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Deployment training continues for 8 Mission Support Squadron

by Tom Philp, Contact Staff

The training goal of developing an expeditionary mindset in members preparing for deployment is relatively straight-forward.

The logistics of compressing that training into a schedule that is already tight is not so simple.

In 2001, the Air Force (AF) initiated the Air Force Support Capability Project (AFSC) to deliver a wide variety of support services to deployed operating bases.

Two components of the initiative, Mission Support Units (MSUs), and Mission Support Squadrons (MSSs), have been putting those plans into action since 2006.

The bottom line for all MSU and MSS members is that they must be battle ready, and represent an "agile, task-tailored, scalable, readily deployable, expeditionary aerospace power."

Captain Paul Peloquin, Deputy Officer in Charge of 8 Wing/CFB Trenton's Readiness Training Flight (RTF), is one of the trainers responsible for local Air Force Individual Readiness Training (AFIRT), including Individual Battle Task Standards (IBTS) at the pre-deployment stage. Since



Photo: Tom Philp, Contact Staff

Members of 8 Mission Support Squadron, comprised of more than 80 service men and women whose trades range from Construction and Engineering to Food Services, took classroom familiarization instruction on the C7 rifle this week as part of their Deployment Readiness Training. The squadron travels to CFB Kingston next week for live firing of both this weapon and the 9 mm pistol, and will be the cornerstone of a major engineering field exercise at CFB Petawawa in October.

any serving member can be deployed anytime, the challenge of scheduling that training for thousands of uniformed personnel here demands good planning.

Throw in the block training necessary to accommodate the

nearly 90 members of 8 Mission Support Squadron (8 MSS), and eliminate a few months of training due to postings, annual leave and changes of command, and even the best scheduling plan requires complete cooperation among the vari-

ous players about to take the stage.

Capt Peloquin said it is important for RTF to remember that regular training is scheduled far ahead for military people based here, so finding the time and resources to train the 80-plus

members of 8 MSS requires everyone to be on the same page.

"The biggest thing is flexibility," said Master Warrant Officer Gene O'Neill, the RTF member tasked with creating the training schedule. "We have to schedule training, making sure we have instructors to teach, and that they have the necessary training resources."

The challenge presented in training a block of 8 MSS members was meeting their particular priorities "without sliding the training needs of the rest of the Wing too far outside other schedules," he said.

"We can accommodate one or two extra students in a course without compromising training," Capt Peloquin said. "Some members need it because they will deploy sooner than 8 MSS."

That schedule compression meant that each of the 11 RTF instructors would be pushed to the limits.

In fact, compacting First Aid training for eighty, 8 MSS members into four consecutive days required Capt Peloquin to contract with local St. John's Ambulance instructors to get it done.

"Those are the only outside instructors we use," he said.

See "8 MSS training," Page 2

412 (Transport) Squadron feels like home for new Commanding Officer

by Lisa Bailey, Contact Staff

Coming back to 412 (Transport) Squadron is like coming home for Lieutenant-Colonel Brad Koskie.

It's how the Falcons' new commanding officer described his appointment as he took the reins from LCol Eric Volstad during a Change of Command ceremony in Ottawa July 17.

A Pilot Leader and Operations Officer with the squadron from 2002 to 2006, LCol Koskie said becoming CO was "something I've been hoping for."

"I love the Challenger, I love the squadron," he said, noting 412 "means something to me because it was one of my first postings."

The squadron is based in Ottawa but reports operationally and administratively to 8

Wing/CFB Trenton. Flying the CC144 Canadair Challenger, 412's pilots and flight stewards as well as engineers provide globally-capable VIP transport for government officials and high-ranking members of the military, as well as utility airlift for the Canadian Forces, including medevac flights.

It supports missions at home and abroad. "We support greater 8 Wing and greater military efforts; our job is to support these deployments," he said.

"We're very proud of our military support... and when the military needs us we have the means for supporting the CDS, and whatever the rest of the military requires we will provide it as well."

A VIP transport squadron for 50 years, the title "speaks to the trust placed in the men and women of 412 by our government and military commanders," LCol Koskie stated in

his Change of Command address. "We get the job done regardless of the challenge. We set the bar high... Whether flying heads of state or bringing home a wounded soldier from the other side of the world, we provide a standard of care second to none."

LCol Koskie cited flexibility and professionalism as cornerstones of the squadron's longstanding reputation for excellence.

"We respond to the needs of the government and the military so scheduling is not fixed the way it is for some other squadrons. Our tasking tends to be on very short notice," said LCol Koskie, who himself was preparing to fly the prime minister to Washington, D.C. the next day.

The posting has put LCol Koskie back in the pilot's seat and "on the line as much as everyone else."

"It's been over three years since I've been

flying so I'm thrilled to be doing it again," he said.

LCol Koskie is just as happy to be piloting the Challenger again. He's logged more than 3,700 hours on more than 40 types of military and civilian aircraft, but the Canadian-made Challenger holds special meaning because it was the first transport plane he flew.

"I've taken it through just about everything it can do," LCol Koskie said.

"It's modern, it's a wonderfully designed and built aircraft," he said, adding it's also very flexible and very quick.

Flying two fleets of Challengers – the 604 and 601/600 models – 412 (T) Squadron works to meet an ongoing challenge of balancing training and manning levels with shortened flying tours.

See "New CO for 412 Squadron," Page 5

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8 MSS training, Continued from Page 1

AFIRT and IBTS directives demand student instruction in subjects as diverse as weapons familiarization and qualification, to Communications/Land Navigation, to stress management. When you factor in the diversity and regular demands of 8 MSS occupations ... construction engineers, drivers, mechanics, supply technicians, cooks, resource management clerks, and other specialized technical occupations ... preparing these personnel for their tour overseas can be daunting.

One example of changes made to accommodate the block training needs of 8 MSS: RTF bumped the number of students in weapons classes to 40 from a standard 30 seats.

"Our responsibility is to make it happen, and we do that," MWO O'Neil said.

Major Eric Cyr has been the Officer in Charge of 8 MSS since November, 2008. His other day job is Wing Telecommunications and Information Services Officer (WTISO), in charge of that squadron. He knows the importance of solid planning, and of recognizing that each operational unit is comprised of individuals, each of whom must know his/her role in 8 MSS.

"We had a field exercise for five days in April at Mountain View," Maj Cyr said. "During those five days, I focused on individual training."

"Right now things are a little different for (8 MSS), since this type of squadron usually has 99 members," he said. "We had about 88 (for the field exercise) in April, but some of those people have since been posted."

Maj Cyr said 8 MSS will travel to CFB Petawawa in early October to set up, and participate in Exercise Osons Hammer, a general engineer support training exercise similar to one held in Jamaica in March and April of this year.

"We will set up everything in the main KAF camp from electrical and plumbing to food services to support



Photo: Tom Philp, Contact Staff

Captain Paul Peloquin (left), Deputy Officer in Charge of 8 Wing/CFB Trenton's Readiness Training Flight (RTF), prepares to hand weapons training instructions to Major Eric Cyr, Officer in Charge of 8 Mission Support Squadron.

450 personnel," he said. "The outstanding training we've received from RTF will certainly be a help there. Right now we're planning for that exercise."

"We are training for a state of High Readiness, and we will be ready to deploy when needed," Maj Cyr said. "The trainers (at 8Wing) are outstanding, very accommodating, and everything they've given us here has been excellent."

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



CWO Paradis, the new CWO for Tn/EME Squadron, arrived on 08 Sep 09 from the Logistic Branch Integrator in Ottawa. CWO Paradis is away already, on the Chief Qualification Course in Saint Jean, QC until 05 Oct 09. He looks forward to meeting the new challenges 8 Wing/CFB Trenton has to offer.

A SPECIAL THANK YOU FOR SUPPORT



Photo: Cpl Isabel Lavallee-Raby, 8 Wing imaging

Commissioner Julian Fantino (left) and Sergeant Gord Magee (right), both from the Ontario Provincial Police, listen to Captain Harbour, pilot, and Captain Pellerin, co-pilot, during their explanations about the training mission they are conducting aboard a Globemaster CC177. The September 9 familiarization flight was organized to thank the OPP for their great collaboration and help during the repatriation ceremonies of our fallen soldiers.

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"Selfless" officer awarded land forces commendation

by Tom Philp, Contact Staff

He is an air force officer, a helicopter pilot by trade, and he spends his work days showing primarily army officers how and why those two branches of the Canadian Forces overlap to ensure safe, effective and efficient joint operations.

Major Ken Pothier, a member of the Canadian Forces Aerospace Warfare Centre (CFAWC), 8 Wing/CFB Trenton, was recently honoured for his expertise in educating land force personnel "in the capabilities and complexity of air and aviation integration."

Those words are excerpts from the Commander Land Forces Commendation Maj Pothier received on June 19, 2009 during ceremonies at CFB Kingston. The scroll also attests to Maj Pothier's "selfless commitment" and "total dedication" to the students, staff and success of the Army Operations Course (AOC) offered through Canadian Land Forces Command and Staff College.

"I've been very passionate about training for a long time," Maj Pothier said. "I was extremely honoured to be given that commendation. I am fortunate to be part of a very dedicated team."

His military career has spanned several decades; but Maj Pothier said the training turning point for him occurred in 1984 when he, as a young pilot, successfully complete the Canadian Land Forces Command Staff Course, the forerunner of the

current AOC.

"I was a 24-year-old Captain, by far the youngest in a course of 60 officers, and probably the youngest pilot to take the course to that point," he said. "It was pure survival. It was a career-changing event for me."

That course also opened Maj Pothier's eyes to the critical importance of not only optimizing the integration of air and land-based operations, but to ensure armed forces officers *understand* why successful integration of those operations is important.

His role today is to work with about 240 officers ... or "educated customers" as he calls them ... who take the AOC each year. Maj Pothier has been doing that at the CFAWC since being posted there in 2005, and he loves his job.

"In Canada, there is some separation between aviation and army, and the problem is compounded by them being from separate Commands," Maj Pothier said. "Land forces are very busy keeping up with their land operation skills, and it can be very difficult for them to take on aviation skills."

"The challenge for us as aviators is to build trust with our customers, and get them to understand what can, and can't be done," he said. "It's easy to say 'yes' to a customer (based) on what we can do. What's difficult is telling them what we cannot do."

Maj Pothier is never happier as an instructor than when he recognizes his students understand the complexity of the aviation/army integration process.

"It's such a great feeling when you know that the students 'get it,'" he said. "You can see it in their eyes, and I get such great feedback. You've earned their trust; and you can only get that by doing your job well and communicating effectively."

For the boy from a Nova Scotia fishing family, the Canadian Forces has provided opportunities that could rarely be found elsewhere. Maj Pothier first joined the service in 1979, retiring in 1999 to fly commercially in the civil sector for a time. He re-enrolled in 2004, serving at Headquarters 1 Wing in Kingston for a year before being posted to the newly formed CFAWC.

"At CFAWC I work in the Doctrine Development Branch, and am one of two representatives of the Tactical Aviation Community," Maj Pothier said. "My role, over the 10 exercises that I supported, grew from being an Aviation Staff augmentee (the first exercise), to mentor for the Air and Aviation Augmentees (five exercises), to Acting Directing Staff member and Commander Divisional Aviation (four exercises)."

His CFAWC experience has also reacquainted Maj Pothier with officers he has met, and taught, over a 25-year period. Some are now General Officers; some have retired with high rank. One retired Colonel recently told Maj Pothier why he stood out from the rest of his colleagues.

"He told me, 'It's your positive attitude that set you apart,'" Maj Pothier said. "I really appreciated that. It's



Major Ken Pothier, a member of the Canadian Forces Aerospace Warfare Centre at 8 Wing/CFB Trenton, is shown above with his commendation. Photo: Tom Philp, Contact Staff

good to be recognized for who you are."

Maj Pothier is part of a military family that includes his wife, Major Verna Wirth, Canadian Forces Joint Signals Regiment, CFB Kingston; and their daughter, Lieutenant Amanda Wirth-Pothier, newly graduated from Royal Military College and posted to the Health Services Centre at CFB Gagetown. He is scheduled to deploy to Afghanistan later this year.

Search & Rescue UPDATE



424 Squadron has had two missions since last week. The first mission was for the Griffon helicopter and it was to search for an ELT. Prior to arriving on scene the ELT signal was lost because it was turned off. The source was an aircraft that had crashed the weekend prior and the fuselage was recovered with the ELT still in it and going off.

The second mission was a tasking for the Griffon and the Hercules to search for a fisherman that never returned home after a day of fishing near Windsor. The man was an elderly gentleman that showed signs of Alzheimer's and had a heart condition. The Hercules arrived on scene and began to search only to find nothing. Prior to the Griffon arriving on scene the mission was stood down as it was determined that the missing man had spent the night in a hotel and never contacted his family. Until next week, stay safe!

Missions for 2009: 180 Missions for Sep: 10 Persons rescued: 17

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

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

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



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

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

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

Thank you for your patience during this time.

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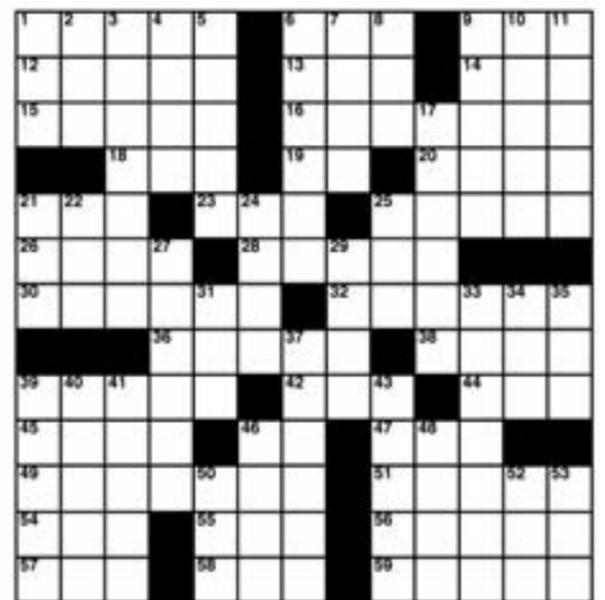
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ACROSS

- 1 Heart _____
- 6 _____ mode
- 9 Wood sorrel
- 12 Marksman
- 13 Roue
- 14 Toss
- 15 Forbidden
- 16 _____ heart
- 18 Actress Sothorn, for one
- 19 Broadbent or Greenspon
- 20 Edgar Allan and kin
- 21 _____ Favor
- 23 Mont Blanc for one
- 25 Type faces
- 26 _____ heart
- 28 Word before end and after significant
- 30 Valuables
- 32 Raise the stakes
- 36 Evaluated
- 38 Soft drink
- 39 Soul _____
- 42 Homeland of N. Mandela
- 44 Opposite of don'ts
- 45 Feed the pot
- 46 Mom
- 47 Sneaky
- 49 Mountain ranges
- 51 Lathers
- 54 Summer, in St Laurent
- 55 Consumed
- 56 Actor Ed
- 57 Crimson
- 58 Sea, to Serge
- 59 Doc

DOWN

- 1 Cave dweller
- 2 Coastal indent
- 3 Sets sail



- 4 Geological time
- 5 Swedish money
- 6 Receive
- 7 Fat
- 8 Bustle
- 9 Designer Candice
- 10 Common cleanser
- 11 Chasm
- 17 Athletics
- 21 Harper Valley org.
- 22 Americas org.
- 24 _____ soul
- 25 Fire, in Frontenac
- 27 More odd
- 29 Bricklayers burdens

- 31 Word before toe and after tic
- 33 _____ soul
- 34 Wedding words
- 35 _____ Boot, the movie
- 37 Pencil part
- 39 Amplifier
- 40 Commingle
- 41 Silver, for one
- 43 Indian state
- 46 Soul _____
- 48 _____ heart
- 50 Dodge truck
- 52 Small prov.
- 53 Student gov't.

See Answers, Page 22



This Week in Contact

1979 – A guest column in this week's Contact decried the amount of littering evident on, and around CFB Trenton. Suggesting those who litter consider it to be "everyone else's problem," the writer reported the proliferation of everything from cigarette packages to fast food containers, prophetically proclaiming society "will ultimately have to clean up after them."

1989 – A competitive soccer team from CFB Trenton won the Ontario Regional Soccer Pennant in what was described as "a miraculous come back." Hosted by CFB Petawawa, the tournament witnessed Trenton's Flyers being defeated by the host team, threatening their chances to advance. But in a semi-final rematch, Trenton rebounded from a three-goal deficit to defeat Petawawa 5-4 to move into the championship round and emerge victorious!

1999 – The launch of the first Air Force CD (compact disc) was celebrated at the Canadian National Exhibition in Toronto. Under the direction of Pipe Major John MacDonald of the 8 Wing Trenton Pipe Band, "High Flight" was a compilation of military, secular and religious music performed by Trenton's renowned band.

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



New CO for 412 Squadron, Continued from Page 1

"That is an issue we're dealing with and we're getting through it," said LCol Koskie, who noted he firmly believes in a "can do, professional" approach.

In his address, he stated every Falcon "must search for new and smarter ways of doing our job. We must anticipate new challenges and train to meet them."

"Taking advantages of these opportunities requires leadership and mentoring at all levels. Initiative, innovation and ingenuity must be more than just words. It must be how we do business."

LCol Koskie noted that the squadron is about to be presented with some "huge opportunities" in supporting four major events in quick succession – the Vancouver 2010 Olympics, the Paralympic Games and the G8 and G-20 summits.

"We expect to be highly involved and we're very much looking forward to it," he said.

LCol Koskie also focused on the people in the squadron, describing them in his address as a "unique tight knit collection of military and civilian members, who make a whole stronger than sum of its parts."

While encouraging the Falcons to take pride in their performance and pursue excellence, he also advised that they look after themselves.

"... work life balance is critical to accomplishing your mission. Your family; health and personal well being are key to being ready to answer when called. Take care of yourselves; take care of each other; have some fun."

How does LCol Koskie himself have fun? He trains for and competes in triathlons along with his wife of seven years, Major Angela Koskie, who is a legal officer with the Office of the Judge Advocate General. She competed in an ironman event just a few weeks ago.

"It keeps me fit and it's something I can do with my wife," he said.

LCol Koskie also confessed to a

love of sailing.

He and his wife have a two-year-old son, Jack, who was having a birthday at the same time as LCol Koskie became CO so, he said, there was "lots to celebrate."

As for 8 Wing, LCol Koskie said he spent quite a bit of time here as a test pilot.

"The facilities are great and the people are great," he said, noting he's crossed paths with a number of 8 Wing personnel. During the Change of Command ceremony, 412 nametags were presented to Wing Chief Warrant Officer Kevin West and Col Russ Williams, Commander, 8 Wing/CFB Trenton, who is a former Falcon and Challenger pilot.

"I love 8 Wing, particularly the way it's grown in the last while," LCol Koskie said.

"It's taken a greater place in the Air Force."

A native of Hamilton, LCol Koskie received his wings in 1990. Three years earlier, he'd graduated from the University of Southern California with a Bachelor of Science and Master of Science degree in Aerospace Engineering.

He began his military flying career as an instructor pilot on the CT114 Tutor in Moose Jaw, Sask. In 1993, he was deployed to the former Yugoslavia where he spent eight months leading an observer team throughout southern Croatia and central Bosnia as part of Canada's contribution to the European Community Monitor Mission. Returning to Canada in 1994, he was posted to 434 Bluenose Squadron to fly the Challenger in an electronic warfare and combat support role.

Accepted to test pilot training in 1996, he attended the National Test Pilot School in Mojave, Calif., and graduated with distinction as an Experimental Test Pilot and earned a Master of Flight Test Technology degree. He was posted to the Aerospace Engineering Test Establishment in Cold Lake, Alta.,



Lieutenant-Colonel Brad Koskie

where, as a multi-engine test pilot, he took part in numerous test projects for aircraft such as the CC130 Hercules, Challenger and CC138 Twin Otter.

He began flying the Challenger in the VIP role in 2002 after being posted to 412 (T) Squadron. He also served as Pilot Leader and Operations Officer. In 2005, LCol Koskie deployed to Southwest Asia to serve as the Theatre Support Element Operations Officer, supporting CC130 flights into Afghanistan.

He left 412 (T) Squadron in 2006 for National Defence Headquarters, serving on the Strategic Joint Staff and Air Staff as a staff officer. Promoted to his current rank last December, he is a recent graduate of the CF Joint Command and Staff Program.

Noting he's "always loved flying," LCol Koskie said he had two aspirations early on.

"I really wanted to be an astronaut and I really wanted to be a test pilot. So far, the test pilot part worked out... and I'm quite happy where I ended up," he said.

Travelling the world, working with "great people" and flying an "outstanding airplane," LCol Koskie he "just couldn't be happier to do this job."

Stolen PLB located

by Cpl Lisa-Marie Guernon, OJT Public Affairs

What the Canadian Mission Control Centre at 8 Wing/CFB Trenton first thought was a call for help, turned out to be something completely different: a stolen beacon accidentally set off by an alleged thief.

On August 26, CMCC received a flashing signal on their screen. They immediately thought that someone activated a PLB 406, also known as a Personal Locator Beacon, to receive emergency assistance.

"When this goes off, we contact the Joint Rescue Coordination Centre for a search," said Major Freitag, Officer in Charge at CMCC. "They are the ones who will contact Industry Canada to find the owner of the beacon."

PLB's are used by the public. When someone buys a PLB, that person registers it and will activate the device in case of distress, while out in the woods fishing, camping or hiking.

As the CMCC was trying to get an exact location for the beacon, which was somewhere in Blind River, ON, they contacted the JRCC at 8 Wing/CFB Trenton.

The JRCC then contacted Industry Canada and the Blind River OPP to inform them of a PLB possible distress signal in their area. At the time, they didn't know the Ontario Ministry of Natural Resources owned the beacon, or that it had been stolen.

Meanwhile, Blind River OPP was investigating a theft at a Ministry of Natural Resources building. Police say the building was left unsecured the evening of August 25. Investigators believe someone took that opportunity to break into the building and steal electronic equipment, including a computer and a laptop.

During the investigation, OPP found something that they thought might belong to the thief.

"We found keys on site, [and since] Blind River is a city of nearly 35,000 people, we knew which apartment building these keys would fit in" said Detective Richard Eady, Blind River OPP.

After searching a few apartment blocks, they finally got a match. In one of the apartments they found the missing computer and laptop. Police arrested a youth in connection with the theft.

However, investigators still didn't know a locator beacon had been stolen. It was the next day, when Natural Resources couldn't find the beacon to turn off the emergency signal, that they realized the PLB must have been stolen during the break-in too. Police said it was probably activated accidentally by the alleged thief.

A spokesperson for the OPP said the youth arrested in connection with the theft eventually showed them where to find the beacon, in a field behind his home, so it could finally be turned off.

NATO PERSONNEL TOUR THE GROUNDS OF 8 WING/CFB TRENTON



Photo: Corporal Brandon O'Connell, 8 Wing Imaging

The NATO Parliamentary Sub-Committee on Transatlantic Defence and Security Cooperation visited 8 Wing/CFB Trenton last week. 8 Wing provided a briefing highlighting Canadian Forces air support to NATO operations, a luncheon in the Officers' Mess, and a static display of 8 Wing aircraft routinely used to support NATO operations.



Another successful family day enjoyed by many

More than 100 firefighters, friends and family members enjoyed a fun-filled day at the 8 Wing Fire Hall on September 12.

A special thank you goes out to all participants, especially 424 Search and Rescue Squadron for their CH146 Griffon demonstration; to the Golf Association of Ontario for providing the 'Introduction to Golf'; and to 426 Transport Training Squadron for providing flight simulator rides.

Below: Gary Price, an instructor with the Golf Association of Ontario, shows some golf moves to six-year-old Leilah Crawford.

Top right: Corporal Mike Nicholson gives his daughter an opportunity to stand on top of one of the new E-One Titan Aircraft Rescue Firefighter Vehicles.

Bottom right: Benjamin Baker, nephew of Christina and Richard Baker, enjoys the static display rescue net in the CH146 Griffon helicopter.

Photos: Warrant Officer Robert Comeau, 8 Wing Fire Hall



In loving memory, forever and always

Cleaton, Keith - Passed away unexpectedly at the Northumberland Hills Hospital in Cobourg on Wednesday September 9, 2009 at the age of 64 years. Beloved son of Marie Cleaton and the late Denis. Loving father of Iain (Amy) Cleaton of Trenton and Sean (Jenn) Cleaton of Brighton. Loving grandfather of Kenzie, Jena, Eoghan, Jordanna and Ella. Predeceased by his sister, Susan Shier. Lovingly remembered by Beth Cleaton and Maureen Pemperton of Trenton.



The family received friends at the Weaver Family Funeral Home - West Chapel 170 Dundas St., Trenton on Wednesday, September 16, 2009 from 7 to 9 p.m. A Legion Memorial Service was held in the West Chapel on Wednesday as well at 6:45 pm. Funeral Service was held at the West Chapel on Thursday, September 17, 2009 at 1:30 pm. Funeral Celebrant Kevin Weaver officiated. Cremation to follow. As expressions of sympathy donations to the Heart and Stroke Foundation would be appreciated by the family. Online guestbook and condolences at weaverfuneralhomes.com.

Mr. Keith Cleaton was a member of The Contact team for many years, prior to taking a new position in the fall of 2008. Our heartfelt condolences extend to his family and friends during this difficult time - you are in our thoughts and prayers. - Contact Staff



PET OF THE WEEK



RAMONA is an adult spayed female shorthaired brown tabby. She arrived at the shelter with deep wounds from her collar becoming embedded in her neck and underarm. She is now completely healed and ready to become your best friend!!

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SPORTS & RECREATION

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This 'Total Body Workout' brings the fun back to exercise!

A challenging, multi-level class that alternates between strength training and cardio drills, with the option to work at your own pace.

It's fun! It's whacky! It's challenging! From week to week, there's always something different so you never get bored!

This program runs from September 14 to December 14 (no class Monday, October 12), from 5 to 5:55 p.m.

Cost is \$35 for military community members and \$40 for the general public.

Total Body Boot Camp

Total Body Boot Camp is a (mostly) outdoor group exercise class for those individuals who like the outdoors and/or who get bored in a gym.

This class includes a mix of the traditional running, jumping jacks and pushups, with intervals of sports-like activities such as cross-over runs and basketball shots, as well as strengthening exercises such as squats, lunges and biceps curls.

Although you may find yourself challenged to work your body harder than you might

normally do on your own, know that you'll be a part of a supportive and motivated group of like-minded people all working to their own level.

Total Body Boot Camp will take place on Tuesdays and Thursdays from 9:15 to 10:15 a.m.

The program began, at the RecPlex, on September 15 and will run through until December 17.

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

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 September 29 during

regular hours of operation.

Registration for the general public will begin on September 30 from 5 to 7 p.m. at the RecPlex.

Numbers will be given out starting at 4 p.m.

Registration for all will continue until the first class.

Stomp and Romp

Preschool Program (Ages 2 to 5 years)

Stomp and Romp takes place Friday mornings, from September 18 to December 18, from 10:30 to 11:55 a.m. (for a total of 13 weeks).

Come and enjoy a fun exercise program with your children!

This program offers an introduction to stretches, games and dance followed

by free-time with lots of great play equipment!

Cost is \$30 for military community members and \$35 for the general public.

Drop-in fee option available for a cost of \$4/week drop-in.

Register now at the RecPlex. Limited space is available.

Reduced hours of operation

During the period of annual maintenance of the indoor pools from Tuesday, September 8 through to Sunday, October 4, the RecPlex will be open with reduced hours of operation 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.

8 Wing Women's Hockey: Calling all interested 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.



CFB Petawawa and 8 Wing/CFB Trenton teams compete at the Ontario Region Women's Hockey Championship held at the RCAF Flyers Arena this past February.

Shutdown notice: RecPlex pools

Please be advised that annual maintenance of the indoor pools will take place from 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.

Strength and stability

This class integrates some of the more traditional exercises like squats, lunges and pushups with some of the latest functional exercises and equipment.

Exercises are offered as light, medium and most challenging so you can choose the level that's best for your body, goals and comfort level.

Note: This class is a

good addition for those concerned with osteoporosis or who are on weight loss programs.

Classes take place from September 14 to December 16, from 6 to 6:55 p.m. (no class Monday, October 12 or Wednesday, November 11, 2009)

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

Cardio Cycle at the RecPlex

Calorie burning at its best! Feel the wind in your hair as you rev up your metabolism in this 50-minute heart pumping cycle class.

We cater to all levels of exercisers - you work out at your own pace - with a nudge and a wink for motivation from the instructor, guaranteeing

an awesome workout.

Classes take place on Wednesdays, from 5 to 5:50 p.m., from September 16 to December 16 (no class November 11).

Cost is \$35 for military community members and \$40 for the general public.

Noon Hour Hockey

It's that time of year again. The 2009/2010 hockey season is almost upon us.

The 8 Wing/CFB Trenton hockey leagues are open to Canadian Forces military, DND and NPF full-time employees.

The Noon Hour Hockey League (NHL) will commence on Monday, October 5, and play noon hours for a cost of \$80 per player.

Player registration for

the NHL will be extended until 1530 hrs on September 25.

Registrations are being accepted at the Gymnasium.

The Gymnasium Main Office hours are from 0800 to 1130 hrs and 1300 to 1530 hrs, Monday to Friday Register today!

For more information please contact Dan Cormier, Military Sports Coordinator, at local 3373.

Stroller Fitness

Presented by the PSP Community Recreation Association

Walk or jog your way to a healthier and fitter you, working out with your baby. Our fitness leaders will lead and motivate you, and help you to discover the benefits of training in the great outdoors with your stroller and child.

What you need, besides the baby: Comfortable walking shoes, appropriate dress for the weather (we walk rain or shine), and a water bottle.

Babies are bundled in their strollers so you can walk, jog or do a combination of walking and jogging for about 30 minutes followed by some core exercises and stretches. It's worth bundling up your baby, because you'll feel so good afterwards!

Stroller Fitness will take place on Mondays and Wednesdays from 10 to 10:45 a.m. starting at the RecPlex.

Stroller Fitness began on September 14 and will run until December 16, 2009. Please note there will not be a class held on Thanksgiving Monday (October 12) or on Remembrance Day (Wednesday, November 11).

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

Yoga classes at the RecPlex

This class involves the synchronization of breath with a progressive series of postures and stretches.

In this relaxed atmosphere, these postures lead to an improved circulation and a strong, yet relaxed body and mind. Enjoy a few moments for yourself. Namaste.

Yoga classes will take place on Wednesdays, from September 16 to December 16 (no class November 11). Each class runs from 7 to 7:55 p.m.

Cost is \$35 for military community members and \$40 for the general public.

8 Wing/CFB Trenton Men's Indoor Soccer Team

The 8 Wing/CFB Trenton Men's Soccer Team is looking for players for the men's indoor league, playing every Tuesday night in the dome to keep fit and active for the winter.

All interested players are to contact the coaches, Captain JP Landry at local 3573 and Master Corporal Paul Kelly at local 7120.

PSP FACILITY MEMBERSHIPS

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



FITNESS & HEALTH PROMOTION



FAQ: What is Health Promotion?

Eighteen months after the launch of the Canadian Forces Health and Physical Fitness Strategy, it is clear that the 8 Wing community is well on its way to becoming healthy and fit for life.

As 8 Wing/CFB Trenton continues to build a "Culture of Health and Physical Fitness," health promotion has become more relevant than ever in helping the community achieve that goal.

The Health and Physical Fitness Strategy starts with health. Many people do not realize that the definition of health is no longer simply "the absence of disease."

Health is a state of physical, mental, spiritual and social well-being and a valuable resource that allows us to meet the challenges of daily living and makes it possible to achieve our personal and professional goals.

This is especially important for CF members who must be ready to respond to a call to duty at any time.

Health Promotion is the process of enabling people to increase control over, and to improve their health.

We do this by raising awareness and offering education that provides individuals with skills and tools to prevent health problems before they occur.

Health Promotion also considers communities and the social, environmental and economic factors that affect them.

Programs and services offered by CF Health Promotion are evidence based, designed using information about the environment of CF mem-



bers. **How does HP support the Health and Physical Fitness Strategy?** HP services support the HPFS seven lines of operation involving leadership and personnel commitment to a lifestyle of healthy nutrition and weight, regular physical activity and addiction-free behaviours.

HP supports the chain of command in facilitating access to services by providing targeted delivery of program information at Wing events such as unit briefings and professional development days.

Personnel are supported by offering course schedules and information that accommodates the needs of the 8 Wing community.

What services does HP provide? Along with regular course schedules, HP services are available upon request and include: courses, briefings, campaigns, displays, and a resource library. Our focus is on prevention. Following best practices, all treatment requests will be referred to Health Services.

What programs are offered by HP? Programs fall within four core areas of the CF Strengthening the

Forces initiative: nutritional wellness, social wellness, addictions awareness and prevention, and injury prevention and active living.

Program topics include achieving a healthy weight and eating well, quitting smoking, addictions awareness, suicide prevention, managing stress, and more.

Who qualifies for HP programs? Regular and Reserve members and their dependents, full-time DND civilian employees (public & non-public) and their family members.

How much does it cost? All programs are provided free of charge.

How often are courses run? The course schedule is developed on a quarterly basis to meet current requirements. Requests for courses are welcome.

How do I register for HP programs? Register online at healthpromotion.cfbtrenton.com or call the Health Promotion office at ext. 3768.

Where can I find out more about HP programs? Online at healthpromotion.cfbtrenton.com or www.forces.gc.ca/health-sante/ps/hpp-pps/default-eng.asp, or via email at healthpromotionTrenton@forces.gc.ca.

Resilience: Part II – The bounce back factor

Resilience allows a person to minimize and manage stress, and can also boost your self-esteem – key in dealing with stress. But where does it all begin? Genetics may play a role – some people are just naturally more adaptable.

Childhood experiences may also play a role. Some stress experienced early on may act like an immunizing dose, but what is the right amount?

Everyone is different and nowhere is it written that a person with a traumatic childhood is going to have more or less resilience than someone who grew up in a carefree, loving environment.

So what can a person do to boost their resilience?

Become more flexible. An overly rigid attitude is emotionally dangerous. Recognize that everyone experiences challenges and unexpected events and learning how to roll with the punches is key to developing resilience.

Consider approaching change with small steps, doing small things that make you step outside of your comfort

zone. Gradually, it will be easier to do things that are "outside your box." Frame the new experience as a skill- or experience-building opportunity rather than something to be afraid of. You will then have that "re-framing" mindset to fall back on when an unwanted change in life, such as a change of management at work, occurs.

Humour is another factor. Looking for that proverbial silver lining isn't always easy, but gradually you will come to realize that people aren't raining on your parade just to spite you.

Another important consideration is related to life balance – all the dimensions: physical, emotional, social and spiritual should be represented.

Perhaps the most important factor is social support. It is absolutely vital for people to have social contacts, people that they can count on when things are tough, who can help to pick up the pieces. Ideally, develop relationships with family members and surround yourself with friends.

Strengthening the Forces, in partnership with the Military Family Resource Centre and 8 Wing Chaplains is offering

BASIC RELATIONSHIP TRAINING

(A Couple's Communication Workshop)

Date: 7 November 2009

Time: 0830 to 1630 hrs

Location: Baker Island

Participants must pick up their workbooks before the workshop begins.

Workbooks can be picked up at the Trenton MFRC, Prevention, Support, and Intervention Coordinator

Deadline to register: 3 November 2009

For additional info contact PSI coordinator at 613-392-2811 ext 3899.

To register contact MFRC reception at 613-965-8575.



Upcoming Courses

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30 Sep and 1 Oct, from 0830 to 1600 hrs

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Managing Angry Moments:

Fridays from 16 Oct to 6 Nov from 0830 to 1200 hrs

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

Did You Know?

Health Promotion offers a resource library of nearly 300 books. Drop by the office at 177 Hercules St. to see what titles are available.



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Astra Lanes bowling season now in play

by Raymond Roy
Supervisor Astra Lanes

Astra Lanes is currently accepting registrations for their Youth Bowling Program (YBC).

The YBC is open to all young bowlers between the ages of five and 19 years who want to have some fun by competing against other teams and their peers.

Registration costs \$15 and for a minimal weekly lineage fee the YBC offers its members certified coaching, tournaments, trophies, awards, shirts, and a year-end banquet.

Astra Lanes has space available in all their age divisions and encourages you to register early. This winter, stay active and have a blast.

The league begins play on September 19, 2009 at 10 a.m.

For more information regarding cost and registration please call 613-392-2811 ext. 3305

League Openings

CFB Trenton Astra Lanes has numerous openings in all of their

Photo: Contact Archives



A number of leagues are looking for interested bowlers. Contact Astra Lanes today.

leagues.

They are still looking for bowlers to come out and enjoy some fun and social interaction. Leagues still requiring bowlers are: Sunday Mixed; Tuesday Mixed; Wednesday Men; Thursday; and YBC. The Monday Mixed League is full but Astra Lanes is accepting names for the waiting list.

All evening play begins at 7 p.m. and most leagues bowl between three and four games.

Inter-section bowling is always

looking to boost its membership and they play on Wednesdays and Thursdays at noon.

Open bowling times remain the same and will have time available Friday evenings between 6 and 10 p.m., and on Sunday afternoons between 1 and 5 p.m. (Subject to availability).

For more info on these leagues and for booking inter-section and birthday parties please contact Astra Lanes at 613-392-2811 ext. 3305.



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National Air Force Museum of Canada to set attendance record

by Lisa Bailey, Contact Staff

The National Air Force Museum of Canada at 8 Wing/CFB Trenton appears poised to set an attendance record.

It's a significant development as the museum celebrates its 25th anniversary; however, it's also envisioning the future with the help of a summer visitors survey.

"We're enjoying what I would suggest is a banner year when it comes to visitors," executive director Chris Colton said.

From April 1 to August 31, 2009, a total of 32,700 people passed through the doors at 220 RCAF Road. With months to go before its current fiscal year ends, the museum is on track to surpass the attendance record of 44,000, set in 2006.

Attendance has averaged about 40,000 in the last five years, with a drop in the last fiscal year corresponding with the economic decline.

"We were concerned with the financial crunch this year but it hasn't happened and we're very relieved," Colton said.

Strong attendance has translated into increased sales at the NAFMC gift shop and more dollars dropped into the donation box on site. It's vital funding to help cover display and other costs at the museum which, Colton noted, has operated in the black for the past 25 years.

"We were very concerned that attendance would be down because we operate day to day," he said.

8 Wing/CFB Trenton's Canadian Forces and Air Display Weekend "certainly made a big difference in our total attendance to date," Colton said, noting 12,000 people visited the museum during the two-day July celebration. He listed three other reasons for the NAFMC's popularity.

"The fact that we're free, the fact that we're getting the word out better and, I think, the convenience off the 401."

Offering free admission and free parking, the museum fits the bill for seekers of a pleasurable and interesting outing during a recession, Colton said. And because they don't pay to park or get in the door, they are more likely to spend money in the gift shop or make a tax deductible contribution.

With 82 per cent of respondents to a visitors survey this summer indicating they're civilians, Colton said it's apparent that



This restored Second World War Halifax Bomber is a major draw of visitors to the National Air Force Museum of Canada.

"people driving down the 401 are getting word about us and are stopping in." Public relations efforts, media coverage and the domino effect of word of mouth are likely all factors, he said.

Then there's the NAFMC's well signed location just minutes off of Canada's busiest highway. "Once you get off the 401 you're going to find your way to the museum," Colton said.

He added that the building's façade "is certainly a draw" and "we will always have the No. 1 drawing card" in the restored Handley Page Halifax Bomber.

A fun family experience

The museum is also looking to the future, analyzing results of the aforementioned summer visitors survey. In all, 550 questionnaires were voluntarily completed between May 1 and August 30. The brief form asked visitors, among other things, for their age, sex and background (military, retired military or civilian) as well as what they enjoyed most at the NAFMC and what they would like to see.

Answers revealed more must be done to attract youth and families, Colton said, as the biggest aged demographic to visit the museum was children aged zero to 15. They constituted 28 per cent of survey respondents, followed by adults aged 41 to 65 who made up 26 per cent.

Youngsters, of course, generally travel with their parents so, Colton said, they will look to "develop a museum experience for the family." And in this techno-

logical age, the story of the air force will have to be presented in a way that engages visitors so they are both educated and entertained. This means creating interactive, hands-on exhibits such as accessible cockpits and offering such features as touch screens.

However, this comes with a cost. Currently, Colton noted, the average price to properly equip a museum with interactive displays is \$500 per square foot. With 35,000 feet of display space, it would be a very expensive project for the self-financed NAFMC.

"We'll have to figure out how much money we can afford through fundraising to spend on our displays," Colton said.

"Our challenge is obviously going to be, when we complete the construction phase, to make the museum experience worthwhile for the public, to fill the space the best we can to keep people interested and coming back."

The construction phase is the focus of the Royal Canadian Air Force Museum Foundation's current fundraising efforts. A total of \$2 million is needed for lighting, painting, stairs, a fire suppression system and other finishing touches to the NAFMC's expansion area.

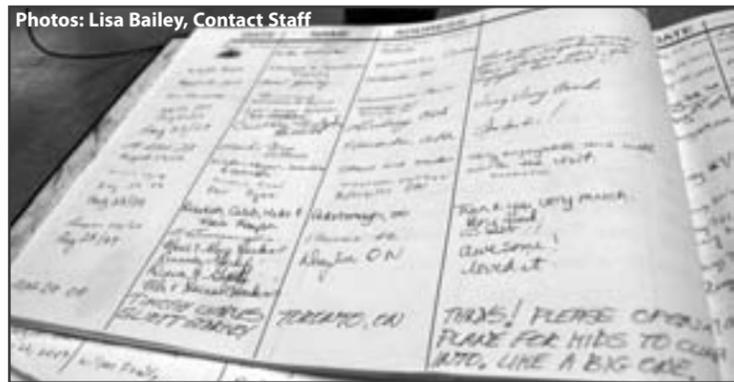
Colton hopes this phase will be completed by 2012 so the focus can then turn to displays.

"The thinking is, we have a beautiful building. Now we have to find the money to turn that building into a family friendly, interactive, state-of-the-art museum so that when you walk out, you say, 'That was an experience and I'm going to tell all my



Above: Ken and Joanne Docteur of Duluth, Minnesota, check out an exhibit on the origin of the Royal Canadian Air Force tartan during their very first visit to the National Air Force Museum of Canada on September 18. Mooring their boat in Trenton that day, word of mouth brought them to the NAFMC. A curler, Joanne was interested in the tartan.

Below: Some comments in the museum guest book mirror those made in a summer visitors survey about interactive displays. At the bottom of this page is a request from two Toronto visitors to "open a plane for kids to climb into."



friends," Colton said. Meanwhile, Colton said, hopes are to hire an outreach education coordinator next year so bus tours and youth groups, for example, can learn and enjoy their visit that much more. Developing an education program involving the school boards would also serve the younger demographic.

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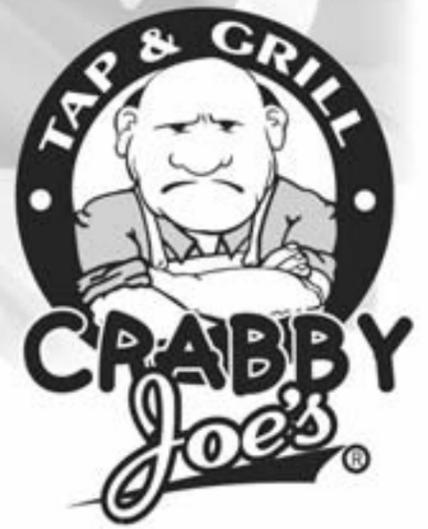
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<p>06 PONTIAC PURSUIT</p> <p>9775 Automatic, 4 cyl., 4 dr., alloy wheels, radio/cruise steering controls, air, tilt, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 12,000kms!!</p> <p>\$10,995</p>	<p>05 SATURN ION LEVEL 3</p> <p>9188 Automatic, 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>\$16,995</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>9385 Manual transmission, 4 cyl., 4 dr., alloy wheels, air, tilt, radio/cruise steering controls, pwr locks, mirrors, windows, AM/FM/CD/MP3, keyless entry, 96,000kms.</p> <p>\$9,395</p>	<p>09 NISSAN MAXIMA</p> <p>D9736 Pwr sunroof, pwr seat, alloy wheels, radio/cruise steering controls, air, tilt, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 34,000kms!</p> <p>\$29,495</p>	<p>06 CHEV MALIBU LT</p> <p>9197 Automatic, 4 cyl., pwr seat, alloy wheels, factory remote start, air, cruise, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 62,000kms.</p> <p>\$9,995</p>
<p>06 SATURN ION</p> <p>9739 Automatic, 4 cyl., 4 dr., cruise steering controls, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 43,000kms.</p> <p>\$8,995</p>	<p>06 PONTIAC GRAND PRIX</p> <p>9277 Pwr seats, Onstar, radio steering controls, pwr windows, locks, mirrors, air, cruise, tilt, factory remote start, alloy wheels, AM/FM/CD, keyless entry, 90,000kms.</p> <p>\$9,995</p>	<p>06 PONTIAC PURSUIT</p> <p>9750 Automatic, 4 cyl., 4 dr., burnt orange, air, tilt, cruise steering controls, pwr locks, AM/FM/CD, keyless entry, 59,000kms.</p> <p>\$8,495</p>	<p>05 NISSAN SENTRA</p> <p>9540 Automatic, 4 cyl., pwr windows, locks, mirrors, air, AM/FM/CD, tilt, keyless entry, 62,000kms.</p> <p>\$8,995</p>
<p>05 SUBARU IMPREZA RS</p> <p>9723 AWD, Manual transmission, 4 cyl., 4 dr., alloy wheels, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 96,000kms.</p> <p>\$12,995</p>	<p>06 CHRYSLER 300</p> <p>9797 Pwr sunroof, pwr seat, alloy wheels, air, tilt, cruise, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 70,000kms.</p> <p>\$13,995</p>	<p>06 NISSAN ALTIMA S</p> <p>9833 Automatic, 4 cyl., 4 dr., air, tilt, cruise steering controls, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 68,000kms.</p> <p>\$12,495</p>	<p>06 SATURN ION LEVEL 3</p> <p>9794 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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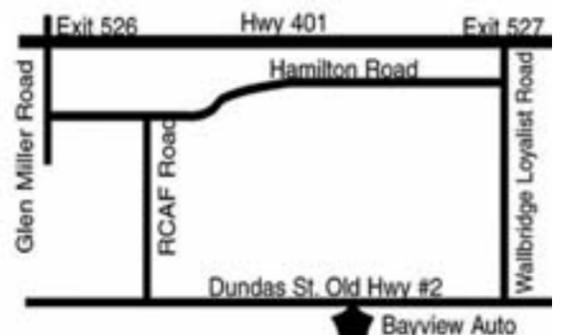
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations 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.



International Peace Day Music Festival

Join us on September 20, at Zwicks Park in Belleville, from 12 p.m. to 6 p.m. for music, a bar-becue, yoga demonstrations, booths with items for sale and much more.
 Admission is FREE. Donations will be accepted to support the H.R. Frink Centre.

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.



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.

"THE END OF SUBURBIA"

Movie screening at the Organic nderground in Belleville on September 23, 2009
 Car pooling from Prince Edward County can be arranged. Contact Renia, 613-476-0472 (renia@sympatico.ca) or Don, 613-476-1700 (donchism@kos.net)
 For further directions visit www.theorganicunderground.com

The 8 Wing Family Violence Crisis Team presents

take a Stand Against Family Violence
a family violence awareness & prevention week

Tues Oct 6 - Thurs Oct 8, 2009

the Astra Lounge Keynote speakers *the Astra Lounge, CFB Trenton*

October 6 & 7 Know the Consequences, Know Your Rights
 at 8:30am Get to know the Ontario laws regarding family violence.
 Speakers include:
 + Belleville Crown Attorney, Jodi Whyte + parole and probation
 + Military police and Quinte police, + and many support agencies

October 6 & 7 Understanding Relationship Violence - How Violence Forms
 at 1pm
 + Oct 6 Michael Gobeil Ontario Association of Police Speakers
 + Oct 7 Dave Franklin retired RCMP

October 8 + Why Women Stay workshop (Registration required - 613-967-1416 ext. 226)
 at 8:30am + Healthy Relationships
 + Managing Angry Moments
 + Relationship Forgiveness

the MFRC Evening topics include *Military Family Resource Centre, 30 Siskin Dr*

October 6 + The Impact of Violence on Children Witnesses
 at 6:30pm

October 7 + Trends in Youth Sexual Victimization
 at 6:30pm + On-Line Predators

NO COST - Everyone Welcome

Lunch available at the Yukon Galley for a nominal fee
 Free evening childcare at the MFRC available on the 6th & 7th (request only, by Oct 2nd - 613-965-3575)
 For more information call 613-392-2811 ext. 3651 or ext. 3575

CHILD ID CLINIC - TRENTON
 Jois us for this FREE Child ID Clinic on Saturday, September 26, from 10:00 a.m. to 2:00 p.m., at the Community Policing Office, located at 29 Dundas St. West, Trenton.

Friends of Quinte West Public Library
Monthly Book Sale
 Saturday, **September 26**, 9 a.m. to 1p.m.
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 -Books -Puzzles -Videos -CDs For all ages
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 All proceeds go to the Quinte West Public Libraries
 "I have always imagined that paradise will be a kind of library."
 ~Jorge Luis Borges

F A M I L Y



Activity: Fabulous face paint



Face painting is a fun and easy way to imagine being someone or something else!

You and your child can enjoy some Comfort, Play and Teach™ time together, pretending to be animals, insects or community helpers!

You will need: 1 tsp corn starch; 1/2 tsp water; 1/2 tsp cold cream; two drops food colouring; small paper cups; cotton swabs

Instructions: Stir corn starch and cold cream together until they are well

blended. Add the water and food colouring and stir.

Repeat the recipe using separate paper cups to mix different colours.

With the cotton swabs, paint simple designs (e.g., star, heart, or flower) on the face, hands or arms.

For easy paint removal later, rub some cold cream on your child's skin before painting.

When ready to remove the paint, use soap and water.

Enjoy this more with Comfort, Play and Teach™:

Comfort: Provide a hand mirror so your child can admire her reflection. Tell her, "You are the most beautiful butterfly I have ever seen!" Encourage her to use positive words to talk about herself. This will

help to build her self-esteem.

Play: Your child can paint on his hand or arm, making spirals, zigzags, dots, stripes and familiar shapes. He will express his creativity as he explores different colours and various simple designs.

Teach: Explore the different ingredients and compare them. How do they look and feel before they are mixed together? Are they wet, dry or gooey? How do they change once they are combined? Your child will learn a lot by noticing and describing the ingredients!

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

Mealtime.org Three-alarm chili

This chili is bursting with flavour! Combine black beans, kidney beans and pinto beans for this hearty and flavourful dish.

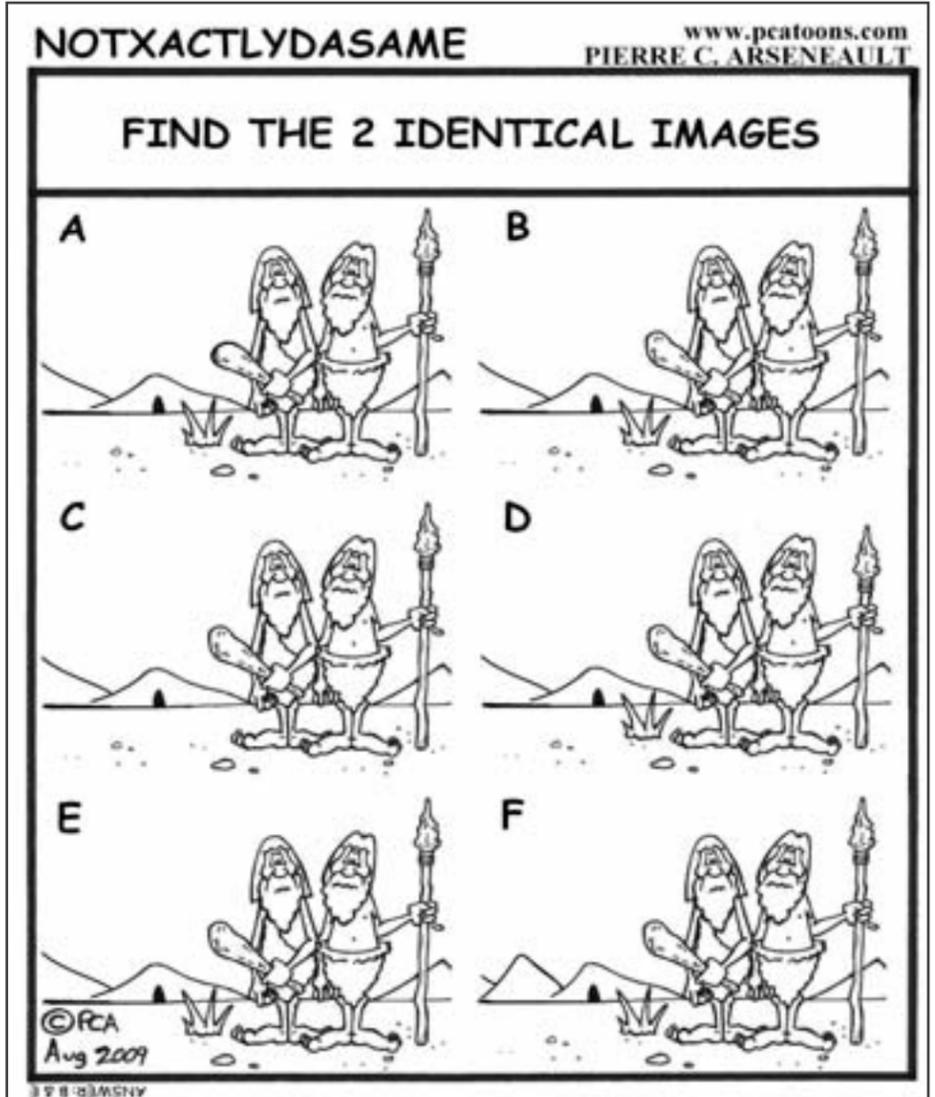
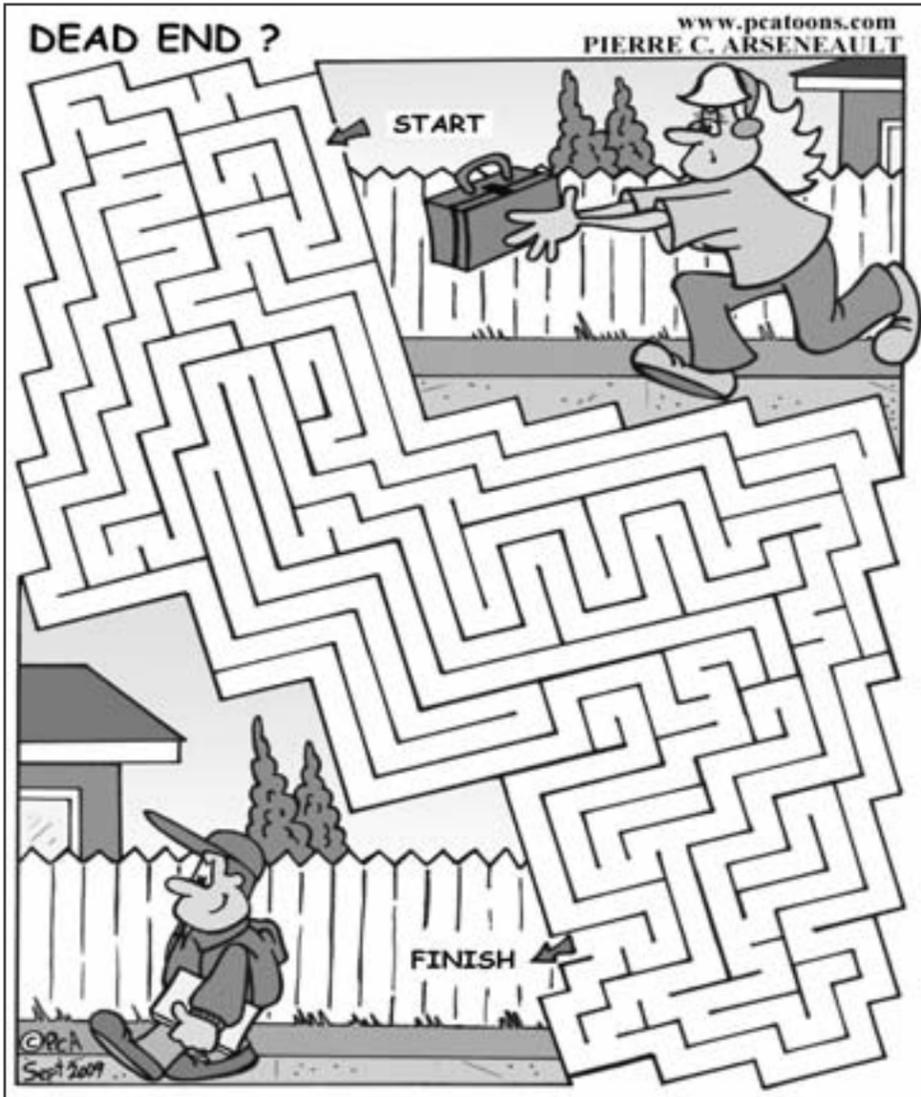
Ingredients:

- 1/4 cup vegetable oil
- 2 green bell peppers, chopped
- 1 large onion, chopped
- 2 garlic cloves, finely chopped
- 2 tablespoons chili powder
- 3 cans (14 1/2 to 16 ounces each) stewed tomatoes
- 1 can (14 1/2 ounces) black beans, drained and rinsed
- 1 can (14 1/2 ounces) kidney beans, drained and rinsed
- 1 can (14 1/2 ounces) pinto beans, drained and rinsed
- 1 can (4 ounces) diced, mild green chiles, 1/2 cup canned vegetable broth
- 1 1/2 cups shredded Monterey Jack cheese

Preparation Time: 15 minutes **Cook Time:** 20 minutes

Preparation: Heat the oil over medium heat in a large skillet. Add the bell peppers, onion and garlic; cook until softened, about 5 minutes, stirring often. Stir in the chili powder; cook 1 minute. Stir in the stewed tomatoes, black beans, kidney beans, pinto beans, chiles and broth. Simmer, uncovered, until thickened, about 10 minutes. To serve, top with cheese. Serves: 12

Nutritional Information Per Serving: Calories 230; Total fat 10g; Saturated fat 3.5g; Cholesterol 15mg; Sodium 650mg; Carbohydrate 27g; Fiber 8g; Protein 10g



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HOROSCOPES
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September 20 – September 26

Theme of the week: Summer officially ends this week. Mercury is still triggering communication foul-ups. Libras start their birthday month. One or all of these things should give you a good reason to be nicer than usual to yourself. Celebrate the changing of the seasons by doing something you really really like. You definitely deserve a little treat!

ARIES (March 21-April 19): Others aren't very cooperative this week. Additionally, your temper has a rather short fuse. There will be grumbling. There could even be fireworks. Do what you've gotta do and reward yourself later. This, too, shall pass! On other fronts, self-improvement projects and do-it-yourself projects are largely favoured.

TAURUS (April 20-May 20): The emphasis is on getting your life in balance. The balance between work and play is skewed. Gently stretch it back into shape. Your energy level's good; your mood is largely ok. It will stay that way if you avoid office politics and gossip, both of which could cause your judgment to be faulty.

GEMINI (May 21-June 20): This is a perfect week to reflect on the state of balance between your inner and outer worlds. Are you being true to yourself? Do you have time for yourself? Are you content? If not, do what you have to do. Stick to your plans if they're truly your plans. If they're not, see if you can find a way to bow out graciously.

CANCER (June 21-July 22): You're interested in improving or possibly expanding on relationships. This can be done, but some adjustments will be necessary. Expect to meet someone new this week. There could even be several new people on the horizon. Just remember that building good relationships takes time!

LEO (July 23-Aug. 22): There are some disturbances in your little corner of the world, probably in the form of minor emotional upsets involving children, lovers, or a creative project. These are annoying but not serious. If you don't overreact, they'll blow over quickly.

VIRGO (Aug.23-Sept. 22): Use caution when you're out. You're apt to encounter accidents or mistakes that are either waiting to happen or have just happened. Be on your toes, use extra care when driving and in conversation, and you can manage to sidestep these difficulties.

LIBRA (Sept. 23-Oct. 23): You're in a serious mood this week. You may be looking at making some changes in the work area. While there's some tension surrounding these, if they're important to you, you can succeed in pulling them off.

SCORPIO (Oct. 23-Nov. 21): This should be an excellent week for catching up on reading, emails, phone calls, or other mental activities that have been neglected. A new responsibility may also be offered to you; in fact, it could even be thrust upon you. While this could create tension, it can also go well. Attitude is everything on this one!

SAGITTARIUS (Nov. 22-Dec. 21): Transits are asking you to give thought to your social contacts. Your friends are a very important part of your life. Do they know that? Make it clear! You don't have to get all sloppy and sentimental about it. A simple thank you for being here for me will suffice!

CAPRICORN (Dec. 22-Jan. 19): Someone is offering you help or advice on the work front. You're resisting it. It might be to your advantage to take it. This person has more knowledge or experience than you. You may not like what they say, but you're well-advised to listen!

AQUARIUS (Jan. 20-Feb. 18): You may start planning a long-distance trip, though you're unlikely to be taking it for a few months unless it's work-related. Your energy level's good, stress is minimal, and you have things to look forward to. No problems!

PISCES (Feb. 19-March 20): Someone else's finances improve. You benefit indirectly. On other fronts, you're pretty restless and may be wanting any change just to have a change. That can lead to creating challenges for yourself just so you have something different to do. Do you really need that kind of hassle? Look before you leap!

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DEAD AIR BY DAVE JOHNSON



Not In My Backyard! by Dale Taylor



DuJour ROBERT SEMUR



Stuff!





National aviation museum to honour former RCAF women

by Tom Philp, Contact Staff

The end of September features a busy schedule at Trenton's National Air Force Museum of Canada, including the official dedication of a monument honouring women who served in the former Royal Canadian Air Force Women's Division.

Commonly known as the WDs, this division witnessed more than 17,400 women serving in it from the time of its formation in 1941, to its discontinuation in 1946.

A memorial to their service, erected along a pathway in the museum's Airpark, will be dedicated on September 27 at 2:00 p.m. Everyone is invited to attend this ceremony in honour of the many Canadian women who served their country faithfully during the Second World War.

Other important events in September at the museum include the 14th Annual Ad Astra Stone ceremony, celebrating all the Ad Astra stones installed in the Airpark, and to be held Saturday, September 26 at 2:00 p.m.; and the Rotary Foundation Walk 2009, to be held at both the museum and 8 Wing/CFB Trenton on Sunday, September 27, beginning at 9:30 a.m. The 2009 event is being hosted by the Rotary Club of Quinte Sunrise.

For more information about these and other happenings at the National Air Force Museum of Canada, please visit airforcemuseum.ca/whats-happening/



Photo: Tom Philp, Contact Staff

A monument honouring the more than 17,000 women who served in the Royal Canadian Air Force Women's Division (WD) during the Second World War will be dedicated officially at the National Air Force Museum of Canada.

events, call (613) 965-7223, or visit the museum at 220 RCAF Road, along the western boundary of the base.

And remember ... admission is always free.

IT'S CAMPAIGN TIME!



Photo: Lisa Bailey, Contact Staff

Nancy Hall, harassment, education and case co-ordination officer at 8 Wing/CFB Trenton's Administration Branch, is assisted by Preben Hansen of the United National Defence Employees (UNDE) Local 637 and the Public Service Alliance of Canada (PSAC) during an early Labour Day Barbecue at 8 Wing's Astra Lounge on September 3. Hosted by UNDE Local 637, and PSAC, the annual event raised money for the United Way of Quinte campaign through a 50-50 draw (with a total of \$207 raised) and, for the first time, donated draw prizes. 8 Wing/CFB Trenton's campaign for the United Way kicks into high gear today with the Wing Commander's Challenge.

The 14th annual "AD ASTRA" Stone Dedication Ceremony

Date Saturday, September 26 at 2 p.m.

Location The RCAF Memorial Airpark at the National Air Force Museum of Canada

Relatives, friends and members of the public are welcome to attend as we recognize all of the installed Ad Astra stones.

All the information you need is just a click away! www.thecontactnewspaper.cfbtrenton.com
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Material Safety Data Sheet: Your source of chemical info



Submitted by
Don Heans,
Wing General
Safety Officer

The Material Safety Data Sheet (MSDS) is the basic source of information about chemicals you are using in the workplace.

It is part of a chemical hazard communication program that includes training and proper labelling of substances. By referring to the MSDS, you can learn why the substance is hazardous and how to protect yourself.

When you read an MSDS, you learn these important facts: What the chemical is; what company manufactures the chemical; why the substance is hazardous

and its harmful effects; how to use, store and dispose of the substance safely; how to protect yourself from exposure; and what to do in an emergency.

For you, perhaps the most important part of the MSDS is the section on first aid.

When handling chemicals, remember these safety guidelines: Read the label. This will tell you the kind of substance in the container, what its hazards are and how to protect yourself.

Follow exactly the directions for handling a chemical. Never mix chemicals together unless you are supposed to. Also, never mix chemicals with water unless you know you should because some chemicals will react violently when mixed with water.

Store chemicals correctly, as specified on the MSDS and label. There must be adequate ventilation, the proper temperature, spill containment devices and other provisions.

Know how to safely dispose of chemicals. This information will be included on the label and the MSDS for each chemical.

Use the right Personal Protective Equipment (PPE). Depending on the chemical hazard, you will need to use eye and face protection, gloves, boots and aprons.

Respiratory protection such as a filter cartridge or supplied air type might be required - and it is vital you use the right kind. The PPE must be made of the right material.

For instance, gloves must be made of specific natural or synthetic materials to protect you from specific hazards.

Know the emergency procedures in case of a chemical accident. Find out what telephone numbers to call and what alarms to activate. Learn whether you should stay to clean up a spill, or whether you should get out. Learn where to find the right absorbent materials to contain and clean a spill.

Learn how to fight a small fire.

Know the location of the fire extinguisher and how to determine if it is the right type of extinguisher.

Get training in first aid. Know how to help yourself and others in case of accidental exposure.

Learn the location and operation of safety showers and eyewashes in your work area. If you get a chemical in your eye, rinse for at least 20 minutes and get medical help. If you splash a harmful chemical onto your body, rinse in a safety shower or other clean water source for at least 20 minutes and get medical attention.

It is in your best interest to learn as much as you can about workplace chemicals. Learn how to protect yourself and your co-workers from the hazards. Learn to use the MSDS as your prime source of information.

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.



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



TRENTON

Military Family Resource Centre



MFRC-EVENTS & INFORMATION



Season Opener
Saturday, September 19th
Special Dedication of 2009-10 Season
to 8 Wing Trenton
Please be in your seats by 6:45

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

Women's Group

Every 2nd Tuesday 10am-12pm
In the Youth Centre, MFRC



Come meet other women, discuss topics chosen by the group and explore new ideas.

For more info, contact Christa Zappitelli 613-392-2811 # 3899

Organizing for the School Year

In this presentation you will learn:

- Tips and tricks on how to keep family members on time for appointments
- How to simplify lunch making and dinner preparations
- What to do with all the school paperwork

Plus, email and computer management techniques

Date: Monday, September 28th - 7pm **Cost:** \$15 per person
MIN / MAX PARTICIPANTS: 4 / 25

CFRM-Événements et Information

Partie d'inauguration
Samedi, le 19 septembre
La saison 2009-10 est dédiée
à la 8e Escadre Trenton
S.V.P. soyez assis à 18h45



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

Groupe pour femmes

Chaque 2e mardi 10:00am-12:00pm
Au Centre des Jeunes, CFRM



Venez rencontrer d'autres femmes, discuter de sujets que vous choisissez et apprendre à travers de présentations

Pour plus d'info, contactez Christa Zappitelli 613-392-2811 # 3899

Organisez-vous pour l'année scolaire

Dans cette présentation vous apprendrez :

- Les trucs et les astuces pour vous assurer que les membres de la famille soient à l'heure pour les rendez-vous
- Comment simplifier la préparation des repas
- Quoi faire avec toute la paperasse scolaire

De plus, les techniques pour gérer le courriel et comment bien structurer le classement et la sauvegarde de l'information sur le disque dur.

Date: Le lundi, 28 septembre - 17h **Coût:** \$15 par personne
MIN / MAX PARTICIPANTS: 4 / 25



For additional information:
www.MFRC.CFBTrenton.com
Contact: Jaimie Corriveau ext 4299



Pour information additionnelle
www.MFRC.CFBTrenton.com
Contactez: Jaimie Corriveau poste 4299



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In this charming three-bedroom home, the soaring sloped ceiling in the great room carries through from the foyer, unifying the space and providing a touch of drama. Separated from the master suite by a three-piece bathroom, the second bedroom has a window with an extra-deep sill that could make a delightful place to curl up with a book.

To the right of the foyer, behind the coat closet, is the laundry room, which includes a coat closet for family gear and has access to the double garage.

Exterior finishes include decorative woodwork in the home's three gables, horizontal siding and stone accents.

This home measures 46 feet wide and 61 feet, 10 inches deep, for a total of 1,588 square feet, plus the unfinished basement.



Plans for design 1-3-574B are available for \$629 (set of 5), \$706 (set of 8) and \$755 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$25.00 for Priority charges within B.C. or \$45.00 outside of B.C. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and Priority charges. Our 41st Edition of the Home Plan Catalogue containing over 300 plans is available for \$13.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:

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Military Family Resource Centre



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Women's Group

Every 2nd Tuesday
10am-12pm

Groupe pour femmes

Chaque 2e mardi
10h à 12h



FLY GIRLS
Women's Support Group

Come meet other women, discuss topics chosen by the group and learn a thing or two.
For info, contact Christa Zappitelli 613-392-2811 # 3899
Group starts on September 8th

Venez rencontrer d'autres femmes, discuter de sujets que vous choisissez et apprendre à travers de présentations
Contactez Christa Zappitelli au 613-392-2811 # 3899
Début le 8 Septembre

Partner's Away Wednesday Night

6pm to 8pm

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

September 22– Tuesday, 7pm -**VTC from Valcartier – Preparing for the Return**
(call to confirm your place)

September 23—**Reunion Information**—What to expect when the military member returns from deployment.

September 30—End of the Month **Family Dinner Out**

Groupe Partenaires au loin,

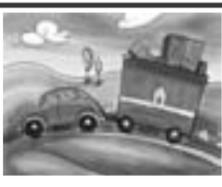
le mercredi soir de 18 h à 20 h.

Le service de garde est disponible, toutefois vous devez réserver à l'avance pour que nous puissions prévoir suffisamment de gardiennes pour les enfants.

22 septembre – mardi à 19h, **VTC de Valcartier – préparation pour le retour**
(appelez pour confirmer votre place)

23 septembre – **Information pour le retour du déploiement** – à quoi devrait-on s'attendre lorsque le membre militaire revient d'un déploiement.

30 septembre – **Souper familial** de la fin du mois



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

Êtes-vous nouveau à la 8e Escadre/BFCTrenton?
Venez au CRFM pour avoir votre plante, coupons, de l'information et une visite de la place.
Nous avons hâte de vous rencontrer.
Nous avons les Trousses de bienvenue des autres bases.

INTERNET SAFETY

Wondering what your child is up to on the Internet?
Are they cyber friends or maybe not?
Come learn some information that will help you be better equipped to understand your child's world

DON'T BE REACTIVE GET PROACTIVE
PRESENTATION BY THE OPP

Tuesday September 29th Time: 7:00- 9:00pm at the MFRC
For more information call 613-392-2811-2382

SÉCURITÉ SUR INTERNET

Voulez-vous savoir ce que de fait votre enfant sur internet?
Est-il cyber-ami ? peut-être que non?
Nous vous fournirons des informations pour que vous soyez en mesure de mieux comprendre le monde de votre enfant.

SOYEZ PRO ACTIFS ET NON RÉACTIFS
PRÉSENTATION FAITE PAR LE OPP

Le mardi 29 septembre à 19h au CRFM
Pour plus d'information composez le 613-392-2811-2382

Exploring the Body, Mind, and Spirit Connection

Come out for an evening of fun and insight
with clairvoyant/medium Linda, and sensitive/Tarot reader Darlene.
Everyone gets a reading!
Only \$15 per person includes presentation and 10 to 15 minute individual reading.

Thursday, September 24, from 6:30 to 9:00 pm, in the Siskin Centre Bistro. Seating is limited, so register now.

Exploration du lien entre corps, âme et esprit

Venez passer une soirée amusante et obtenez un aperçu de votre avenir
avec Linda, clairvoyante et médium, et avec Darlene, cartomancienne.

Pour 15\$, vous aurez une présentation individuelle de 10 – 15 minutes.
Le jeudi 24 septembre de 18h30 à 21h au bistro du Centre Siskin.
Les places sont limitées, inscrivez-vous maintenant!

The MFRC has now available for your convenience the Quinte West garbage tags. You can purchase them at the reception at the cost of \$2.50 each.

Vous pouvez maintenant vous procurer les étiquettes pour les sacs de vidange de Quinte West au bureau d'accueil du CRFM au coût de 2,50\$

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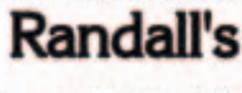
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A leading-edge learning tool for Canada's Air Force

by Richard E. Gower

AFIILE: it's the new Air Force acronym for a learning system that is poised to become the centrepiece of Air Force training.

Training is key to military readiness. With the new Air Force integrated information and learning environment (AFIILE) training platform, the Air Force has taken the lead to achieve greater performance – where it counts.

Conventional, instructor-led training alone cannot cope with current and future training demands. The new learning system will transform and streamline Air Force training.

Put simply, AFIILE uses Web portal technology to link students, instructors, training resources and course management capabilities into a seamless system.

It turns schools and classrooms located throughout Canada into a single, virtual classroom where all students learn the same material, reference material is available simultaneously, course materials can be shared, amended and improved from any training location, and student training can be monitored and tracked from any Air Force school.

It sounds complex, but it's simply taking the way that Generation Y—the Forces' target demographic group—wants to learn and turning that learning style into reality.

AFIILE's rollout is a joint effort between the Air Force as sponsor and the Information Management Group as implementer.

Major Denis Forest of the Directorate of Air Programs at NDHQ has hands-on responsibility for the Air Force's

adoption of AFIILE.

An evolution in learning

"What we want people in the Air Force to understand," Maj Forest says, "is that this new training system is not a revolution. It's an evolution.

"The Air Force has always used a mix of learning methods such as lectures, DVDs and computers to create a blended learning solution. AFIILE is the next generation of blended learning. We've taken this approach—one that instructors and students have used for many years—and brought it all together on a single electronic platform."

The AFIILE platform uses an advanced set of commercially available software. It could, figuratively, allow a student to be in two places at the same time – a technician at 14Wing Greenwood could see a 3-D model of an Aurora landing gear schematic that is actually sitting on a server at 16Wing Borden.

Through shared resources and virtual on-line training, AFIILE increases the amount of time a student can spend on a task, reduces the time he or she needs to achieve proficiency and helps enable "first time right" performance when the student begins work on a real piece of equipment. As a result, AFIILE will help reduce training costs and improve training throughput.

"We are very quickly losing expertise within the military," says Warrant Officer Colin Drolet, the training and standards warrant officer at 8 Air Maintenance Squadron in Trenton.

"We have this huge gap between older technicians who are retiring and the new students coming in. New technicians on the hangar floor won't have the

luxury, like I had, of going to the old war-dog corporal on the hangar floor and saying, 'Ralph, I've never seen this before, what do I do?' And he'll say, 'just go over there and do this and this and this, and it'll fix it for you'. This won't be available to them."

AFIILE provides "library" of knowledge

Instead of asking 'Ralph', students will be able to turn to AFIILE to see how something works. And instead of the information source being a single person's memory, AFIILE will capture the knowledge and experience of many users and trainers across the country and hold them in a single, easily accessible database.

AFIILE provides a common platform that uses 3-D training models. Trainees can practise and work in a fully interactive, simulated environment before they carry out the same tasks with real equipment or materials.

"We intend to build 3-D models of all Air Force fleets with their associated systems and subsystems," says Maj Forest. "The repository of 3-D models is growing rapidly."

"[We are doing] all sorts of things that didn't fit our traditional mould. We are struggling to catch up with that and it is important to be able to share our training resources to take advantage of other people's training experience," says Captain Stephanie Hale, an air combat systems officer and senior aircrew standards officer at 404 (Maritime Patrol and Training) Squadron, 14 Wing Greenwood.

"It is now more than a nicety that we embrace learning and training tools like AFIILE ... it is a necessity," she says.

"We are no longer able to train adequate numbers, given



An artist's concept illustrating how a student will be able to explore and manipulate a piece of equipment - in this case a landing gear - using NGRAIN software.

our personnel and resource shortages, unless we begin to employ 'force multipliers' of knowledge and skill like AFIILE."

Three phase rollout

The AFIILE project began in mid-2008 and will be implemented in three phases over about four years at 24 Air Force units across Canada.

It is currently in Phase 1, and baseline software is being rolled out at four training units: 403 Helicopter (Operational Training) Squadron at CFB Gagetown; 404 (Maritime Patrol and Training) Squadron at 14Wing Greenwood; the Aerospace and Telecommunications Engineering Support Squadron (ATESS) at 8 Wing Trenton; and the Canadian Forces School of Aerospace Technology and Engineering (CFSATE) at 16Wing Borden.

After the initial but limited Phase 1 roll-out, users will be able to access AFIILE over the Defence Wide Area Network (DWAN) and then over the

Internet. During Phase 2, the training documentation management and content generation component will be expanded. Finally, in Phase 3, AFIILE will integrate with the CF corporate learning management system being defined by the Defence Learning Project.

For more information on the Air Force's AFIILE blended learning platform, visit airforce.mil.ca/afiile/home_e.html.

NGRAIN, one of many learning tools available through the AFIILE system, allows a user to rotate, zoom into, disassemble and reassemble a 3-D model of a piece of equipment. The user will be able to explore the equipment in many ways such as 'exploded' view, X-ray view and MRI-style. In the future, technicians and aircrew will learn many of their skills through a variety of course learning materials, from PowerPoint presentations to NGRAIN 3-D models, which will be stored centrally and made available to students across the country using DND's intranet.

MUSEUM DRAWS CROWDS OF ALL AGES

Photo: Tom Philp, Contact Staff



A group of kids, staff and parents from Cobourg Day Care Inc. visited the National Air Force Museum of Canada on August 19, and demonstrated their enthusiasm for aircraft by eating their lunch in the shade offered by a vintage Hurricane war plane.

Important Notice: Cadet Gate Closure

The Cadet Gate will no longer be available as an alternative entrance to the South Side due to continuing and upcoming construction in the general area. For the foreseeable future the Cadet Gate (West end of South Side) will not be opened for general traffic. Your patience and understanding is appreciated.

OPI: Capt K. Contois
Title: WCE ReqtSO
Phone: 3744

Email: Contois Capt KE@CFB Trenton WCE@Trenton

Avis Importants: Fermeture de l'entrée des cadets

À cause des travaux en cours et futurs dans cette région, l'entrée des cadets ne sera plus disponible comme entrée secondaire pour se rendre au sud.

Nous ne prévoyons pas non plus d'ouvrir l'entrée des cadets (celle à l'extrémité ouest) à la circulation. Votre patience et votre compréhension seront grandement appréciées.

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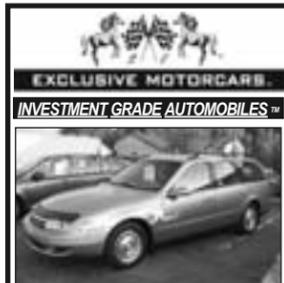
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Crossword Answers

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T	A	B	O	O		C	R	O	S	S	M	Y		
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Bill Wallace* **MLS #2092378**



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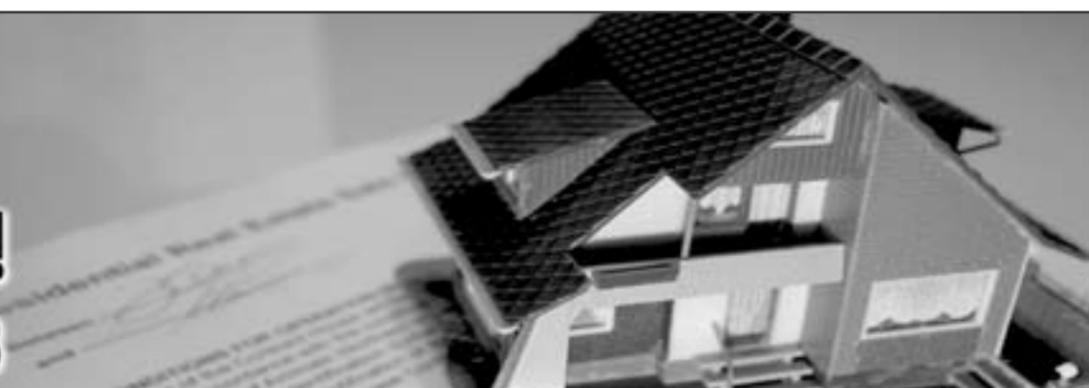
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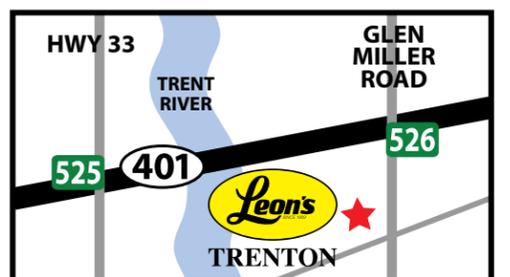
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