell's hit on Chicago's Jonathan Toews. It was clean. Even the Blackhawks admitted it was clean. If you want a boring, non-violent sport watch soccer. You want passion, speed and violence? Watch hockey. Or soccer fans), Olli Jokinen (5 points in 10 games? What's wrong? Jarome Iginla on your right wing not good enough for you? The season is still young but if Olli does not pull up his socks in the coming weeks Flames fans will be quick to throw out the "bust" label), Minnesota Wild (Nothing much to cheer about with the 2009-2010 edition of the Wild who are sitting in the basement of the Northwest Division with a 3-7 record

and 6 points. Maybe Gaborik was worth the money after all?).

### MEAT AND POTATOES

Jon Quick (Young L.A. netminder has already racked up 8 wins early in the season. The Kings are for real and the 2005 3rd round draft pick has a chance to lead them to the playoffs for the first time since 2001-2002), Shea Weber (Not a lot of help for Weber in Nashville these days but he can still be a dangerous offensive weapon as demonstrated by his 2 goals and 1 assist against the Senators. Could you imagine what this guy could do playing on a contender? Right now, though, he's just Jay Bouwmeester Mk II), Lubomir Visnovsky (His early play in Edmonton this year is more reminiscent of his 67 point self from 2005-2006. Souray who?), Michael Cammalleri (Canadiens winger started the season slow but is on fire in his last 5 games with 5 goals and 3 assists. You can second guess his size but you can't question his heart or skill), Alex Goligoski (Offensive minded defenceman will get a chance to shine in Pittsburgh with Gonchar on the IR. With 2 goals and 3 assists in his last 5 games he seems to be taking to the spotlight).



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# Active 8 Wing construction projects surpass \$330M mark

by Tom Philp,  
Contact Staff

The master key that unlocks all construction doors at 8 Wing/CFB Trenton is the ministerial announcement. Since June 2007, the value of those Trenton projects approved by Ministers of National Defence has reached more than \$860 million, including \$334 million in approvals announced here by Defence Minister Peter MacKay in September.

The scope of the construction projects, and the pace at which they are rapidly accelerating, is a real test of the working partnership among DND, 8 Wing's Logistics and Engineering Branch, Defence Construction Canada and the myriad contractors who turn concepts into reality. And, as of the end of October, that reality translates into \$85,586,000 in completed projects (about 10 per cent); a whopping \$191,964,000 in projects underway, and nearly six per cent of the total planned projects out for tender.

"The pace of construc-

tion on the Wing really is staggering," said Major Phil Baker, 8 Wing/CFB Trenton's Construction Engineering Officer.

"A lot has been accomplished here in the past year and a half, with projects on schedule, and on budget."

Among those recent projects that have been completed, partially finished, or that are nearing completion is the new Air Traffic Control Tower on the north side of the airfield (\$11.2 million); the North West Ramp, designed to accommodate CC177 Globemaster III operations (\$16.2M); a new Material Distribution Centre (\$2.5M); the ATESS Refinishing Facility (\$22M); and the Canadian Forces Air Warfare Centre (\$20M), described by Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer as "the jewel in the crown of our new infrastructure."

Of course, the "jewel" of new projects, from the perspective of CC177 flight and maintenance crews may be the imminent construction of Maintenance Hangar #1,

an \$85M facility that is scheduled to go from official sod turning (planned for November 20) to its grand opening in the fall of 2011. The new hangar will be located at the northern end of that North West Ramp.

"As far as we know, this is the single largest construction project of any kind in the history of this Wing," Major Baker said.

Phase One of the new \$40.5 million Air Mobility Training Centre (AMTC) is scheduled to begin on the south side of the Wing before winter. That construction will trigger the demolition of all but one of the buildings located within the area bounded by Yukon Street and Cosmo, Harvard and Beaver Avenues. The former occupants have been relocated to new accommodations on the Wing, with the exception of the Aeromedical Evacuation Flight, scheduled to relocate soon.

Major Baker said whenever buildings are demolished on the Wing, federal law demands pre-work investigations that can include their heritage



Photo: Tom Philp, Contact Staff

**Major Phil Baker (left), 8 Wing Construction Engineering Officer, explains some of the ongoing construction renewal projects currently underway at CFB Trenton to Second Lieutenant Vince Bedard, 8 Wing Public Affairs, OJT.**

status and whether hazardous materials are present that must be removed and disposed safely.

"None of the buildings to be taken down for the new AMTC have a heritage designation," he said, "but you really never know what type of old materials, such as lead-based paint or asbestos are there until an assessment is completed."

"We are very much aware of the environment around us in all of our construction projects, and we take it seriously at all times," Major Baker said.

Those same principles will be strictly applied when the first "major demolition" on the north side - old hangars number five and six - begins next spring; and the same due diligence will be applied to the site of the new Transport/Electrical Mechanical Engineering facility, the tenders for which will be opened on November 5, 2009.

One project that is certain to have drawn the attention of people travelling past the base on Highway 2 lately is the

presence of heavy machinery just east of the 424 Squadron hangar. Some temporary structures have been removed, and the ground is now being prepared for paving to accommodate C-span storage buildings and a new parking area for AMSE/EME personnel being temporarily relocated to allow for the demolition of old hangars five and six.

The face of 8 Wing/CFB Trenton is literally changing hourly. Blink, and you'll miss it.

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# SPORTS & RECREATION

## "Battle of the Blades" spotlights Wounded Warriors

By Lesley Craig  
The Maple Leaf

Hockey players battling it out on the ice is not an uncommon sight. Hockey players battling it out on the ice in figure skates, however, is a little rarer. In CBC's new sport reality show, "Battle of the Blades", eight male NHL hockey players are paired with eight female figure skaters and sent out onto the ice to tackle toe picks and twist lifts.

Former NHL player Bob Probert and figure skater Kristina Lenko skated for woundedwar-

riors.ca, a charity established and run by CF personnel.

Eliminated, unfortunately, in the first round, Mr. Probert and Ms. Lenko nevertheless earned \$25,000 for Wounded Warriors, not to mention a significant amount of publicity for the three-year-old charity.

"It's no small chunk of change and it's going to let us help out more and more, and do some pretty awesome things," said Captain Wayne Johnston, president and founder of the Wounded

Warrior Fund.

Wounded Warriors aims to provide the little necessities to wounded CF men and women who have been medevaced out of theatre and to the hospital in Germany, often with next to nothing in the way of personal belongings. As well as donating to other related organizations, such as Fisher House, Wounded Warriors provides kit bags with a variety of helpful items inside, including shirts, jackets, personal hygiene items and portable CD players, complete with a selection

of music to help pass the time.

"I'm going to miss everybody that's been involved in this, and it's been a wonderful time and a great experience," Mr. Probert told show emcee Ron MacLean after the judges handed down their verdict.

"The charity that we're skating for, it's called Wounded Warriors," he continued. "I got involved with this charity after going to Afghanistan and getting to meet the troops and seeing what they're doing for us and our country."



Photo courtesy of CBC Properties

Figure skater Kristina Lenko and former NHL star Bob Probert competed in CBC's "Battle of the Blades" and earned \$25,000 for their chosen charity, Wounded Warriors.

### Take a National Lifeguard Course (NLS)

National Lifeguard is Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguarding throughout the country, and the only lifeguard certificate recognized by the province of Ontario. Candidates must be 16 years old to register and must have completed the Bronze Cross Course and Standard First Aid & CPR C. Attendance at all sessions is mandatory.

Dates: November 20, 21, 22 and 27, 28, 29

Fridays 5 to 9 pm; Saturdays 9 am to 5 pm; Sundays 9 am to 5 pm

\$295 - Military Community - \$320 - General Public (manual included)

### Weekday afternoon Shiny Hockey for Kids

Shiny Hockey for Kids began the week of October 19th.

Bantam/Midget	Tuesdays	4 to 5 pm
Atom	Wednesdays	4 to 5 pm
PeeWee	Thursdays	4 to 5 pm
Tyke/Novice	Fridays	4 to 5 pm

\$2 ea - Military Community with ID

\$3 ea - General Public

### Program Cancellation

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

### Learn to Skate for Youth 8 - 16 yrs

This program 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. 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.

Began: Fridays October 23rd - December 11th

Ages 4 - 7 years 5:00 - 5:50 pm

Ages 8 - 16 years 6:00 - 6:50 pm

\$65 - Military Community - \$75 - General Public

### New this year: 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 and give it a try. This year we are offering a new Learn to Skate program for adults only! This will be an 8-week program.

Began: October 25th - December 13th - Sundays - 3:00 - 3:50 pm

\$65 - Military Community - \$75 - General Public

### Enjoy some evening family skating time

Here is your opportunity to have the whole family strap on those skates and step onto the ice for good fun and great exercise!

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Friday evening 7 to 8 pm. Saturdays & Sundays from 1 to 2:50 pm.

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# FITNESS & HEALTH PROMOTION



## Do you consider yourself a desk potato?

When was the last time you tilled a field or washed your clothes by hand?

It's true: Canadians don't do much physical labour anymore. We now have machines doing most of the hard labour.

In fact, many occupations involve standing at retail desks or working at computers where e-mail and other communication make it virtually unnecessary to do any moving.

"Before machines did most of our physical labour, we were getting activity throughout our whole workday," says Heart and Stroke Foundation spokesperson and workplace activity expert Nancy Dubois. "Now, we have engineered physical activity out of our lives."

The 2006 Canadian report on *Physical Activity Among Canadians Workers* showed that 85 per cent strongly agree that physical activity helps people do their work more effectively. Yet, many of us still don't make the time.

In 2001, a panel of U.S. researchers conducted three telephone surveys, which revealed that an average of 82 per cent

of people said their job involved mostly sitting and standing.

Another 13 per cent reported their jobs involved mostly walking and just 4.8 per cent said their job involved mostly heavy lifting or physically demanding work.

Dr. Mark Tremblay, an expert in healthy active living for the Heart and Stroke Foundation, authored a study that showed that what you do on the job influences how active you are overall.

He found that fewer Canadians who had active jobs requiring light or heavy lifting were considered sedentary compared to Canadians who had jobs that mostly involved sitting or standing.

As well, the people with higher occupational activity also reported more physical activity in their leisure time. "This research shows that your job can play a big role in your overall activity level," Dr. Tremblay says, adding, "So for almost anyone, injecting additional activity into your workday can only help."

How active are you?

If you're not sure if you're moving around enough during the day, Dr. Tremblay says there are some telltale signs you can be watching for.

"If you get a 'numb bum' from sitting, if your work shoes show no sign of wear after a year, if your energy boost only comes from your coffee mug, and if your clothes that fit last year are getting tighter, you are probably not getting enough activity," he says.

Tremblay suggest that you try to figure out how much you walk around during the day. Do you get up to get water frequently? Do you take the stairs? Dr. Tremblay asks.

"Keep a log for two days to see just how many minutes you spend in motion during the day, and then challenge yourself to increase that by 10 per cent each month for the next five months."

### Five easy ways to get moving

Wear a pedometer. "The public health target is 10,000 steps per day. If you are far from this target, try to ensure you gain steps at work by frequent

movements around the office," Tremblay says. "Go to the furthest wash-room, take the long way to meetings, and walk around the corner to talk to your colleague instead of emailing."

Get up at least once an hour. "Reducing chair time is an effective way to introduce movement into your workday," Dr. Tremblay says.

Try to train yourself to move, even if it is just to get a drink of water, look out the window or stretch your legs.

Schedule it in. Do you get so absorbed in your work that you sit for hours on end? Set a reminder on your cell phone or computer to jog your memory – and your body, Dubois recommends.

Walk – up flights of stairs or around the block with your colleague to discuss work.

These are easy ways to get some activity into your day.

Flex at your desk. Roll your shoulders, lift your arms over your head – these and other stretches can help concentration.

Dubois also suggests keeping two soup cans at your workstation and doing some bicep curls and other weight lifting routines to give your muscles a workout.

### Keep it up

It may take some commitment to maintain a regular routine, but, Dr. Tremblay says, it's in your best interest to stop being a desk potato.

He adds: "Increasing physical activity at work can make your day more enjoyable and your heart happy."

Source: Heart and Stroke

## Top Fuel for Top Performance

Designed for those with an active lifestyle, Top Fuel for Top Performance (TFTP) presents the latest information on nutrition and how it applies to daily energy requirements.

Discussion topics include everyday eating; timing of foods and fluids; body composition; and weight issues; dietary issues and supplements, and fine tuning your eating and activity habits.

Health Promotion is offering the two-day Top Fuel for Top Performance course on November 3, 2009 and November 10, 2009.

Online registration is available at [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com).

Please note: Space is limited to sixteen people.



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# Makeover 8 Wing style: Wrecker to get facelift after 50 years of service

By Tom Philp  
Contact Staff

The old tow truck served 8 Wing well for 50 years; and sometime in the relatively near future the green wrecker currently parked outside the Transport/Electrical Mechanical Engineering Squadron shops will get a much deserved facelift.

A crew consisting of Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer, Master Warrant Officer Tom Fielding, Sergeant Major to the WLEO, Corporal Daniel Dubuc, 8 Wing Tn/EME and John Olson, Air Park Manager for the National Air Force Museum of Canada ventured into the field behind the museum on October 23, directing one of the Wing's current tow trucks to its forerunner's resting place. LCol Lewis is determined to give the old wrecker a new home; and, coverall-clad, he worked with Cpl Dubuc to transport it to a place where a proper facelift could be organized.

"This old wrecker served the Canadian

Forces for the better part of five decades," LCol Lewis said. "Now that we've put it back in our EME inventory, and given that 8 Wing Transport/EME will be getting a new home shortly, it's fitting that this truck be restored and displayed in an appropriate way."

Museum public relations director Karla Benoit said the 1950s era tow truck was donated to the museum about five years ago by EME. However, when museum officials decided restoration of the wrecker was beyond their means, the truck was offered back to its original owners. Enter LCol Lewis and an EME team that is prepared to treat this tow truck royally.

"The overall intent is to have it put on a pad in front of the new Tn/EME facility once it is built," said Master Warrant Officer Jean Blain, Engineering Technical Quarter Masters Sergeant for the 8 Wing squadron. "It shouldn't need much of a restoration; a lot of work

was done prior to the truck being parked.

The wrecker was still being used as recently as three to four years ago when the technicians would use it to pull engines in the main shop."

MWO Blain said the old wrecker would actually require little work to put it in running condition: change the fuel and oil; clean up the points and spark plugs; do some carburetor work; and "install some good batteries, cross the fingers and listen to it start up."

"However, all we're going to do is make this old truck look pretty," MWO Blain said. "The first job I would like to see done in our state-of-the-art body shop/paint booth (planned for the new EME facility) is getting this wrecker repainted. No body parts are required; just a good sand-blasting and a paint job."

The EME shop boss said restoration costs will be "minimal," with all labour being done on a voluntary basis, with cash expenditures likely limited to surface preparation and



Photo: Tom Philp, Contact Staff

Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer, directs the driver of a modern CFB Trenton (blue) tow truck from the Transport/Electrical Mechanical Engineering Squadron as they work to remove the old, green wrecker pictured here from the grounds of the National Air Force Museum of Canada. The 1950s era truck served the Canadian Forces for nearly 50 years, and will be honoured with a facelift that will coincide with the opening of the new Tn/EME shop in 2012.

paint. Even if it is discovered that the vintage truck needs a few small parts, MWO Blain believes those items can be found in-house.

MWO Blain estimat-

ed it would take "one to two months of working evenings" to finish the wrecker's facelift, once the timeline for completed construction of the new Tn/EME building is

firmed up.

"This work horse is 54 years young," he said. "With a little TLC and a bit of new paint, it'll put the other wreckers to shame."

## Blood clinic staff love coming to 8 Wing

By Tom Philp  
Contact Staff

"We love coming here," says Registered Nurse Stephanie Pacheco. "When we come to CFB Trenton, we're always made to feel welcome, and always treated with the utmost respect."

Pacheco, the In Charge nurse at the blood donor clinic held October 26 at 8 Wing's RecPlex, said clinic staff "love" coming to the base because donors here "know the value of donations, perhaps more so than the general public." She qualified that by stat-

ing members of the Canadian Forces and their families understand the dangers of their work, particularly those who have experienced deployment to a combat zone, and know colleagues who have needed blood due to injury.

"The military donors here feel they are contributing not only to their (local) community, but to a larger community as well," Pacheco says.

"The donors here are great, the volunteers are wonderful," she says. "It's just lovely to be here."

All blood collection criteria are set by Health

Canada. Pacheco says the federal government has also established further screening protocols in light of the recent H1N1 flu virus alerts.

Privacy and confidentiality is assured; however, donors may consent to share their identities publicly to support blood donor clinic promotions and other media-related activities.

The next CBS blood donor clinic at 8 Wing/CFB Trenton will be held Monday, January 11, 2010.

For more information, please visit the CBS Web site, [www.blood.ca](http://www.blood.ca).



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Photo: Tom Philp, Contact Staff

Master Warrant Officer James Newman, 8 Wing Disaster Assistance Response Team, gives blood on October 26, aided by Canadian Blood Services Registered Nurse Stephanie Pacheco (left) and Megan, an RN assistant.



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<p><b>06 SATURN ION</b></p> <p>9986 Super charged, manual transmission, 4 cyl, 4 dr, coupe, pwr sunroof, leather trim seats, alloy wheels, air, cruise, tilt, steering wheel controls, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 75,000kms.</p> <p><b>0 down \$90.73</b> <b>\$9,995</b></p>	<p><b>06 CHEV HHR LT</b></p> <p>9987 Automatic, 4 cyl, 4 dr, pwr seat, chrome wheels, steering wheel controls, running boards, air, cruise, tilt, factory remote start, AM/FM/CD, pwr mirrors, locks, windows, factory remote start, keyless entry, only 21,000kms!!</p> <p><b>0 down \$121.37</b> <b>\$13,495</b></p>	<p><b>08 TOYOTA YARIS</b></p> <p>D9983 Automatic, 4 cyl, 4 dr, air, pwr locks, windows, mirrors, AM/FM/MP3, keyless entry, 64,000kms.</p> <p><b>0 down \$99.49</b> <b>\$12,495</b></p>	<p><b>06 PONTIAC VIBE</b></p> <p>9985 Manual transmission, 4 cyl, 4 dr, air, AM/FM/CD, roof rack, fog lights, pwr windows, mirrors, locks, cruise, tilt, 82,000kms.</p> <p><b>0 down \$99.48</b> <b>\$10,995</b></p>
<p><b>06 MAZDA 3</b></p> <p>9968 Manual transmission, 4 cyl, 4 dr, air, AM/FM/CD, 78,000kms.</p> <p><b>0 down \$90.73</b> <b>\$9,995</b></p>	<p><b>06 PONTIAC G6 GTP</b></p> <p>9914 Panoramic sunroof, pwr heated, leather seats, 18" wheels, pwr pedals, factory remote start, steering wheel controls, air, tilt, cruise, AM/FM/CD, pwr windows, mirrors, locks, traction control, keyless entry, only 22,000kms.</p> <p><b>0 down \$103.86</b> <b>\$14,995</b></p>	<p><b>09 DODGE CALIBER SXT</b></p> <p>9692D Automatic, 4 cyl, 4 dr, chrome wheels, pwr sunroof, air, tilt, cruise, Sirius radio/CD/MP3, pwr windows, mirrors, locks, keyless entry, only 18,000kms!!</p> <p><b>0 down \$134.30</b> <b>\$16,495</b></p>	<p><b>06 SATURN ION</b></p> <p>9783 Manual transmission, 4 cyl, 4 dr, coupe, air, pwr locks, tilt, AM/FM/CD, only 30,000kms!!</p> <p><b>0 down \$77.59</b> <b>\$8,495</b></p>
<p><b>05 NISSAN SENTRA</b></p> <p>9099 Automatic, 4 cyl, air, tilt, pwr mirrors, windows, locks, AM/FM/CD, keyless entry, 66,000kms.</p> <p><b>0 down \$95.60</b> <b>\$8,995</b></p>	<p><b>06 PONTIAC G5 GT</b></p> <p>9185 Manual transmission, 4 cyl, 4 dr, alloy wheels, air, tilt, radio/cruise steering controls, pwr locks, mirrors, windows, AM/FM/CD/MP3, keyless entry, 96,000kms.</p> <p><b>0 down \$82.20</b> <b>\$8,995</b></p>	<p><b>09 NISSAN MAXIMA</b></p> <p>D9736 Pwr sunroof, pwr seat, alloy wheels, radio/cruise steering controls, air, tilt, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 34,000kms!</p> <p><b>0 down \$223.26</b> <b>\$28,495</b></p>	<p><b>06 CHEV MALIBU LT</b></p> <p>9197 Automatic, 4 cyl, pwr seat, alloy wheels, factory remote start, air, cruise, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 62,000kms.</p> <p><b>0 down \$90.98</b> <b>\$9,995</b></p>
<p><b>06 BUICK LUCERNE CXS</b></p> <p>9895 V6, 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><b>0 down \$182.67</b> <b>\$20,495</b></p>	<p><b>06 CHEV OPTRA LT</b></p> <p>9998 Automatic, 4 cyl, 4 dr, air, cruise, tilt, AM/FM/CD/MP3, pwr mirrors, windows, keyless entry, 55,000kms.</p> <p><b>0 down \$73.21</b> <b>\$7,995</b></p>	<p><b>06 PONTIAC PURSUIT</b></p> <p>9750 Automatic, 4 cyl, 4 dr, burnt orange, air, tilt, cruise steering controls, pwr locks, AM/FM/CD, keyless entry, 59,000kms.</p> <p><b>0 down \$77.59</b> <b>\$8,495</b></p>	<p><b>05 NISSAN SENTRA</b></p> <p>9540 Automatic, 4 cyl, pwr windows, locks, mirrors, air, AM/FM/CD, tilt, keyless entry, 62,000kms.</p> <p><b>0 down \$95.41</b> <b>\$8,995</b></p>
<p><b>06 SATURN ION</b></p> <p>10031 Automatic, 4 cyl, 4 dr, coupe, pwr sunroof, air, tilt, cruise, steering wheel controls, alloy wheels, AM/FM/CD, pwr mirror, locks, windows, keyless entry, 82,000kms.</p> <p><b>0 down \$73.21</b> <b>\$7,995</b></p>	<p><b>06 CADILLAC CTS</b></p> <p>10029 Pwr heated leather seats, pwr sunroof, alloy wheels, wood grain trim, steering wheel controls, OnStar, navigation system, 18" chrome wheels, dual climate controls, air, tilt, cruise, AM/FM/6 disc changer, pwr windows, mirrors, locks, keyless entry, only 22,000kms!!</p> <p><b>0 down \$222.07</b> <b>\$24,995</b></p>	<p><b>06 PONTIAC GR. PRIX GXP</b></p> <p>9995 Pwr heated leather seats, pwr sunroof, chrome wheels, OnStar, top shift, air, cruise, tilt, satellite radio/CD, steering wheel controls, dual climate controls, pwr mirror, windows, locks, factory remote start, keyless entry, 53,000kms.</p> <p><b>0 down \$143.27</b> <b>\$15,995</b></p>	<p><b>06 PONTIAC G6 GTP</b></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><b>0 down \$117.33</b> <b>\$12,995</b></p>

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# Community Events

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

### 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.

# Starlight Film Festival

Let's do it together!

All proceeds to support United Way of Quinte

COME JOIN US AT FAMOUS PLAYERS BELLEVILLE 8 FOR AN ALL NIGHT MOVIE MARATHON WITH UNLIMITED POPCORN, FOUNTAIN POP AND ARCADE GAMES!

Saturday, November 7th, 2009 from 11:45pm to 7am Sunday, no admittance after 1:15am.

FEATURED FILMS TO BE ANNOUNCED!

ADMISSION ONLY \$20

For current high school students only

Presented by

Tickets are available at United Way of Quinte and Great Services at the Quinte Mall. Only 300 tickets available!

United Way of Quinte: 1249 Wilson Street, Sears Unity Place, Belleville, ON K8N 2K4 • Tel: 613-962-9531 • Fax: 613-962-4165  
E-mail: [office@belleville.unitedway.ca](mailto:office@belleville.unitedway.ca) • Web: [www.belleville.unitedway.ca](http://www.belleville.unitedway.ca) • Check us out on Facebook & Twitter by searching United Way of Quinte!

**Who:** Beginner - Intermediate (no experience necessary)

**What:** Mini Halloween scrapbook. Bring up to 21 photos and scissors. (please note: Page sizes 4 9/16" x 4 9/16")

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

**Where:** MFRC Trenton, Conf Rm

**Why:** Quick, Easy, Inexpensive FUN

**To register:**

392-2811 x 2442

Spaces Limited

\$10

## Save the Date!

# CASINO OLYMPIA

Saturday, November 14th, 2009  
7pm to 1am at CFB Trenton

Call 613-962-9531 or visit [www.unitedwayofquinte.ca](http://www.unitedwayofquinte.ca) for details and to pre order tickets (\$25 each)

## FREE Child ID Clinic

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 info call 613-392-0911.

## Link to Learning Lending Library

Saturdays, in Belleville, from 1 p.m. to 4 p.m. Lending library with most up to date resources for families raising a child with a disability. Please check us out at 188 Victoria Ave.

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

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

Belleville Ont.  
Dec. 5 and 6, 2009

Sat. & Sun. 10 a.m. to 4 p.m.  
Quinte Secondary School  
45 College St. West

11000 SQUARE FEET OF VENDORS & DISPLAYS  
DOOR PRIZES  
SALES OF AND EXPERT ADVICE ON MODEL RAILROAD CHRISTMAS GIFTS FOR YOUNG AND OLD

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ADULTS \$5.00

SENIORS & STUDENTS } 4.00

CHILDREN } 2.00

FAMILY RATE 10.00

For further information contact:  
Paul Martel  
Phone 613-968-9270  
email: [pmartel@coqeco.ca](mailto:pmartel@coqeco.ca)  
Al Hird  
Phone 613-475-6163

Sponsored by Belleville & Brighton Model Railroad Clubs

# Trenton Boofest

October 31, 5-8 pm

Scary, spooky and silly Halloween fun for everyone!

## Centennial Park Amphitheatre

For more information call

# 613-392-2841



# FAMILY



## Activity: Bouncing Babies



Whether you are reciting a rhyme and bouncing your infant or toddler on your knee, or encouraging older preschoolers to do this with dolls or teddy bears, you will find that this activity is a lovely way to Comfort, Play and Teach™.

**You will need:** A simple and familiar bouncing rhyme.

One example is: Rickety, rickety rocking horse, over the fields we go. Rickety, rickety rocking horse, giddyap, gid-

dyap, WHOA!

**Instructions:** Recite this rhyme while bouncing your infant or toddler on your knee, (keep in mind that for this activity, an infant should be able to hold up their head independently).

On the word "whoa!" you can lift your baby up into the air. For toddlers, have your child seated on your lap, facing away from you. On the word "whoa!" lean back and lift your child's legs up into the air.

Older preschoolers will also enjoy being bounced, but they are old enough to remember and recite the words to these rhymes and are able to bounce a doll on their own lap.

Enjoy this more with Comfort, Play and Teach™:

**Comfort:** Children enjoy the physical contact of bouncing rhymes. They provide a wonderful opportunity to cuddle and bond with your child.

**Play:** Try reciting the words different ways! Use a high or low voice. Try saying the rhyme very slowly or more quickly.

**Teach:** Rhymes like this one are very rhythmic and show children the playful and musical quality of language.

Learning rhymes can help children develop a love of the sound of words, and eventually a love of reading.

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

## Mealtime.org Eyeball Cupcakes

**Ingredients:**

- 4 teaspoons butter or margarine
- 2 tablespoons sugar
- 1 can (15 ounces-16 slices) sliced pears in heavy syrup, drained and blotted dry
- 8 canned dark, sweet cherries, blotted dry
- 1 box (8 1/2 ounces) corn-muffin mix
- 1 egg 1/3 cup milk
- Non-stick baking spray
- Five or six strings of black licorice or other color licorice

**Preparation:** Heat oven to 375 degrees. Coat interiors of eight cups of a standard muffin tin with butter. Sprinkle a coating of sugar on the bottom of butter-coated cups. Arrange two pear slices and a cherry in the bottom of each prepared cup, arching the pear slices against the sides of the cup and placing the cherry in the middle, so that the arrangement of fruit looks like an eye. Mix corn muffin mix, egg and milk in a bowl according to package directions and spoon into cups over the fruit. Bake for eight minutes; the cakes will have formed a crust and begun to peak in the center. Spray the bottom of the sheet pan with baking spray and place it sprayed-side down on top of the muffin tins to flatten peaks of cakes. Bake for 10 more minutes. Remove sheet pan and muffin tin and place tin on a cooling rack to cool for five minutes. Run a knife around edge of each cupcake and invert onto a cooling rack or lift each cake from the tin with a small, flexible spatula. Cool to room temperature. To Decorate: Cut the licorice into 3/4-inch strings and insert five or six in each cupcake protruding from under one of the pear slices to represent eye lashes. Serves: Eight

*Nutritional Information Per Serving: Calories 200; Total Fat 8.5g; Saturated Fat 2.3g; Cholesterol 32mg; Sodium 195mg; Carbohydrate 21g; Fibre 1.4g; Protein 2.8g*

**NOTXACTLYDASAME** www.pcartoons.com  
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make it count



# HOROSCOPES

Donna's Astrology Weekly  
www.donnnavantoen.com

November 1 – November 7

*Theme of the week: Hey! Did you remember to turn your clock back last night? Where has the time gone anyway? Summer been gone for awhile, but now it's official. Days are getting shorter, time is getting scarcer, and the year is drawing to a close. Put away the lawn chairs and start getting ready for Christmas. It won't be long now!*

**ARIES** (March 21-April 19): There could be some financial gains for your this week. They're probably not huge, but a gain is a gain. Any improvement in finances is better than none. If you need to unwind, try the science, history, or biography channels for good entertainment.

**TAURUS** (April 20-May 20): Your need for physical and material security is particularly strong. That's fine, but don't let it stop you from starting a new project. To maintain the status quo, you sometimes have to move forward to keep up with the trends and times. By all means play it safe, but don't play dead. There's nothing to be gained that way!

**GEMINI** (May 21-June 20): Normally you're quite willing to make any necessary changes. In fact, you're usually even willing to make unnecessary ones! This week, though, you're resisting. You don't actually need to make these changes immediately, but it would be best to plan for them. Sooner or later they'll have to be made!

**CANCER** (June 21-July 22): A friend wants you to do something. You're not too keen. It's up to you, but if you do resist, it probably isn't going to do wonders for the relationship. If it's not immoral or illegal, why not give it a try just this once? An unexpected opportunity for a trip could figure.

**LEO** (July 23-Aug. 22): You're usually not one to make waves, but this week going with the flow just isn't enough for you. By all means, put some effort into improving your work situation, especially if you're self-employed. It will definitely pay off! On other fronts, make room for a significant other.

**VIRGO** (Aug. 23-Sept. 22): If you're caught in a storm, you have two choices. You can bend, or you can break. The former is by far preferable to the latter, especially if the storm involves in-laws or who's hosting the family Christmas dinner! On other fronts, mark important dates on your calendar so you don't double-book yourself.

**LIBRA** (Sept. 23-Oct 23): This can be a good week if you keep things down-to-earth. Financial improvement is possible, but only if you've got a solid idea of how to best use this money. If you're planning to blow it on decadent living, don't be surprised if your request is rejected!

**SCORPIO** (Oct. 23-Nov. 21): Steer clear of gossip this week. Your judgment's not the greatest right now, and something you take to be true could turn out to be only a rumour. If you don't enjoy egg on your face, don't spread this rumour any further!

**SAGITTARIUS** (Nov. 22-Dec. 21): There's some important contact with a relative or perhaps a neighbour. A matter that's been in limbo could now move forward. On other fronts, you could become interested in joining some sort of organization that has either a philosophical or a service-based orientation. You could make some good contacts here!

**CAPRICORN** (Dec. 22-Jan. 19): Are you drinking enough water? Too much? Transits suggest a need to fine-tune your liquid intake on some level. On other fronts, some money could come to you in an unexpected way. You may even find it lying on a chair or on the pavement. Pay attention!

**AQUARIUS** (Jan. 20-Feb. 18): Mostly this week is about you doing your own thing. Life has elements of the exotic or glamorous now. Enjoy, but be aware that some of those you meet could be pretty unrealistic about things. Leave your rose-colored glasses at home!

**PISCES** (Feb. 19-March 20): This would be a good week to express some of your pent-up emotions in creativity. Arts, crafts, and music are all good outlets. If you don't have any creative hobbies of your own, appreciate other people's creative output.

On the move with 

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**MISFITS** BY BRIAN CODAGNONE WWW.CORBETTFEATURES.COM



STUDIES HAVE SHOWN THAT FISH THINK IN CLICHÉS...

I GUESS IT'S CURTAINS FOR THE KID!

**DOG COMPLEX** BY DAVE JOHNSON



NOW, CALM DOWN, MR. FLEM.

IT'S FLEMING.

RIGHT, TELL ME WHAT HAPPENED AGAIN?

I TOLD YOU... WHEN I GOT UP, THE TWO DOGS WERE MISSING.

AND YOU SAY THEY'RE IN SEARCH OF A WAFFLE HOUSE?

YEAH... OR A STARBUCKS.

BE HONEST, MR. FLEM, DID YOU SAMPLE ANY LITTLE WILD MUSHROOMS LAST NIGHT?

IT'S FLEMING.

**DuJour**

# TEAM BUILDING

ROBERT SCHMIDT



The SECRET is... "BARTENDER, a round for my team!"

**Stuff!**



I think this saddle makes my butt look too big!

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# WO & SGTS MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 Health Promotions setup Cadet program setup G/R	3 Health Promotions Weight & Wellness Cadet Program Meeting G/R Ballroom 7-9pm	4 Health Promotions Cadet Program Meeting G/R Ballroom 7-9pm	5 Health Promotions Cadet Program Meeting G/R	6 Zooney Lunch TGIF Swiss Steak	7 MFRC Dance Workshop
8	9	10 Ballroom 7-9pm	11 Reception 12pm	12 Honours & Awards 13:30	13 Zooney Lunch TGIF Family Night Chicken Dinner	14
15 MWO Proux Christmas Party M/L	16 TRSET Main Lounge & Conference Room	17 TRSET Ballroom 7-9pm	18 TRSET Ballroom 7-9pm	19 Health Promotions G/R TRSET	20 Zooney Lunch TGIF Lasagna	21
22	23 TFTP Set Up	24 TFTP Conference R. & Main Lounge	25 TFTP Conference R. & Main Lounge	26 TFTP Conference R. & Main Lounge	27 Zooney Lunch TGIF Family Night Fish & Chips	28 MPs Christmas Party F/L Admin Branch Christmas Party
29 PMC Bingo	30					

## November 2009

Bar Hours: Monday – Thursday 1500 to 1800 hrs -  
Friday 11:30 to 1330 (Toonie Lunch) & 1500 to 2030 hrs

For Bookings (Weddings  
Receptions/Conferences/Private Parties)

Call 613 392-2811 Ext 2438 / 2768  
or Email: Briggs.RLE@forces.gc.ca

# LOYALIST COLLEGE Open House

Tuesday, November 3

9 am to 1 pm

There's a lot happening  
at Loyalist.

Come see for yourself.

Join us Tuesday, November 3rd – we have a full agenda  
planned for you:

- the opportunity to talk with our faculty and meet our students
- displays highlighting programs starting this January and next September
- campus and residence tours
- information on our full range of student success services
- the opportunity to explore funding options – including re-training programs
- a chance to win \$2,000 towards your 2010/2011 tuition\*

\* some conditions apply



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Wallbridge-Loyalist Road, Belleville

loyalistcollege.com



## TRENTON Military Family Resource Centre



### MFRC-EVENTS & INFORMATION

#### Employment Café

We invite you to join us as we welcome Amy James. Explore professional writing tips and tricks for emailing etiquette, resumes, cover letters and more.



November 5, 2009 10:00-12:00

Register by November 2 to [elizabeth.nicholas@forces.gc.ca](mailto:elizabeth.nicholas@forces.gc.ca)  
MFRC Bistro Bilingual Session

#### MFRC Youth Centre



Spooky Movie "n" Munchies  
Friday, October 30<sup>th</sup>, 7 -11pm  
Ages 13 - 18

For more information: Jennifer - 3265 or Susan - 2382

#### Basic Relationship Training

(A Couple's Communication Workshop)

Saturday, November 7

8:30am - 4:30pm

Baker's Island

Deadline to register at MFRC: November 3 - 613-965-8575

Additional Information contact Christa at 613-955-0902

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



### CRFM-Événements et Information



#### Café Emploi

On vous invite à vous joindre à nous et souhaiter la bienvenue à Amy James. Explorez des idées pour avoir une écriture professionnelle, pour apprendre l'étiquette des courriels, des CV, des lettres de présentation et encore plus  
Le 5 novembre, 10h-12h

S'inscrire avant le 2 novembre à [sonia.caron@forces.gc.ca](mailto:sonia.caron@forces.gc.ca)  
Bistro du CRFM Session Bilingue

#### Centre des jeunes du CRFM

Film d'épouvante et grignotines

le vendredi, le 23 octobre de 19h - 23h  
13-18 ans

Pour information contactez : Jennifer - 3265 ou Susan - 2382



#### Une Formation en Relations de Couple

(Un atelier de communication pour les couples)

le samedi, le 7 novembre

8h30 - 16h30

Baker's Island

Date limite d'inscription au CRFM: le 3 novembre, 613-965-8575

Pour information additionnelle contactez Christa à 613-955-0902

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



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



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



Home of the Week



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**Welcoming Bungalow**  
Plan Number 1-2-573

This welcoming bungalow would be ideal for empty nesters or for a young couple moving from an apartment to their first house. The well-designed open-plan interior offers an informal living arrangement that would suit either age group.

The room off the foyer is shown on the plan as a den, but this bonus room could serve as a home office or a hobby or sewing room.

The double garage's front window makes it street-friendly. There is access to the laundry room, which will double as a mud room.

Stone pillars and wood beam define the 10-foot covered entrance and stone and stucco enhance the exterior.

*This home measures 47 feet by 60 feet, for a total of 1594 square feet of living space.*



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*Bus Trip to the "Dixie Mall"*  
**Saturday, November 21<sup>st</sup>, 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**  
**6pm to 8pm**

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

November 6—Christmas Packages for the Troops.  
 November 11—Remembrance Day (no activities)  
 November 18—Assembling 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.

6 novembre – Colis de Noël pour les troupes  
 11 novembre – Jour du Souvenir (aucune activités)  
 18 novembre – Assemblage de colis 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: 0830 – 1630 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 @ 413-392-3814 ext 3899 TO REGISTER CONTACT MFRC RECEPTION @ 413-965-8772

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

DATE: Le 7 novembre 2009  
 HEURE: 0830 à 1630  
 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 VÉRIÉFIEZ CONTACTER LA COORDONNATRICE À LA PRÉVENTION, SOUTIEN ET INTERVENTION AU 413-392-3814 poste 3899. POUR VOUS INSCRIRE VÉRIÉFIEZ ÉTANT QU'IL S'AGIT DE CRFM 41-392-3814

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