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 deployments is relatively straightforward.

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 Squadrations (MSSs), have been put into 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 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 various 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 every bit of coordination.

“The biggest thing is flexibility,” said Master Warrant Officer Gene O’Neill, the RTF member responsible for 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 while balancing 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 with our coordinating 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 military efforts; our job is to support 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 pilot-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 wonderful aircraft designed and built, and it’s the only thing I’ve ever been in.”

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

See “New CO for 412 Squadron,” Page 5

“Delivering news and information. At home and around the world.” · “Des nouvelles d’ici et de partout ailleurs.”
8 MSS training, Continued from Page 1

AFIRT and JFTS 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 each operational unit, and recognize that each one of whom must know his/her role in 8 MSS.”

“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.”

A SPECIAL THANK YOU FOR SUPPORT

Thank you for your generous support of Smitty’s, your local appliance retailer. We appreciate your business and wish you many years of satisfaction with your new or used appliances.

Smitty’s is a family owned and operated business. This proves Smitty has the many reasons to visit Smitty’s for your new or used appliance purchase.

613-962-9513 Ext 44

Hwy #2 W, Belleville • 613-962-9513 Ext 44

HONDA CERTIFIED • 6 YEAR, 100,000KM LIMITED WARRANTY
100 POINT MECHANICAL INSPECTION

The Only Place To Go For NEW or GOOD USED Appliances

Smitty’s has been keeping customers happy for 28 years in the appliance business. This proves Smitty has the Best Price, Selection, Guarantee, Quality. 5 Price plus Same Day delivery, seven days a week. Smitty plans to be around for another 28 years. Now he has in-house financing at NO INTEREST. These are just a few of the many reasons to visit Smitty’s for your new or used appliance purchase.

The Leading Canadian-owned multi-product retailer

Home Auto Life Investments Group Business Farm Travel

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.

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.”
“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), has been awarded a commendation from the Canadian Land Forces Command for his selfless commitment and dedication to his work.

Maj Pothier was recently presented with the commendation for his work over the past decade at the CFAWC. He has been an integral part of the centre’s operations, working on a variety of projects and exercises.

“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.”

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.

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

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 air-compression unit 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 the ELT still in it and going off. Prior to arriving on scene the ELT signal was lost because it was turned off. The source was an air-compression unit that had crashed the weekend prior and the fuselage was recovered with the ELT still in it and going off.

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.
ATTENTION

Contact readers and contributors

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

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 questions or concerns, please feel free to contact Amber Gooding at 613-392-2811 ext. 3978.

Thank you for your patience during this time.

LETTERS TO THE EDITOR

All letters must be signed and the names will be published unless otherwise requested.

We reserve the right to edit while preserving the main objective of the writer.

Please note:

We cannot guarantee that any particular letter will be printed.

WANTED!

Volunteers of all ages, with and without construction experience, from all across Canada to work with families in need to help build their first safe, decent, affordable home.

Must be willing to put on tarp, understand building techniques, have a lawn mower, make a difference to a family and the community.

Celebrate the International Year of the Volunteer by coming out to a Habitat for Humanity build.

Habitat for Humanity

For more information on Habitat for Humanity visit our website: www.habitat.ca

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

New CO for 412 Squadron,
Continued from Page 1

“...is that 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 G20 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.

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 Canadian's contribution to the European Community Monitor Mission. Returning to Canada in 1994, he was posted to 434 Bumper Squadron to fly the Challenger in an electronic warfare and combat support role.

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.

Traveling the world, working with “great people” and flying an “outstanding airplane,” LCol Koskie said “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 Fighter Vehicles.

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

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!!

Contact the Quinte Humane Society for more information.

Animals are from the Quinte Humane Society 527 Avonlough Rd., Belleville 613-968-4673

This feature is wonderfully sponsored by Global Pet Foods

10% OFF EVERYDAY for Military Personnel

470 2nd Dug Hill Rd., Trenton (Walmart Plaza)
613-392-9191

Please Recycle this Newspaper
Total Body Workout

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. The class includes a mix of the traditional running, jumping jacks and push-ups, with intervals of sports-like activities such as cross-over runs and basketball shots, as well as strengthening exercises such as squats, lunges and 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 starting at 4 p.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.

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 push-ups 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 cycle 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 Men’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 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.

Stroller Fitness

Presented by the PSP Community Recreation Association

Walk or jog your way to a healthier and fitter you, without crying 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 or jog at 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.

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 Indoor Soccer Team is looking for players for the men’s indoor league, playing every Tuesday night in the dome to keep fit and active the winter.

All interested players are to contact the coaches, Captain JP Landry at local 3573 and Master Corporal Paul Kelly at local 7210.

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

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 members.

How does HP support the HPFS? 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 are programs offered by HP? Programs fall within four core areas of the CP 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. 3788.

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

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

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 and can also boost your self-esteem – key in dealing with stress.

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

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.
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 lane 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
CBF Trenton Astra Lanes has numerous openings in all of their 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.
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 downturn. “We were concerned with the financial crunch this year but it hasn’t happened and we’re very pleased,” 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 as well as aiding of a summer visitors survey. In all, 550 questionnaires were voluntarily completed 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 of the 401,” Colton said.

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 about their age, sex and background (military, retired military or civilian) as well as what they enjoyed most at the museum 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 trudged with their parents so, Colton said, they will look to “develop a museum experience for the family.” And in this technological 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 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.

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

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. Moorng 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.”

EYES N OPTICS

Over 1400 frames to choose from.
We carry all the major brand names including:
Oakley, Adidas, D&G, Versace, Fysh, Fila, Salvatore Ferragamo, Ray Ban, Vogue, Ralph Lauren, Bertielli, Easy Clip, John Lennon, Burberry, Police & more...

We accept most insurance plans and government plans.

Get 8 boxes of Acuvue Oasis contact lenses for the price of 6!

73A Dundas Street West, Trenton 613-392-3040

ONE HOUR SERVICE (for most prescriptions)
WALK-INS WELCOME
EYE EXAMINATIONS ON PREMISES
SPECIAL MILITARY DISCOUNT
NO G.S.T. NO P.S.T.
WE WILL BEAT ANY ADVERTISED PRICE!

BUY ONE GET ONE FREE!
Cleaning solution & hard case with every purchase

September 18, 2009
While you’re looking out for us...

We’re looking out for you.
TD Insurance Credit Protection does not have an Act of War exclusion.
Talk to us today.
8 Dundas St. W., Trenton
(613) 392-9271

Monday to Wednesday 9 a.m. – 5 p.m.
Thursday & Friday 9 a.m. – 6 p.m.

TD Insurance
Credit Protection

Crabby Joes is a proud supporter of Canadian Troops!
Present your Military ID and get 15%* off!

305 North Front St.
BELLEVILLE
613.967.2630

*Not applicable on discounted items. Excludes alcohol. Taxes extra.

BAD CREDIT
100%
APPROVED

NEED A CAR

OVER 300 VEHICLES AVAILABLE

100%
APPROVED!

BUILD YOUR CREDIT,
CHANGE YOUR LIFE!

613-392-6200
QHBA Celebrates 50 Years!

FAMILY HOME SHOWCASE TOUR

BRIGHTON ~ TRENTON ~ BELLEVILLE

Hwy 30, Exit 509  Cty Road 40, Exit 522  Hwy 62, Exits 543A & 543B

SEPT 19 & 20 11-5
EXIT OFF HWY 401 & FOLLOW THE SIGNS

A chance to WIN GREAT PRIZES just for attending!!

www.quintehomebuilders.com

FOR DETAILS LISTEN DAILY!!
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 ) 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.

**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.

**Friends of Quinte West Public Library**

Monthly Book Sale

Saturday, September 26, 9 a.m. to 1 p.m.
22 Trent Street North in Frankford
- Books - Puzzles - Videos - CDs For all ages

Please call 613-392-3131 for more information

All proceeds go to the Quinte West Public Libraries

“I have always imagined that paradise will be a kind of library.”

~Jorge Luis Borges

**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 hort d’oeuvres, fashion, 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 613-962-5411.

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

**“THE END OF SUBURBIA”**

Movie screening at the Organic Undergound 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

**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 barbecue, yoga demonstrations, booths with items for sale and much more.

Admission is FREE. Donations will be accepted to support the H.R. Fink Centre.

**Friends of Quinte West Public Library**

Monthly Book Sale

Saturday, September 26, 9 a.m. to 1 p.m.
22 Trent Street North in Frankford
- Books - Puzzles - Videos - CDs For all ages

Please call 613-392-3131 for more information

All proceeds go to the Quinte West Public Libraries

“I have always imagined that paradise will be a kind of library.”

~Jorge Luis Borges
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 goopy? How do they change once they are combined? Your child will learn a lot by noticing and describing the ingredients!

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

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

Activity: Fabulous face paint


A PROUD SPONSOR OF

www.century21.ca/lanthornrealestate
613-392-2511
1-888-792-5499
Entertainment

The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, The Contact Comics.

HOROSCOPES

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 fire-works. 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 levels are good; your mood is largely ok. It will stay that way if you avoid office politics and gossip, both of which could cause your judgement 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 really 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 occurring 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 levels are 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!
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/.

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.
Safety

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 fire 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 primary 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.

Fire Prevention Week

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 fire 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 primary source of information.

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

Fire Prevention Week

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 fire 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 primary source of information.

For further information please contact the Fire Prevention Office at local 7880 or 3910.
Mike the Molar Dental Centre
169 Dundas St. East,
Trenton, ON K8V 1L5
PH: 613-394-8888
www.mikethemolar.com
NEW PATIENTS WELCOME!

Provisions 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:

HOME PLAN OF THE WEEK
c/o The Contact
Unit 7, 15243 91 Avenue
Surrey, B.C. V3R 8P8

Or see our web page order form on: www.jenish.com and e-mail your order to: homeplans@jenish.com

Charming Three Bedroom Home
Plan Number 1-3-574 B

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 64 feet, 10 inches deep, for a total of 1,588 square feet, plus the unfinished basement.
Women’s Group
Every 2nd Tuesday
10am-12pm
Groupe pour femmes
Chaque 2e mardi
10h à 12h

Come meet other women, discuss topics chosen by the group and learn a thing or two.

For info, contact Christa Zappettelli 613-392-2811 #3899

Venue nouveaux d’autres femmes, discuter de sujets que
vous choisirez et apprendre à travers de présentations

Contacter Christa Zappettelli au 613-392-2811 #3899

Début le 8 septembre.

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-amis ? 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

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.

You can now purchase them at the reception at the cost of $2.50 each.

Get your tickets at a reduced price at the MFRC

Senior, Children, 3+ & less than 48” tall ------------------------------- $28.00
From August 31st - November 1 (3-59 years & over 48” tall)---------- $31.00

Achetez vos billets au CRFM à prix réduit

Sénior, Enfants, (3+ & moins de 48” hauteur) -------------------------- 28,00€
Du 31 août au 1er novembre (3-59 ans & plus que 48” hauteur) ------31,00€

Visit www.trentonmfrc.cfbtrenton.com
Visitez www.trentonmfrc.cfbtrenton.com

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 avez 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!

Get your tickets at a reduced price at the MFRC

Senior, Children, 3+ & less than 48” tall ------------------------------- $28.00
From August 31st - November 1 (3-59 years & over 48” tall)---------- $31.00

Achetez vos billets au CRFM à prix réduit

Sénior, Enfants, (3+ & moins de 48” hauteur) -------------------------- 28,00€
Du 31 août au 1er novembre (3-59 ans & plus que 48” hauteur) ------31,00€

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.

Étes-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.

Visit www.trentonmfrc.cfbtrenton.com
Visitez www.trentonmfrc.cfbtrenton.com
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 14 Wing Greenwood could see a 3-D model of an Aurora landing gear schematic that is actually sitting on a server at 16 Wing 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 warfare 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 that, 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 model. 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 at 14 Wing Greenwood.

We are no longer able to carry out the same tasks with real equipment - using NGRAIN software.

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.

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 CFN Gagetown; 404 Maritime Patrol and Training Squadron at 14 Wing Greenwood; the Aerospace and Telecommunications Engineering Support Squadron (ATESST) 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 air-force.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 ‘explode’ 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.
Want to Buy

Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers.
Please call
1-613-969-0287
or 613-968-4183

For Rent

2 Bedroom Apartment
Call superintendent
613-961-1640

Paradise Adult Video
613-394-6600
DVD’S FOR RENT
Toys - Videos - Magazines
255 Glen Miller Rd.
Riverview Plaza, Trenton
(North of 401, across from Rona)
Open Mon. - Sat. 11-8
Sunday 12-3

Beautiful Waterfront
Property on Rednersville Rd., Prince Edward County on Bay of Quinte. 1.5 acres, fireplace. All appliances. Fully furnished if needed. Many photos available. $1800/mo + utilities, Internet & phone. Available Sept 09. Call 647-880-2214

Beautiful Restored
2 Bedroom House
In Wellington, Maple St, steps from beach & school. Available Sept/09. Furnished or unfurnished. $795 + utilities. Mon-Fri: 1-800-710-9055
Wknd Cell: 416-716-7066

Three bedroom with garage. Trenton. $750 plus utilities. 613-394-4837 or david@davidweir.com

робот
Great location of Batawa, 1616 sqft. This home has a large dining room with solarium window, eat in kitchen, gas heat and fireplace in family room, 3 bedrooms up, pond, beautiful landscaping, walkout basement from recroom, 4th bedroom or den in basement, large deck, large lot with private back yard. Only minutes to the 401 or CFB Trenton.

Address: 23 Nelson St., Batawa
MLS® #: 2094709
Price: $215,900

BELLEVILLE TOWNHOUSE CONDO 3 br. 1 1/2 bath, 2 storey townhouse with full basement. Lots of storage. Exclusive use fenced yard and patio. Condo fee ($193.00 per month) includes water and all exterior maintenance. Seller will pay a $5000.00 decorating allowance to buyer on closing. Perfect starter or investment. $106,000 MLS 2094109

COMFORT IN SMITHFIELD
$124,900 3 bdrms, new F/F furnace (04), newer roof shingles, updated kitchen, living rm w/ wood F/P & dining area, large barn, lots of perennials+++. Bill Wallace* MLS #2092378

BUY NOW BEFORE THE NEW TAX HITS!
$109,900. Try an offer on this duplex, already occupied, nice yard, 2 BRs & 2+ BRs, newer windows, must doors, very motivated. Info call Shelby* 922-4527. MLS #2086419

WE SUPPORT BECAUSE WE CARE!
Our goal is $25,000; to date we have achieved $6,500 towards our goal. Independently owned & operated *Sales Representatives

AIR MILES Reward Miles!
Century 21 is the only real estate organization in the world that can award AIR MILES Reward Miles to their customers. Make it count!

CENTURY 21
Lanthorn Real Estate Ltd.
Brokerage
441 Front St., Trenton, ON
613-392-2511
1-888-792-5499 (Toll Free)

WE SUPPORT BECAUSE WE CARE!

CARRIERS NEEDED

to deliver

Contact Newspapers here at

8 Wing/CFB Trenton

Route: 110 papers

Borden/St. Hubert/Nanmoos

Please Call 613-392-2811
Loc 7248

Leave your name, address, phone number & age.

Home Showcase Tour
September 19th-20th
11am-5pm

The Courtland 1756 Sq. Ft. Cookie Court, Belleville $367,700

Air Miles

The Hendrick 1426 Sq. Ft. Beaver Dr. Brighton $239,900

The Emerald 1312 Sq. Ft. Beaver Dr. Brighton $261,900

Contact
Advertise your listings with us!

Call 613-392-2811 Ext 7008
OUR BIGGEST SALE IN 100 YEARS!

THIS SATURDAY & SUNDAY ONLY!

PAY ABSOLUTELY NOTHING!

O.A.C. Total purchase including all applicable taxes and a processing fee of $79.95 (Eg. $1500 purchase with $79.95 processing fee equals an APR of 3.56%) is due August 2011. Not applicable to previous purchases and markdown items. All items available while quantities last. Prices, terms and conditions may vary according to region. Selection may vary from store to store. Pick-up discounts not available on some items. See store for other convenient payment options. Custom orders require 25% deposit. No delivery charge if total purchase amount of deliverable goods before taxes and fees is $498 or more. See store for delivery included areas.†Limit one entry per household. Must be 18 years of age or older. Leon's employees and their immediate families are not eligible. No stamped or mechanically produced ballots are eligible. Odds of winning are dependent on total number of ballots received. All first time buyers in Ontario must put down a 15% deposit on any financed pick-up purchase over $1,000. Excluding taxes and fees. Limited one per person/household. Coupon cannot be applied to previous purchases, markdown items and advertised weekend specials. Not redeemable for cash. Valid only September 18, 2009.