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8 Wing's new Air Traffic Control Tower

by Tom Philp, Contact Staff

Just over two years after former Minister of National Defence, the Honourable Gordon O'Connor, announced federal government approval for a new air traffic control tower (ATCT) at 8 Wing/CFB Trenton, construction of the new, state-of-the-art facility is nearly done.

After deficiencies such as flight safety, the health and safety of personnel, inadequate accommodations and damaged equipment were identified in

the old tower, planning for its replacement began in 2003.

Effective project approval for construction was signed in July 2006; and ground was broken for the new tower in August 2007.

The new tower is scheduled to become operational sometime in October; and as part of his plan to become fully aware of all of the many parts of this military base, Colonel Russ Williams, Commander, 8 Wing/CFB Trenton toured the six-storey structure on September 3.

It was the first of a planned series of weekly visits to all corners of the base to glean current information about what makes this rapidly expanding facility tick.

Col Williams was accompanied by Wing Logistics and Engineering Officer, Lieutenant-Colonel Sean Lewis, Wing Chief Warrant Officer Kevin West and tour guide, Major Phil Baker, Chief Engineering Officer, and the man directly responsible for ensuring a wide variety of construction projects here are completed properly, and on time.

Defence Construction Canada's Dan Munro, project manager for the new ATCT, led Col Williams and company to the structure's roof with its 360-degree panorama of the entire base.

Perhaps for the first time from a stationary platform, Col Williams, a pilot by trade, was able to see the extent of the construction work currently underway here.

"By giving the Wing Commander a view from the top of the tower, we felt it would help him build a broader perspective of the geographic space that is 8 Wing/CFB Trenton, and a sense of the scope of the changes taking place under his command," said LCol Lewis.

The commanding view of the area from the tower's roof deck was spectacular; but it was the structure itself, and the critical importance of its future function that was most captivating.

"It is a complex project with very sophisticated systems," said Phil Reynolds, the tower project's supervising engineer and a member of Canadian Forces Construction and Engineering Branch in Winnipeg. "The cab is an 18-sided shape with glass on all sides. The design and construction of the cab leaves very little tolerance for error."

Reynolds said the contractor used "an interesting method" to build the cab's superstructure and then "lift it into place with a large crane and fix it to the concrete structure which supports the cab.

"The entire operation took just a few hours," he said.

See "Air Traffic Control Tower," Page 2

Photo: Tom Philp, Contact Staff



The new Air Traffic Control Tower (ATCT) at 8 Wing/CFB Trenton, located on the north side of the base near the entrance to Roundel Glen Golf Club, is nearing completion and scheduled to become operational sometime in October.

Operation Santa Claus sends gifts of support

by Lisa Bailey, Contact Staff

Operation Santa Claus is sending support by the truckloads to deployed Canadian Forces members.

And 8 Wing/CFB Trenton's commander knows personally how precious the gift is to those serving in remote Canadian locations and overseas.

"Having received one of these boxes and speaking with others who have, I can say that it means a great deal, it really makes Christmas a lot easier," Colonel Russ Williams told those gathered by two tractor-trailers of donations at Brighton Sobeys September 8.

"It's a connection to home and that link . . . to

the local community, it's hugely important," Col Williams said.

Thanking all those who contributed to and co-ordinated the effort, Col Williams declared that "it's really going to have an impact, there's no doubt about it."

In all, about \$85,000 worth of products ranging from water to deodorant were donated by various companies or purchased with money collected from the sale of \$2 cards to customers at Brighton Sobeys and 14 other Ontario stores in the grocery chain.

Several banners, totalling about 2,000 feet in area, provided by Sobeys and signed by the public, will also be distributed.

See "Op Santa," Page 11

Photo: Lisa Bailey, Contact Staff



Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, signs a support banner at Brighton Sobeys that will be sent to troops this holiday season.

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Air Traffic Control Tower, Continued from Page 1

While that "topping" operation took little time, Reynolds said scheduling other project work was made more challenging by the cold winter conditions of 2007-2008, followed by an extremely wet summer.

Reynolds said the ATCT recently toured by Col Williams will be within "the approved total project estimate," including such advanced and green technologies as radiant floor heating in some areas, anti-static flooring in others, and an air circulation system that draws air up and across the inside of the cab's glass, then redirects it down through the structure's stairwells to be efficiently re-circulated.

As explained by Reynolds, "the cab itself is designed to provide an environment very supportive of the work the controllers do there 24/7. The glass is designed to very exacting specifications to provide a clear and glare free view. The orientation of the building, the location of the roof supports, the number of panels of glass, the 18-sided configuration, the



Photo: Tom Philp, Contact Staff

Major Phil Baker (far left), Wing Chief Engineering Officer, points out features of existing and planned construction projects on the base to Colonel Russ Williams (second from the left), Commander, 8 Wing/CFB Trenton during a September 3 tour of the new Air Traffic Control Tower (ATCT). Also viewing the broad expanse of 8 Wing from the tower roof were (left to right behind Col Williams) Wing Chief Warrant Officer Kevin West, Wing Logistics and Engineering Officer, Lieutenant-Colonel Sean Lewis, and Master Warrant Officer Tom Fielding.

finishes and colours of the ceiling, the lighting, the ventilation to keep glass clear in winter, and even the angle of the glass, all contribute to a clear view of the aerodrome. There are motorized mylar shades to control sunlight.

"The office and work areas in the remainder of the building are design to current standards and will be a great improvement," Reynolds said.

An outstanding array of state-of-the-art technology is now being

installed as the construction phase of the tower draws to a close.

Look for a future story in *The Contact* about what is needed to change a relatively empty six-storey building into a functioning air traffic control tower.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Private Bruce Leger, newly posted to 8 Wing Fire Department, is pulling a donut hose roll (65 lbs) a distance of 100 ft. during the annual firefighter physical fitness test. Pte Leger is being monitored by PSP fitness instructor Amy Dawson. The Fire Fighters Physical Fitness Maintenance Program (FF PFMP) is a wellness program designed to promote physical fitness and a physically active lifestyle that will ensure that DND employees of the fire fighter classification and Canadian Forces members of the fire fighter military occupation possess the physical ability and capacity to complete demanding tasks at irregular intervals.

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424 trains with Marine Unit

by Capt Shawn Scrimshaw
424 (T&R) Squadron

24 August, 2009 started much the same as any other Monday morning, with one exception. 424 (Transport and Rescue) Squadron's CH146 Griffon helicopter was needed in Toronto, Ontario to assist the Toronto Police Marine Unit in demonstrating some of their capabilities.

The Griffon's Standby crew, consisting of two pilots, a Flight engineer, and three SAR Techs (normal crew consists of two SAR Techs), launched out of Trenton under sunny skies following the coastline of Lake Ontario for the 45-minute flight to Toronto's City Centre Airport.

Once on the ground, the crew was picked up by the Toronto Marine Unit in one of their RHIBs (Rigid Hull Inflatable Boat) for a short boat ride from the airport to the headquarters.

The Marine Unit conducted a briefing outlining the day's activities, followed by an emergency brief from the Griffon aircraft commander, Major Ray Stockermans. The Marine Unit wanted to highlight the close camaraderie with the Canadian Forces and the capabilities of our units.

This was portrayed through the following scenario; the Marine Unit had a patient requiring immediate medical attention on board one of their vessels.

The Griffon launched from the airport carrying a cameraman from Rogers TV and proceeded out over Lake Ontario to find the vessel. Upon locating the Marine Unit's vessel, the

Griffon hovered in what is referred to as the "rest" position, slightly aft and left of the vessel.

The Griffon then proceeded to slowly move into position above the vessel in order to lower two SAR Techs and a stokes litter onto the aft portion of the vessel, all while the vessel is under way!!!!

Once the SAR Techs were safely on board the vessel, the Griffon moved back to the rest position to await the extraction of the patient on the stokes litter. Of course, the SAR Techs were busy preparing the "injured" person, providing any medical attention required and then packaging the person for the transfer from ship to helicopter.

Upon receiving a "thumbs up" from the SAR Techs, the Griffon was repositioned over the vessel in order to pick up the patient and then the SAR Techs. To note, this manoeuvre is performed while the vessel is still moving forward in the water!

Upon completion of these events, the Griffon typically would take the patient to the nearest trauma centre or hospital, but since this was being filmed for television, the Griffon crew flew back to Toronto City Centre and the cameraman boarded a Toronto Police Marine Unit RHIB in order to film the sequence of events again, this time, from the water perspective.

With the cameraman, Toronto Police Marine Unit and Griffon crew safely back at Toronto City Centre, attention turned to conducting some interviews with local media. All in all, a great training day by all involved.

8 WING PERSONNEL SUPPORT CANADIAN INTERNATIONAL AIR SHOW

Photo: Submitted



8 Wing personnel were once again front and centre to support the Canadian International Air Show in Toronto (CIAS). Each year personnel from the Wing provide manpower to help make the air show a success. This year personnel from 8 Air Maintenance Squadron (8 AMS), 424 (Transport and Rescue) Squadron, 8 Wing Telecommunications and Information Services Squadron (WTISS) and Wing Transportation were on hand. On Saturday, Acting Wing Commander Lieutenant-Colonel David Murphy, Air Force Chief Warrant Officer René Couturier and 8 Wing Chief Warrant Officer Kevin West visited the crew from WTISS and Wing Transportation which was tasked with installing 1.5 kilometres of wiring and setting up 40 speakers for the public address system in support of the CIAS. Shown above, front row: Corporal Jeff Hamelin, Cpl Duncan Hattie, Sergeant Paul Ringuette and Cpl Ryan Francis. Back Row: Al Tweten, CWO West, Cpl Mike Hunter, Cpl Denis Mallais, CWO Couturier, LCol Murphy, and Ron Craddock. *Missing from photo: Cpl Derek Cook.*

Search & Rescue UPDATE

424 Tiger Sqn had eight SAR missions during the past week. On 03 Sep our Griffon was tasked to investigate an ELT near Campbellford. They flew the assigned patterns in the area but did not pick up the ELT signal. Rescue 491 was released and returned to Trenton.

On 04 Sep (Rescue 336), our CC130 Hercules was sent to St. Hyacinthe, Que., to listen for another ELT. The signal was picked up and homed to an airport at Rougemont. There were five aircraft observed parked on the airfield, none of which looked to be in distress. The crew advised JRCC of their findings and was stood down and came home.

The next mission, on 05 Sep, involved both our Herc and our Griffon. The Griffon crew was tasked to evacuate a lady in Algonquin Park. She had fallen and had serious leg lacerations and needed to be hoisted to the helicopter and flown to the hospital in Huntsville. Due to the remote location of where this mission was to take place, the Herc was tasked to fly on top to be a communication platform. The injured lady and her escort were delivered safely and both crews returned to base.


On 07 Sep, the SAR Hercules was tasked to investigate a flare sighting on Lake Ontario north of Rochester, NY. At first light our crew flew the search patterns assigned but found no one in distress. They were released by JRCC and returned to Trenton.

While flying north of Stirling conducting SAR training on 08 Sep, our crew was tasked to the Picton area for a vessel that was reportedly aground and taking on water. The Griffon arrived in the area and found the vessel with two persons on board. The helicopter landed and the crew talked to the occupants, determining that no one was injured and the vessel needed a tow. The Griffon stayed in the area until a Coast Guard vessel arrived and took control of the case.

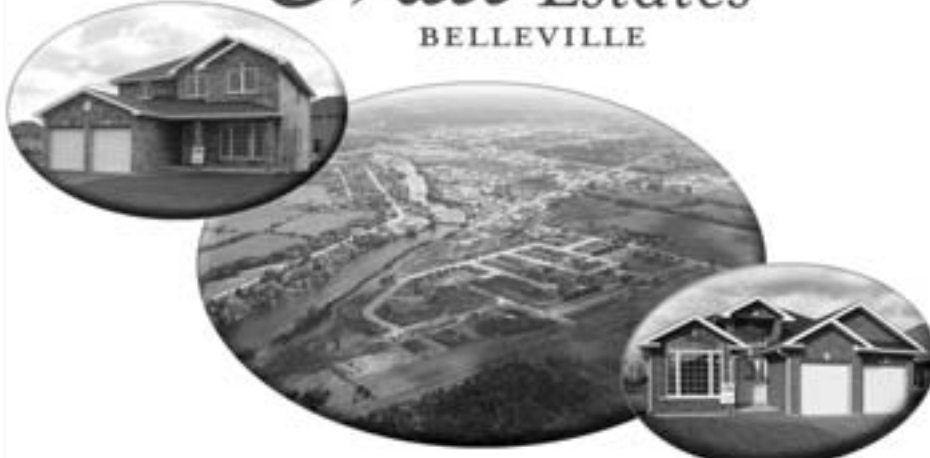
Also on 08 Sep the Hercules crew was training in the North Bay area when they were sent to Hudson Bay to fly top cover for a vessel under tow north of Purvimituq. The crew stayed on scene until the captain of the tow vessel was happy with the progress they were making and no longer felt that Rescue 336 was required. The winds and sea state were low and they were an hour from home port; after talking to JRCC, the Hercules was released and came home.

Our Griffon crew was then tasked to proceed to the Port Dover area to investigate an ELT. The signal was homed to a barge carrying an aircraft that had crashed the previous week. The ELT was turned off by a technician and Rescue 491 returned to Trenton. Until next week, stay safe!


Missions for 2009: 178 Missions for Sep: 8 Persons rescued: 17



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The Contact Staff

Editor-in-Chief: Captain Mark Peebles
Managing Editor: Andrea Steiner
Assistant Editor: Amber Gooding
Reporter/Photographer: Tom Philp
Reporter/Photographer: Lisa Bailey
Advertising Production: Lindsey White
Advertising Sales: Patricia MacKie
Bookkeeper: Marilyn Miron
Circulation: Russell Webster
Translator/Proofreader: WO Louise Fagan
PSP Manager: John Snyder
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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: STEINERAL@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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 8 Wing / CFB Trenton
 PO Box 1000, Station Forces
 ASTRA, ON K0K 3W0
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ATTENTION Contact readers and contributors

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

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

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

Thank you for your patience during this time.

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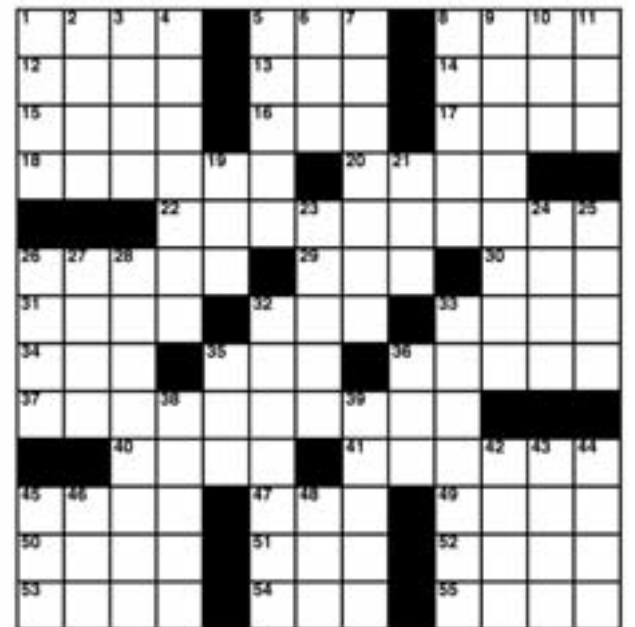
By Bernice Rosella and James Kilner

ACROSS

- Oil giant
- Pirate's money pit on Nova Scotia's _____ Island
- Help a crook
- Giant Armadillo
- Easy as _____
- Plant part
- Many
- Annex
- Peter or Ivan
- Saskatchewan's Great Sandhills locale
- Spread
- In good repair
- Greta or Golda
- Nucleic acid
- Oolong
- "Enough" to the Venerable Bede
- Actress Farrow
- Overlay with wood
- Tourism preceder
- The Raven writer
- Cell
- Heir
- Lindross or Nesterenko
- Hell's Gate in _____ Canyon
- Indian noble
- Religion
- Entice
- Oh dear
- Yoko _____
- Bobby and kin
- Gropes
- Little louse
- Exploit

DOWN

- And the rest



- Commercial event
- Greek architectural feature
- Emulate Billy the Kid
- Aida or Carmen
- Be under the weather
- Home of Ogopogo
- Fall flower
- Stupefied
- Pilot's acronym
- Gob
- Spiritual being
- Mauna _____
- Desicated
- Inheritor
- Fraser Valley town
- Sess
- Start of many a fairy tale
- The tunnels of _____
- Magnetic Hill locale
- Eatons or Sears
- Smallest prov.
- Canadian rlwy.
- Nervy
- Impending
- Certain
- Strays
- Remainder
- Blame
- Petals
- Cuckoo

See Answers, Page 22



This Week in Contact

1979 – During "The Year of the Child," the Wing Safety Office campaigned for increased safety inside moving motor vehicles. The use of child restraints was encouraged, as was driver and adult passenger use of seat belts; and a caution was given to refrain from leaving objects on the "ledge" behind the rear seats, since they could become "missiles" if the vehicle was stopped suddenly.

1989 – The 29th CFB Trenton Air Cadet Camp was well underway with 700 cadets in attendance as the second group training in 1989. The program consisted of two, three and six-week courses. Lieutenant-Colonel L.P. Nolan commanded the camp this year.

1999 – Twelve men and women of mixed rank began a 10-month Continuous French Course, the first of its kind to be held at 8 Wing. Organized by the Canadian Forces Language School (Ottawa), the course would include 1,250 hours of instruction, broken down into six-hour daily sessions. All students in the course were certified at the beginner level in French.

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



Belleville teen honours Canada's fallen

by Tom Philp, Contact Staff

Members of the 8 Wing/CFB Trenton family are reminded too often of the dangers of military service, as our base hosts the return of Canada's fallen men and women.

What must be remembered is the grief that is felt here is shared by thousands of people in the communities that surround us.

Cailin Mulvihill is an 18-year-old student at St. Theresa's Roman Catholic Secondary School in Belleville. She has also been deeply moved by the repatriation ceremonies held here. Cailin expressed her compassion and empathy for the families of fallen soldiers in an essay titled, 'True Patriot Love,' which she submitted to the Arts and Entertainment (A&E) Television Network's contest, 'Lives That Make a Difference'. Her essay made such an impact on the contest judges that Cailin was awarded the \$5,000 first prize.

"My dad became aware of the A&E contest on the Internet," Cailin told *The Contact* recently. "Seeing that the topic was 'Lives That Make a Difference,' I wanted to acknowledge the families of Canada's fallen soldiers. My essay focused on the mothers of these families, (and) I think she serves as a representative of all those going through similar struggles."

Cailin has no direct connection to Canada's military other than her grandfather's service during the Second World War. She has a few friends and teammates whose parents currently serve at 8 Wing/CFB Trenton. It was, however, her growing awareness of the impact of repatriation ceremonies in Trenton on the mothers and other family members of soldiers killed in combat that inspired her to write the essay.

"I am not sure of the exact date, but I have been aware for several years that all repatriations of



Photo: Submitted

Colonel Mike Hood (far left), former Commander, 8 Wing/CFB Trenton, formally thanked Belleville student Cailin Mulvihill for her winning essay, 'True Patriot Love,' that recognized the grief experienced by the mothers of Canada's fallen soldiers. To Cailin's left are two members of the family of Private Michael Freeman, killed in Afghanistan on December 26, 2008.

Canadian soldiers come through CFB Trenton. I learned about the ceremonies through the local media," Cailin said. "The emotion of the grieving families during the ceremonies, as shown in the media, really captured my attention. It is hard to look at these images and not be appreciative of what they have given to our country."

Cailin thought about the mothers, fathers, sisters, brothers and other grieving family members and friends who gather at 8 Wing/CFB Trenton to receive their loved ones.

"I can only imagine the emotion and grief that the families of Canada's fallen soldiers go through when they hear the news that their son or daughter has given their life to serve the country," Cailin said. "When I saw the mothers of Canada's fallen soldiers ... it was hard not to think about what they must be feeling."

"It takes a very dedicated mother to raise her child with such honourable values and morals."

Cailin is also aware of the "bridge" tributes given to the fallen as they make their journey along what is now the Highway of Heroes.

"I think this is a very honourable way to express Canada's gratitude," she said.

Cailin has previously submitted posters and poems to the Royal Canadian Legion as part of Remembrance Day activities; but she said 'True Patriot Love' has given her "the opportunity to acknowledge the dedication of these soldiers, and their families as well."

"This (media) exposure has given me a deeper appreciation for Canada's soldiers and their families," Cailin said. "I am thankful for any opportunity to express that appreciation."

True Patriot Love

By Cailin Mulvihill

You do not know her. She has never made a television appearance. She has never been in a magazine. She is in her late fifties, and spends her days in her rocking chair.

She could be from a big city; she could live in a small town. Her house is comfortable, but something is missing. Everything is in place - the framed picture of a young man in uniform atop the mantle, the photo album at her side, yet the room feels empty.

With each rock of the chair, she gazes out the window at the Canadian flag in her front lawn. The flag is faded and ripped, but flies powerfully through the wind, not afraid to show its pride. The flag reminds her of her beloved son - strong, passionate and loyal. The flag - has been lowered to half mast.

I wonder if this woman knew that each small sacrifice she made for her son would better prepare him to make the ultimate sacrifice for his country. Did she know that each time she demonstrated the importance of peace, pride and justice she was raising a brave young soldier? Was she aware that when she hugged her son goodbye, she held in her arms the strength that it takes to stand up for an entire nation?

She now stands alone in a crowd of hundreds, waiting for her son to come home for one last time. She wipes tears away to witness the coffin being carried out of the plane. On top of the coffin is something familiar - a Canadian flag.

That same flag, vibrant and luminous will now fly in her front lawn. For years to come, she will sit in her rocking chair and gaze out the window, knowing that she has made a difference.

(Editor's Note: This is the essay that earned Cailin Mulvihill the grand prize of \$5,000 in A&E's 'Lives That Make a Difference' contest. Cailin says she would have written it even if the contest had not existed.)



Cailin Mulvihill presents a framed copy of her winning essay, 'True Patriot Love,' to members of the family of Pte Freeman.

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426 (T) Squadron leads change

by CWO Jim McKenzie, 426 Sqn

It's been a very busy summer in the halls of 426 (Transport) Training Squadron, as we're sure it has been at all the units at 8 Wing/CFB Trenton.

The Combat Ready Flight (CRF) graduated its last course (Serial 0901) on August 28. These course members will be the last 426 Sqn CC130 aircrew to receive the Combat Ready qualification as the squadron now shifts focus to Search and Rescue training. That being said, the CRF will still be busy this fall teaching Heavy Equipment and Personnel drop courses.

As well, new capabilities are being introduced into the fleet with 426 (T) Sqn tasked to teach Night Vision Goggles usage for night equipment drops during deployed operations.

The Joint Precision Airdrop System is also being introduced, allowing crews to drop loads from a higher altitude while using GPS on steerable parachutes to fly the load precisely into the drop zone.

During the spring and summer, members of the squadron were busy developing a new Search and Rescue course (SAR OTU) to replace the current Combat Ready course. After a lot of hard work, the course is ready for its initial cadre of students.

New students at the squadron will complete the SAR OTU and be posted to one of the three SAR squadrons that use the CC130H. As the CC130J model Hercules begin to arrive next year, the focus of the CC130H will shift from tactical air transport to SAR, and 426 Sqn will continue to provide training for these crews.

On the CC130J note, plans are underway for a new 426 Sqn building (Air Mobility Training Centre) in the open field area

behind the 8 Wing Clinic. The relocation of underground piping is underway, and the ground breaking for the new building is expected in October of this year.

We currently have crews learning to fly the CC130J with the USAF, and the first aircraft are expected on the ground in the spring.

Once here, TOTEF will be busy with Operational Test and Evaluation of the new aircraft, while the rest of 426 Sqn prepares to begin teaching the first CC130J courses.

On another note 426 Sqn would like to congratulate WO Campaigne whose daughter, Allisha, is presently on a rowing scholarship at the University of Central Florida. Allisha has had a very successful summer, first competing in June in Great Britain and earning a third while rowing against the British national team.

In August, Allisha made three finals at the Henley, which is the biggest regatta in Canada. She won the U23 singles, and finished second in the pairs and third in the fours. Recently she captured gold in the lightweight pairs while competing for Ontario at the Canada Games, held in Prince Edward Island. Allisha will be going to the U23 national team tryouts next summer, with the possibility of going to the worlds.

Every summer at the squadron entails saying goodbye to old squadron mates and hello to new ones. The number of postings in and out of the squadron are numerous; to all those who have moved on to new units, remember, you're always welcome here. "Once a Thunderbird, always a Thunderbird".

To those newly posted-in members, we hope you're settling into your new jobs and look forward to working with you over the next few years. Welcome to the Thunderbirds!



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PET OF THE WEEK

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Contact the Quinte Humane Society for more information.

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SPORTS & RECREATION

8 Wing Women's Hockey Team

Calling all interested 2009/2010 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.

Red Cross swim lessons

Registration for 8 Wing community members will take place on Saturday, September 19 from 8 to 10 a.m. at the RecPlex. (Numbers will be given out beginning at 7 a.m.)

Registration for 8 Wing community members continues until Tuesday, September 29 during regular

hours of operation

Registration for the general public will begin on Wednesday, September 30 from 5 to 7 p.m. at the RecPlex. (Numbers will be given out beginning at 4 p.m.)

Registration for all will continue until the first class.

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 inclusive.

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

Notice: 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 to 4 p.m., weather permitting.

RecPlex: Free trial on fitness classes

Hey...want something free? If so, join us from September 14 to 18 when all of our regular group fitness classes are free

for one week only!

Try them out before you register...no obligation.

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:

tion 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.

CRA fall brochure available

The PSP Community Recreation Association fall brochure of programs and services is available at the RecPlex, or check out all the programs and services available by visiting cfbtrenton.com.

Men's and women's volleyball teams

The men's and women's volleyball teams will practise every Monday and Wednesday from 1600 to 1800 hrs, starting on September 16 at the Gymnasium Area 1.

The teams will practise in preparation for the 2009/2010 volleyball season and the Ontario region Men's and Women's Volleyball Championships scheduled to be held in Kingston.

Come out for a good workout, make new friends, hone your skill and compete against other bases.

The team coach for the men's team is Corporal John Ready (local 3145) and the team coach for the women's team is Captain Kathryn Bale (local 3687).

Noon hour volleyball meeting

Please be advised that the Intersection Noon Hour Volleyball League organizational meeting is scheduled for Thursday, September 24 at 1000 hrs in the Gymnasium conference room.

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

Interested unit sports reps and

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

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

For more information please feel free to contact Dan Cormier, Military Sports Coordinator, by e-mail or at local 3373.

Floor hockey league meeting

The I/S Floor Hockey organizational meeting is scheduled for Tuesday, September 22 at 1000 hrs in the Gymnasium conference room.

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

Interested unit sports reps and executives are to attend the meeting

in preparation for the 2009/2010 floor hockey season.

The league will play at the Gymnasium every Monday from 1800 to 2200 hrs.

Players with no reps wishing to play, or for more information, please feel free to contact Dan Cormier, Military Sports Coordinator, by e-mail or at local 3373.

I/S Indoor Soccer League

Come and join us for the 2009/2010 Indoor Soccer League.

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

The teams will be mixed men and women so all are encouraged to join!

A meeting will be held on Tuesday, September 22 at 1400 hrs.

All interested team reps or players are

asked to join.

Games will be played on Tuesday and Thursday from 1800 to 2200 hrs.

Joining the league is easy - bring in a whole team or join individually!

All of those who are interested in playing and having fun are encouraged to contact Dan Cormier, Military Sports Coordinator, by e-mail or by telephone at local 3373.

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.

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 cfbtrenton.com.

BOWLING YOUTH LEAGUES

Age 5-18, Bowl every Saturday, start Sep. 5.

Pre-registration: noon-4pm August 30/2009 & Sep. 5

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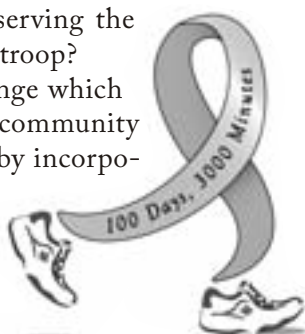
Join in and take the challenge!

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 Upcoming Courses

ASIST: 30 Sept and 1 Oct, from 0830 to 1600 hrs

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

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

AODG Supervisor Training: 19 Nov, 0830 to 1600 hrs

For more information or to register visit: healthpromotion.cfbtrenton.com

Resilience: The bounce back factor

Part I: What it is and what it looks like

What does being “mentally healthy” really mean? Most definitions focus on mental unhealth – depression, anxiety, or co-dependency.

According to Richard Earle, president of the Canadian Institute of Mental Health, most people are happy with the “break-even point” on the mental health continuum, where they are “okay”. But what does superior mental health look like?

Staff at the Center for Addiction and Mental Health suggest that mental health includes “the capacity to both shape and respond to life with a sense of engagement and a capacity to tolerate surprises or unforeseen events”.

Mental “fitness” allow people to deal effectively with life’s curveballs, while being able to create, embrace, and sustain joy.

That ability is largely determined by a person’s resilience – their ability to bounce back from adversity. Resilience is “the capacity to recover from shock” – so it often only becomes apparent during a crisis or setback that interrupts a person’s life.

Getting a parking ticket the same day they discover their roof leaks may cause a low-resilience person to fall

apart, while a resilient person deals with it in stride.

Resilience is like having an emotional emergency fund that allows processing of day-to-day setbacks without getting stuck there.

Resilient people see new experiences as challenges rather than as problems, and see opportunity in crisis and are often but not always “optimists”.

An optimist sees the world through rose-coloured glasses, while a resilient person sees things more realistically and can pick up the pieces if the glasses break.

Qualities that are hallmarks of resilience:

- Physical and emotional independence
- Initiative to take action
- Learns from experience and applies that knowledge to new situations
- Creative approach to life – good problem-solving skills
- Can laugh at yourself and the world
- Moral courage – being able to do the “right thing”.

Next issue – How to build resilience.

Military Lane Swim

The Military Lane Swim will operate at the outdoor pool, weather permitting, Mondays through Fridays until October 4, at which time the indoor pool will re-open and Military Lane Swims will resume at the RecPlex.

EXRES Testing

EXRES Testing is operating on Mondays, Wednesdays and Fridays at 0830 hrs. To book email +PSP [Expres Bookings @ forces.gc.ca](mailto:Expres Bookings@forces.gc.ca)

Battle Fitness Tests

Battle Fitness Tests are being offered alternating Fridays at 0730 hrs. To load yourself into this test call the Fitness Coordinator at 3328.

New SPIN Studio opening soon

Join us on October 1 as we open and launch the schedule for our new SPIN Studio at the south side Gym. Watch for a lot more classes in this state-of-the-art facility.

For more information contact Lisa at local 3328.

Did You Know?

To make one pound of honey, bees may travel up to 55,000 miles and visit more than 2,000,000 flowers.



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

Wing Commander’s Challenge

Photo: Contact archives



Mark your calendars and get ready for the Annual Wing Commander’s Challenge. This year’s challenge is scheduled for Friday, September 18, 2009! Teams of eight to 10 will participate in a morning of fun tabloid games as this year’s charitable United Way campaign is launched. For more information, or to register your team, please feel free to contact Amy Dawson at local 2825. Hope to see you there!



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Registration: Mon. Sept. 21, 7- 9 pm at CFB Trenton Yacht Club; Info: 613 475-3030

Course runs every Monday night Sep. 28 - Mar. 1st



Task Force Afghanistan Show Tour 2009 visits 8 Wing/CFB Trenton

Stand up comedian and master of ceremony Mike Ward joined singers Richard Petit, Emily Begin, Annie Dufresne, Wilfred LeBouthillier and Isabelle Quintin; musicians Luc Cattellier, Sylvain Bertrand, Michel Bruno and Brenard Quessy; and dancers Chloe Robertson and Mabel Palomino at their August 29 premiere at 8 Wing/CFB Trenton's Astra Lounge for the Task Force Afghanistan Show Tour 2009. They produced a very exciting French show to a cheerful crowd. The show tour is preparing to leave for Afghanistan to perform for deployed Canadian Forces members.



Photo: Cpl Isabel Lavallee-Raby, 8 Wing Imaging



Photo: WO Robert Comeau

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Lifelong goal achieved for 8 ACCS Commanding Officer

by Lisa Bailey
Contact Staff

Commanding 8 Air Communication and Control Squadron at 8 Wing/CFB Trenton is a life goal fulfilled for Major Cathy Blue.

She took the reins from Maj Walter Norquay during a Change of Command ceremony August 17, adding to an already memorable 40th Anniversary year for 8 ACCS.

Maj Blue is only the second woman to command the "Gypsies," bringing a whole new dynamic to the CO's call sign of "Gypsy Mother."

She also welcomed the unit's first female Honorary Colonel, Maureen Piercy of Loyalist College, during the CofC ceremony.

Having two women in these positions simultaneously is "an interesting twist of events," Maj Blue said, but her attention and energy are squarely trained on a few priorities as she settles in with a squadron she first connected with 16 years ago.

8 ACCS deploys high readiness air traffic services and communications and information systems around the world. Squadron members, who number 49, deploy globally as detachments and contingency teams in support of air and joint operations.

To continue fulfilling its mission of "Deployed Excellence Through Teamwork," Maj Blue aims to ensure 8 ACCS has the necessary infrastructure to support delivery of its capability; a review committee is to be set up, she said.

The squadron is required to deploy at all times with just 72 hours'

notice "so ensuring that we have the infrastructure in place to support that and the maintenance to keep our equipment at that stage of readiness is important to me," Maj Blue said.

She also said it's vital that 8 ACCS, which provides network-enabled and deployable airfields utilizing a variety of equipment, "remains on the leading edge of technology."

"This unit has always been a leader in the employment of technology in the achievement of its mission," Maj Blue stated at the CofC ceremony.

"As the Commanding Officer of 8 ACCS, it will be my job along with my Command Team partner, CWO Campaign, to ensure that the stage is set and the approaches in place to allow the men and women of this unit to continue to do what they do best - show the way," she stated.

Maj Blue also has a more personal focus, acknowledging the sacrifices made by the families of personnel. A wife and mother of two young sons herself, Maj Blue said she wants to see that "our families receive the appropriate support to ensure our members can complete their mission, their job, which is running out the door."

Averaging 30 taskings annually translates into more than 200 days away from home for Gypsies.

The upcoming year represents one of the busiest yet for 8 ACCS.

"We're about to go into one of our highest periods of operational tempo ever because the squadron is deploying to Op Podium which is the (Vancouver 2010)

Olympics," Maj Blue said.

More than half of the squadron members will be in British Columbia from January to March in support of the Olympics and Paralympics; they are participating in number of preparatory exercises.

"It's a big task for the Canadian Forces and we're a small piece of the overall puzzle," Maj Blue said.

Other missions include Op Nanook in Iqaluit and Op Boxtop at Alert.

Commanding 8 ACCS completes a journey for Maj Blue that began in 1993 when, as a second-lieutenant, she completed three months of on-the-job training at the 8 Wing unit, then called the Air Transportable Communications and Control Unit. She knew then that she wanted to return to it.

"It's a unit like no other in the Canadian Forces. It's operational focus, esprit de corps and absolute determination to get the job done as a team were all reasons why I really wanted to get back here," Maj Blue said.

The personnel, she noted, are specialists and among the best in their respective trades. Their time at 8 ACCS may one of the busiest in their lives but it's also second to none, Maj Blue said.

That's likely one reason why the unit's 40th Anniversary celebration this summer, which coincided with 8 Wing's CF and Air Display Weekend, was so well attended by former members.

The other reason is that 8 ACCS, with such a small group of personnel, is a "very tight-knit community" where "every-

body knows everybody," Maj Blue said.

Saying she's "honoured and blessed to have the opportunity" to command 8 ACCS for the next two years, Maj Blue has "spent quite a bit of time at 8 Wing" already.

She was posted here from 1994 to 2000, first with the Base Telecommunication Squadron as a Special Projects Officer and then as Technical Maintenance Officer.

In July 1995 she was appointed Commanding Officer of 708 Communication Squadron at 8 Wing, where she oversaw the devolution and integration of 708 with BTS to become 8 Wing Telecommunication and Information Systems Squadron. She also served as Operations Officer within WTISS.

She was deployed as a member of NATO Stabilization Force Communication Zone Headquarters in Zagreb, Croatia, from August 1998 to May 1999.

Before coming to 8 Wing, she had graduated from the CF School of Communications and Electronics in Kingston in 1993. Four years earlier, the Prince Edward Island native had enrolled in the CF under the Regular Officer Training Program as a Communication and Electronic Engineer CELE Air (A) Officer. She completed that training at the Kingston school.

In 1992, she had graduated from the University of Prince Edward Island with a Bachelor of Science degree in Physics and Computer Science.

Her time at 8 Wing came to an end in 2000 when she was posted to



Photo: Lisa Bailey, Contact Staff

Commanding Officer of 8 Air Communication and Control Squadron, Major Cathy Blue.

Ottawa and the J6 Operations Staff within Director General Information Management Operation. Promoted to major in 2002, she was made Staff Officer Force Development for the Communication Reserve.

In 2004, she was moved to 76 Communications Group Headquarters as Chief of Staff Operations. Two years later, she was posted to Kingston as Chief Instructor/Deputy Commandant of the CFSCE.

Completing that tour in 2008, Maj Blue was posted to the Garrison Kingston Language School where she completed three months of training before enjoying nine months of maternity

leave. Son Duncan is now 10 months old and brother to six-year-old Alexander. Maj Blue's husband, Maj Grant Griswold, is a Signals Officer and occupies her previous job as Deputy Commandant of the CFSCE in Kingston. The family also resides there.

Most of Maj Blue's hobbies involve sports. An avid soccer and hockey player, she represented both the National Capital Region and Garrison Kingston at regional and national level tournaments.

She said she also enjoys playing with her children while the family as a whole enjoys camping and travelling together.

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Op Santa Claus sending precious gifts of support, Continued from Page 1

Patrick Begbie, manager of the Brighton store, said the OSC campaign ran for the month of August. It's the first time the Brighton store has taken part in the project, which actually began in the Angus area (near Barrie) three years ago.

Showing support for CF members is a natural fit for Brighton and area because of its proximity to 8 Wing/CFB Trenton, Begbie said.

"It's part of our community," he said. "The military is a big supporter of my store and it's a big member of our community."

That's evident with a look at the banners as they carry some personalized messages from families and friends of CF members.

Other signatories include children who symbolically traced their hands, people from other countries expressing they love Canada, and celebrities such as Johnny Bower who chose to host his last official golf tournament at the Roundel Glen Golf Club at 8 Wing. Both Roundel Glen and Brighton Speedway had one banner, with two more stationed at Brighton Sobeys.

People continued to sign one of the banners at the store on September 8, including Col Williams and 8 Wing Chief Warrant Officer Kevin West.

Joining them in seeing the shipment off to Montreal were Northumberland-Quinte West MP Rick Norlock, Brighton Mayor Christine Herrington and Matthew Derouin, a Sobeys manager who started the project as a way to give back to his community which included nearby Canadian Forces Base Borden.

Derouin noted the campaign has grown from the initial donation of 12 skids of goods worth \$15,000 from the Angus area store where he worked, to this year's 61-skid shipment worth \$85,000 from 15 stores in Sobeys' north and central areas as well as the lone eastern outlet in Brighton.

The support of ordinary citizens and corporations demonstrates that people have been touched by the efforts of CF members and want to help.

"Society in general has a great deal of respect for the Canadian Armed Forces and the men and women who serve our country so it's no surprise to me that this is something that would take off," said Derouin, who now manages a Sobeys store in Barrie.

He noted that when people "see what the (OSC) program is about and what we're doing, you almost can't beat it."

Founded in 1991 by a group of Montreal housewives wanting to send holiday packages to their spouses on peacekeeping duties, OSC expanded across Canada within a short period of time. In 1997, the Canadian Forces Personnel Support Agency was tasked with supporting OSC and today, the program receives donations to serve up to 4,000 deployed CF members. Filled with items donated by Canadian corporations, the packages also include letters and Christmas cards from school children and loved ones. As Col Williams said, they bring a feeling of home to deployed CF members.

He received an OSC package at Christmas 2005 while serving at Camp Mirage, a primary support base in the Middle East.

Moved especially by the "little notes from children," Col Williams said the package came as a very pleasant surprise to him.

The gifts were the talk of the base.

"I was the commanding officer of the camp at the time and I know it made a very big difference to everyone who received it," he said.

The whole OSC effort conveys a special and touching message of compassion and support to CF members.

"It's really about the people that thought to do it," Col Williams said.

The Sobeys shipment, which actually encompasses three truckloads, should arrive in Montreal within a week, Derouin said, adding the trip overseas should take about 70 days.

Right: Patrick Begbie (far right), Manager of Sobeys in Brighton, alongside Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, and 8 Wing Chief Warrant Officer Kevin West with the presents gathered for Operation Santa Claus.



Photos: Cpl Maggie Gosse, 8 Wing Imaging



Above: Gathered in front of International Truckload Services Inc.'s 'Poppy Truck' for an Operation Santa Claus celebration September 8 are Sobeys staff in Brighton with Col Russ Williams, Commander, 8 Wing/CFB Trenton, and 8 Wing Chief Warrant Officer Kevin West.

Below: The fronts of two transports from Andlauer Transportation Services are decorated for Op Santa Claus.





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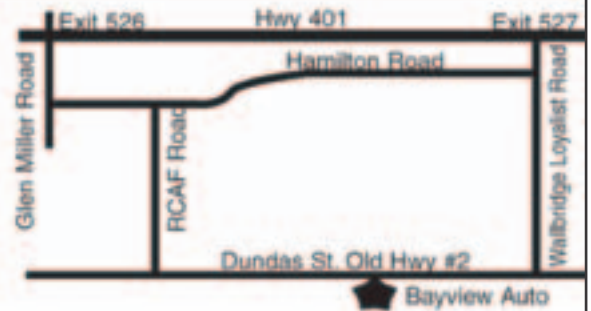
<p>05 PONTIAC G6</p> <p>9639 Alloy wheels, pwr pedals, air, tilt, cruise steering controls, factory remote start, AM/FM/CD, pwr mirror, windows, locks, keyless entry, 80,000kms.</p> <p>\$9,195</p>	<p>05 CHEV MALIBU LS</p> <p>9402 Pwr seat, pwr pedals, wood grain trim cruise steering controls, alloy wheels, air, tilt, factory remote start, AM/FM/CD, pwr mirrors, windows, locks, traction control, keyless entry, 80,000kms.</p> <p>\$8,995</p>	<p>07 DODGE CALIBER SXT</p> <p>D9757 Automatic, 4 cyl, 4 dr, alloy wheels, cruise, tilt, air, AM/FM/CD, pwr mirrors, locks, windows, 50,000kms.</p> <p>\$11,995</p>	<p>05 PONTIAC PURSUIT</p> <p>9287 Automatic, 4 cyl, 4 dr, alloy wheels, radio/cruise steering controls, air, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 50,000kms.</p> <p>\$8,695</p>
<p>06 PONTIAC PURSUIT</p> <p>9775 Automatic, 4 cyl, 4 dr, alloy wheels, radio/cruise steering controls, air, tilt, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 13,000kms!!</p> <p>\$10,995</p>	<p>05 SATURN ION LEVEL 3</p> <p>9188 Automatic, 4 cyl, 4 dr, pwr sunroof, alloy wheels, pwr windows, mirrors, locks, cruise steering controls, air, tilt, keyless entry, 61,000kms.</p> <p>\$8,495</p>	<p>09 DODGE CALIBER SXT</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>\$17,295</p>	<p>06 SATURN ION</p> <p>9783 Manual transmission, 4 cyl, 4 dr, coupe, air, pwr locks, tilt, AM/FM/CD, only 30,000kms!!</p> <p>\$8,495</p>
<p>05 NISSAN SENTRA</p> <p>9099 Automatic, 4 cyl, air, tilt, pwr mirrors, windows, locks, AM/FM/CD, keyless entry, 66,000kms.</p> <p>\$8,995</p>	<p>06 PONTIAC G5 GT</p> <p>9125 Manual transmission, 4 cyl, 4 dr, alloy wheels, air, tilt, radio/cruise steering controls, pwr locks, mirrors, windows, AM/FM/CD/MP3, keyless entry, 36,000kms.</p> <p>\$9,395</p>	<p>05 FORD FOCUS ZX5 SES</p> <p>59711 Automatic, 4 cyl, 4 dr, alloy wheels, heated seats, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 64,000kms.</p> <p>\$9,495</p>	<p>06 CHEV MALIBU LT</p> <p>9197 Automatic, 4 cyl, pwr seat, alloy wheels, factory remote start, air, cruise, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 62,000kms.</p> <p>\$9,995</p>
<p>06 PONTIAC GR. PRIX GT</p> <p>9635 Pwr sunroof, pwr seat, alloy wheels, radio steering controls, OnStar, factory remote start, air, cruise, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 78,000kms.</p> <p>\$11,895</p>	<p>06 PONTIAC GRAND PRIX</p> <p>9277 Pwr seats, OnStar, radio steering controls, pwr windows, locks, mirrors, air, cruise, tilt, factory remote start, alloy wheels, AM/FM/CD, keyless entry, 90,000kms.</p> <p>\$9,995</p>	<p>06 PONTIAC PURSUIT</p> <p>9750 Automatic, 4 cyl, 4 dr, burnt orange, air, tilt, cruise steering controls, pwr locks, AM/FM/CD, keyless entry, 59,000kms.</p> <p>\$8,495</p>	<p>05 NISSAN SENTRA</p> <p>9540 Automatic, 4 cyl, pwr windows, locks, mirrors, air, AM/FM/CD, tilt, keyless entry, 62,000kms.</p> <p>\$8,995</p>
<p>05 SUBARU IMPREZA RS</p> <p>9723 AWD, Manual transmission, 4 cyl, 4 dr, alloy wheels, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 36,000kms.</p> <p>\$12,995</p>	<p>05 CHEV MALIBU</p> <p>9267 Automatic, 4 door, pwr seats, pwr pedals, wood grain trim, factory remote start, air, tilt, cruise steering controls, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 37,000kms.</p> <p>\$9,995</p>	<p>05 PONTIAC G6 GT</p> <p>9703 Pwr sunroof, pwr heated, leather seats, chrome wheels, pwr pedals, radio/cruise steering controls, air, tilt, factory remote start, pwr mirrors, windows, locks, traction control, keyless entry, only 23,000kms.</p> <p>\$12,795</p>	<p>06 SATURN ION LEVEL 3</p> <p>9704 Automatic, 4 cyl, 4 dr, coupe, pwr sunroof, alloy wheels, cruise steering controls, air, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 54,000kms.</p> <p>\$9,995</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, 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.

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 more info:
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.

ATTENTION PARENTS!

LifeWorks invites you to bring your children and their teddy bears to Kids Food and Fun Day. This event will take place at the Belleville Farmers' Market (downtown behind City Hall) on Saturday, September 19, from 9 a.m. to 11 a.m. Join in the zucchini car races, Teddy Bear Wellness Clinic, making veggie people, food tasting, puppet show, colouring contest, take part in family fun fitness, meet Daffy Daffodil and win prizes. For more information please call 613-966-5513 ext. 301



The 8 Wing Family Violence Crisis Team presents

take a Stand Against Family Violence


a family violence awareness & prevention week

Tues Oct 6 - Thurs Oct 8, 2009

the Astra Lounge

Keynote speakers


the Astra Lounge, CFB Trenton

<p>October 6 & 7 at 8:30am</p>	<p>Know the Consequences, Know Your Rights Get to know the Ontario laws regarding family violence.</p> <p>Speakers include:</p> <ul style="list-style-type: none"> + Belleville Crown Attorney, Jodi Whyte + parole and probation + Military police and Quinte police, + and many support agencies 	
<p>October 6 & 7 at 1pm</p>	<p>Understanding Relationship Violence - How Violence Forms</p> <ul style="list-style-type: none"> + Oct 6 Michael Gobeil Ontario Association of Police Speakers + Oct 7 Dave Franklin retired RCMP 	
<p>October 8 at 8:30am</p>	<ul style="list-style-type: none"> + Why Women Stay workshop (Registration required - 613-967-1416 ext. 226) + Healthy Relationships + Managing Angry Moments + Relationship Forgiveness 	


the MFRC

Evening topics include

Military Family Resource Centre, 10 Siskin Ave

<p>October 6 at 6:30pm</p>	<p>+ The Impact of Violence on Children Witnesses</p>	
<p>October 7 at 6:30pm</p>	<p>+ Trends in Youth Sexual Victimization</p> <p>+ On-Line Predators</p>	

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. 3631 or ext. 3575



Cougars for Cancer

Ramada Belleville, Friday, October 2, 2009
all Cougars for Cancers to fund research for women's cancers



Tickets are just \$35 and include a Pink Highlight, interactive hors d'oeuvres, fashions, demonstrations, displays, fun cash bar, a silent auction and more.

Tickets are limited and available at the Canadian Cancer Society, The Ramada Belleville, the Cat's Meow and Miss Priss. Make a real night of it and take advantage of Ramada's special Cougar Rate of \$65 (for a room for four). Book now at 613-968-3411.

For more details, call the Canadian Cancer Society at 613-962-0686.

Feature

FAMILY



Activity: Teddy Bear Picnic



Playdough

Enjoy this more with Comfort, Play and Teach™:

Comfort

Through pretend play, toddlers and preschoolers can practise social skills like caring for someone else's needs, sharing, saying "please" and "thank you."

Comment on the way children play with their toys and let them know when they are being gentle and polite.

Play

Providing props will encourage children to explore familiar objects and to learn how to use them with others.

Children can distribute dishes, pour tea and

eat pretend cookies with their dolls.

Pretend play allows young children to recreate experiences that they have enjoyed with parents and grown-ups!

Teach

Playing with teddy bears and dolls encourages toddlers and preschoolers to use their developing language skills.

The pretend play situation will prompt him to talk to toys while serving them tea.

Join in the play and ask open-ended questions so that children will talk to you as well!

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

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

Enjoying a picnic with teddy bears and dolls is a lovely way for toddlers and preschoolers to practise a variety of important social skills while engaging in imaginative play.

A few simple props will transform a typical play experience into an afternoon of fun feasting with pretend friends!

You will need:

- Dolls and teddy bears
- A blanket
- Paper cups and plates and plastic cutlery

Mealtime.org Pasta Marsala

Creamy, yet light, this Pasta Marsala is beyond your ordinary pasta sauce.

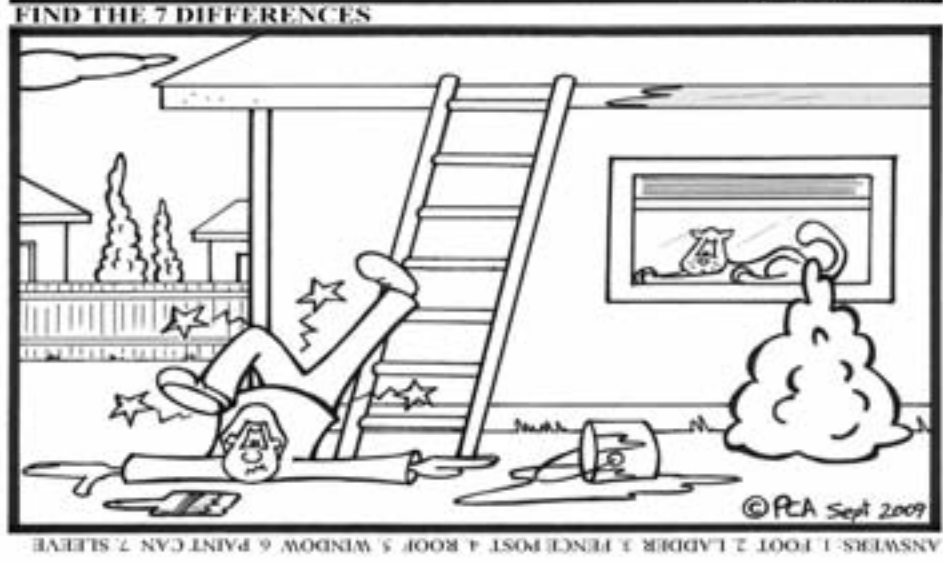
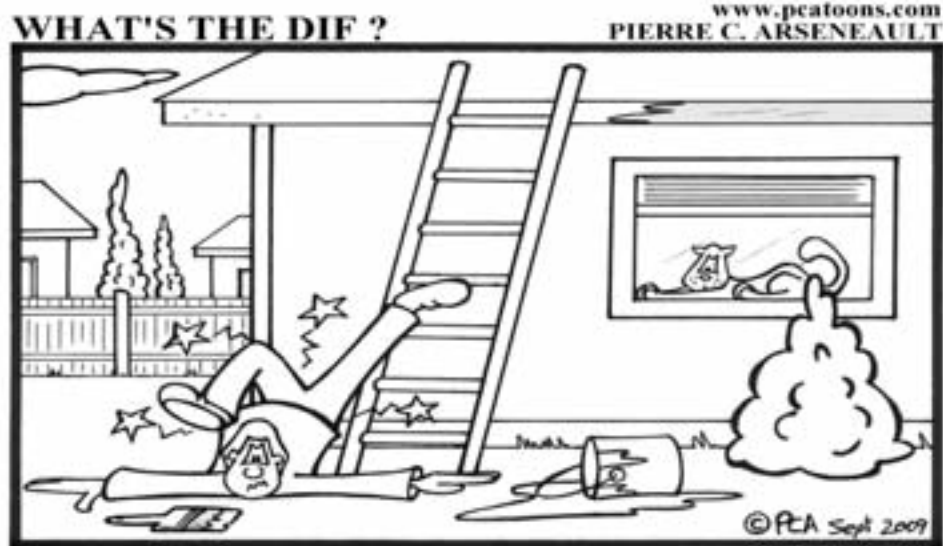
Ingredients:

- 2 tablespoon olive oil
- 1/2 pound ground veal
- 2 medium onions, chopped
- 1 can (8 ounces) sliced mushrooms, drained
- 4 large cloves of garlic, minced
- 1 cup Marsala wine
- 1 can (28 ounces) crushed tomatoes
- 2 cans (8 ounces each) tomato sauce
- 1/4 cup fresh basil, chopped
- 1/2 teaspoon oregano
- Ground black pepper to taste

Preparation Time: 15 minutes **Cook Time:** 80 minutes

Preparation: Heat the olive oil in a large frying pan over medium-high heat. Add the veal and brown lightly. Add the onions and sauté until golden. Add the mushrooms and garlic and cook about two minutes until the mushrooms lose their raw look. Add the Marsala wine and turn the heat up. When the liquid has reduced to half, turn down the heat to medium. Add crushed tomatoes, tomato sauce, basil, oregano, and pepper. Simmer for about 1 hour. Serve over two pounds of cooked pasta, any shape. Serves: Eight

Nutritional Information Per Serving: 256 calories; 15 g protein; 19 g carbohydrate; 9 g total fat; 2 g saturated fat; 47 mg cholesterol; 1410 mg sodium.



ANSWERS: 1 FOOT 2 LADDER 3 FENCE POST 4 ROOF 5 WINDOW 6 PAINT CAN 7 SLEEVE 8 BUNNETS 9 TAIL 10 PAINT CAN 11 SLEEVE 12 PAINT CAN 13 SLEEVE 14 BUNNETS 15 TAIL 16 PAINT CAN 17 SLEEVE 18 PAINT CAN 19 SLEEVE 20 BUNNETS 21 TAIL 22 PAINT CAN 23 SLEEVE 24 PAINT CAN 25 SLEEVE 26 BUNNETS 27 TAIL 28 PAINT CAN 29 SLEEVE 30 PAINT CAN 31 SLEEVE 32 BUNNETS 33 TAIL 34 PAINT CAN 35 SLEEVE 36 PAINT CAN 37 SLEEVE 38 BUNNETS 39 TAIL 40 PAINT CAN 41 SLEEVE 42 PAINT CAN 43 SLEEVE 44 BUNNETS 45 TAIL 46 PAINT CAN 47 SLEEVE 48 PAINT CAN 49 SLEEVE 50 BUNNETS 51 TAIL 52 PAINT CAN 53 SLEEVE 54 PAINT CAN 55 SLEEVE 56 BUNNETS 57 TAIL 58 PAINT CAN 59 SLEEVE 60 PAINT CAN 61 SLEEVE 62 BUNNETS 63 TAIL 64 PAINT CAN 65 SLEEVE 66 PAINT CAN 67 SLEEVE 68 BUNNETS 69 TAIL 70 PAINT CAN 71 SLEEVE 72 PAINT CAN 73 SLEEVE 74 BUNNETS 75 TAIL 76 PAINT CAN 77 SLEEVE 78 PAINT CAN 79 SLEEVE 80 BUNNETS 81 TAIL 82 PAINT CAN 83 SLEEVE 84 PAINT CAN 85 SLEEVE 86 BUNNETS 87 TAIL 88 PAINT CAN 89 SLEEVE 90 PAINT CAN 91 SLEEVE 92 BUNNETS 93 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HOROSCOPES

Donna's Astrology Weekly
www.donnavantoen.com

September 13 – September 19

Theme of the week: It's a never-a-dull-moment week for most of you. You can expect to be busy with catch-up, revisions, and tracking down people and things that appear to be hiding, delayed, or missing in action. While that may sound kind of tedious, it can actually be quite exhilarating once you succeed. Dig in! You have nothing to lose but annoyances and backlog!

ARIES (March 21-April 19): This can be a very productive week for you, even though domestic matters may have their ups and downs. There's tension, but you're also able to get rid of some old responsibility once and for all. Hang in there!

TAURUS (April 20-May 20): You find a lost item somewhere you wouldn't expect it to be. On other fronts, you may have some difficulty getting your ideas across to others, especially if these involve a creative project. Overall, though, stress is minimal and your energy levels's good. No major problems!

GEMINI (May 21-June 20): Your energy level fluctuates a goodly bit this week. Domestic matters may be do-and-undo. There's also a man in the picture who wants you to do something you don't want to do. This, too, shall pass!

CANCER (June 21-July 22): Things look a little better than they actually are. It's not that they're bad; it's more that what's being promised isn't getting delivered very promptly. In particular, you seem to be awaiting some sort of communication from a friend or relative that either isn't forthcoming or is involving a goodly bit of telephone tag. Don't worry; it will come!

LEO (July 23-Aug. 22): There could be a misunderstanding with someone, either at work or in your private life. What you said wasn't what they thought you said or vice versa. Never mind. Fine-tune your expectations, repeat yourself, and make sure you're clear. This can be resolved with no harm done.

VIRGO (Aug. 23-Sept. 22): A lot of things seem to be at a standstill. That's ok. Slowing down now will keep you from plowing into currently-unseen obstacles later. You'll be able to do what you want soon, and it will be all the more successful because of the delay!

LIBRA (Sept. 23-Oct 23): Something comes to light about a romance or a significant other that takes you by surprise. If you heard this through the grapevine, go to the source to get it confirmed before taking any other action. While you may have to fine-tune your opinion of someone because of this news, it remains to be seen whether that's your lover or the messenger!

SCORPIO (Oct. 23-Nov. 21): There could be an argument with a friend, probably over a stupidity. On other fronts, there could be a minor health problem or a flare-up of a recurring complaint such as an allergy or something that causes itching or burning. You know what to do here. Don't let either of these issues drag on!

SAGITTARIUS (Nov. 22-Dec. 21): Put your best efforts into your work. You won't be rewarded, but you'll save yourself from a raking over the coals for doing a sloppy job. This is overall a frustrating week for you. Don't make it worse by losing your temper or blaming others. This, too, shall pass!

CAPRICORN (Dec. 22-Jan. 19): You're striving for nothing less than perfection this week. Will you attain it? Maybe not, but you'll do a fine job nonetheless! On other fronts, a trip, vacation, or day off may have to be rescheduled. Work comes first!

AQUARIUS (Jan. 20-Feb. 18): You may be waiting for money owed to you or for some kind of financial news. You may have to adjust your budget because of the delay. Waiting is annoying, but good things come to those who wait. Be patient!

PISCES (Feb. 19-March 20): Cooperation is hard to come by. People are very willing to tell you what to do, but they're simultaneously making it harder for you to do it. No wonder your temper has a short fuse! You can only do what you can do. Make that clear. Nicely!

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Not In My Backyard! by Dale Taylor

Panel 1: A dog barks "BIP! BIP!" while a woman looks on. Panel 2: The dog barks "GREOW!!" Panel 3: The woman says "I DON'T BELIEVE IT. SHE JUST VANISHED INTO THIN HAIR."

GINGER & SHADOW BY BARRY CORBETT

Panel 1: A mouse says "HEY SPARKY. I WOULDN'T SIT IN FRONT OF THAT WINDOW." Panel 2: The cat replies "OH, WHY NOT?" Panel 3: The mouse says "CLANCY IS MEETING ME HERE IN 5 MINUTES." Panel 4: The cat asks "YOUR LITTLE BIRD FRIEND? ARE YOU AFRAID HE WON'T COME IN IF HE SEES A CAT?" Panel 5: The cat says "I'M AFRAID HE WON'T SEE THE WINDOW."

DuJour



Tech support? My screen's black and I can't feel any radiation.

Rules for Duffers



Duffers always check the hole, just in case!



Never let down your safety guard at home



Submitted by
Don Heans,
Wing General
Safety Officer

Safety is a learned behaviour that can and should be applied equally at home and at work.

However, since the workplace offers a sometimes threatening, unfamiliar environment, we are more aware of the hazards and we work more safely.

In contrast, when we are at home we are in a non-threatening environment where we feel comfortable and relaxed. We tend to let our guard down.

For this reason, we are just as likely to be injured at home as at work.

Following are some safety tips that can be used when performing outside tasks at home:

Electric tools: We use many different

types of electric tools around the house: drills, saws, hedge trimmers, edgers, weed eaters and lawn mowers to name a few.

Several safety precautions should be followed when operating any electric tool:

Inspect the electrical cord for cracked, frayed or exposed wires. Repair or replace damaged equipment before using.

Never use electrical tools in the rain or in wet areas.

Use three-pronged outlets and plugs.

Use a GFCI (Ground Fault Circuit Interrupter) outlet.

Wear the appropriate Personal Protective Equipment for the tool in use. Refer to the owner's manual for recommended protective equipment.

Lawn mower: A lawn mower is a very useful tool, but can be very dangerous if not properly used.

When using a lawn mower remember the following safety precautions:

Always wear safety glasses or goggles.

Wear hard leather or steel-toed safety shoes

to avoid crushing or puncture injuries to your toes and feet.

Wear hearing protection.

Never mow the lawn when it is wet. There is danger of slipping and falling in the path of a moving mower, as well as the hazard of shock from an electric mower.

Before mowing, inspect the lawn for foreign objects. If they contact the blades of the mower, they become projectiles which can cause injury.

Make sure people are not in the area being mowed, so they cannot be struck by flying objects or step into the path of the mower.

Before doing adjustments on a lawn mower, disconnect the spark plug to prevent the machine from accidentally starting up.

Weed machine: A powered weed cutter is great for reaching those tight spots and it is much faster than trimming by hand.

However, several dangers still exist.

Follow these steps to help prevent injuries.

Wear the same protective equipment list-

ed for a lawn mower.

Use a cutting line of the correct diameter for the weed-eating equipment.

The wrong size line can cause the machine to malfunction and might result in eye injuries or other injuries.

Use the proper fuel/electrical source. Using the wrong power source could result in a fire or explosion.

Never remove the safety line guard on the weed eater. It is there to protect you.

Before working on a weed eater, disconnect the spark plug to prevent the machine from accidentally starting up.

Make sure people are not in the area being trimmed.

These are just a few suggestions for safely working with outside tools.

Following these precautions could help prevent a serious, painful and costly accident.

For additional information about required safety equipment, precautions and safe guards, refer to the owner's manual for the equipment or contact the manufacturer.

Fire Prevention Week

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

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.

Important notice: 911 addresses

8 Wing personnel must make themselves aware of the 911 municipal address of the building in which they are working.

When an emergency occurs and 911 is called, emergency personnel will be unable to respond if they are told to report to such locations as Hangar 8, CMTT, Prop Shop or Building 24. All 8 Wing Trenton personnel need to know the 911 address of the building in which they are located or valuable emergency response time could be lost.

Your address is indicated on a sign with blue background and reflective lettering, which should be located normally on one of the corners of the outside of your building. If there is no sign on your building, please advise the 8 Wing Realty Assistant at jane.clement@forces.gc.ca who will arrange to have one made and installed.

The 911 municipal address information is also available on the 8 Wing Trenton Splash Page on the right hand side under the Quick Links Menu. Click on Building 911 Addresses and there is a link there to two lists - 911 Addresses Sorted by Street and 911 Addresses Sorted by Building Number.

These lists are up-to-date, even including buildings that are not yet built but are being designed. Note

that the building numbers are assigned only for use by WCE Squadron for record keeping.

They are not to be used when referring to your location as building numbers are not shown on the outside of 8 Wing buildings.

When you have determined your 911 municipal address, it should be posted either on your telephone or a place that is visible from your telephone.

Therefore, in the event of a 911 emergency, this information will be available to anyone who needs to make the call from that particular phone.

Please use the Link on the 8 Wing Splash Page for obtaining information about 911 addresses.

However, if after consulting these lists you need further information, please contact Jane Clement, Realty Assistant, at local 7424 or by e-mail at jane.clement@forces.gc.ca.

Remember, if you or your co-workers don't know the 911 municipal address of your work location, you could be placing a life in jeopardy and it might be your own!

OPI: Maj B.P. Baker
Title: WCEO
Phone: 3321
Email: Baker Maj BP@CFB Trenton
WCE@Trenton

Avis Importants : Adresse 911

Le personnel de la 8e Escadre doit connaître l'adresse municipale d'urgence du bâtiment dans lequel il travaille.

Lorsqu'une urgence survient et que l'on appelle le 911, le personnel d'urgence ne pourra pas donner suite à l'appel si on leur dit de se présenter aux endroits tels que le Hangar 8, le SCTM, l'atelier d'accessoires ou le bâtiment 24. Tous les employés de la 8e Escadre Trenton doivent connaître l'adresse d'urgence du bâtiment dans lequel ils travaillent, sinon le personnel d'intervention risque de perdre du temps précieux.

Votre adresse se trouve sur une plaque bleue avec des lettres rétro réfléchissantes qui se situe habituellement sur un coin à l'extérieur du bâtiment. S'il n'y a pas de plaque sur votre bâtiment, veuillez en informer l'adjointe des biens immobiliers de la 8e Escadre par courriel à jane.clement@forces.gc.ca. Elle s'occupera d'en faire fabriquer une et de la faire installer.

L'information concernant les adresses municipales d'urgence se trouve également sur la page introductive de la page Web de la 8e Escadre sur le côté droit, sous la rubrique Menu liens rapides (Quick Links Menu). Cliquez sur Adresses d'urgence du bâtiment et vous trouverez un lien vers deux listes - Les adresses d'urgence classées par rue et les adresses d'urgences classées par numéro d'édifice. Ces listes sont à jour et comprennent même des bâtiments qui ne sont pas encore construits, mais dont les

plans sont élaborés. Veuillez noter que les numéros d'édifice sont assignés seulement aux fins de tenue de dossiers par l'Escadron de GC Ere. Ils ne doivent pas être utilisés pour indiquer l'endroit où vous êtes, puisque les numéros d'édifice n'apparaissent pas à l'extérieur des bâtiments de la 8e Escadre.

Lorsque vous avez trouvé votre adresse municipale d'urgence, vous devez l'afficher sur votre téléphone ou à un endroit visible près de votre téléphone. Par conséquent, en cas d'urgence, ces renseignements seront à la disposition de toute personne qui doit faire un appel à partir de ce poste.

Veuillez vous servir du lien sur la page introductive de la 8e Escadre pour obtenir de l'information sur les adresses d'urgence.

Cependant, si vous avez besoin de plus amples renseignements après avoir consulté ces listes, veuillez communiquer avec Jane Clement, adjointe des biens immobiliers, au poste 7424 ou par courriel à jane.clement@forces.gc.ca.

N'oubliez pas, si vous ou vos collègues ne connaissez pas l'adresse municipale d'urgence de votre lieu de travail, vous pouvez mettre la vie de quelqu'un en danger, peut-être même la vôtre

BPR: Maj B.P. Baker
Title: WCEO
Phone: 3321
Email: Baker Maj BP@CFB Trenton
WCE@Trenton



Co-op program grad now full-time electrician

by 2Lt Cynthia Kent,
8 Wing Public Affairs

Kathleen Burke was a high school student when she first walked into the electrical shop at 8 Wing/CFB Trenton in 2001.

Now, she's a full time employee who is thriving in the diverse environment.

Burke had shown an early interest in and an aptitude for electrical work. On the advice of her uncle, an electrician, Burke decided to check out the trade.

"He said what have you got to lose? Try it and see if you like it," she said. "And the rest is history really."

Through the co-op program at her high school, Burke came to work in the 8 Wing Construction Engineering shop.

The aim of high school co-op programs is to give the students exposure to a work environment they are interested in pursuing as a career. The schools contact employers to find those willing to take on a student for a semester.

Burke spent 10 months working half days at the Wing. She knew the trade was for her.

For the next few years, Burke worked for various companies. Finally, she came back to an apprenticeship position at 8 Wing/CFB Trenton, finished her trade school courses, wrote her ticket and became an electrician. Burke has been full time in the electrical shop since August.

"It's challenging. You're hands on. You problem solve. You use your head. And you've got to think things through," she said. "There

are so many different things to learn about the trade. I mean it's not just plugs and switches."

Burke says one of the best parts of the job is that the electrical shop handles such a diverse range of jobs such as runway lighting, motor control, fire alarm systems and building maintenance.

"You get to see a bit of everything when you work here," she said. "Everyone brings strength to the table so everyone in the shop always has something to teach you."

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Masses-Messes

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Sunday Mass at 1130hrs
Monday through Friday at 12:00hrs
3rd Sunday bilingual Mass at 0900 hrs and coffee
3ième dimanche messe bilingue: 09h00 et café

Confession - Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday -1900hrs
Knights of Columbus: first Thursday - 1900hrs
CWL: second Tuesday - 1900hrs
Chorale : mercredi - 1900h
Choir: Monday - 1900hrs

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator
Padre Jim Craig

Worship Service

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

Parish organisations (P)

Chapel Guild: last Tuesday - 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

SACRAMENT OF BAPTISM

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

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

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

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

SACREMENT DU BAPTÊME

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

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

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

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

Planning to get married?

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

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

Vous planifiez de vous marier?

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

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

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

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Military Police charitable initiative rides to success

by Lisa Bailey, Contact Staff

They took an idea for a ride, raising awareness and money across Canada for two worthwhile causes.

The Military Police National Motorcycle Relay Ride ended in British Columbia on September 2 after 18 days, thousands of kilometres and immeasurable amounts of support and behind-the-scenes work.

In all, about 103 riders and passengers took part; money is still coming in, but organizers based at 8 Wing/CFB Trenton estimated it will total \$20,000 for Support Our Troops and the Military Police Fund for Blind Children.

National chairman Mark Farrer, formerly of the 8 Wing Military Police Squadron, said it was successful for a first-time event. Two of three motorcyclists from Atlantic Canada who had planned to make the entire journey did so; the other had to drop out following an accident that occurred in the early stages of the ride.

"There were no mishaps except for that small one. The guys arrived back safe and sound and they fulfilled their obligation," Farrer said as organizers met in Trenton September 4.

"What we lacked in riders we made up in funds so just by that alone, it was successful."

Farrer said "it's too early to say" if there will be ride in 2010 but he would expect greater participation because of the groundwork laid this year.

"If it happens next year, we would like to see more people come out because it's not just the police ride that it started out to be. It's evolved now to a support ride, an awareness ride, and it's for all facets – civilian and military," he said.

"We thought our role, as much as anything else, was to raise awareness," said Bob Edwards, a retired Military



Photo: Lisa Bailey, Contact Staff

Mark Farrer (centre), national chairman of the first-ever Military Police National Motorcycle Relay Ride, bids farewell to Bob Edwards (left) and Andrew Stewart (right) as they prepare to leave Trenton September 4 for home in Nova Scotia. Edwards and Stewart, both former Military Police and now Class B reservists with Land Force Atlantic Area, completed the entire charitable ride - from Newfoundland to British Columbia.

Police member and Class B reservist who was one of the cross-country riders and the event's Atlantic Region representative.

People, he noted, were amazed to hear the story behind the fund for blind children. (Colonel James Stone, Canadian Army Provost Marshal, first canvassed MP members for a few dollars each in 1957 to help blind children less fortunate than his young daughter, who had lost her eyesight to cancer.)

Echoing a comment made by a ride well wisher in Kamloops, B.C., Edwards said the fund is "a labour of love"; it is administered entirely by MP volunteers and all money raised goes to benefit children up to age 21.

In a fitting gesture, Day 1 of the ride in St. John's, Newfoundland, featured the presentation of a laptop computer and braille machine to a young blind man pursuing a post-secondary education. The

equipment was paid for by the fund.

"It's going to allow him to earn a university degree which otherwise he would not be able to achieve," Edwards said.

Relay riders also drew attention to their cause by flying Support Our Troops flags on their bikes, including a four-by-four-foot banner given by a Military Family Resource Centre in Newfoundland and signed by many people along the way. A teddy bear, named Cpl Stone and dressed in MP attire, also made the entire journey.

Both Edwards and fellow cross-Canada rider/retired MP and reservist Andrew Stewart were amazed by all of the support offered during the relay. It came from all quarters and in many forms, ranging from free oil changes and food offered by businesses to accommodations supplied by armouries and colleges. Legions and MFRCs boosted efforts by doing such things as

holding fundraising suppers.

The ride stopped at several Canadian Forces bases, including 8 Wing on August 22 when a barbecue and silent auction took place. Col Russ Williams, Commander, 8 Wing/CFB Trenton, Quinte West Mayor John Williams and Lieutenant (N) Paul Blackmore, 8 Wing MP Sqn Commander, all attended the fundraiser.

Then there were other Canadians whom, Stewart said, he will remember the most.

"I've travelled the country quite a bit and I enjoy the scenery and everything else, but ultimately it's the people who come up to you, like the little girl in Newfoundland who gave us \$20 and people who had lost family members overseas saying, 'Thank you for everything you're doing.'"

Travelling 10,000 kilometres across Canada, much of it through smaller communities, Edwards said well wishers

ranged in age from three to 93.

"A lot of people said, 'Thank you very much for what you're doing,'" he noted.

Farrer, who rode for part of the Ontario leg, acknowledged the help of family and friends.

"They were more than happy to come out and support us, which speaks volumes for us as riders and organizers. We needed that support and morale to keep going. It gave us hope," he said.

Edwards also remarked on the spectacular setting for the ride, saying he'll always remember "the sheer beauty of the country" and such exhilarating sights as the Rocky Mountains and a grizzly bear hunting for fish in a B.C. river.

Both Edwards and Stewart belong to the Blue Knights organization for active and retired law enforcement men and women. Some of the other groups represented by riders were the Red Knights (firefighters), Canadian Army Veterans and municipal police forces.

Other riders, meanwhile, were civilians or Canadian Forces members who participated as individuals.

Hitching a ride back to 8 Wing aboard a CC177 Globemaster the morning of September 4, Edwards and Stewart rode for home in Nova Scotia immediately following the ride meeting.

They may very well be back in Ontario next month for a mess dinner at 8 Wing's Astra Lounge. Cheques will be presented to representatives of Support Our Troops and the Military Police Fund for Blind Children.

Open to the ride's sponsors, volunteers and participants, and anyone wanting to attend, the dinner is to take place on October 3.

Interested parties can contact Sergeant Liana Whitman of the Canadian Corps of Commissionaires at 8 Wing for more information.

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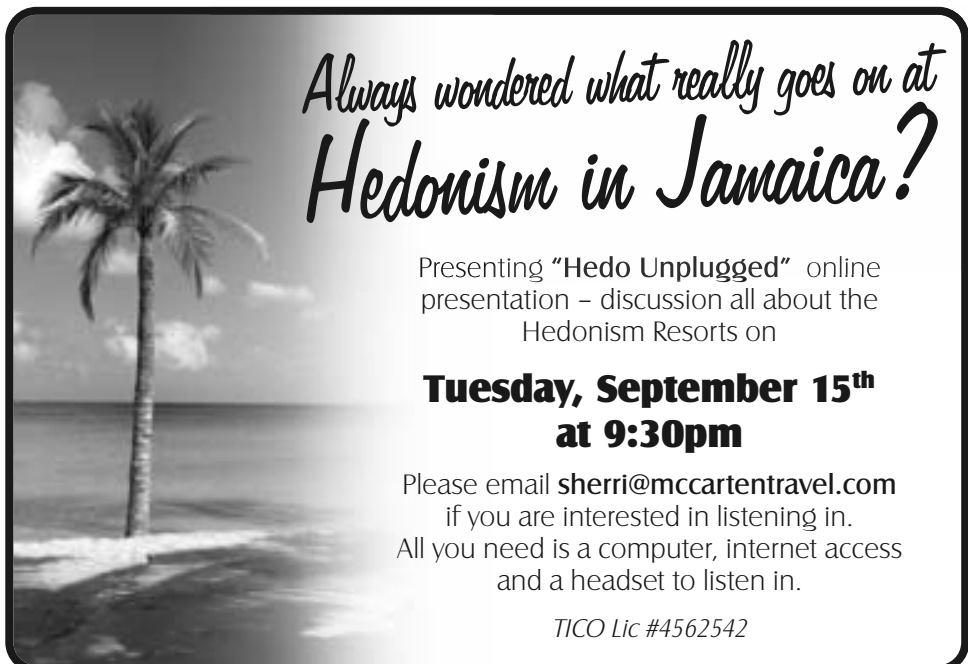
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Avoid home upgrading mistakes

By Diane Black

(NC)—More and more homeowners are upgrading their properties with an eye to sell quickly and for top dollar.

“Today’s buyers are attracted to move-in ready homes - especially those who lead hectic lives and are accustomed to upgrades. The days of buying a home to fix up have faded,” explains Greater Toronto Area realtor Jackie Peifer.

“When selling two virtually identical properties, in my experience the upgraded home can sell for up to 10 per cent

more and sometimes higher, depending on price point.”

Still, Peifer advises home sellers not to rush upgrades without first seeking professional advice. “You need to do your homework. It’s important to understand which upgrades generate the highest resale value, how much to invest, potential impact on your list price and competitive home sale factors.”

She advises you to choose materials and colours with mass buyer appeal - even if they don’t match your tastes.

Also beware that hur-

rying renovations can increase the potential for poor workmanship which can impede your sale.

Don’t rush contractor selection, says Mike Holmes, Canada’s most recognized renovation expert.

Rushing any renovation carries consequences, he says. Holmes cautions you to resist the urge to select the first contractor you come in contact with.

“There are no shortcuts to getting the right contractor on board. You need to start by asking the right questions: how long have you been in the

business, what do you specialize in, can I call homeowners you’ve done this work for?”

Holmes advises you to call every reference you’re given. As added safeguards, he says you should ask to see proof of certification and insurance, and question the need for a permit.

“Don’t assume someone who’s done work for you in the past is equipped for the biggest jobs - even if you can get them on board quickly. Whoever you choose must demonstrate they are qualified to do the work, without exception.”

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