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Annual Wing Commander’s Challenge puts teams to the test

by Tom Philp, Contact Staff

Check your schedules and mark your calendars. The annual Wing Commander’s Challenge (WCC) is just a couple of weeks away, offering an opportunity for personnel from 8 Wing/CFB Trenton to let their team spirit shine.

“The WCC is offered annually as one of our many Fitness and Sports initiatives,” said Lisa Refausse, Wing Fitness Coordinator. “We typically offer the event in conjunction with the launch time for the 8 Wing charitable campaign for United Way.”

The 2009 WCC runs, literally, on Friday, September 18, with a morning full of events. Registration of teams of 8-10 military and/or civilian employees is ongoing, right up to the start of WCC activities. Registration is free.

“The event is a non-competitive morning featuring tabloid games,” Refausse said. “The challenge typically has a theme for the games/races. And this year’s event will feature participation from Health Promotion as well as the entire Fitness and Sports Flight - as we present a morning of ‘something for everyone.’”

Last year’s WCC had 23 teams participating in non-competitive, Olympic-themed events. The 2009 Challenge again will offer a variety of



Photo: Tom Philp, Contact Staff

Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, (centre) oversees a friendly fitness challenge between Major Mike Thornley, 426 (Training) Squadron and GCWCC co-chair (front left), and Wing Health Promotion Manager Angela Prescott (front right) as their fellow charity event organizers cheer them on. They are joined here by (rear, left to right) Lisa Refausse, Wing Fitness Coordinator and principal organizer of the WCC; GCWCC co-chair, Major James Marshall, 426 (Training) Squadron; Dave Rothermund, Wing Director of Fitness and Sports; and GCWCC co-chair, Lieutenant Annie Morin, Wing Public Affairs.

activities, from team Tug of War, to balloon shot put, to mock lumberjack competitions.

Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, is scheduled to open this year’s WCC at 0900 hrs, accompanied by repre-

sentatives from the 2009 Government of Canada Workplace Charitable Campaign (GCWCC). Morning runs will continue from 0930 hrs to 1200 hrs. There will be a mid-morning “energy break” and a Yoga demonstration for all partici-

pants.

“I very strongly encourage members of 8 Wing/CFB Trenton, military and civilian, to achieve a healthy lifestyle, including regular exercise,” Col Williams said. “General Hillier used to say that if he could find time

to exercise he was pretty sure that the rest of us could as well.

“Those with even a vague appreciation of the CDS’ work/travel schedule will understand that his was a pretty good point,” he said. “The demands placed on us today, whether operational or in support, require that each of us do what we can to achieve that work / fitness balance.”

“That’s my challenge to you - it’s an investment in your future that is certain to pay off,” Col Williams said.

Everyone accepting and completing Col Williams’ challenge will enjoy a noon barbecue at the Junior Ranks Mess, where hamburgers, hot-dogs, chips and non-alcoholic drinks can be purchased for \$5. All proceeds from the barbecue go to the campaign.

The WCC will wrap up with a ceremonial cutting of the United Way cake and the presentation of awards to the day’s winners (and to those who finished somewhat further back in the field). Awards will include *Team Spirit* and *Thanks for Coming Out*.

For more information, or to register for the 2009 Wing Commander’s Challenge, contact Lisa Refausse by email, Refausse E@CFBTrentonPSP@TRenton, or by telephone, (613) 392-2811, ext. 3328.

8 Wing Search and Rescue Technicians golden at national competition

by Lisa Bailey, Contact Staff

They’re the golden team that the Canadian Forces built.

Sergeant Lee Bibby and Master Corporal Kevin O’Donnell of 8 Wing/CFB Trenton’s 424 Transport and Rescue Squadron, along with MCpl Eric Dinn of 413 Squadron at 14 Wing/CFB Greenwood, Nova Scotia, medalled at the Canadian Sport Parachuting Association Nationals.

They finished first in a canopy formation discipline at the championships, held August 3 to 8 at Skydive Burnaby in Ontario.

Capturing gold was a surprise, Sgt Bibby said, as training has been

limited due to operational commitments and financial constraints.

“We didn’t expect it, and I remember thinking, ‘What are we doing because we haven’t been able to train this year,’” he said.

“It seems to be getting even harder to get out there but we’re sticking with it, we’re chipping away at it.”

“Our determination is probably the biggest factor for us now,” Sgt Bibby said. “We’re trying to get better, and we’re making small gains yet we’ve been able to make bigger gains.”

Competing in the two-way sequential discipline, team members jumped from 6,000 feet and had 30 seconds to dock their para-

chutes together. They then had one minute to carry out different formations. Judges reviewed the video, which was shot by the team, and awarded points.

The trio surpassed their goal of averaging seven points in each round of the competition.

While training fell short, they were helped by their experience at their first worlds last year in Holland where they finished thirteenth out of 20 teams. They had earned the right to compete by taking silver at nationals in 2007.

“It definitely helped us this year because of the information that we received there (at worlds),” Sgt Bibby said.

See SAR Techs take gold, Page 2



Photo: Submitted

Sgt Bibby, MCpl O’Donnell and MCpl Dinn show the gold medals and trophy they earned in canopy formation - two-way sequential at the recent Canadian Sport Parachuting Association Nationals.

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SAR Techs take gold, Continued from Page 1

Reluctant to go to Holland because they felt they were still developing their skills, the team was convinced to compete by the president of Performance Designs, a Florida parachute manufacturing company that Sgt Bibby said provided them with state-of-the-art parachutes.

"We didn't really get it until we went," Sgt Bibby said, noting they encountered "the best of the best," not only in terms of the world's parachutists but also equipment that may one day aid in CF operations.

All three team members are search and rescue technicians and former members of the SkyHawks, the CF parachute demonstration team.

"We're all military built," Sgt Bibby said.

Though they compete as civilians, they call themselves Para Rescue "to pay homage to the support that we've gotten through our boss and (because) that is who we work for," Sgt Bibby said.

He noted the team really appreciates the support as "we're very proud of who we are and what we do."

"We're very fortunate to do what we're doing."

Sgt Bibby made particular mention of Master Warrant Officer Mike Maltais, a shop team lead at 424 Sqn who helped the trio with administrative tasks when they went to their first national championship a few years ago.

"He saw that we had a goal and I think he's just a very supportive guy," Sgt Bibby said.

"He got us started. If it hadn't been for him we definitely wouldn't be where we are."

Today, Sgt Bibby said, Para Rescue would certainly welcome someone to help with the paperwork as well as research sponsorships.

"It's an expensive sport," he said.

Medalling at nationals qualifies



Photos: Submitted

Sergeant Lee Bibby and Master Corporal Eric Dinn are shown at the Gananoque training camp prior to the Canadian Sport Parachuting Association Nationals. The pair, along with MCpl Kevin O'Donnell, captured gold in the canopy formation – two-way sequential at the national championships, qualifying them for next year's worlds in Russia.

Para Rescue for next year's worlds, but Sgt Bibby said they may focus instead on training in hopes of breaking the Canadian record of 14 points in their discipline. Notably, record holders Lyall Waddell and Aidan Walters trained members of

Para Rescue.

Sgt Bibby said the team is aiming to break the record in the next two years.

"That's what we want to do. I think it's an achievable goal," he said.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

8 Wing Telecommunications and Information Services Squadron (8 WTISS) is responsible for the installation, programming and maintenance of all information technology (IT) network equipment at 8 Wing/CFB Trenton. 8 WTISS is continually updating equipment to enable its customers to receive the very best service and performance. Seen here is Cpl Carole Laven configuring an IT network switch that will replace outdated equipment as part of the squadron's equipment lifecycle process.



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8 Wing/CFB Trenton grooms locals to replace aging workforce

by 2Lt Cynthia Kent,
8 Wing Public Affairs

As 8 Wing/CFB Trenton's Logistics and Engineering Officer, Lieutenant-Colonel Sean Lewis knows he's facing a big challenge when it comes to civilian staff over the next few years – and he has a way to tackle it.

The average age of people employed across the public service in Canada is increasing and a number of people are nearing the retirement age. Departmental statistics and labour market forecasts predict retirement rates of more than 50 per cent in some work groups.

That's a problem that will hit the civilian side of the 8 Wing Construction Engineering team particularly hard. The WLEO has 500 civilians working in his branch and the workforce is getting older. Of those 500 people, about 80 employees, or nearly two-thirds of the people who work in the shops, are eligible to retire by 2014.

"We're going to have to look at ways to replace great people with great people," he says.

But thanks to some

foresight and good planning some help is on the way.

A \$21-million recruitment and retention program through the Assistant Deputy Minister (Human Resources-Civilian) is addressing the issue with five-year funding for an apprenticeship program. Eight of the Air Force's 32 positions funded last year were allocated to 8 Wing/CFB Trenton. At least five more positions are expected to be added to the Trenton complement this year.

An apprentice accepted into the 8 Wing program gets a paycheck, free tuition and upon successful completion of the course, a full-time government job.

When an apprenticeship opportunity comes up, it is advertised on public service jobs Web site. An applicant then applies on line. If selected for the next stage, the person will be contacted for a test and interview based on the statement of merit criteria for the position. From there, the successful applicants will be contacted.

Plumbing apprentice Percy Lindsay remembers

the day he heard that he was accepted into 8 Wing/CFB Trenton's apprenticeship program. Like most of the apprentices at CFB Trenton, Lindsay has a family to support and says without the program he couldn't afford to take up a trade.

"How did I react? I jumped up and down and screamed and hooted and hollered," Lindsay laughs.

Carpenter apprentice David Lamers, already a licensed industrial woodworker, agrees. This is his second apprenticeship and said the two do not compare.

"My first apprenticeship I had to go on unemployment," he says. "This (apprenticeship) is not costing me anything. It's like winning the lottery really."

With up to 65 per cent of employees in the construction engineering shops eligible to retire in the next five years, one of the benefits of the program for 8 Wing/CFB Trenton is the chance to pass along institutional knowledge.

Carpenter Barry Turner is the president of local 637 of the Union of

National Defence Employees. He says it's critical that employees close to retirement pass on their years of knowledge to the people who are going to replace them.

To accomplish that, the apprentices team up with experienced trades-people who pass along tricks of the trade and prepare them for their careers.

"We mentor them and we sort of guide them in the direction they want to go," Turner says. "We give you the best and the worst of the jobs so you know what you're going to get into the rest of your life."

Apprentices say everyone in the shops has been supportive and welcoming. Electrician apprentice Carter Little started in the program when he was 17 and still in high school. Little says he appreciates the extra time the mentors take to teach him what he needs to know, especially his first weeks on the job.

"When I first started I was overwhelmed," he says. "I didn't really know anything about industrial electrical."

Ryan Rivers is a painter apprentice. He says the positive and challenging



Photo: Cpl Brandon O'Connell,
8 Wing Imaging

Plumber apprentice Percy Lindsay of Picton, Ontario is soldering copper pipe at the 8 Wing Construction Engineering Plumbing shop.

work environment was one of his biggest surprises when he started.

"You know, everybody treats you with respect," he says. "And there is a sense of equality around here. It's refreshing."

Turner says everyone in the construction engineering shops wants the apprentices to have a posi-

tive experience.

"We want to keep them here," he said. "We've invested in their futures because they are our future."

For people interested in applying for a career with the Public Service, all jobs are advertised on the Public Service website: www.jobs.gc.ca

Search & Rescue UPDATE

424 Squadron had seven SAR missions during this past week. First up was a mission for both our CC130 and Griffon crews responding to flare sighting on Lake Ontario near Rochester, NY. They flew the search patterns assigned to them by JRCC and did not find anyone in distress. Both aircraft were released and returned to Trenton.

The next tasking was again for both the Griffon and Hercules. This time they were being sent to a possible float plane crash 50 miles north of Val D'Or, Quebec. The Hercules crew was first to arrive on scene and immediately located the upside down aircraft but could not see anyone close to the scene. The SAR Techs jumped into the area and discovered that no one was in or around the crash site. While conducting a ground search it was later learned that the pilot had crashed his aircraft, climbed out and was able to walk to safety. The SAR techs made their way to the nearest road where they were picked up by local fire personnel and driven to a landing zone where our Griffon picked them up and delivered them to Val D'Or, where the Herc was waiting. Both crews returned home.

The following day our Hercules crew were asked to investigate an ELT near Sault Ste Marie. They made their way to the area and flew the pattern assigned but could not find any aircraft with signs of distress, nor could they hear any signal from the ELT. They were stood down by JRCC and they carried on with their training day.

The next mission was again for the CC130 and again for a flare sighting near Rochester, NY. The crew searched for almost four hours but nothing was found and they returned to Trenton.

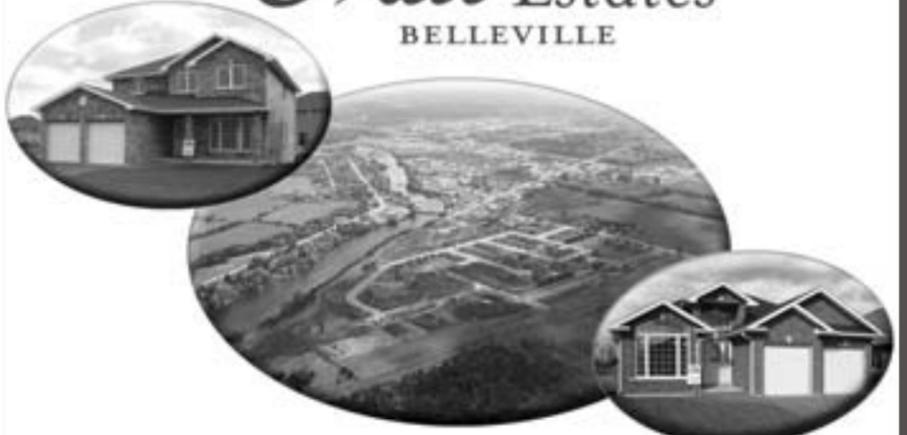
Our next tasking was for our Griffon and Hercules once again, this time to help look for a person in the water in Parkin Lake near Sudbury. The weather in the area prevented our crews from doing any useful searching, but once the fog lifted the Griffon was able to return to the search area and immediately located the person they were looking for. Unfortunately he did not survive. Both of our search crews were released when the local police took control of the scene.

Until next week, stay safe.

Missions for 2009: 170 Missions for Aug: 34 Persons rescued: 12



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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 #.
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- 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:

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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

Over the next six weeks any articles and/or photos you wish to submit to The Contact Newspaper can be submitted to Acting Managing Editor, Amber Gooding, via email 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 two 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 call Amber Gooding at 613-392-2811 ext. 3978.

Thank you for your patience during this time.

LETTERS TO THE EDITOR

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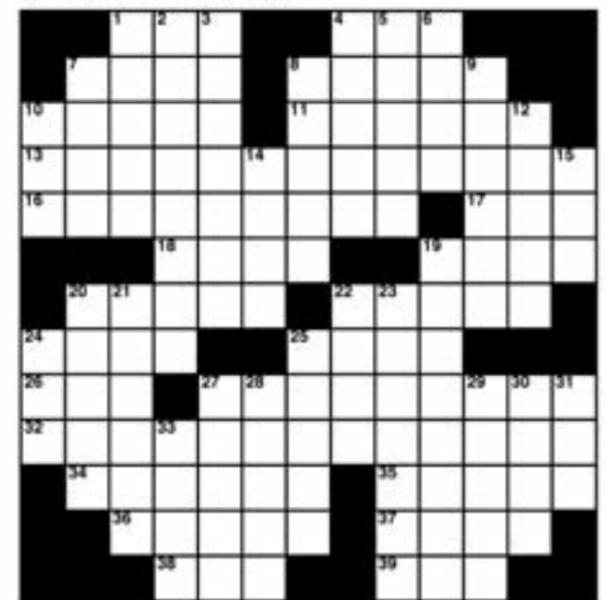
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Canadiana Crossword

Alberta Shines

By Bernice Rosella and James Kiltner

- ACROSS**
 1 Sask Environmental org.
 4 Austrian river
 7 Aussie rock band
 8 Influence
 10 Goblin
 11 Shoe style
 13 Alberta motto
 16 Hide processors
 17 Free oneself
 18 Neat
 19 Disco dance
 20 Stratagems
 22 Oak seed
 24 Security interest
 25 Westcoast salmon
 26 Actress Sothorn
 27 Alberta's bird
 32 What is this?
 34 Buffy _____ Marie
 35 Deck with finery
 36 Mineral deposits
 37 Brews
 38 Keg
 39 Literary monogram



- DOWN**
 1 Contempt
 2 Alberta's Capital
 3 Landscape
 4 Solo
 5 Cargos
 6 Ear or hand warmer
 7 Pier
 8 Right
 9 Osama's forte

- 10 Cousin of HST
 12 Rule
 14 Gray in Grosseliers
 15 Japanese Capital
 19 Friendliness
 20 Lodgepole____ (Alberta's tree)
 21 About the lenten season
 22 Superb
 23 Common cheese
 24 Lick
 25 Shouts
 27 Indian religion
 28 Frequently
 29 Seeps
 30 Troubles
 31 MS medication
 33 Rampage

See Answers, Page 22



This Week in Contact

1979 – Crews from 436 Squadron, CFB Trenton, picked up and delivered relief supplies including powdered milk, baby food, medical supplies and tents to the new government of Nicaragua. In five flights to the Central American country, Trenton crews delivered more than 150,000 pounds of goods, all of which were paid for by the Canadian Labour Congress.

1989 – In what was apparently a first for CFB Trenton, and “a definite rarity for the Air Force,” a team from this base participated in the Canadian Forces Small Arms Team Competition at the Connaught Ranges in Ottawa. Lieutenant Yvon Caron placed third in the Pistol Tyro (Novice) category, and an impressive 10th overall.

1999 – A team of dedicated athletes turned out in the pouring rain for the 8 Wing Run Offs, hoping to qualify for the upcoming Canadian Forces Ontario Regional Running Championships in Meaford, Ontario. Acting Sports Coordinator Andy Moorhead said the event sported a “good turnout” despite the inclement weather.

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



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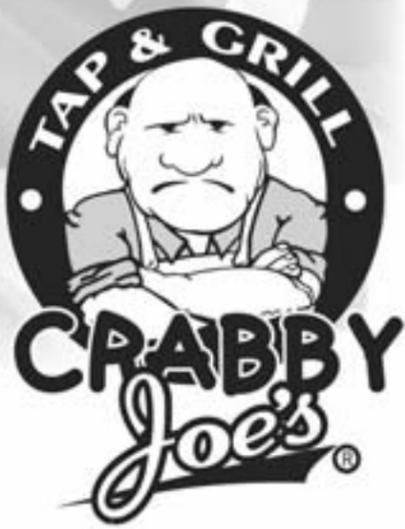
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Harleys and Hondas will rally for Heart and Stroke

by Tom Philp,
Contact Staff

If you like the freedom and fresh air of the open road, and you prefer two-wheel transport more than any other kind, then the inaugural 8 Wing Motorbike Rally in support of the Canadian Heart and Stroke Foundation may be your ticket to ride.

Organized by long-time biker Master Corporal Rob Lafferty with 8 Air Maintenance Squadron (AMS), the 2009 rally will run October 2, taking riders and passengers on a 400-km tour of some of Ontario's finest countryside.

Starting at the CANEX parking lot at 0745 hrs that day, rally participants will travel north and west to Peterborough, Young's Point, Buckhorn and the challenging terrain of Hwy 507 in lake country.

"We're asking each rider to pay \$20 for the rally, but of course we are totally open for any and all donations," MCpl Lafferty said.

MCpl Lafferty promises the entourage will "stop at every Timmy's (Tim Hortons Restaurant) along the way." A lunch break is also planned when the riders reach Gooderham at the north end of Hwy 507.

Why is MCpl Lafferty organizing a motorcycle rally to raise funds for Heart and Stroke?

"A colleague of mine had a major stroke last year at the age of 43," he said. "It completely floored me, caught all of us by surprise, and I started thinking, 'what if this happened to me; where would I find support?'"



Photo: Tom Philp, Contact Staff

Master Corporal Rob Lafferty, 8 AMS, is organizing a Motorbike Rally on October 2, in support of the Heart and Stroke Foundation.

MCpl Lafferty noticed his friend, Sergeant Rob Moulton, also with 8 AMS, was aided in his recovery by the Heart and Stroke Foundation; so he contacted them about hosting a fundraiser here at 8 Wing/CFB Trenton.

The non-profit organization agreed to lend its name to the event, and the first of what MCpl Lafferty hopes will be "many rallies in the years ahead" began to take shape.

"Rob has regained some mobility. He loves fishing, and has a specially-designed reel that can be operated with one hand," MCpl Lafferty said. "He and his wife, Sherri, are very supportive of this rally."

Participation in the inaugural event is limited to regular and reserve

members of the Canadian Forces because of legal and liability issues.

However, MCpl Lafferty said he will work with the proper authorities before the Second Annual 8 Wing Motorbike Rally in support of Heart and Stroke runs next year, so that, hopefully, civilians may also ride to support this worthy cause.

Look for the posters about the event at various locations around the Wing.

To register for this worthwhile and fun motorcycle rally, contact MCpl Lafferty, (613) 392-2811, ext. 2466, or at LaffertyMCplRJ@8AMS@Trenton, or Sergeant Karen Boudreau, ext. 3674, or at BoudreauSgtKR@ATESS@Trenton.

Get ready for duffers, divots and double eagles at annual charity golf tourney

By Tom Philp, Contact Staff

The 2009 Wing Commander's Annual Charity Golf Tournament running later this month offers a "fairway" for golfers to swing their clubs in support of local causes.

The annual classic runs September 23 at our own Roundel Glen Golf Club; but spaces are almost guaranteed to fill up well before the September 18 registration and payment deadline, so commit your team of duffers early.

Sponsored this year by Loraday Environmental Products, Snap-on Industrial and Labatt's Brewing, the tourney offers a round of golf, golf

cart, gift bags, prizes and a barbeque steak dinner for the low fee of \$90 per person. Introductions and team briefings are scheduled for 0900 hrs that day, followed by a shotgun start at 0930 hrs.

Swinging those clubs for charity is an end in itself; but tournament organizers are also offering incentives such as prizes for closest to the pin, a putting contest, a 50/50 draw and a post-play auction of wonderful items donated by businesses and individuals.

For more information or to register your team, contact Apollo.Athanasopoulos@forces.gc.ca, or Shirley.Martin@forces.gc.ca.

PET OF THE WEEK



Winston is an 11-month-old male German shepherd mix. His owner passed away so he is now looking for another loving, forever home. Very timid with strangers, but loveable and obedient once he learns to trust you. No cats or children. He's sweet with lots of potential.

Contact the Quinte Humane Society for more information.

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SPORTS & RECREATION

8 Wing Women's Hockey Team

Looking for players!

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

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

Beginners or experienced players are welcome and equipment can be loaned if required. Come and join the team for a season of fun!

The team is open to Regular and Reserve Force members.

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

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

No repeat as soccer champs for Trenton

by "Coach" Gabe van der Kamp

The 2009 Regional soccer championship was held August 10 to 16, 2009 in North Bay and was not as successful as last year's event for the 8 Wing soccer team.

After a good season in the local league and finishing fourth, the team went to the Ontario Region Championship with high expectations. 8 Wing/CFB Trenton's soccer team was ready for the challenge in North Bay.

The team started off playing Toronto in the first game and came out on top with a 4-2 win.

That night they had to play their second game against Petawawa and pulled off the 1-0 classic. Not bad

for a first day.

All teams were talking about the talent CFB Trenton brought along to the regionals. On the second day CFB Kingston was on the schedule. The boys woke up with no muscle pains from the day before and won 3-1.

Next up was the host on the third day and time to rest some of their stars. Another win, 8-2, so the team was looking good with four wins and no losses.

The last game in the round-robin was against the other team that had four wins but the game was just a formality. CFB Borden came out strong and scored three goals to give them the win, 3-0.

Next up was the semi-finals. The

team played Petawawa and Borden played Toronto. The thinking on the bench was that the ball was working in Petawawa's favour, and we were beaten by a better team on that day.

The result was 2-0 and Petawawa moved on to the final. Borden beat Toronto 5-2 and the final was set.

It took extra time to decide the outcome of the final game and Petawawa came out on top 2-1. Petawawa was crowned Ontario Region Champs again.

I would like to thank my team for another good season and I am looking forward to next year, when we bring back the banner to Trenton. Cheers lads, see you on the pitch.

RecPlex pools shutdown notice

Please be advised that annual maintenance of the indoor pools will take place starting on Tuesday, September 8, and running through until Sunday,

October 4, 2009, inclusive.

During this period of time, both indoor pools will be shut down. Thank you for your patience.

8 Wing RV Storage Compound notice

The PSP Community Recreation Association has been advised by Wing authorities that the RV Storage Compound will no longer be available to members for vehicle storage.

Construction of the new EME/Transport facility is scheduled to begin this fall.

Attempts to find a new location for the compound is being addressed.

However, members should not rely on the Wing being able to provide a vehicle storage facility.

Should a new location be found, it will be advertised on the Splash Page, at www.cfbtrenton.com and in The Contact newspaper.

RecPlex Reduced Hours of Operation

Please be advised that during the period of annual maintenance of the indoor pools from Tuesday, September 8 through to Sunday, October 4, 2009, the RecPlex will be open with reduced hours of operation as follows:

The reduced hours are as follows:

Monday to Friday, from 9 a.m. to 7 p.m.; Saturdays, from 12 p.m. (noon) to 6 p.m.; and Sundays, from 12 p.m. (noon) to 4 p.m.

PSP FACILITY MEMBERSHIPS

PSP Facility Memberships are now on sale at the RecPlex. To view a breakdown of memberships and prices please visit us online at www.cfbtrenton.com.

Community Recreation Association fall brochure available soon

The PSP Community Recreation Association fall brochure of programs and services will be available at the RecPlex starting Wednesday, September 9, or check out all the programs and services available by visiting www.cfbtrenton.com.

Albatross Outdoor Pool

The Community Recreation Association will be offering Rec Swims on Saturdays and Sundays from September 12 to October 4, 2009. Rec Swims will take place from 1 p.m. to 4 p.m., weather permitting. Please note that the pool will be closed Labour Day weekend (September 5 to 7). Thank you.



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FITNESS & HEALTH PROMOTION



Time management tips: Get back in the game after summer vacation

Ramping up at work after the lull of summer vacation can be challenging.

Maintain that vacation relaxation by implementing a few time management techniques to help you get organized and stay that way year round.

What's the plan? Start your day with a plan. Experts say that people who spend 15 minutes planning their work day can free up as much as an hour of bonus time each day. Make a daily appointment with yourself to plan either at the beginning or end of each day. Be realistic about how much you really can accomplish in one day. Think about your priorities and how you will achieve them as well as schedule your time loosely to prepare for the unexpected.

Put all plans on paper. A to-do list is one of the most amazing inventions of modern times. When you have too much to do and feel completely overwhelmed, it can instantly put you back in the driver's seat. The simple practice of keeping a to-do list is often a major leap forward for people striving to get control of their time.

First, you have a list of everything you need to do all in one place so you won't forget things. Second, when you prioritize the items, you have an at-a-glance plan for tackling what's important first. Put your plan on paper. It does not have to be fancy; simply jotting things to accomplish in a day timer or

on a pad of paper will work.

Where do I start? Time management is not about speed, it is about priorities. If you want to make good use of your time and feel satisfied at the end of the day, you must focus on accomplishing what is important to you. Order your goals according to importance so you can spend your valuable time on what's important.

Sorry...When did you want it by? Put deadlines on tasks, projects and goals! It can have an almost magical effect on your motivation. Goals without deadlines are eliminated, put off or never started at all. Deadlines will get you focused, help you organize your thoughts and ideas and stimulate action. Work expands so as to fill the time available for its completion!

Get off to a running start. How you get started in the morning plays a big role in how much you get done that day. All too often, rather than digging into the important stuff, people fritter the time away on low-priority rituals.

Think about your first hour of work. Do you visit with staff? Go through mail? Balance your chequebook? Actions like these are all forms of procrastination. What if you spent that prime time doing tasks with high payoffs instead? If you nail that first hour, you've created a momentum and are off to a roaring start.

Slow down and do one

thing at a time. While you sit at your computer, are you really concentrating on that report or are you giving directions to a colleague, responding to emails, answering the phone and updating your calendar all at the same time? Multitasking seems like it should make you more productive but it doesn't!

According to new research, doing several tasks simultaneously actually makes you less successful at all of them. Time management is not just about getting stuff done. It should also be about achieving some level of quality. To do that you need to slow down and focus on doing one thing at a time.

Always finish what you start. Do you ever rush out of the office at the end of the day, leaving a desk covered with unfinished stuff? Have you ever arrived at work the next day and felt instantly overwhelmed by the half done tasks lying all around? Failing to finish what you start is a big time management no-no.

Not only do you have to manage everything the day brings, but you're also dealing with yesterday's baggage. Try to complete those little tasks and plan out your objectives for the next day before you leave the office. This will make getting down to work fast and easy the next morning. Not to mention help you leave work at the office as a clear plan will allow you to



not worry later that evening about what you have to accomplish the next day.

Who's wasting your time? It's difficult to be a good time manager and at the same time deal with co-workers who ramble. You may be reluctant to draw the line because you fear it may hurt your relationship but the truth is most people will respect you for saying, "I can't talk now, I'm in the middle of something." Draw the line, with people who waste your time!

Are you constantly being interrupted? Studies show that most people are interrupted six to seven times per hour and that it takes four to five minutes to get back on track each time.

Most of these interruptions may be out of our control or they may be the nature of your business but you can change how you react to them. Spend less time getting

frustrated and more time accepting the interruption and promptly getting back to the task at hand! Block out some uninterrupted time for those tasks and projects that require your full attention.

Block time to be less accessible. Cellphones, emails, pagers, instant messages, call forwarding, BlackBerries. In the old days, accessibility was all about being at your desk from nine to five.

Today with all the technological advances, it is about being accessible around the clock. Instant availability does not necessarily make you more productive. Knowing when to unplug, shut it off or ignore technology is one of the key lessons in time management. Be served but not ruled by the technology in your life.

Source: *Managing Priorities and Deadlines*, Marcia Dennis

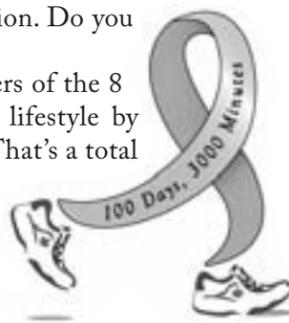
Take the challenge: 100 days, 3,000 minutes

There are approximately 3,000 Canadian troops serving the Afghanistan mission. Do you have a minute for a troop?

"100 Days, 3,000 Minutes" is an activity challenge which invites all members of the 8 Wing/CFB Trenton community to adopt active living as part of a healthy lifestyle by incorporating an average of 30 minutes of activity into each day for 100 days. That's a total of 3,000 minutes of activity; one minute per troop serving the Afghanistan mission.

The challenge will run from September 23, 2009 to December 31, 2009.

Registration begins on September 9, 2009. Visit www.cfbtrenton.com for more information. *BeneFIT by the Minute!*



~ Health Promotion ~

8 Wing Health Promotion, 177 Hercules St., Bldg 119

Angela Prescott, Health Promotion Manager, local 4122

Kendra Lafleur, Health Promotion Director, local 3768

Visit healthpromotion.cfbtrenton.com to learn more!

Get ready! Annual Wing Commander's Challenge

Mark your calendars! The Annual Wing Commander's Challenge is scheduled for Friday, September 18, 2009!

Teams of eight to 10 will participate in a morning of fun tabloid games as we launch this year's charitable United Way Campaign.

For more information, or to register your team, please contact Amy Dawson at 2825.

New SPIN Studio opening soon

The 8 Wing Fitness and Sports Flight is pleased to announce the arrival, and opening, of our new state-of-the-art SPIN studio this fall.

Watch for a new schedule of SPIN classes and a grand opening celebration.

For more information, please feel free to contact Lisa Refausse, Fitness Coordinator, at local 3328.

Did You Know?

"Life is 10 per cent of what happens to you and 90 per cent of how you respond."

~ Lou Holtz



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



STUDENTS HEAD BACK TO THE CLASSROOM

Photo: Lisa Bailey, Contact Staff



Lead hand custodian Paul McMaster and secretary Kim Hutchinson raise a new Canadian flag on the refurbished pole at Breadner Elementary School during the first day of the 2009-2010 school year on Tuesday, September 1. Located in Middleton Park at 8 Wing/CFB Trenton, the school has 150 children registered to attend Junior Kindergarten through to Grade 8.

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CF Grievance Board to visit CFB Trenton

Submitted by Margaret Lapensée
CFGB Communications Advisor

A delegation from the Canadian Forces Grievance Board (CFGB) will be visiting 8 Wing Trenton on September 9 and 10.

Headed by board chairperson Bruno Hamel, the delegation includes vice-chairperson Jim Price; board members Michael Auger, Fred Blair, Denis Brazeau and Carina Anne De Pellegrin; senior legal counsel Ann Boivin; and senior grievance officers, Sophie Brunette, Tasha Emmerton, Tamarah Nutik and Alan Rigby.

During this visit, the board's delegation will meet with Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, and tour various sectors of 8 Wing Trenton such as the Canadian Forces Aerospace Warfare Centre, the Canadian Forces Land Advanced Warfare Centre, the 8 Air Maintenance Squadron, the 2 Air Movements Squadron and the 429 Transport Squadron.

During the tours, the delegation will brief CF members on the distinct role the board plays in the resolution of military grievances and answer any questions the participants may have.

The board is an administrative tribunal, independent from the Department of National Defence and the Canadian Forces, which reviews military grievances referred to it by the Chief of Defence Staff and renders findings and recommendations to the CDS and the grievor.

Each year, board members visit various Army, Navy and Air Force bases to stay up-to-date on the working conditions and the day-to-day activities of military personnel.

For more information on the CFGB, you can visit the board online at www.cfgb.gc.ca. The website contains summaries of recent grievances reviewed by the board that include the board's findings and recommendations and the final decisions of the Chief of Defence Staff.

Photo: Submitted



Board members during a visit to CFB Halifax in June. Shown from left to right are chairperson Bruno Hamel, vice-chair Jim Price and members Carina Anne De Pellegrin, Denis Brazeau and Fred Blair.

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Notification of Planned Power Outage for 8 Wing

13 September 2009

Between the hours of 0600 and 1000 hrs. Hydro One customer contact number is 888-664-9376. Emergency number is 800-434-1235. Thank you.

Avis de panne de courant pour la 8e escadre

13 septembre 2009 - entre 06h00 à 10h00. Hydro One - Numéro du service à la clientèle: 888-664-9376. Numéro d'urgence: 800-434-1235. Merci.

Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at **Trenton Legion Br. 110** from the hour of:

8:00 a.m - 4:00 p.m
Tuesday, September 9, 2009

Anyone wishing more information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage and get some valuable advice concerning your problems.

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CFLAWC's transformation continues under new commanding officer

by Lisa Bailey, Contact Staff

Numerous priorities await the new commanding officer of the Canadian Forces Land Advanced Warfare Centre at 8 Wing/CFB Trenton.

Lieutenant-Colonel Kevin Brown, CD, took command from LCol Marco Rancourt at a ceremony August 12 following a week of hand-over activities. Grateful to the regimental authorities and army senior leadership for the opportunity to command "this unique unit," LCol Brown said a "significant year of transformation" has taken place at CFLAWC and "there are still many challenges ahead."

"The train has left the station and so I have to keep it moving," LCol Brown said.

During his address at the change of command ceremony, he noted that "the officers, senior NCOs and non-commissioned members of CFLAWC have been working hard this past year in particular" and "the next phase in transformation will require, among many other things, professionalism, discipline and loyalty."

The CFLAWC mission, as the Canadian Army's Centre of Excellence in these areas, is "to support the generation and deployment of combat forces through the training and support of CF personnel for employment in complex land environments and unique joint operations." These include Arctic, desert and jungle warfare as well as mountain operations.

As such, LCol Brown said, the Training Company's priorities are in accordance with the Government of Canada's and CF priorities with the Arctic Operations Advisors Course (defence of Canada's North), the Advanced Mountain Operations Course (some of the last course's graduates are involved with the Vancouver 2010 Olympics) and Aerial Delivery courses.

Noting he is not a "jumper," LCol Brown said it could be interpreted as "a bit of a signal from the army that the emphasis is on non-parachute skills that need to be brought along to the same standard, particularly in light of our government's focus on the North."

That's not to say that CFLAWC's parachutist courses and parachute depot services are not important.

With a Support Company that provides parachute packing and maintenance services and trains rigger specialists, CFLAWC gives significant support to CF operations in Afghanistan for loading and distributing of heli-borne and parachute-delivered packages, as well as packing the parachutes. As a result, LCol Brown said, his third priority after the Arctic and mountain courses is "everything to do with aerial delivery."

"It's a big component of what's happening in Afghanistan right now," noted LCol Brown, who comes to CFLAWC from a six-month deployment in that country.

Direct support to operations is a key task of the unit.

"Current defence policy is the 'Canada First defence strategy' so we have to be ready to provide field units with the training expertise they need to be able to work in these types of environments," LCol Brown said.

He also noted that work continues for CFLAWC's Supply Company to become the Major Air Disaster Support Team,

rather than the whole unit. He said the "ball is rolling" to that end but there are no dates yet for Initial Operational Capability or Full Operational Capability.

As for the SkyHawks, the CF parachute demonstration team which is the most visible aspect of CFLAWC, LCol Brown said he is striving for a "balancing act" between recruitment and conducting shows both in Canada and internationally.

A relocation is also in the offing, as 8 Wing undergoes major infrastructure change.

"Over the course of my two years, we'll be continuing the planning for a move to a new building on the south side," LCol Brown said.

This, he noted, carries an administrative emphasis to ensure, for example, that all requirements for the teaching institution are met.

All of this work comes as CFLAWC deals with personnel rotation. It's "probably the biggest challenge of the unit," LCol Brown said, as CFLAWC is a "professional organization that needs to have professional standards."

LCol Brown's deployment to Afghanistan ended in July. Serving as the Deputy Canadian Defence Attaché at the Canadian Embassy in Kabul, the capital of Afghanistan, he liaised between the International Security Assistance Force HQ, and the Combined Security Transition Command Afghanistan, which is the training portion of the military effort in Afghanistan and is set to become the North Atlantic Treaty Organization Training Mission.

"It's sharing information and making sure those who need the information get it," LCol Brown said of his role, noting the work helped to address Canada's "whole of government" approach as well as particular issues and challenges, such as Afghanistan's recent presidential election.

LCol Brown said that "while the threat level (in Kabul) was as high as elsewhere in the country where, for example, LAV IIIs are the target of potent IEDs, the risks were different but the danger just as present."

"The threat in Kabul exists but you mitigate it" by doing such things as keeping a low profile, varying one's routine and taking the scenic route and avoiding military convoys which draw attention, he said.

This was the fifth operational deployment and one training exercise for LCol Brown in 17 years.

In 2004, he deployed to Port-au-Prince, Haiti, with the Multinational Interim Force Combined Joint Task Force Headquarters in the J3 cell, working with officers from the U.S., France and Chile. The previous year, as Officer Commanding "Charlie" Company, 2nd Battalion of the Royal 22e Regiment out of Valcartier, Que., he commanded a select team during Exercise Maple Arch in Lithuania. The team trained Lithuanian, Polish and Ukrainian junior officers and senior non-commissioned officers headed to KFOR (the Kosovo Force). During this time, LCol Brown received the Lithuanian Chief of Defence Staff's Commendation.

In 2002, he deployed with the 2R22eR Battalion Group to Bosnia-Herzegovina in SFOR, the Stabilization Force, as Operations officer and the Officer Commanding Headquarters



Col Stephen Bowes (centre), Commander of the Combat Training Center in Gagetown, New Brunswick, poses with incoming Commanding Officer LCol Kevin Brown (left) and outgoing Commanding Officer LCol Marco Rancourt prior to the official signing of the Change of Command scrolls.

Company.

LCol Brown's first deployment was to Croatia in the fall of 1992 in the operations cell of the 3rd Battalion, Princess Patricia's Canadian Light Infantry Battalion Group in UNPROFOR, the United Nations Protection Force. He deployed back to Croatia one year later as Anti-Armour Platoon Commander for the 1st Battalion R22eR Battalion Group.

He had joined the CF under the Regular Officer Training Plan in 1986 and, four years later, graduated from the Royal Military College in Kingston with a Bachelor's degree in history and English

literature.

Upon commissioning, he served in various regimental positions with the 3PPCLI in Victoria, British Columbia, and 1R22eR and 2R22eR. He also served at the Infantry School in Gagetown, New Brunswick.

From 2006 to 2008, LCol Brown commanded the Command Support Unit of the 5th Area Support Group, responsible for Base Operations of the three garrisons in Land Forces Quebec Area and supervising the Base Non-Public Funds activities for the two sub-regions.

See "Change of Command," Page 12



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“Change of Command,” Continued from Page 11

LCol Brown’s academic qualifications include graduation from the Canadian Land Force Staff College and the Canadian Forces College, where he completed a Master’s degree in defence studies in 2006.

Moving around is nothing new for LCol Brown. The son of a religious studies expert, he was born in Montreal but grew up in Africa and lived in B.C., Ottawa, Switzerland and the Eastern Townships of Quebec before entering the RMC.

It was at RMC graduation that LCol Brown met Jacki Hollywood. It was a blind date that led to marriage in December 1991. She’s a professional organizer who gives seminars at the Military Family Resource Centre. She also writes a blog at www.armywife.ca.

The Browns have two children, 12-year-old Marc and nine-year-old Olivia.

During his change of command address, LCol Brown recognized his fam-

ily, thanking them for their patience and support.

“Our home is my force-multiplier that keeps me going when times get tough and makes me happy when times are fun. You mean the world to me,” he said.

In his spare time, LCol Brown enjoys cross-country skiing as well as doing triathlons.

“It’s a multi-sport,” he said when asked why he takes part. “In the army we do a lot of running and I wanted to make sure that I didn’t overwork my knee joints, so I put in some variety.”

LCol Brown participated in his first triathlon in 2003 then did his first half Ironman – a two-kilometre swim, 90-km bike ride and half marathon – in 2007. He was forced to slow down last year when he broke a shoulder but, he said, he plans to take part in a competition in Montreal this month. He noted that the P90X fitness program has been a big part of his recovery and return to form.

Photo: Sgt Paul MacGregor, CFLAWC



Incoming Commanding Officer LCol Kevin Brown gives a bouquet of flowers to LCol Marco Rancourt’s wife, Anne McMartin during the Change of Command ceremony.

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- Find a seat right away and stay seated facing forward at all times.
- Do not place things in the aisle.
- Avoid rowdy behaviour.

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<p>06 FORD F150 FX4</p> <p>33564 4X4, 5.4L V8, Crew cab, with short bed and bed liner, 20" alloy wheels, chrome step bars, power seat, power pedals, cruise steering controls, keypad entry, air, tilt, AM/FM/CD, power locks, mirrors, windows, keyless entry, 82,000kms.</p> <p>0 down \$204.56 \$22,995</p>	<p>06 FORD F350 LARIAT</p> <p>3142 4X4, Crew cab, short bed with liner bed liner and tow package, power heated leather seats, power rear window, chrome step bars, integrated braking, wood grain trim, power pedals, steering controls, park aid, keypad entry, power heated mirrors, power windows, locks, alloy wheels, keyless entry, 81,000kms.</p> <p>0 down \$265.86 \$29,995</p>	<p>06 TRITON</p> <p>25140 21X Earl Bents Edition pro bass boat, New mini-kota pro series trolling motor, new style lowrance gps, fish finder, 225 optimum mercury, 109 hours compressions up across the board.</p> <p>0 down \$265.86 \$29,995</p>	<p>07 DODGE DAKOTA</p> <p>35597 RWD, Extended cab, short bed, power seat, air, AM/FM/CD, only 37,000kms!</p> <p>0 down \$125.75 \$13,995</p>
<p>06 CHEV COLORADO LS SPORT</p> <p>8948 RWD, Crew cab, bed liner, alloy wheels, 4th door, air, cruise, tilt, AM/FM/CD/MP3, power windows, mirrors, locks, traction control, 74,000kms.</p> <p>0 down \$126.11 \$13,995</p>	<p>06 CHEV SILVERADO 1500 Z71</p> <p>3251 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, power locks, mirrors, windows, keyless entry, 51,000kms.</p> <p>0 down \$180.04 \$20,195</p>	<p>07 CHEV SILVERADO LT</p> <p>3155 4X4, Crew cab, short bed, tonneau cover, liner bed liner, tow pkg., power heated leather seats, OnStar, dual climate controls, steering controls, air, AM/FM/CD, cruise, power windows, mirrors, locks, traction control, 20" wheels, keyless entry, 84,000kms.</p> <p>0 down \$235.88 \$26,495</p>	<p>06 GMC SIERRA SLE</p> <p>3283 4X4, Crew cab, short bed with bed liner and tow pkg, power seats, chrome step bars, steering controls, dual climate controls, AM/FM/CD, air, tilt, cruise, power windows, locks, mirrors, keyless entry, only 45,000kms.</p> <p>0 down \$209.54 \$23,495</p>

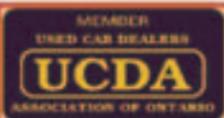
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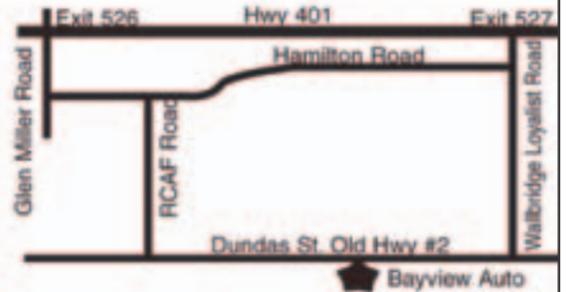
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

Logistic Movers Association Biannual Reunion

Knights of Columbus Hall in Trenton - Date: 02 - 04 Oct 09

02 Oct 09, Movers Classic Golf Tournament (0800 - 1600 Hrs) 8 Wing Trenton Golf Course
 02 Oct 09, Meet and Greet (1900 - 0100 Hrs) K of C Hall
 03 Oct 09, LMA Biannual Meeting (1100 - 1200 Hrs) K of C Hall
 03 Oct 09, Dinner (1900 - 0100 Hrs) K of C Hall
 04 Oct 09, Champagne Breakfast (0900 - 1100 Hrs) K of C Hall

Hope to see you all there. All inquiries can be directed to the LMA website at www.lmacanada.ca or email at; lma933mover@gmail.com.

HEALTH UNIT

is once again offering
Quinte Quitters

Join this Quit Smoking Support Group that meets the third Thursday of every month.
 Next session begins: September 17
 6:00 p.m - 7:00 p.m
 Belleville Health Unit, 179 Park Street
 No registration is necessary.
 For information: (613) 966-5513, Ext. 301

Staying Healthy: Boosting Your Immune System Naturally

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



QUINTE WEST FARMER'S MARKET

MAY - OCTOBER 2009

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



Save a Stray Day

September 12

10:00 am to 4:00pm
at 268 Dundas St, Trenton

Join us at Trenton Pet Valu for Save a Stray Day. There will be a number of games, prizes, silent auction, a BBQ, pet contests, fish pond for the kids (a prize each time), as well as a bake and craft sale. Low cost microchips will also be available, and cats for adoption!

For more information visit www.fixedfurlife.com

The 8 Wing Family Violence Crisis Team presents

take a Stand Against Family Violence

a family violence awareness & prevention week

Tues Oct 6 - Thurs Oct 8, 2009

<p style="font-size: small;">the Astra Lounge</p> <p>October 6 & 7 at 8:30am</p> <p>October 6 & 7 at 1pm</p> <p>October 8 at 8:30am</p> <p style="font-size: small;">the MFRC</p> <p>October 6 at 6:30pm</p> <p>October 7 at 6:30pm</p>	<p>Keynote speakers</p> <p>Know the Consequences, Know Your Rights Get to know the Ontario laws regarding family violence. Speakers include: + Belleville Crown Attorney, Jodi Whyte + parole and probation + Military police and Quinte police, + and many support agencies</p> <p>Understanding Relationship Violence - How Violence Forms + Oct 6 Michael Gobeil Ontario Association of Police Speakers + Oct 7 Dave Franklin retired RCMP</p> <p>+ Why Women Stay workshop (Registration required - 613-967-1416 ext. 226) + Healthy Relationships + Managing Angry Moments + Relationship Forgiveness</p> <p>Evening topics include</p> <p>+ The Impact of Violence on Children Witnesses + Trends in Youth Sexual Victimization + On-Line Predators</p>	<p style="font-size: small;">the Astra Lounge, CFB Trenton</p> 
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NO COST - Everyone Welcome



Lunch available at the Yukon Galley for a nominal fee

Free evening childcare at the MFRC available on the 6th & 7th (request only, by Oct 2nd - 613-965-3575)

For more information call 613-392-2811 ext. 3651 or ext. 3575



Bay of Quinte Harley Owners Group

15th Annual Toy Ride

In support of the
Trenton Salvation Army Christmas Toy Drive



Join us for the Bay of Quinte Harley Owners Group 15th Annual Toy Ride, at the Zellers parking lot, (Trenton Town Centre - 266 Dundas Street East) on Sunday, September 13, 2009

The ride is open to anyone. A toy or cash donation would be greatly appreciated. Registration is from 12 to 1 p.m. in the Zellers parking lot.

The ride ends at the Knights of Columbus Hall in Trenton for refreshments and an option to take part in a 50/50 draw.

For more information please visit www.bayofquintehog.ca

Our Quinte H.O.G. chapter has been chartered for over 16 years now, and every year brings different personalities, with different talents and directions of interest, with an ever changing improvement to the group's activities.

FAMILY



New activity: Body Tracing



Have you ever traced your child?

This is a Comfort, Play and Teach™ activity that will give you and your toddler or preschooler the chance to talk, create and to work together as you have fun using your artistic skills!

You will need: Length of paper to fit child's height and width; children's scissors; felt markers, crayons or paint; fabrics, ribbons, lace, yarn, glue (optional)

Instructions: Ask your child to lie down on paper and then trace his

or her body, including the outline of clothing and hair.

Your child can decorate the outline with paint, crayons, or markers, and even glue on fabric to create clothing and facial features.

When finished, your child can help you to cut out the figure and hang it on the wall.

Enjoy this more with Comfort, Play and Teach™:

Comfort

Talk to your child about her appearance as you draw together. What can she tell you about how she looks? Does she prefer to wear certain colours? What can she do with her hands? Questions that show interest in your child can help to build her self esteem.

Play

Body tracing is an activity that encourages talking, turn-taking and co-operating. Your child can practise important social skills when she works with another person to trace, colour, collage and cut with scissors.

Teach

Creative art activities like body tracing provide a wonderful opportunity to reinforce positive messages about body image and help your child feel comfortable with her body and all the amazing things it can do.

Courtesy of the D-News Network, DND-CF Public Affairs Newswire.

All text by Invest in Kids. www.investinkids.ca

Mealtime.org Omelette con Pollo

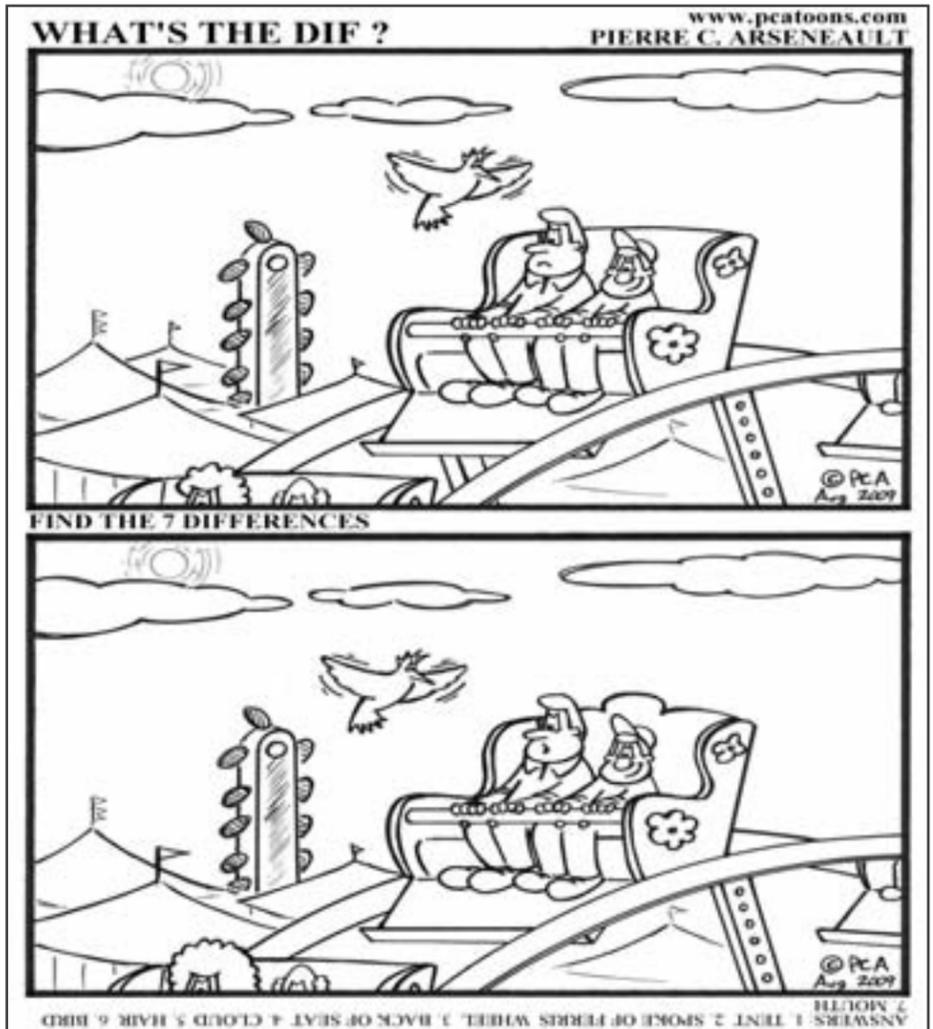
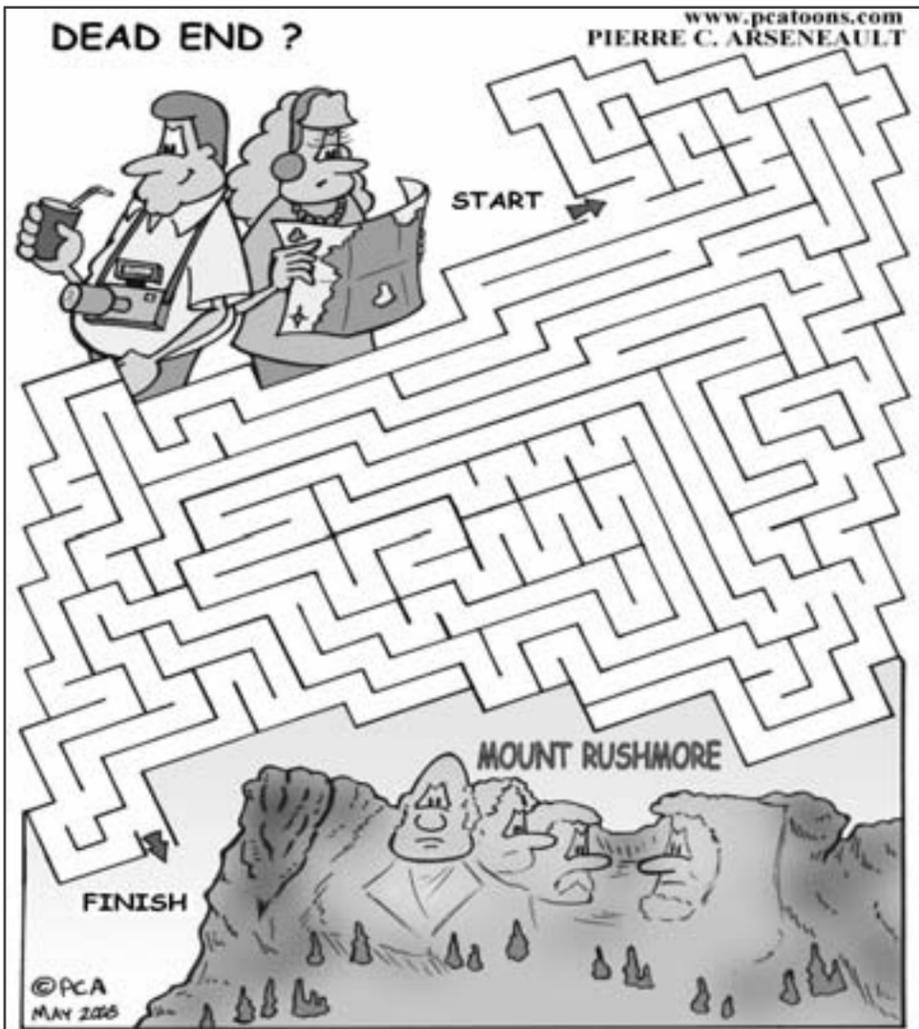
Old! Made with chile-flavoured, lycopene-rich tomatoes, zesty cilantro, buttery avocado and more, this chicken omelette is filled with plenty of south-of-the-border flavour. Enjoy it with tropical fruit (perhaps canned mango) and steamy corn tortillas for a quick mealtime solution.

Ingredients:

- 3 large eggs*
- 1 tablespoon water
- Pinch of freshly ground black pepper
- 2 teaspoons olive oil
- 1/2 cup canned, diced tomatoes with jalapeños (or green chillies), drained and divided
- 1 can (5 ounces) chicken in water, drained**
- 1/4 cup shredded Monterey Jack cheese
- 2 tablespoons chopped, fresh cilantro
- 1/2 teaspoon oregano
- 1/2 avocado, sliced
- 1/2 cup canned, sliced mango
- 4 (6-inch) corn tortillas, warmed

Preparation Time: 15 minutes **Cook Time:** 5 minutes

Preparation: Combine eggs, water and pepper in a small bowl; whisk gently to blend whites and yolks, but not to make them frothy. Melt oil in a 10-inch, non-stick skillet over medium-high heat, tilting to coat the bottom and sides. Once oil is hot, pour eggs in. As eggs start to set, lift edges so uncooked-egg mixture flows underneath. Cook until eggs are set and no visible liquid egg remains, about one to two minutes. Top half the omelette with 1/3 cup tomatoes, chicken and cheese; sprinkle with cilantro and oregano. Flip unfilled half of omelette over filling; slide onto a plate to serve. Top with remaining tomatoes and avocado slices. Garnish with mango, and serve with tortillas. Serves: Two



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HOROSCOPES
 Donna's
 Astrology Weekly
 www.donnavantoen.com

September 6 – September 12

Theme of the week: We're now in a Mercury retrograde cycle for the remainder of September. In plain English, this means that from our vantage point on Earth, Mercury appears to be going backwards. It's wise to use this period for reviewing, revising, and catch-up rather than for starting anything new. Often when Mercury goes retrograde, communication gets tangled, garbled, or delayed, so don't be surprised if you miss messages or get misinformation.

ARIES (March 21-April 19): This looks like a high-energy week for you. While it's not the best time to start new projects, it could be a great time to revitalize an old one that has been left unfinished. Expect to be doing a lot of talking, but be prepared to wait for answers. If self-improvement courses appeal, explore your options before signing up. Something starting next month may be perfect!

TAURUS (April 20-May 20): Your productivity level is up. You're getting caught up. You've got more energy than you know what to do with. Partnerships are favoured. Listening to advice is good, but you might want to wait before acting on it. Your status quo is being gently stretched and shaped to become a better fit.

GEMINI (May 21-June 20): You may well be placed in a leadership position this week, possibly at the last minute and due to someone else's absence. This will require you to make some adjustments to your schedule, but you should do just fine. Money looks good, but don't let it burn a hole in your pocket. Hold off on big-ticket items until next month if possible.

CANCER (June 21-July 22): There may be changes in your hopes for the future. Avoid speculation and stay out of the casino or poker game this week. You may find yourself waiting for money due you. It will come, but not this week.

LEO (July 23-Aug. 22): This might be a week that brings back old memories, possibly due to a call or email from someone from your past. The work pace is pretty relentless, with adjustments, revisions, or do-and-undo scenarios liable to be on the agenda.

VIRGO (Aug.23-Sept. 22): Hobbies, children, and romance are the themes of the week. Be open to new ideas or approaches, but don't jump on the bandwagon without doing some research. Things are moving slowly, but they're moving.

LIBRA (Sept. 23-Oct 23): You could rejoin a club or renew a membership or subscription. Financial matters are subject to delays, and as is the case with Cancer, speculation is not advised. Someone from your past may reappear. If this is an old flame, think twice before reigniting the candle.

SCORPIO (Oct. 23-Nov. 21): A philosophical, spiritual, or psychological interest you've neglected of late is beckoning. Dealings with bosses or other authority figures should go well. This is a quiet week for you, but there shouldn't be any major problems.

SAGITTARIUS (Nov. 22-Dec. 21): A problem comes up, either at work or with a friend. Your first impulse is to take action to solve it. Unfortunately, you may not have all the facts. You could make things worse. Leave it alone! It will sort itself out on its own.

CAPRICORN (Dec. 22-Jan. 19): You're swimming in rather muddy waters this week. The issue is independence. You're surrounded by irritating people, some of whom are opposing your plans. You can sink, or you can swim. It's a long way to shore, but you can make it if you try!

AQUARIUS (Jan. 20-Feb. 18): Anything's possible for you this week! Whatever you decide to do definitely won't be dull! A letter, phone call, or other communication you're waiting for is slow in coming, though, and some things may be on hold until it arrives. Keep busy with catch-up in the meantime. All will be well!

PISCES (Feb. 19-March 20): Somebody else's financial problems may be impacting you this week. Money you were counting on may be delayed. There's not much you can do but tighten your belt a notch and wait. Sorry!

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DOG COMPLEX



ARE WE IN TROUBLE? WELL, YOU HAVE BEEN WALKING AROUND NAKED.
 I'M A DOG! WE DON'T WEAR CLOTHES!
 I HAVE TO GO READ THIS STATEMENT TO THE PRESS.
 LET ME SEE THAT.
 OKAY, BUT REMEMBER, I DIDN'T WRITE IT.
 OH YOU HAVE GOT TO BE KIDDING. A COSTUME MALFUNCTION? I DON'T WEAR A COSTUME!
 KEEP YOUR ROBE ON, CHIEF, THIS IS A FAMILY STRIP.

GINGER & SHADOW BY BARRY CORBETT

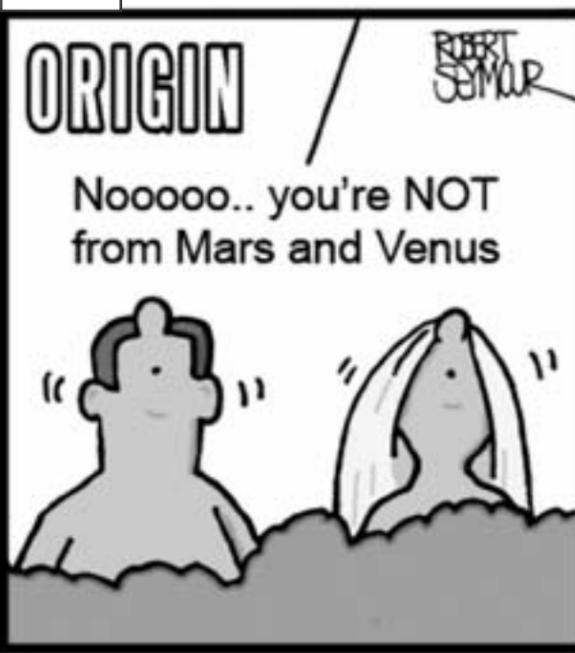


GINGER, I CAN'T FIND SHADOW. HAVE YOU SEEN HIM?
 OH, DR. DESARD PICKED HIM UP AND BROUGHT HIM DOWN TO THE LAB.
 WHAT? WHO? I DIDN'T OKAY THAT? IS HE A VET?
 NO, BUT HE HAD A NICE WHITE COAT.
 HE'S NOT EVEN A VET?!! WHY DOES HE HAVE A LAB?
 WHEN I SAY LAB, I MEAN LABRADOR.

DuJour

ORIGIN / ROBERT SEMAR

Nooooo.. you're NOT from Mars and Venus



Genesis 1:27

Rules for Duffers



Hitting up too early can be hazardous!



IN SUPPORT OF THE MFRC

Photo: Cpl Maggie Gosse, 8 Wing Imaging



Left to right: Susan Sweetman, Executive Director at the Military Family Resource Centre (MFRC), receives a cheque from John Casey, a General Manager of the Roundel Golf Course, Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, Warren Kennedy, a General Manager of the Roundel Golf Course, and 8 Wing Chief Warrant Officer Kevin West. The cheque, in the amount of \$5,100, was raised through the Johnny Bower Charity Golf tournament held August 25, 2009. This money will be used at the MFRC to strengthen the programs they offer to our military families.



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613-392-6200



Be aware: Compressed air can kill



Submitted by
Don Heans,
Wing General
Safety Officer

Many workers use compressed air without even thinking twice about it.

It is employed for a number of tasks including inflating tires, operating air power tools and paint guns.

For the most part; however, the lethal aspects of compressed air are not fully understood.

Forty pounds of air pressure released from the nozzle of an air gun passing four inches from the ear can cause rupture of the ear drum and/or cerebral hemorrhage resulting in death.

The same pressure passing this distance from the eyes or mouth can cause blindness or rupture of the lungs, stomach or intestines.

It has been estimated that only four pounds of direct air pressure will rupture the bowel.

Not only the body openings are vulnerable. If workers use compressed air for cleaning dust off their clothing, the slightest scratch or puncture in the skin will permit air to enter.

The affected part immediately swells to huge proportions and becomes extremely painful.

Once air gets into the blood stream it can make its way to the small blood vessels in the brain and cause death.

Compressed air can cause injuries in other ways too. If it is used to blow shavings, dust, filings or chips from machines it can blow them into the eyes of workmen nearby or even back into the operator's eyes.

It has been estimated metal chips with 40 pounds of air pressure behind them travel at a speed in excess of 70 miles per hour. Always wear eye protection when using compressed

air. Remember, horseplay with compressed air is dangerous and can be fatal.

Never use compressed air to clean clothing or to blow dust from your body.

Never point an air hose at anyone and always make sure nearby workers are out of the airflow.

Check all connections before using and keep the hose out of aiseways unless measures have been taken to prevent a tripping hazard.

Make sure you turn off the air before changing tools. It is also important to ensure lines are depressurized, and then check to make sure all connections are tight before turning the air pressure back on.

Wear the proper Personal Protective Equipment (PPE), especially safety eyewear.

Compressed air is useful in the workplace. It is also extremely dangerous. Be aware of the dangers. Compressed air can kill you or others if not handled properly.

Fire Prevention Week 2009

This year's Fire Prevention Week is scheduled to run from October 4 to October 10. The theme for this year's event is "Stay Fire Smart! Don't Get Burned".

As in prior years, the 8 Wing Fire Department will be holding fire drills at various buildings throughout the base. All Wing personnel are advised to review their workplace Fire Orders in order to ensure they are familiar with the procedures to follow in the event of a fire.

In addition, the Fire Department

will be holding a host of activities on October 4 in conjunction with the MFRC Family Day. All Wing personnel are invited to attend and bring their little ones to participate in events such as the Miniature Fire Fighter Combat Challenge, Fire Truck rides and a colouring contest.

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

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



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

Semaine 2009 de protection contre l'incendie

Cette année, la Semaine de prévention des incendies se déroulera du 4 au 10 octobre. Le thème de cette année est « Avec Le Feu, Soyez Prudent! Évitez De Vous Bruler ».

Tout comme les années précédentes, le service d'incendie de la 8^e Escadre mènera des services d'évacuation dans divers bâtiments de la base. On conseille à tous les employés de l'Escadre de réviser les ordres d'incendie de leur lieu de travail afin de s'assurer qu'ils connaissent bien les procédures à respecter en cas d'incendie.

De plus, le service d'incendie organisera une multitude d'activités le

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

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

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



EVENTS & INFORMATION



safeTALK

suicide alertness for everyone

Become a trained suicide alert helper.

DATE: 10 September 2009

TIME: 1:00 - 4:00 PM

LOCATION: 8 Wing Chapel

FREE of CHARGE

Register at the MFRC by 8 September @ 4:00 pm

For more information contact: The PSI Coordinator local 3899

Événements et Information



Parlons prévention

Alerte au suicide pour tous

Devenez quelqu'un de qualifié en prévention de suicide.

DATE: Le 10 septembre 2009

HEURE: 13h - 16h

ENDROIT: La chapelle du 8^{me} escadre

GRATUIT

Inscrivez-vous au CRFM avant le 8 septembre à 16h

Pour plus d'information contactez la coordonnatrice PIS poste 3899

Wine (and Brew) Tour



Date: Sunday, Sept. 20

Register and Pay By Sept 11, 2009 at MFRC

Cost: (19 years +) - \$50.00

(Include: coach bus, lunch and tastings)

Time: Depart MFRC 10:00 am

Return approx. 5:30 pm

Tournée des Vignobles

(et brasserie)

Date: le dimanche, 20 sept

Inscription et paiement avant 11 sept au CRFM

Coûte: (19 ans +) - 50.00\$

(Inclue: l'autobus, dîner et dégustations)

L'autobus quitte le CRFM à 10h

Retour approximatif 17h30



Fun for the Entire Family

Saturday, Sept. 26, 2009

Bus departs MFRC @ 1:00 pm

Depart Speedway @ 10:00 pm

Cost: Adult : \$40.00 6-12 yr: \$20.00 U5 yr: \$10.00

Ticket deadline Sept 11, 2009

Minimum 40 participants



Du plaisir pour toute la famille

Samedi le 26 septembre 2009

Départ en autobus du CRFM à 13h

Départ de la piste de course environ à 22h

Coût : Adulte - 40\$ 6-12 ans - 20\$ 5 ans et moins - 10\$

La date limite pour acheter les billets est le 11 septembre 2009

Minimum de 40 participants



For additional information:
www.MFRC.CFBTrenton.com
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The home measures 38 feet, 8 inches wide, and 45 feet, 10 inches deep, with 1,370 square feet of living space, not including the unfinished basement.



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Le CRFM vous invite à une journée de plaisir et d'excitation au Kawartha Speedway. Venez encourager Derek Lynch qui fera la course sous les couleurs du CRFM et Airborne Systems

Saturday, September 26, 2009 / le samedi 26 septembre 2009

Bus departs MFRC @ 1:00 pm / L'autobus partira du CRFM à 13h
Depart Speedway @ appr. 10:00 pm / Départ du Speedway @ 22h appr.

Cost / Coût	Adult / Adulte	\$40.00
	6—12 yr / de 6 à 12 ans	\$20.00
	Under 5 yr / moins que 5 ans	\$10.00

Ticket purchase deadline September 11, 2009 - Minimum 40 participants
Date d'échéance pour les billets, le 11 septembre - Minimum 40 personnes



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

We also have Welcome Packages from other bases.

Êtes-vous nouveau à la 8e Escadre/BFC Trenton?

Venez au CRFM pour avoir votre plante, coupons, de l'information et une visite de la place.

Nous avons hâte de vous rencontrer.

Nous avons les Trousses de bienvenue des autres bases.

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.

September 9—**Preparing for Deployment**—What steps can you take to prepare for deployment? We will introduce the Deployment check list and how to assemble a Deployment Binder.

September 16—Christa Zappitelli— **Prevention Intervention Coordinator** will introduce herself and her program.

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.

9 septembre – **Préparation au déploiement** – quelles étapes pouvez-vous entreprendre pour vous préparer au déploiement? Nous vous présenterons une liste à cocher et comment vous créer un cartable pour le déploiement.

16 septembre - Christa Zappitelli - **-Coordinatrice du programme de prévention, soutien et intervention,** s'introduira et parlera de son programme.

<p>Women's Group Every 2nd Tuesday 10am-12pm In the Youth Centre, MFRC</p>	<p>Groupe pour femmes Chaque 2e mardi 10:00am-12:00pm Au Centre des Jeunes, CRFM</p>
<p>Come meet other women, discuss topics chosen by the group and learn a thing or two. For more info, contact Christa Zappitelli 613-392-2811 #3899 or christa.zappitelli@forces.gc.ca</p>	<p>Venez rencontrer d'autres femmes, discuter de sujets que vous choisissez et apprendre à travers des présentations Pour plus d'infos, contactez Christa Zappitelli 613-392-2811 #3899</p>

Our newsletter **Touching Base** will be mailed out soon, please read through it; many classes, workshops, trips are coming up. You don't want to miss the deadlines. You can also visit our website.



Notre bulletin de nouvelles **Touching Base** arrivera à votre maison bientôt, s'il vous plaît, lisez-le, il y a plusieurs cours, ateliers qui débuteront bientôt ainsi que des voyages. Vous ne voulez pas manquer les échéanciers d'inscription. Vous pouvez aussi visiter notre site web.

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Special piece of history carried by 8 Wing Nijmegen marcher

by Lisa Bailey
Contact Staff

Family history weighed on Corporal Pete vanEykeren literally and figuratively during the 2009 International Four Day Marches Nijmegen in Holland.

But it was no burden. The member of the 8 Wing/CFB Trenton team was honoured to carry the 25-pounder spent Canadian artillery shell that his "Oma" had collected in her Nijmegen-area town after the Second World War. She'd served as a nurse during the war, likely carrying for wounded Allied troops, and found the shell once the German-held area was liberated. The shell was passed on to her son, Cpl vanEykeren's father, who came to Canada from Holland in the 1960s.

"It's a family heirloom," said Cpl vanEykeren, who is with SNAGS B2 at 8 Air Maintenance Squadron.

His family turned the instrument of war into a source of happiness by fashioning it into a flower vase. It's a piece of world history and a fitting link to family heritage for Cpl vanEykeren who, as the son of a Dutch florist, said greenhouses and flowers "have been a part of my whole life."

He carried the shell, dated 1944, in his standard issued rucksack for

all of the approximately 170 kilometres that the 8 Wing team - and thousands of other military personnel - marched during the prestigious event, held over four consecutive days in July. Civilians from many countries also participated in the march, coined the "Walk of the World" by the Dutch.

"I did it because I wanted my family to see that I was there and I didn't forget about my family history when I went there" Cpl vanEykeren said.

He was also honouring his grandparents, who are now deceased, and "for what she (Oma) contributed as a nurse because I was going over there as part of a military contingent to do the march."

The gesture did not go unnoticed and there was some question as to whether Cpl vanEykeren could even take the shell with him. But it was approved by the Canadian contingent commander attending a farewell ceremony for the marchers in Ottawa. Airport officials also took one look at the shell and, noting it was definitely "a flower pot," waved it through.

Once in Holland, Cpl vanEykeren answered other marchers' questions about the shell as well as German medals he'd brought

with him and the history of the area, which is so closely linked to his family.

It turned out to be one way, among others, to build camaraderie and motivate the marchers as they embarked on a highly structured task that could be gruelling both mentally and physically.

"You want to talk because we're forming a team and everybody gets to know everybody else and their strengths and weaknesses. It was excellent for team bonding," said Cpl vanEykeren, who was also interviewed by the Dutch national TV station.

Members of his family witnessed Cpl vanEykeren's journey too. His brother and sister-in-law flew in from Ottawa while aunts and uncles, who still live in Holland, took the train to Nijmegen.

"They wanted to be part of it as well because it's such a big event over there," he said.

That was evident in the Dutch citizens who, in appreciation of and respect for the Allies' liberation of the area during the war, welcomed the marchers with open arms. It was a huge celebration with a spectacular opening ceremony, concluding victory march, house parties and municipal ceremonies dotting the routes and spectators of

all ages greeting the marchers with cheers, hand slaps, shouts of 'thank you,' offers of food and flowers and requests for souvenirs.

Cpl vanEykeren recalled some little girls holding up a cardboard sign offering free hugs. "You pick them up and twirl them around," he said. "After doing 20, 30 kilometres on the march, you're tired but to see them cheer you on like that, it really invigorates you. You want to keep going."

He made a point to greet the elderly, some of them waiting in tents outside their nursing homes to see the marchers pass by.

The women, he said, reminded him of his grandmother. "I'd grab their hand and say, 'Thank you Oma for being out here,' and they were so happy," Cpl vanEykeren said.

"I can just imagine that they were remembering (the war)," he said.

"You could see the appreciation on their faces that we were there."

As with all other military marchers, Cpl vanEykeren had to march in his CADPAT, issue boots and a minimum pack load of 10 kilograms.

The shell, placed in the bottom of his pack, added weight but "after a while, you get used to it," he said.



Photo: Lisa Bailey
Contact Staff

Corporal Pete vanEykeren of 8 Air Maintenance Squadron holds a precious piece of family history that he carried with him as a member of the 8 Wing/CFB Trenton team at the 2009 International Four Day Marches Nijmegen in Holland. The spent 1944 Canadian artillery shell was collected by Cpl vanEykeren's grandmother after her Nijmegen-area community was liberated during the Second World War. It was converted into a flower holder and passed on to successive generations of Cpl vanEykeren's family.

"In the beginning it seems very heavy but after you do about 10 kilometres, it's like it's not there."

Cpl vanEykeren also conditioned himself by carrying the shell during months of training at 8 Wing and area.

He battled sore feet, blisters, shin splints and knots in his back at one time or another during the experience; the pain was temporary while something else brought long-lasting joy.

"The friends that I made is the big thing for me," Cpl vanEykeren said, noting 8 Wing's team members came from many different sections and grew to know each other as they worked toward - and accomplished - a common goal.

Cpl vanEykeren's participation in the march was a long time coming. He had heard of it years ago but knew little about it.

"I never had the opportunity to apply because I was either in school or life was just getting in the way," he

said. So when the call went out for volunteers at 8 Wing, Cpl vanEykeren jumped at it. "I thought about it and I said, 'I can do that. Now is my chance.'"

Now that it's over, he offers some advice.

"If you get the opportunity to do the Nijmegen march, jump on it because it's a once-in-a-lifetime chance.

"You'll never regret it."

Though he questioned at times whether he could do it, particularly in the early stages of training and when pain set in, Cpl vanEykeren said it was worth it.

"It was very hard to get through but it feels good after accomplishing it," he said.

"The hard things in life are never easy."

As for the shell, it sits above Cpl vanEykeren's fireplace; he plans to pass it on to his child one day.

"I've explained the history to my daughter and why she will end up with it in the future."



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Ten helpful tips for new home buyers

(NC)—Buying a home is the single biggest purchase most of us will ever make and, as with most important purchases, it is vital to do your homework to ensure your new home fits your lifestyle and meets your expectations.

An important part of this preparation process is to learn more about all the benefits and resources available through Tarion Warranty Corporation, a private company established in 1976 to provide protection for all consumers who purchase a new home or condominium in Ontario. Tarion does this by licensing and regulating Ontario's home builders and managing a guarantee fund to ensure that consumers receive the new home warranty coverage they are entitled to. Tarion has provided the following tips to help guide new home buyers through the purchasing process.

Choose the type of home that meets your lifestyle. Read the real estate section of your local paper for information about new developments. Also, check out builders' websites for photos and floor plans.

Determine what you can afford. Once you've chosen the location and type of home that fits your needs, meet with a financial representative to determine a mortgage amount that you can comfortably afford. This ensures that you spend your time wisely on homes within your price range. You should also consider getting a pre-approved mortgage, which will allow you to shop with added confidence.

Research your builder. A simple call to 1-877-9TARION or a visit to

www.tarion.com will give you access to information about all registered home builders in Ontario, including their customer service record with Tarion. When you find a builder you like, talk to them about previous developments, and go straight to the source by asking current homeowners questions about their homes and neighbourhoods.

View our Online Education Seminars. 'Understanding Warranty Coverage,' the first in a series of online seminars, is designed to help you understand your statutory warranty coverage and the process for addressing warranty-related matters. You can view it at your convenience and quickly move through the presentation to topics that interest you most. Visit the Tarion website for more information.

Talk with a real estate lawyer. It's important that you meet with a real estate or condominium lawyer before signing an Agreement of Purchase and Sale to make sure you understand exactly what is and is not included in the price of your new home.

Read our Homeowner Information Package. Take the time to review Tarion's Homeowner Information Package, which your builder will give to you before or during the pre-delivery inspection for your new home. This brochure, which is also available at www.tarion.com, explains your new home's statutory warranty, and the responsibilities of both you and your builder.

Prepare for your Pre-Delivery Inspection (PDI). Be prepared for the pre-delivery inspection. It's your chance

to do a thorough inspection of your new home to identify any items that are incomplete, damaged, missing or not operating properly, and have them taken care of before you move in. This is also a prime opportunity to ensure that everything has been built according to your Agreement of Purchase and Sale.

Become familiar with the new home statutory warranty and submit forms on time. You can familiarize yourself with the statutory warranty by visiting www.tarion.com. Here, you'll find out more about what is and what isn't covered by the warranty as well as the timelines and procedures to follow should a warranty-related item need attention in your new home. You can also register for MyHome, a web-based service that will allow you to manage your warranty online.

Maintain your home through the seasons. You've made a big investment in your home, so you should take care of it year-round. It's important to remember that ongoing maintenance helps to ensure that your statutory warranty is protected. So, after you've moved in, follow an annual maintenance routine and help keep your new home in top shape.

Enjoy all your new home has to offer! You've done a lot of research, decision-making and waiting by the time you reach this point. Now it's time to enjoy all the wonderful things your new home has to offer.

Tarion has a wealth of resources available for new home buyers and homeowners.

Check out www.tarion.com for more information.

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