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November 12, 2010 Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 45 Issue Number 40 •

8 Wing/CFB Trenton receives National Health and Physical Fitness Award

by Capt Jennifer Jones
 8 Wing Public Affairs
 With files from Todd Stride

The men and women of 8 Wing/CFB Trenton were nationally recognized last weekend for their commitment to health and physical fitness during the annual Canadian Forces (CF) Sports Awards achievement dinner, held November 6.

During the dinner, 8 Wing/CFB Trenton was declared the 2010 recipient of the CF Health and Physical Fitness Award. Lieutenant Colonel (LCol) Sean Lewis and Chief Warrant Officer (CWO) Kevin West proudly represented the Wing at the Ottawa event.

"It was with great pride that CWO West and I accepted this award on behalf of 8 Wing/CFB Trenton," said LCol Lewis, Wing Logistics and Engineering Officer. "The venue itself brought together individuals who have accomplished great things in the fields of health and physical fitness and to be among such a prestigious group was a tremendous honour."

Within seconds of accepting the award, CWO West sent an email notification of the win to 8 Wing

leadership, who are thrilled at the news.

"If there is anything that the last year has taught us here at 8 Wing/CFB Trenton, it is that individual and collective health and physical fitness are critical to our ability to carry out our mission both at home, and abroad," said Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton. "I am extremely grateful to all our health and fitness staff for their ongoing commitment to the physical and emotional well-being of all the men and women who work tirelessly, day after day, to ensure our continued operational success."

The new Health and Physical Fitness Award was established to recognize a base, wing or administrative support unit from each environment (Navy, Army and Air Force) for fitness activities that support the CF Health and Physical Fitness Strategy.

The Air Force nominated 8 Wing for the award, emphasizing its commitment to health and physical fitness through local initiatives such as partnering with the Military Family Resource Centre (MFRC) to ensure that CF personnel and their

families have access to programs that encourage positive health and fitness choices.

Injured, medically-referred personnel have access to a "Return to Function" facility that helps them with a structured exercise program once their physiotherapy has been completed.

The Wing also organized fitness events such as a Surf n' Turf multi-sport competition and the Wing Commander's Health and Fitness Challenge that promoted the Air Force and physical fitness to the Trenton-area community.

"The success we have achieved has been through a very close, collaborative approach taken on by the PSP folks in particular our Health Promotions Director Kendra Lafleur, our Fitness and Sports Director David Rothermund and our partners in this success, 24 Health Services Centre and the MFRC," said Mr. John Snyder, 8 Wing PSP Director. "We would also like to applaud the most important partners of all, and that is the men and women of 8 Wing who have embraced the lifestyle and the chain of command who have taken on such an important leadership role."



Photo: Master Corporal Roy MacLellan, CFSU (O) Photo Services

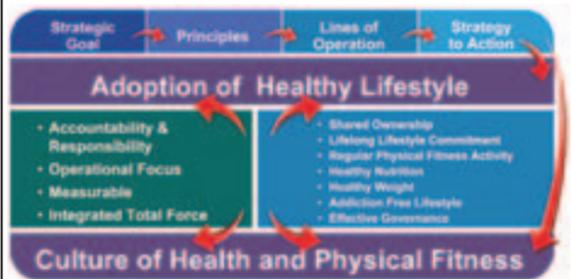
Brigadier-General John Madower (left), Assistant to the Chief of Military Personnel, presents the award for Canadian Forces Health and Physical Fitness (Overall Winner) to Lieutenant-Colonel Sean Lewis (center), representing of 8 Wing/CFB Trenton. 8 Wing Chief Warrant Officer Kevin West also attended the event.

CANADIAN FORCES HEALTH AND PHYSICAL FITNESS STRATEGY

The vision of the Canadian Forces Health and Physical Fitness Strategy is to "provide the ways and means for every CF member to attain and maintain their personal health and physical fitness sufficient to meet CF operational requirements."

The strategy is also intended to expand the target clientele of the health and fitness programs by including Regular and Reserve Force members, their families, veterans and retired CF members.

The long-term goal is to progress from a level of awareness and knowledge to one at which all military members embrace health and physical fitness as a life long standard of living.



THE PRINCIPLES: WHAT DOES IT MEAN?

Accountability and Responsibility: Leaders at all levels are accountable and responsible for personnel and unit health and physical fitness; CF personnel are responsible for maintaining a healthy lifestyle and a personal physical fitness regime. They are accountable for personal results.

Operational Focus: The CF will establish and maintain appropriate health and physical fitness levels that reflect the demands and set the conditions for success in operations.

Measurable: The CF will have physical fitness and healthy lifestyle performance measures and standards that are science-based and applied consistently.

Integrated Total Force: Strengthening the culture of health and physical fitness in the CF applies equally to all military personnel, Regular and Reserve.

THE PLAN: HOW WILL WE GET THERE?

Shared Ownership: All soldiers, sailors, airmen and airwoman, regardless of location or rank, have a responsibility to maintain a healthy lifestyle as a requirement of service. CF leadership will lead by example, promoting and facilitating achievement of optimum levels of health and physical fitness.

Lifelong lifestyle commitment: The high operational tempo requires physically fit and healthy men and women

from recruitment to retirement. Individuals who commit to a lifelong healthy lifestyle have a lower incidence of chronic disease, improved self-confidence and morale, fewer injuries, and are better able to withstand stress; they are dependable, capable and effective comrades-in-arms.

Regular Physical Fitness: Regular, for the CF means individual and/or unit physical fitness activities you enjoy at least one hour per day at an intensity appropriate to your level of fitness.

Healthy Nutrition: Consume food and drink that give you the levels of calories and nutrients appropriate to your individual needs. Doing so will enhance your health and immunity and provide the optimal energy to ensure excellence in physical and mental performance.

Healthy Weight: Attain the optimal weight at which you feel fit, flexible, healthy and energetic while benefiting from a lower risk of health problems such as diabetes and cardiovascular disease.

Addiction Free Lifestyle: Alcohol abuse, use of tobacco or illicit drugs, and problem gambling can compromise health and performance. Adopt effective coping skills and an addiction-free lifestyle to manage daily stress and improve your psychological and physical resiliency.

Effective Governance Framework: The leadership will ensure the framework is in place at the strategic, operational and tactical levels, enabling the CF to implement the strategic guidance and strengthen its culture of health and physical fitness.

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A Pause for the Cause: Annual Jail and Bail event a great success for the United Way

by MCpl Angela Williamson,
WTN/EME Sqn

The annual Jail and Bail event was held by the Wing Transportation/Electrical and Mechanical Engineering Squadron (WTN/EME Sqn) this past Friday, November 5, in support of United Way.

The event was a huge success and a big thank you goes out to everyone who participated. The Wing raised \$2,377.35 during this event and had a great time doing it.

The nominated 'bad apples' were rounded up and put in temporary detention at a makeshift jail at the WTN safety classroom, by assigned individuals playing the role of deputized sheriffs dressed as cowboys.

Bosses were tried by a fake judge holding a gavel the size of a snow shovel. Charges ranged from trying to get on a kids ride at Canada's Wonderland, to being too



Photo: Submitted

Warrant Officer Claude Tanguay (Left), Supply Technician from the Canadian Forces Land Advanced Warfare Center, is "arrested" by Sheriff" Cpl Sean Hayman and tried by "Judge" CWO Gaetan Fillion during the United Way Jail and Bail fundraising event. The charge? Excessive filling out of forms.

happy in a kilt and general crimes against fashion.

In all, 59 people were placed in time-out, raising money for a great cause.

Thanks again to the whole base for participating, as you are the ones who continue to make this event a humorous and successful fund raiser year after year!

Une pause pour la cause! L'événement annuel « Jail and Bail » un grand succès pour Centraide

par cplc Angela Williamson
Tpt Ere/GEM

L'Escadron de transport et génie électrique et mécanique de l'Escadre (Tpt/GEM de l'Ere) a accueilli les participants de l'événement de levée de fonds annuel « Jail and Bail » le vendredi, 5 novembre en soutien de la campagne Centraide.

L'événement a réussi à amasser \$2377,35 tout en permettant à tous de s'amuser. Le comité tiens à remercier tous les participants.

Les 'pommes pourrites' nominés ont été escortés par des volontaires déguisés en cowboys qui jouaient les rôles de shérifs délégués, jusqu'au lieu de détention

temporaire à la salle de classe de sûreté de l'Escadron Tpt/GEM. Le personnel cadre a été chargé par un membre jouant le rôle d'un juge en possession d'un maillet de la taille d'une pelle à neige.

Les types de charges variaient entre être une tentative d'embarquer sur un manège pour enfants au parc d'amusement Canada's Wonderland, d'être trop heureux de porter une jupe écossaise ainsi que les contraventions envers la mode en général. En tout, 59 individus ont été placés en détention temporaire faisant de la levée de fonds un grand succès.

Un grand merci à tous qui ont rendu possible cet événement et qui continuent à rire avec nous pour faire du « Jail and Bail » un si grand succès à chaque année.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



What came first, the Flag or the tree? In August 1996, Wing Supply moved from its old location, building 22, to its current home, building 162. As with any move, landscaping of the new facility was foremost in the minds of the new tenants. After careful consideration, the unit Flag was positioned near the parking lot entrance for all to see and a small tree placed nearby to accent the area. Fourteen years later and the tree has all but obscured the Flag. Today, the Flag is positioned just outside the main entrance to the building and is again visible for all to see. *Servitium Nulli Secundus*

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An Inspiration: "That's what friends do"



Photo: Cpl Precious Carandang, 8 Wing Imaging

Members of 2 Air Movements Squadron gather around their friend and co-worker, Pte. Alain Turgeon (seated), who received an authentic game-worn jersey from the Toronto Argonauts football team on Tuesday, November 10. Cpl. Leclerc-Tremblay (to Pte. Turgeon's left) and Lieut.-Cmdr. Walter Moniz (center-back) arranged for the donation following news of Pte. Turgeon's cancer diagnosis, which precluded him from attending the Argos CF Appreciation Night held in July, 2010.

By: Capt Jennifer Jones
8 Wing Public Affairs

When Corporal Patrick Leclerc-Tremblay from 2 Air Movements Squadron (2 Air Mov Sqn) attended the Toronto Argonauts Canadian Forces (CF) Appreciation Day event last July, he had recently found out that his good friend and co-worker, Private Alain Turgeon, also from 2 Air Mov Sqn, had been diagnosed with cancer. Pte. Turgeon, an avid Canadian Football League (CFL) fan, was unable to attend the CF Appreciation event as a result. Cpl Leclerc-Tremblay made his way onto the field in an attempt to get signatures from the Argos team to pass on to his friend back home. In attempting to do so, he met Lieutenant Commander Walter Moniz, Public Affairs Officer with the National Defence Outreach Office in Toronto and explained what he was looking for. "Leave it with me," said Lieut.-Cmdr. Moniz.

While months passed, Pte. Turgeon's story was not

forgotten. When Lieut.-Cmdr Moniz approached CFL Commissioner Mark Cohon and told him about Pte. Turgeon, he immediately brought the Argonauts team on board and they immediately prepared an authentic, game-worn jersey to be signed by the entire team and sent to Pte. Turgeon. The jersey belonged to Defensive End, #99 Ronald Flemons, and was presented in symbolic hope that it would provide some added defence against the cancer that Pte. Turgeon is so bravely fighting.

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton and Lieut.-Cmdr. Moniz joined Cpl. Leclerc-Tremblay and several other members of 2 Air Mov Sqn at the 8 Wing Passenger Terminal on Tuesday, Nov 10, to present the jersey on behalf of the CFL to Pte. Turgeon.

When Col. Cochrane asked Cpl. Leclerc-Tremblay what inspired him to organize this for Pte. Turgeon, he humbly replied, "He inspires me," and later added, "That's what friends do."

It's Back The 2010 GCWCC EME Trailer Raffle!

Tickets are only \$5 each or 3 for \$10 and can be purchased at the EME Sqn Control Office, 31 Buffalo Ave.

This is your chance to WIN a quality utility trailer while helping support a worthy cause! The trailer features a 5' x 9' deck atop a 3500 lb axle and 15" tires. It has a built-in utility box, adjustable jack standard and a 2" hitch.



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As part of the United Way Campaign, CFS/RCW will hold an On-line Silent Auction for 4 Tandem Freefall Jumps.

When: Bid on line at the 8 Wing 2343R page. See the United Way link for details.

When: Bids are open now and an auction complete. Don't get left out. BID NOW!

Jump Details will follow the completion of the UW Campaign. Highest Bidder per Jump will be notified.

Faisant partie de la Campagne Canadienne de l'USG/RCW, nous tiens une vente aux enchères silencieuse en ligne pour 4 sauts Tandem en chute libre.

Quand: Faites votre offre en ligne sur la page d'enchères de la 8^e Esc. Suivez le lien de la campagne pour les détails.

Quand: Les enchères sont ouvertes maintenant et termineront à la clôture de la campagne. N'attendez plus, faites VOTRE OFFRE!

Les détails pour les sauts seront annoncés après la conclusion de la campagne. Seuls les gagnants des 4 tandem seront avisés.

Number of bids at 10:00 A.M. only. Auction closes at 11:00 A.M. on Nov 10. See auction details at 2343R. 2343R is the location for the on-line page.

Search & Rescue Update



424 Squadron flew three missions since our last article. The first was for our Hercules crew to provide assistance to four persons abandoning a 40 foot vessel east of Thunder Bay. Another vessel made it on scene and the Herc was stood down before arrival. Second, the Griffon was tasked to investigate an ELT near Hamilton. Once on scene there was nothing heard and the crew returned to base. Finally, the Griffon was tasked to MEDEVAC a 55 year-old male from Irwin Lake to Parry Sound. The patient was successfully extracted by hoist and transported to the Parry Sound hospital. Until next week, stay safe!

Missions for 2010: 176 Missions for Nov: 4 Persons rescued: 12

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.
Jpeg-Maximum (8X10), 300 dpi
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

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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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Contact readers and contributors

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To contact the publication by phone, or if you have any question or concerns, please feel free to call 613-392-2811 ext. 3978. Thank you.

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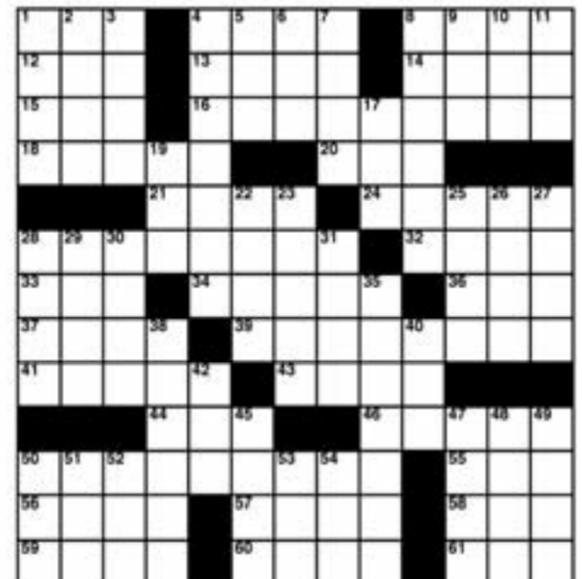
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Canadiana Crossword

Pensioners' Pelf

By Bernice Rosella and James Kilner

- ACROSS**
 1 Life Income acct.
 4 Salvia
 8 Honeybee genus
 12 Rage
 13 Peruvian city
 14 Srs. registered retirement plan
 15 King in Kamouraska
 16 Lung disease
 18 Year
 20 Himself in Hauterive
 21 Kind of tide
 24 Not worthy
 28 Unhinged
 32 Ancient Irish tongue
 33 Wood sorrel
 34 Boy Scouts unit
 36 Ginger____
 37 Locked in retirement acct.
 39 Relics
 41 Flowering perennial
 43 Workplace
 44 OAP booster
 46 Overture
 50 Remedies
 55 Asian religion
 56 Fur
 57 Fox follower
 58 Cda. pension plan
 59 Fencer's weapon
 60 Notice
 61 ___ you!
- DOWN**
 1 Locked in retirement acct.
 2 Press
 3 Sinn____
 4 Temperate
 5 That guy
 6 Mischievous one



- 7 Sighs of contentment
 8 Poisonous gas
 9 Prefix for disposition
 10 Belief
 11 Avian or Carlsbad
 17 Thou
 19 One to Sergio
 22 Taj Mahal locale
 23 Peasants
 25 Herr's opposite
 26 Skye or Wight
 27 Pegs
 28 Dullard
 29 Beige
 30 Marsh hen
 31 Biblical does
 35 Sanctimoniously
 38 Physique
 40 Que. pension plan
 42 Peach part
 45 Location
 47 Inscribe
 48 Neck part
 49 Confused
 50 That lady
 51 Universal srs. pension
 52 Falsehood
 53 Americas org.
 54 Nibble

See Answers, Page 22



This Week in Contact

1980 – Energy Minister speaks to Quinte reps: Robert Welch, Deputy Premier and Minister of Energy for Ontario, addressed a meeting of community leaders and representatives from CFB Trenton, in Belleville on 3 Nov 80. He emphasized the need to conserve energy in the home, on the road and on the job. By a better understanding of the energy situation and the potential for savings, all citizens can participate in the energy conservation program.

1990 – New pay system for the Reserves: A new pay system has been approved for the Reserve Force, and implementation of the system will start during 1991. As a result, Reserve members will be paid twice monthly, and will receive current pay statement. Additionally, they will have available to them all of the pay services now enjoyed by the Regular Forces, or planned for as part of the new Regular Force pay system.

2000 – Helping hands for health: Health partners, something we usually only hear about during the annual United Way/Health partners Campaign, brings together 15 national health charities to raise funds for medical research, health promotion, educational programs and patient services.

Created by Lt J. H. MacDonald,
 Compiled by Tiffany Gilroy.



Air Person of the Year

Sergeant Gilbert Laxamana



Photo by Cpl Levarre McDonald

Mr. Dave Donovan, President of the Air Force Association of Canada (Ontario), presents the Air Marshal C. Roy Slemon Award for Air Person of the Year to Sergeant Gilbert Laxamana, Assistant to the Wing Chief Warrant Officer, Saturday, November 6, at the 8 Wing Officer's Mess. Sgt Laxamana was unable to attend the National Ceremony held in Comox, B.C. on October 16. He was selected from within the entire Air Force as the 2010 recipient and was awarded the honour in recognition of his outstanding dedication and tremendous commitment to the Air Force.

Air Force Association of Canada (AFAC) is a national not-for-profit aerospace and community service organization composed of aviation-minded citizens and established to remind Canadians of their country's rich aeronautical tradition and history, to support Canada's Air Force, and to support and encourage the civil aviation component within the country. Every year, AFAC gives trophies and awards in recognition of excellence in Canadian aviation.

Notice: Highway 2 closure

November 12 to 15, 2010

by Capt Annie Morin, 8 Wing Public Affairs

8 Wing/CFB Trenton – Due to ongoing construction, Highway 2 will be closed from Anson Rd. to RCAF Rd. from 6:00 a.m. on 12 November to 12:00 a.m. on 15 November 2010.

During this period, throughway traffic will be re-routed at RCAF Rd. and Whites Rd.

Please note that DND/CF employees will have access to the base from the east via the RCAF Rd entrance (cadet camp) and from the west at Anson Rd. (south side entrance).

This construction is necessary in order to repair and improve storm water management in the area.

We apologize for any inconveniences caused by this work.



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Savez-vous...À quoi ressemble un mode de vie sans dépendance à Internet?

Les gens utilisent parfois le mot « dépendance » sans qu'on comprenne réellement ce qu'ils entendent par là.

Pour certains d'entre nous, ce mot renvoie aux personnes qui éprouvent le besoin de prendre un verre le matin pour se calmer ou aux sans-abris qui errent dans les rues à la recherche de la prochaine dose. Mais quel est le rapport avec Internet?

« Dépendance » est un terme général dont le sens est souvent restreint à la dépendance physique (le corps qui a besoin d'une dose). Toutefois, il recouvre également des aspects psychologiques et comportementaux.

Le domaine des préoccupations liées à Internet et à la technologie constitue un champ d'études relativement récent si bien qu'il n'existe encore aucun langage précis pour le décrire. Aux fins du présent article, nous parlerons simplement d'un problème associé à Internet.

Les problèmes associés à Internet se répartissent en trois catégories distinctes : le jeu excessif, les obsessions sexuelles et l'envoi de courriels/messages textes.

De nos jours, il est impossible d'éviter complètement Internet, et ce ne sont évidemment pas toutes les applications d'Internet ou de la technologie qui sont nuisibles.

Voici donc un guide pour vous aider à évaluer si l'emploi qu'une personne de votre connaissance ou vous-mêmes faites d'Internet représente un « problème ».

Il y a quatre concepts principaux à prendre en compte lorsque vous analysez votre utilisation d'Internet et des autres technologies.

Le premier concept est celui du **temps**. Voici quelques questions que vous pourriez vous poser :

-Restez-vous en ligne plus longtemps que vous ne l'aviez prévu?

-Avez-vous l'impression d'être tellement absorbé que vous en perdez la notion du temps?



-Négligez-vous certaines de vos responsabilités, au travail ou à la maison, en raison du temps que vous passez en ligne?

Le deuxième concept concerne le **sevrage**. Je sais que certains se demanderont comment il est possible de présenter des symptômes de sevrage alors qu'il ne s'agit pas d'une dépendance physique; pourtant cela arrive.

Après tout, il est abondamment question du syndrome des vibrations fantômes (lorsqu'on a la sensation que notre téléphone vibre et que ce n'est pas le cas), lequel prouve qu'il existe un lien entre notre corps et la technologie. Voici quelques questions que vous pourriez vous poser :

-Vous sentez-vous nerveux, anxieux ou perdu lorsque vous n'avez pas l'un de vos appareils électroniques?

-Seriez-vous tendu si l'un de vos appareils électroniques (p. ex. téléphone, ordinateur, MP3, appareil de jeux) devait se briser ou être hors service? Éprouveriez-vous du soulagement lorsque vous pourriez de nouveau les utiliser?

-Êtes-vous anxieux, déprimé et/ou frustré lorsque vous n'avez pas accès à Internet et/ou aux services de messages textes?

Le troisième concept est celui de la **tolérance**. Il porte sur la nécessité d'améliorer constamment la technologie et/ou d'y consacrer de plus en plus d'heures. Voici quelques questions que vous pourriez vous poser :

-Les sommes que vous consacrez à l'obtention des plus récentes technologies dépassent-elles vos moyens?

-Le temps que vous passez en ligne a-t-il un effet sur vos heures de sommeil?

Le dernier concept touche les éventuelles **répercussions négatives sur le plan social**. Voici quelques questions que vous pourriez vous poser :

-Accordez-vous moins de temps à votre famille/vos amis pour pouvoir passer plus de temps en ligne?

-Le fait de rester en ligne vous empêche-t-il d'établir des rapports sociaux avec les gens de votre milieu?

-Vos passe-temps et vos intérêts se limitent-ils à des activités en ligne?

-Des personnes de votre entourage vous ont-elles déjà reproché de passer trop de temps branché à un appareil électronique?

-Vous arrive-t-il régulièrement de consulter vos appareils électroniques ou d'envoyer des messages en présence d'autres personnes dans un contexte social?

Ces questions ont pour seul but de vous aider à analyser l'utilisation que vous faites d'Internet et de la technologie. Vous pouvez aussi les remettre à une personne dont le comportement vous inquiète.

Si vous croyez que votre situation devient problématique, vous trouverez à quel endroit obtenir de l'aide en consultant votre Bureau local de promotion de la santé ou nos sites Web à l'adresse : www.forces.gc.ca/know-sais et <http://hr.ottawa-hull.mil.ca/health-sante/ps/hpp-pps/default-fra.asp>.

(English version to follow in next week's Contact)

Did You Know?

The poem "In Flanders Fields", by Canadian army physician John McCrae, is a lasting legacy of the terrible battle at Ypres, France. Written on May 3, 1915 it was published later that year in Punch Magazine. An official adaptation in French was written by Jean Pariseau and is entitled "Au champ d'honneur".



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



8 Wing Health Promotion
177 Hercules St., Bldg 119
Phone: x3768

Email: healthpromotionTrenton@forces.gc.ca

Health Promotion Administrative Assistant:

Leslie Bedore

Health Promotion Manager:

Angela Prescott

Health Promotion Director:

Kendra Lafleur

Visit healthpromotion.cfbtrenton.com to learn more about the programs and services offered by your 8 Wing Health Promotion team.

Please show appreciation and respect for the health and happiness of yourself and others. Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.



From the Management and staff of Personnel Support Programs

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- Que savez-vous.... ?

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15-26 NOV 2010!!

SPORTS & RECREATION

The Community Recreation Association presents "PSP Online"

Register for the Winter session of Community Recreation Association programs from the comfort of your home.

If you do not have a User Name and a Password, you will need to contact the PSP Comm Rec Association to arrange set up of a Client Account.

Simply drop by the RecPlex at 21 Namao Drive or call the RecPlex

Reception at: 613-392-2811 ext 3361 Monday to Friday from 9 a.m. to 8 p.m. Weekends 1:30 to 3:30 p.m or extension 2929 Monday to Friday from 9 am to 3 pm.



Bronze Cross and Standard First-Aid

Bronze Cross is designed for life-savers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities.

Candidates develop proficiency at performing patient assessments, managing emergencies while developing stroke endurance and fitness training skills.

There is a prerequisite for this course. Candidates must have successfully completed the Bronze Medallion and Emergency First Aid courses. Please bring certification

cards the first night.

This two weekend course will take place on Friday, November 19, and 26 from 6 to 9 p.m.; Saturday, November 20 and 27, from 1 to 6 p.m.; and Sunday, November 21 and 28 from 9 a.m. to 3:00 p.m. Please note that 100 per cent attendance for all classes is mandatory.

Cost is \$150 plus HST for military community members and \$170 plus HST for the general public. Manual fees extra if required (manuals used are the same as Bronze Medallion).

Military Family ID Card (MFID)

The Military Family Identification Card (MFID) has been designed to provide immediate family members with a standard means of identification.

It provides tangible recognition that the military family member is an integral part of the Canadian Armed Forces.

This card is available upon request to the immediate family (spouse and dependent youth ages 10 to 18) of all CF members (Regular and Reserve Classes A, B and C).

Military members wishing to

obtain the Military Family ID Card for their dependants can complete the Military Family ID Card Application at

www.cfcommunitygateway.com.

The form can be completed online before printing.

Please note: Military member and dependant(s) must be present with a completed application form at the 8 Wing/CFB Trenton RecPlex, located at 21 Namao Drive, Middleton Park, Trenton. To obtain the ID Card, dependants must be at least 10 years of age.

DAYTIME YOGA CLASS

Join us for this daytime yoga class held at the RecPlex every Wednesday from 1 to 2:15 p.m.

Drop-in fee is \$4 for military community members and \$5 for the general public.

PSP Facility Memberships

REGULAR MEMBERS					
	Annual	9 Month	6 Month	3 Month	1 Month
Infant (6 mo - 5 yrs)	\$15	\$13.50	\$9	\$6	\$3
Youth (6 - 17 yrs)	\$50	\$45	\$30	\$20	\$10
Single (18 yrs+)	\$75	\$67.50	\$45	\$30	\$15
Family	\$160	\$144	\$96	\$64	\$32

ORDINARY MEMBERS					
	Annual	9 Month	6 Month	3 Month	1 Month
Infant (6 mo - 5 yrs)	\$25	\$22.50	\$15	\$10	\$5
Youth (6 - 17 yrs)	\$85	\$76.50	\$51	\$34	\$17
Single (18 yrs+)	\$130	\$117	\$78	\$52	\$26
Family	\$270	\$243	\$162	\$108	\$54

- Your membership includes access to the RecPlex, Gymnasium, RCAF Arena and Albatross Outdoor Pool.

- It is for casual use of the facility and does not include any programs and services.

- **Regular Members include:** Family members of the Regular and Reserve Force, family members of foreign military personnel on duty with the Canadian Forces.

- **Ordinary Members include:** Retired military personnel, civilian public and non-public employees, retired civilian employees in receipt of an annuity, widows of former members of the CF, full-time DND contract employees, members of the RCMP

- **Restricted Access Hours:** During the hours of 11:30 a.m. to 1 p.m. Monday to Friday, access to the Gymnasium is restricted to military personnel and full-time civilian employees.

- Members are required to present their membership cards to Reception when accessing the facilities

- Cost of replacing a lost card \$ 10 + HST = \$ 11.30

New methods of payment are now accepted at the RecPlex: Debit, VISA and MasterCard.

General Meeting of the Outdoors Pursuits Club 17 Nov 2010, 1930 hrs, Jr Ranks Mess (downstairs)

Do you like the outdoors? The Outdoors Pursuits Club is looking for members and organizers alike. We will be nominating and voting on new club executives and voting on a Constitution.

The club will also receive and vote on a submission for a Wall Climbing Chapter with in the Outdoors Pursuits Club. We will also be looking for submissions for other club activities.

Please contact David Elverson at Elverson.DA@Forces.gc.ca to have your submission put in the meeting agenda.

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15 November, 0900 - 1900 hrs.

16 November, 0900 - 1900 hrs.

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We reserve the right to limit quantities. While we strive for accuracy in our advertising, errors can occur. In such cases, we reserve the right of correction. Prices & monthly payments shown do not include environmental fees & levies or any other applicable fees, levies, & taxes. Eligible authorized patrons may purchase general merchandise of at least \$199 on the CANEX No Interest Credit Plan, O.A.C. on approved credit. Visit your CANEX store or visit us online at www.canex.ca for all the details.

Support the troops this holiday season

Ottawa, ON – As the holiday season approaches, many Canadians will be thinking of the troops deployed overseas.

The Department of National Defence would like to remind the public that while the Canadian Forces (CF) appreciates the public support it receives, getting gifts and packages to deployed CF members overseas is difficult.

The flights that re-supply CF personnel in overseas locations, such as Afghanistan, are filled with priority items such as combat supplies, vehicle parts, equipment, and mail from families.

There is limited space for any items that are not critical to the mission, including donations from the public. As a result, the CF regretfully cannot accept any care packages or gifts from the public.

However, the CF has implemented a few tools that allow Canadians to express their support and to send their best wishes during the holiday season.

One easy way for Canadians to show their support is through e-mail messages on the Canadian Forces website (www.forces.gc.ca), using the "Write to the

troops" message board.

Also, postcards and letters without enclosures which are addressed to "Any CF member" will be accepted, although similarly addressed care packages will not.

Special measures have also been taken to ensure all deployed CF members receive a Christmas gift package through Operation Santa Claus every holiday season. These care packages are made possible through the generous donations of companies from across Canada. In addition, Canada Post will be providing a free regular-parcel service from October 18 to January 7, 2011, for family and friends of deployed military personnel.

The "Write to the troops" website has mailing guidelines to assist families and friends in preparing their letters and parcels for delivery to CF personnel overseas. There are many other ways to show support to CF personnel and their families. To learn more, please visit our website at www.supportingourtroops.ca.

We thank you for your understanding and great generosity toward CF members and their families.

14th Annual Food Bank Toll Booth

Help us support the 14th Annual ATESS Food Bank Toll Booth on November 25, 2010 from 0630 to 0800 hrs.

Please bring donations of non-perishable food items and cash to the North Side gate. All donations and support go towards helping the Trenton Care and Share Food Bank. Your help is greatly appreciated.



Photo: Private Allyssa D. Carter, 8 Wing Imaging (archives)

8 Wing/CFB Trenton personnel are shown donating and collecting non-perishable food items at the 13th Annual Food Bank Toll Booth held by Aerospace and Telecommunications Engineering Support Squadron (ATESS) at 8 Wing/CFB Trenton's North gate entrance. The toll is non-perishable food item(s) and/or monetary donations were all proceeds would be donated to the Trenton Area Food Bank. Over the past 13 years ATESS has collected approximately 1,300 lbs of food and \$15,000 in cash donations, thanks to the generosity of 8 Wing/CFB Trenton personnel.

ÉCRIEZ AUX MILITAIRES
LE MORAL PAR BABILLARD ÉLECTRONIQUE!

Les hommes et les femmes des Forces canadiennes ont démontré maintes et maintes fois qu'ils sont à la hauteur de tout défi. Faites savoir aux membres des Forces canadiennes que vous appréciez leur service en leur envoyant un message à partir de ce babillard électronique surveillé. forces.gc.ca/site/commun/message/message-add-ajout-fra.asp

Le service de courrier d'encouragement vise à permettre à la famille et aux amis des militaires affectés à une opération déployée des FC de leur envoyer gratuitement des produits de réconfort, plutôt que d'avoir recours à la Société canadienne des postes. Le courrier d'encouragement peut être déposé au Centre de ressources des familles des militaires de la base ou de l'escadre, salle du courrier ou Bureau de poste militaire.

WO & SGTs MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
		Health Promotions Honors & Awards 1300	ASIST CRSE		Zooney Lunch assort. sandwiches & clam chowder TGIF Lasagna	
7	8	9	10	11	12	13
	MWO Heron C/R	Health Promotions G/R		Reception at Jr's Snakepit 1230hrs Remembrance Day	Zooney Lunch BLT wraps & Veg soup TGIF Roast Beef	4 Health services group CO-RSM Wrksp M/L-C/R
14	15	16	17	18	19	20
			WCWO Coffee Break 1000 hrs		Zooney Lunch assort. sandwiches & clam chowder TGIF Burger & Fries Decorating at mess	Comedy Night 20:30
21	22	23	24	25	26	27
MSS Spouses MFRC M/L & FS	429 Sqn C/R Employment & Training			St Johns Ambulance Christmas Party	Zooney Lunch Chili TGIF Turkey Empanada	
28	29	30	31			
PMC Bingo 1900			Coast Guard First Aid Crse start			

NOVEMBER 2010

Bar Hours: Monday – Thursday 1500 to 1800 hrs
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For Bookings (Weddings/Receptions/Conferences/Private Parties)
Call 613 392-2811 Ext 2438 / 2768
or Email: Briggs.RLE@forces.gc.ca

National Road Safety Week: December 5 - 12, 2010

by MCpl St-Maurice
2IC\MSE Safety, WTN/EME

As part of the annual National Road Safety Week, MSE Safety is offering a no cost Dependant's Defensive Driving Course on December 1 and 2, 2010, from 1800 to 2100 hrs (6 to 9 p.m.) both nights.

Please note, as the name implies this course is for the families of military and civilian workers at 8 Wing/CFB Trenton.

The course will take place at the Wing Transportation Safety Classroom located at 11 Buffalo Ave (located on the South Side near the

Gym).

Participants must attend both teaching nights in order to receive their DDC cards and accreditation certificates.

This first come, first serve format has a limiting seating capacity of 30 persons.

All interested personnel are to be pre-booked for subject class by contacting Wing TN MSE Safety at local 3470 or local 3347 to secure a seat.

Note: This course is registered with Canada Safety Council and may be recognized by some insurance companies for cost reductions.



Semaine National de conduite preventive: Decembre 5 to 12, 2010

par MCpl St-Maurice, 2IC\MSE Safety, WTN/EME

Pendant la semaine nationale de conduite preventive annuelle, la sécurité routière offre un cours gratuit de conduite défensive pour les dépendants.

Tel que le nom le dit, ce cours est pour les familles de militaire et travailleurs civil de la 8e Ere Trenton. Ce cours n'est cependant offert qu'en anglais.

Prerequis; Classe G1 du permis de conduire provincial de l'Ontario.

DATE : 1&2 decembre 2010 / HEURE : 18h a 21h les deux soirs / ENDROIT : Salle de classe de la

Sécurité routière de la base situé au 11 Buffalo Ave (Coté Sud près du Gymnase). Les participants doivent assister aux deux soirées de classe pour pouvoir recevoir leur carte CCD et le certificat d'accréditation.

La méthode "premier arrivé premier servi" est limité à 30 personnes. Toutes personnes intéressées doivent s'inscrire à l'avance en contactant la Sécurité Routière au Transport de la base au local 3470 ou 3347 pour réserver un siège.

Note : Ce cours est enregistré avec le Canada Safety Council et peut être reconnu par quelques Compagnie d'assurance automobiles pour réduire les coûts.



Mike Hamilton Memorial 4-on-4 Hockey Tournament in Support of United Way

by 2Lt Sean Hill
8 Wing United Way Committee

The Mike Hamilton Memorial 4-on-4 Hockey Tournament in support of the United Way will take place November 25 to 26 at the RCAF Flyers Arena.

This is the last major event for 8 Wing's United Way campaign. Mr. Ron Ellis, a former Toronto Maple Leaf, will be at the tournament alongside local radio personality Mark Philbin from 95.5 FM. Players will get a chance to meet these celebrities and enjoy a few games of hockey while supporting a worthy cause.

During the two-day event teams will play a minimum of five games each. Register as early as possible, as space is

limited to 12 teams. Prizes and draws will take place following the last game.

Finally, a silent auction will run with a "hockey sock" of items available for bidding on, including a one-night stay and dinner at The Waring House Inn, a Sandbanks Winery gift set and a family photo shoot through Mac Polidoro Photography.

Registration details:

- Cost per team is \$200;
- Guaranteed five games;
- 12 Team limit overall;
- 25 November 1700 to 2300;
- 26 November 0800 to 1700;
- Register now with MCpl Stenning at ext 5026.

Tournoi de hockey mémorial 4 contre 4 Mike Hamilton au soutien de Centraide

par slt Sean Hill
Comité Centraide - 8^e Escadre

The tournoi de hockey mémorial 4 contre 4 Mike Hamilton au soutien de Centraide aura lieu les 25 et 26 novembre à l'aréna RCAF Flyers.

Ceci est la dernière levée de fonds majeure pour la campagne Centraide 2010. Afin de commémorer l'événement, la 8^e Escadre accueillera au tournoi M. Ron Ellis, ancien joueur des Maple Leafs de Toronto ainsi que M. Mark Philbin, personnalité locale de radio au poste 95.5 FM. Les joueurs auront la chance de rencontrer ces vedettes et de jouer quelques parties de hockey pour soutenir une bonne cause.

Chaque équipe participante jouera cinq parties au total pendant le tournoi de deux jours. Il y a une limite de 12

équipes au tournoi donc les intéressés devraient s'enregistrer sans délai. Des prix seront tirés après le tournoi.

Finalement, une vente aux enchères par écrit aura lieu lors du tournoi et une multitude d'articles seront disponibles pour les offres d'achat. Ceux-ci comprennent un certificat cadeau pour une nuit et un souper à l'auberge Waring House, un ensemble cadeau de la vinerie Sandbanks et une séance photo familiale offerte par Mac Polidoro Photography.

Pour s'inscrire au tournoi :

- Le cout est de \$200,00 par équipe
- Cinq parties sont garanties
- Limite de 12 équipes au tournoi
- Le 25 novembre de 17h00 à 23h00
- Le 26 novembre de 8h00 à 17h00
- S'inscrire avec le cplc Stenning au poste 5026

UNITED WAY UPCOMING EVENTS

19 Nov:

Car Wash and Inspection by Tn/EME
(\$5.00 Wash, \$5.00 Inspection, Hosting BBQ as well)

22 and 30 Nov:

24 Health Services Silent Auction
(Bid on items at 24 CF H Svcs C until 11:30 a.m. on Nov 30)

25 and 26 Nov:

Mike Hamilton Memorial 4-on-4-Hockey Tournament (\$240.00 per Team, Ex-NHL players will be there, Register Now!)

26 Nov, Dec 3:

Pizza/Pasta Lunches (*All you can eat*): 26 Nov – Lasagna, garlic bread, drink, salad, 3 Dec – pizza, drink, salad)



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Don't take your hands for granted



Submitted by
Wing General
Safety Office

Could you imagine doing your job without your hands?

We tend to take it too much for granted that we have two hands at our command, immediately ready to do what we want them to.

They not only perform amazing manual tasks and provide us with sensation, but they also make us money.

Just ask anyone who has lost the use of their hands. They may have had to learn to use other parts of their body or an artificial limb to do what hands normally do.

The workplace may be one of the most valuable places we can use our hands, but it is also one of the most likely places you can injure them. That's why it is important to take proper precautions to protect them.

To wear or not to wear gloves on the job? It

depends.

There are times to wear gloves on the job when they will protect you from scratches and scrapes, cuts, shock, infection, chemicals and temperature extremes of hot and cold.

Many different kinds of gloves are available with different designs, made from different materials ranging from metal mesh to leather.

Ask your supervisor for the right kind of glove for your job. In some situations, gloves can cause a risk of entanglement in moving machinery.

Other than wearing gloves, you can follow common-sense procedures to protect your hands at work.

Handle tools the right way. Use the right tool and carry it properly so you do not injure yourself. Know the right operating movements when using tools.

For example, too much force, vibration or repetitive movement might cause serious hand strain. Try not to twist your hands in extreme positions. Take "hand breaks".

Clean and protect your hands. Always wash your hands after you handle chemicals and materials so you don't become infected or receive a bad skin reaction. Don't clean your

hands with solvents or fuels; they cause their own skin disorders and strip your hands of natural oils. Barrier creams help to protect your hands against many substances. They are not substitutes for gloves, however.

Watch your hands around equipment. Anything with a blade might cut you...or cut off your fingers or hands. You can also crush your hands in machinery, under boxes, or in drawers or cabinets. These are called pinch points...avoid them.

Respect machine guards. They are there to protect you from being injured by moving machinery.

Never tamper with them or alter them.

Immediately treat wounds and injuries, even minor cuts and scrapes. Wash wounds and cover them with a bandage and wear gloves to continue your tasks.

If the wound or injury is serious, immediately seek the help of a first aid attendant or doctor.

Treat your hands like a favorite person or a valued employee.

Protect and respect them, don't undervalue them. Otherwise you might lose two of your best friends!

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<p>07 CHEV SILVERADO 2500HD</p>  <p>11811 Z71, 4X4! Alloy wheels! 6.0L-V8, Extended cab, short bed, bed liner, trailer hitch, 4th door, steering wheel controls, OnStar, tilt, cruise, air, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 53,000kms.</p> <p>0 down \$231.75 \$25,995</p>	<p>08 CHEV SILVERADO 1500 LT</p>  <p>P11958 4X4! Alloy wheels! 5.3L-V8, Extended cab, short bed with bed liner, trailer hitch, steering wheel controls, OnStar, cruise, tilt, air, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 36,000kms!!!</p> <p>0 down \$196.68 \$24,995</p>	<p>07 GMC SIERRA 1500 SLE</p>  <p>11776 4X4! Pwr sunroof! Pwr heated leather memory seats! 20" Alloy wheels! 5.3L-V8, Crew cab, short bed, rear sliding window, bed liner, wood grain trim, trailer hitch, pwr air, pwr pedals, steering wheel controls, dual climate controls, factory remote start, OnStar, 4th dr, tilt, air, cruise, satellite radio, CD, pwr locks, mirrors, windows, keyless entry, 101,000kms.</p> <p>0 down \$213.30 \$23,995</p>	<p>08 CHEV SILVERADO 1500 LTZ</p>  <p>P11746 4X4! Navigation! 20" Alloy wheels! Pwr heated leather memory seats! Pwr sunroof! Chrome box rails! 5.3L-V8, Crew cab, short bed, tonneau cover, bed liner, trailer hitch, chrome stop bars, wood grain trim, flex fuel, dual climate controls, steering wheel controls, factory remote start, OnStar, tilt, air, cruise, satellite radio, TV/DVD, pwr locks, windows, mirrors, keyless entry, 80,000kms.</p> <p>0 down \$216.35 \$27,495</p>
<p>09 CHEV SILVERADO 2500HD LT</p>  <p>D11569 4X4! 6.0L-V8, Extended cab, short bed with bed liner, trailer hitch, traction control, steering wheel controls, OnStar, 4th door, air, tilt, cruise, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 39,000kms!!!</p> <p>0 down \$228.16 \$28,995</p>	<p>07 CHEV SILVERADO 1500 LT</p>  <p>P12019 4X4, Z71! 18" Alloy Wheels! 5.3L-V8, Extended cab, short bed with bed liner, stop bars, trailer hitch, 4th dr, OnStar, steering wheel controls, tilt, cruise, air, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 54,000kms.</p> <p>0 down \$186.63 \$20,995</p>	<p>05 FORD F250 XLT</p>  <p>11859P 4X4! Diesel! F44 Off road! Power stroke! Chrome wheels! 6.0L-V8, long bed, bed liner, tonneau cover, rear sliding windows, trailer hitch, steering wheel controls, tilt, cruise, air, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 84,000kms.</p> <p>0 down \$227.09 \$21,995</p>	<p>08 CHEV SILVERADO 1500 LT</p>  <p>P11491 Z71, 4X4! 20" Alloy wheels! 5.3L-V8, Extended cab, short bed, bed liner, factory remote start, trailer hitch, OnStar, dual climate controls, tilt, air, cruise, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 36,000kms!!!</p> <p>0 down \$196.68 \$24,995</p>
<p>07 GMC SIERRA 1500 SLE</p>  <p>P12033 4X4! 20" Alloy wheels! 5.3L-V8, Crew cab, short bed, rear sliding window, bed liner, chrome stop bars, pwr pedals, pwr air, factory remote start, dual climate controls, OnStar, steering wheel controls, 4th dr, air, tilt, cruise, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 82,000kms.</p> <p>0 down \$205.45 \$22,995</p>	<p>08 DODGE RAM 1500 SLT</p>  <p>11881 4X4! Tow mirrors! 20" Chrome wheels! 5.7L-V8, Crew cab, short bed, bed liner, pwr rear sliding window, trailer hitch, steering wheel controls, w/connect compatible 4th door, air, cruise, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 44,000kms!</p> <p>0 down \$184.88 \$23,495</p>	<p>07 GMC CANYON SLE</p>  <p>11785 Z71, 4X4! Chrome wheels! 3.7L-V5, Crew cab, bed liner, trailer hitch, chrome stop bars, cruise, tilt, air, satellite radio, CD/MP3, pwr mirrors, locks, windows, keyless entry, 77,000kms.</p> <p>0 down \$164.41 \$18,495</p>	<p>06 CHEV COLORADO</p>  <p>11510PA 4X4, Z71! Alloy wheels! 3.5L-V5, Crew cab, trailer hitch, chrome stop bars, 4th dr, cruise, air, tilt, AM/FM/CD/MP3, pwr mirrors, windows, locks, keyless entry, 85,000kms.</p> <p>0 down \$159.98 \$15,495</p>
<p>07 GMC SIERRA 2500HD</p>  <p>P11514 4X4! Integrated brake controller! Chrome wheels! Tow mirrors! 6.0L-V8, Extended cab, long bed, bed liner, OnStar, trailer hitch, steering wheel controls, cruise, air, tilt, AM/FM/CD, pwr locks, keyless entry, 62,000kms.</p> <p>0 down \$195.52 \$21,995</p>	<p>07 CHEV SILVERADO 1500 LT</p>  <p>P11982 4X4, Z71! 18" Alloy wheels! 5.3L-V8, Crew cab, short bed, tonneau cover, bed liner, chrome stop bars, trailer hitch, 4th dr, steering wheel controls, factory remote start, dual climate controls, traction control, OnStar, satellite radio, CD, air, tilt, cruise, pwr locks, windows, mirrors, keyless entry, 88,000kms.</p> <p>0 down \$205.45 \$22,995</p>	<p>10 EDGEWATER BY SUNNY BROOK</p>  <p>P11933 31' Long, bumper pull, 2 slide outs, sleeps 8, fridge, stove, microwave, shower & tub, lots of cupboard space, air.</p> <p>0 down \$87.32 \$21,495</p>	<p>08 GULFSTREAM VISTA CRUISER</p>  <p>D11931 Slide out! Mercedes diesel! Central vac! 3,600 watt generator, sleeps 6, leather, dual rear wheels, drive line is dodge sprinter, wood grain trim, air, tilt, AM/FM/CD, pwr windows, locks, keyless entry, only 8,000kms!</p> <p>0 down \$328.94 \$69,995</p>

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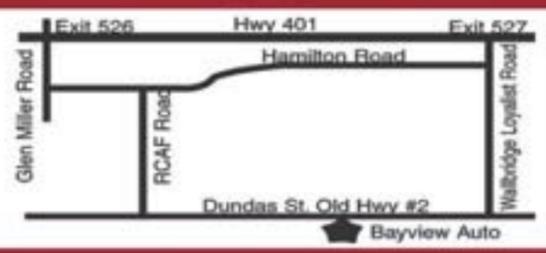


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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations 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.

Trenton High School's C.E.P's 1st Annual Santa Shop
Tuesday November 23, 1-7pm
Trenton High School's Cafeteria

Free Admission. Please bring a Food Bank donation if possible.

Vendors include:

- Usborne Books • Epicure • Tupperware • Pampered Chef
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Please contact Heather Ellis: hellis@hpedsb.on.ca
 OR Brenda Ogden: bogden@hpedsb.on.ca
 if you require additional information.

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For more information or to join today: 1 877 323 4545 ext 3424
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TRENTON CHRISTMAS FANTASY

November 28, 2010 starting at 3:00pm

Hot Chocolate • Hot Dogs

- Entertainment • Watch the Parade
- See us turn on the lights!

Come out to Fraser Park and enjoy the fun and festivities!

Quinte's 15th Annual Christmas Model Railroad Show

December 4 & 5 10am - 4pm
Quinte Secondary School
 45 College St., West, Belleville
 11000 sq ft of Vendors & displays. Door Prizes.
Adults \$5 Students/Seniors \$4 Children \$2 Family rate \$10

Auto Hobby Club (AHC)

The Club is located at 3 and 4 Chimo, which is tucked away on the north side of the Base, in behind the salt dome.

If you are looking for a place to repair your personal vehicle, the Auto Hobby Club provides the bay, certain tools, hoists and more. The Club operates year-round and all is volunteered time.

Hours of operation: Mon - Thurs from 6-7:30 p.m.;
 Sat from 9-11 a.m.

Hoist bays \$20 a day, body shop bay \$10. Always looking to recruit new members and club attendants. Contact Sgt Lafleuat local 3623.

Seeking Post Secondary and Non-Graduate Mentor Applications

The YMCA Federal Public Sector Youth Internship Program has been renewed for five years which is a testament to the great job all of our Mentors are doing. We are presently seeking individuals who work in the Federal Public Sector to volunteer to mentor an intern for employment experience. We are recruiting mentors in the Belleville and Trenton area as well as in the Lindsay and Peterborough area. We are also recruiting in the Durham Region, including Ajax, Whitby, Pickering and Oshawa.

We have positions available for: High School graduates for six-month internship and Non-Graduates for nine-month internship. Please have a look at our website for more information on Mentoring an intern, or contact: Elaine Power at 613.392.2811 Ext 3834 or via email to power.ea1@forces.gc.ca; or Liz Semark at 613.392.2811 Ext 7640.

Please visit our website at: <http://www.canada.fpsyip.com> If you would like to apply for an intern, please fill out the RFI (Request for Internship) application (found online), along with a description of the internship. Please fax applications to 613.965.3733. Thank you.

Links to Learning Reading Program

Links to Learning Resource Centre will be running a weekly no cost reading program for children of all ages. All books will be provided in a variety of levels. This is a drop in program so children who are interested can come between 1:30 to 3:30 p.m. every Saturday. They will be either read to or listened to as they read. Link to Learning is located at 188 Victoria Ave, Belleville (use the side door off the parking lot in the Quinte Bible Chapel).
Visit www.linkstolearning.ca to learn more.

Public Skating is Back!

Enjoy some fun ice skating for the low price of \$2.00 all winter long! Visit us at the Dr. McMullen Memorial Arena in Frankford Ward and the Duncan McDonald Memorial Community Gardens in Trenton Ward.

Frankford Arena
 Wednesday: 12:00-2:00pm (FREE SKATE)
 Sunday 2:00-3:30pm

Trenton Arena
 Tuesday: 1:00-2:15pm (FREE SKATE)
 Saturday: 8:00-9:00pm
 Sunday: 12:00-1:30pm

Pennies for Pets could use your help!

The Quinte Humane Society is accepting all change in the Pennies for Pets Campaign. They will count it, roll it and even pick it up. You can also drop off your pennies and change at the shelter at 527 Avonlough Road or call 613-968-4673.



McDonald's in Trenton proudly supports our troops, and the men and women at CFB Trenton.

266 Dundas Street East (Trenton Town Centre) | 18 Monogram Place (near the YMCA) | McDonald's in WalMart Trenton

*Drive-Thru NOW OPEN AT 5:00 AM | Drive-Thru - Open 24 hours



The Contact Newspaper staff would like to acknowledge Trenton McDonald's as the weekly sponsor of our feature, The Contact Family feature.



Be creative: Pop in to family time

(NC)—Diverse hobbies and interests can make the best of intentions a stressful activity.

Having a family night everyone can enjoy can be simple and fun. Remember to make it a regular activity so the whole family can take party.

Here are a few ideas to make this special evening, even more memorable:

Serve: Customize a plain white bowl with your family name, kids' drawings or your initials.

Look for cool colours and designs to add a splash of style.

Save: Watching your budget? Stay in a Friday night and have maximum fun on a minimal budget.

Borrow movies from the local library or raid a neighbour's film collection for a night-in and pop up a bowl of popcorn to snack on.

Flavour: Try a new flavour of popcorn, like Orville Redenbacher's Spicy Nacho. Or add some of your own flavour to classic popcorn like rosemary



or chocolate.

Adding flavour will get everyone sharing their favourites.

Use popcorn to switch up craft time with kids.

Popcorn can be piled on a string and wrapped around the Christmas tree or worn around the neck as a fun necklace.

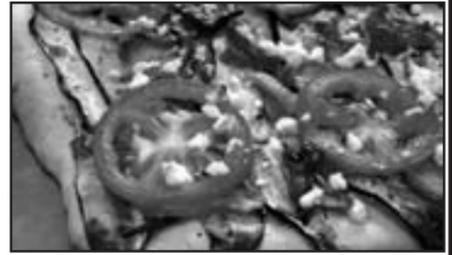
Even better? Popcorn leftovers make a healthy snack for kids and adults that are both low in fat and high in fibre.

Source: www.newscanada.com

Mealtime.org Tomato-Eggplant Pizza

Ingredients:

- 1 medium eggplant, cut in 3/4-inch thick slices
- 5 tablespoons olive oil, divided
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 pre-baked, whole-wheat pizza crust (10 ounces) or 4 whole-wheat pitas
- 1 can (8 ounces) diced tomatoes with garlic and basil, drained
- 1 can (2 1/4 ounces) chopped black olives with jalapeños
- 1/2 cup shredded mozzarella or crumbled feta cheese, or a combination
- 1/4 cup fresh basil leaves



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

Preparation: Brush eggplant with 3 tablespoons olive oil, then sprinkle with garlic powder and black pepper. Grill eggplant over a medium-high fire for about 10 minutes, turning to brown evenly, until soft and cooked through. Brush pizza crust with 1 tablespoon olive oil. Layer grilled eggplant, tomatoes and black olives over crust. Sprinkle with cheese and basil. Drizzle with 1 tablespoon olive oil. Put the pizza on grill; lower lid. Grill until the cheese melts. Serves: Five

Nutritional Information Per Serving: Calories 330; Total fat 17g; Saturated fat 3g; Cholesterol 2mg; Sodium 680mg; Carbohydrate 39g; Fiber 8g; Protein 10g; Vitamin A 4%DV; Vitamin C 15%DV; Calcium 10%DV; Iron 15%DV (calculated with undrained tomatoes.). *Daily Value*

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Nadiya's Zodiac Starcast

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.
For expanded forecasts visit www.nadiyashah.com

November 14- November 20, 2010

Theme Of The Week: It is an eventful week. Positive actions are within our grasp and we find the power to see real progress where we have wished there were more reasons for optimism. With both Jupiter and Venus moving forward mid-week, a fortunate turn is available to us all. It will be a great week, enjoy!

ARIES (March 21-April 19): If you live long enough, you realize that all challenges are overcome simply through the perseverance of time. You have paid your dues and are ready for the tide to change. It's not as quick as a magic wand, but there is undeniable good fortune with you.

TAURUS (April 20-May 20): The human spirit is resilient. There are countless examples of insurmountable odds that were overcome. We get through many challenges. You are reaching the tip of the mountain and will soon experience real accomplishment. Relish the last steps to your latest goals.

GEMINI (May 21-June 20): It is readily identified that Jane Austen achieved her greatest success posthumously. However, in her time, she did have enough fans to keep her published and provide her with the self-sufficiency that mattered. You have real successes to be enjoyed now and to come.

CANCER (June 21-July 22): Some people will tie a string around their finger to remember, but you have a more profound forget-me-not in your heart. The moment of truth has happened. Now, you are left with your memories. They can be as beautiful as you want them to be.

LEO (July 23-Aug. 22): There are times for a strong push. But there are other times to hold back and have faith the opportunity you want so badly will find its way to you. You have been laying the groundwork for months now. You enter a fortuitous time when it starts to pay off, and you don't even have to try too hard.

VIRGO (Aug. 23-Sept. 22): There are certain professions that call the truly brave. However, courage is defined in relative terms and you understand it. You are stepping out of a shell you had while thinking more dynamically about your career. Continue to take bold steps towards achievement.

LIBRA (Sept. 23-Oct. 22): The most purposeful actions hold an emotional charge. Approaching a task or goal with intensity has a way of ensuring success. The reason you have been feeling a lack of interest is because you are bored. Now, the right vision returns, along with enthusiasm.

SCORPIO (Oct. 23-Nov. 21): Some people hoard stuff. You have had the opposite problem lately. Being quick to let go what you actually cherished has led to regret. Examine your options. Admit what you can do and what you can't. Thankfully, at least one item is returned.

SAGITTARIUS (Nov. 22-Dec. 21): The primary caregivers of a child have a huge impact on the possibilities that child believes are available to them. If there have been any concerns with your upbringing, you get a chance to put them to rest. Accepting the love that was there, even when it wasn't perfect, frees you.

CAPRICORN (Dec. 22-Jan. 19): You win some and you lose some, but there are times when it just feels like you are on a streak going in either direction. No matter how pessimistic developments may have appeared, the tide undeniably turns in your favor. Be ready to surf forward.

AQUARIUS (Jan. 20-Feb. 18): The most successful songs have the ability to capture the mood of a season. They speak to a feeling within that many people resonate with. And of course, the tune is particularly catchy. You have the ability to latch onto a trend and make it resonate with many now.

PISCES (Feb. 19-March 20): Sometimes, life can feel tedious. We make the best of our circumstance with the resources available to us. What has been boring will soon regain its enchantment, along with needed momentum. You're in line for a significant breakthrough starting with reconnecting to your joy.

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

IN THE ZONE BY BRIAN CODAGNONE

IN THE SECOND GAME OF THE 1928 STANLEY CUP FINALS BETWEEN THE MARoons AND RANGERS, NEW YORK GOALIE LORNE CHABOT WAS HURT AND HAD TO LEAVE THE GAME.

THERE WAS NO BACKUP GOALTENDER, SO RANGER COACH LESTER PATRICK DECIDED TO DON THE PADS HIMSELF, ALTHOUGH HE'D NEVER PLAYED GOAL. PATRICK GAVE UP ONLY ONE SCORE IN A DRAMATIC OVERTIME VICTORY.

PATRICK WAS REPLACED IN THE NEXT GAME, INSPIRED BY HIS COURAGE AND LEADERSHIP, THE RANGERS WENT ON TO WIN THE STANLEY CUP.

YOU OKAY, LORNET?

PROTECT AN OLD MAN, BOYS!

NOT BAD FOR AN OLD GUY!

HEY, SID, I JUST... ARE YOU WEARING A PAIR OF MY BOXERS?

YUP!

YOU DON'T EVEN HAVE LEGS.

SO SHORT LEGS MEAN I CAN'T RELAX?

I GUESS ONLY TALL PEOPLE GET TO WEAR BOXERS WHEN THEY LOUNGE AROUND.

NO, BUT WE DO HAVE THE POWER TO PUT YOUR FOOD UP ON THE COUNTER AND OUT OF YOUR REACH.

COMING OFF!

DuJour

I guess they approved the takeover

Stuff!

"What do ya' mean, ya' don't like Mexican"



8 Wing officially re-launches the Material Distribution Center

by Capt Annie Morin
8 Wing Public Affairs

8 Wing/CFB Trenton is, without a doubt, a busy place to be these days and construction is one of many factors that keep the base on its toes.

November 3 marked the re-launch of the Material Distribution Center, which was highlighted with a ribbon cutting ceremony.

Colonel David Cochrane, 8 Wing Commander, cut the ribbon making the opening official. He was alongside Lieutenant-Colonel Sean Lewis, Wing Logistics and Engineering Officer (WLEO), Major Michel Lefebvre, Officer Commanding Wing Supply and Foods, Maj. Ken Mills, Commanding Officer, 2 Air Movements Squadron (2 Air Mov Sqn), 2 Air Mov Sqn Honorary Colonel Eben James III and Master Warrant Officer Tom Fielding, WLEO Branch Master Warrant Officer.

"The integration of two units,

2 Air Mov Sqn and Wing Supply, is advantageous as we always work closely," said Maj. Ken Mills, "It allows us to support 8 Wing missions at a higher level."

The Central Material Traffic Terminal (CMTT) from 2 Air Mov Sqn and Material Distribution Centre (MDC) of Wing Supply share certain aspects of their mandate such as shipping, receiving and packaging freight.

Maj. Michel Lefebvre added, "For us, the MDC means better support for our customers and increased cooperation between 2 Air Mov Sqn and Wing Supply."

Overall, this project allows work to be achieved more fluidly, benefiting both units and customers alike.

"This project was thought of a long time ago and aims for centralized shipping and receiving," said Maj. Phil Baker, Wing Construction Engineering Officer. "Overall, we pretty much arrived on time and on budget."



Photo: Cpl Levarre McDonald, 8 Wing Imaging

Colonel Dave Cochrane cuts the ribbon officially re-opening the 8 Wing Material Distribution Center. (L-R) Major Michel Lefebvre, OC Wing Supply and Foods, Maj. Ken Mills, Commanding Officer 2 Air Movements Squadron, 2 Air Mov Sqn Honorary Colonel Eben James III, Col. Dave Cochrane, Lieut.-Col. Sean Lewis, WLEO and WLEO Branch Master Warrant Officer Tom Fielding.

Welcome Home! 8 Wing Mission Support Squadron (MSS)

Members of the 8 Wing Mission Support Squadron (MSS) returned from their deployment to South West Asia (SWA) on Thursday, November 4 and Friday, Nov 5.

The 8 Wing MSS includes approximately 120 personnel of all ranks, who are mainly employed in support trades from the logistics and engineering squadrons of 8 Wing/CFB Trenton. It is comprised of five flights: Communications and Information Systems, Construction Engineering, Human Resources/Finances, Supply/Foods and Transport/Electrical and Mechanical Engineering. Its mission is to provide support to deployed airfield operations just about anywhere in the world.

The 8 Wing MSS entered a state of high readiness in October 2009, meaning that each member was on a 21-day notice to deploy as of then. Between their planned deployment to SWA, their short notice deployment to Haiti on Operation HESTIA and the deployment readiness training, the 8 Wing MSS has been operationally deployed for over one year.



Pictured here: Col Dave Cochrane, Commander, 8 Wing/CFB Trenton, 8 Wing Chief Warrant Officer Kevin West and other members and supervisors from 8 Wing/CFB Trenton welcome members of the 8 Wing MSS home from deployment at the 8 Wing Passenger Terminal on Friday, November 5.



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Visit the Canadian Virtual War Memorial

Veterans Affairs Canada – The Canadian Virtual War Memorial website contains a searchable database of the graves and memorials of more than 116,000 Canadians and Newfoundlanders who served valiantly and gave their lives for their country.

You can search the database to find details about fallen soldiers, sailors, and airmen and airwomen.

Included on this site are the memorials of more than 1500 soldiers who died in service to Canada since the Korean War, including peacekeeping and other operations. The site also contains digital images of photographs and personal memorabilia about individual Canadians.

The purpose of the Canadian Virtual War Memorial is to recognize and keep alive the memory of the achievements and sacrifices made by those who served Canada in the defence of freedom and so have contributed to the development of Canada as a nation. Each record contains the following information where available:

- Family Name and Given Name(s)
- Date of Death and Age
- Service Number, Unit, Force, Rank and Regiment
- Citations, Honours and Awards
- Burial Information (Cemetery name, Location and Plot reference)
- Additional information

The site also includes direct links to the digital collection of Canada's Books of Remembrance:

- South African War (1899-1902)
- The Nile Expedition (1884-1885)

Photo: Veterans Affairs Canada



The Canadian Virtual War Memorial is an initiative of Veterans Affairs Canada.

- First World War (1914-1918)
- Second World War (1939-1945)
- Korean War (1950-1953)
- Newfoundland (First and Second World Wars)
- Merchant Navy (First and Second World Wars)

Some of the names in the registry are also linked to a digital images collection of photographs and personal memorabilia.

You can help build the collection by adding your own family pictures.

The Canadian Virtual War Memorial is an initiative of Veterans Affairs Canada in partnership with Industry Canada.

Visit www.vac-acc.gc.ca/remembers.

Visitez le Mémorial virtuel de guerre du Canada

Anciens combattants Canada – Le site web du Mémorial virtuel de guerre du Canada (MVGCC) contient une base de données consultable sur les tombes et monuments commémoratifs de plus de 116 000 Canadiens et Terre-Neuviens ayant servi vaillamment et donné leur vie pour leur pays.

Vous pouvez rechercher la base de données pour trouver des détails sur les soldats, les marins et les aviateurs et les aviatrices qui sont morts au combat.

Vous trouverez dans ce site les mémoriaux de plus de 1 500 soldats morts au service du Canada depuis la guerre de Corée, y compris lors de missions de maintien de la paix et autres opérations.

Le site contient également des images numérisées de photos et de souvenirs personnels concernant certains Canadiens en particulier. L'objectif du Mémorial virtuel de guerre du Canada est de reconnaître et de préserver le souvenir des accomplissements et des sacrifices faits par celles et ceux qui ont servi le Canada en vue de protéger sa liberté, et qui ont ainsi contribué au développement du Canada en tant que nation.

Pendant les guerres et conflits du XXe siècle, plus de 116 000 Canadiens ont péri pour la défense de la paix et de la liberté. Leurs noms figurent au registre du Mémorial virtuel de guerre du Canada. Chaque fiche contient les

renseignements suivants, quand ils sont disponibles :

- Nom de famille et prénom(s)
- Date du décès et âge au décès
- Numéro matricule, unité, force, rang et régiment
- Citations, distinctions et décorations

Information sur le lieu d'inhumation (nom du cimetière, emplacement et référence de concession)

Renseignements supplémentaires Les noms sont liés aux pages commémoratives dans les versions électroniques des Livres canadiens du Souvenir :

- Guerre des Boers (1899-1902)
- L'Expédition sur le Nil (1884-1885)
- Première Guerre mondiale (1914-1918)
- Seconde Guerre mondiale (1939-1945)
- Guerre de Corée (1950-1953)
- Terre-Neuve (Première et Seconde Guerres mondiales)
- Marine marchande (Première et Seconde Guerres mondiales)

Certains des noms du registre sont également liés à une collection numérique de photos et de souvenirs personnels. Vous pouvez contribuer à la collection en ajoutant vos propres photos de famille.

Le Mémorial virtuel de guerre du Canada est une initiative d'Anciens combattants Canada, en partenariat avec Industrie Canada.

Visitez www.vac-acc.gc.ca/souvenir/



TRENTON

Military Family Resource Centre





Events & Information
Game Vouchers available at MFRC Reception
\$13.00 under 12 - \$8.75



Of your purchase of Trumpour's Mill wine 50 cents will be donated to Ontario Military Family Resource Centres

"Caring, Comforting, Canadian"
Pewter Ornament
\$12.00 On Sale at the MFRC



"Stand Up Comedy Night"
With Brian Hope, Dave Paterson and Andrew Evans
Saturday, November 20 8:30pm
Tickets for members of the Warrant Officers & Sergeants' Mess \$5.00 and guest \$7.50
For additional information contact the Mess at ext 2438

An exhibition of Christmas Trees in honour of our Canadian Forces
December 7th to 19th
National Air Force Museum of Canada





Événements et Information
Coupons rabais au CFRM bureau d'accueil
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« Un spectacle d'humour »
avec Brian Hope, Dave Paterson et Andrew Evans
Le samedi, le 20 novembre 20h30
Billets pour les membres au Mess des Sergents et Adjudants \$5.00 et invité \$7.50
Pour information contacter le Mess au poste 2438

Un exhibition des arbres de Noel pour célébrer les Fêtes avec nos Forces Canadiennes.
Les 7-19 decembre
Musée National de la Force Aérienne du Canada



For additional information
www.TrentonMFRC.CFBTrenton.com
Contact: Jaimie Corriveau 613-955-8711



MFRC



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

THE ANNUAL BELLEVILLE GIRL CONFERENCE

Presented by Paul Henry Danylewich & The White Tiger Group

A violence against women conference designed for teen girls
Thursday November 18th - Belleville Ramada Inn

Girl Conference is violence against women conference specially designed to meet the needs of teenage girls between the ages of 14 to 19 years. Our goal is to empower young women with the resources that will help them avoid abuse and assault.

Topics may include: sexual assault prevention, self-defense, drug rape, abusive relationships, stalking & harassment, date rape, party safety and more.

Speakers include: Survivors of abuse, frontline professionals, safety experts and female recoding artists.

The MFRC will bring a group of girls to represent our military community. For more information or to reserve your place for the conference, please contact Andrea Turner at 613-392-2811 ext. 2382 or andrea.turner@forces.gc.ca.

LA CONFÉRENCE ANNUELLE DE BELLEVILLE POUR LES FILLES

Présenté par Paul Henry Danylewich & le White Tiger Group

Une conférence conçue pour les jeunes filles sur la violence envers les femmes
Le jeudi 18 novembre – au Ramada Inn de Belleville

La conférence pour les filles est une conférence qui porte sur la violence envers les femmes mais conçue spécialement pour rencontrer les besoins des jeunes filles entre 14 et 19 ans. Notre but est de donner le pouvoir aux jeunes femmes à l'aide de ressources qui les aideront à prévenir l'abus et les agressions.

Les sujets peuvent inclure: La prévention des agressions sexuelles, auto-défense, la drogue du viol, le harcèlement et le traquage, le viol lors de sorties, la sécurité lors des parties, etc. Les invités incluent: Des survivantes d'abus. Des professionnels de premier plan, des experts en sécurité et des artistes de musique.

Le CRFM amènera un groupe de jeunes filles pour représenter la communauté militaire. Pour plus d'information ou pour réserver une place à la conférence, svp contacter Andrea Turner au 613-392-2811 poste 2382 ou andrea.turner@forces.gc.ca

Are you looking to:

- Establish or expand a business or idea?
- Enhance your Employability Skills?

Join us for a

Meet & Greet

Trenton Military Family Resource Centre
 Wednesday, December 1st, 2010
 1600 - 1800

- Come and enjoy some refreshments
 - Meet the SIFE Team
 - Discover what their Free Series of Workshops can do for you!
- Deadline to register is Thursday, November 25th, 2010.

Voulez-vous:

- Etablir ou accroître une entreprise ou une idée?
- Rehausser vos aptitudes d'employabilité?

Joignez-vous à nous pour

Une scéance d'accueil

au Centre de ressources pour les familles des militaires
 Le mercredi 1er décembre 2010
 de 16h à 18h

- Venez et profitez des rafraichissements
 - Rencontrez l'équipe SIFE
 - Découvrir comment leur série d'ateliers gratuits peut vous aider!
- Date limite pour s'inscrire est le jeudi 25 novembre 2010

To register/Pour vous inscrire, contactez Liz Nicholas, CHRP
 Employment & Education Coordinator at the Trenton MFRC/
 Coordinatrice des services d'éducation et d'emploi du CRFM de Trenton
 613-392-2811 ext./poste 3852 elizabeth.nicholas@forces.gc.ca

Partner's Away Wednesday Night 6 pm to 7:30pm

Childcare is available but you need to reserve ahead so we will have enough caregivers for your children. November 17th, **Minor electrical fixes**

November 24th, **Dinner & basic tips for winterizing your home**

Groupe Partenaires au loin, le mercredi soir de 18 h à 19h30

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

17 novembre, **Solutions simples aux problèmes électriques mineurs**
 24 novembre, **Souper & conseils pour hivériser votre maison**

MFRC Daycare

Spaces Available

We currently have spaces available in the following programs
 Breadner Public School Age grades 1-6
 Preschool, Toddler and Infant fulltime spaces and;
 We have space in the Hangar for JK/SK children.
 Please drop in for a visit or call for information. To register please call Reception at the MFRC Daycare (613)965-2442. We are happy to answer any questions. Reminder, it is never too early to book a space for PA Days and Winter Break!!

La Garderie du CRFM

Places disponibles

Nous avons présentement quelques places disponibles pour les programmes suivants :
 Breadner Public School - De la première à la sixième année. Places à temps plein pour la maternelle, bambins et bébés; et nous avons des places en maternelle et jardin d'enfants au Hangar.
 Passez nous rendre visite ou téléphonez pour plus d'information. Vous pouvez vous inscrire au bureau d'accueil au 613-965-2442. Il nous fait plaisir de répondre à toutes vos questions. Un rappel : il n'est pas trop tôt pour réserver une place pour les journées pédagogiques ou pour la relâche d'hiver!

Toy Cleaners - Volunteers are needed to help clean and sanitize the toys in the Playroom on a weekly basis. Volunteers can help every week or as suits their schedule. We are cleaning toys on Thursday afternoons from 1-2 and usually have a team of 3-4 volunteers. We can accommodate your children while you volunteer for this activity.

Nettoyage de jouets – Nous avons toujours besoin de bénévoles pour nous aider au nettoyage hebdomadaire des jouets de la salle de jeux. Le nettoyage se fait tous les jeudis après-midi à partir de 13h pour environ une heure. Notre but est d'avoir 3 ou 4 personnes par semaine. Nous pouvons offrir du gardiennage si nécessaire.

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Open Floor Plan Plan Number 6-3-352

With four bedrooms, four bathrooms and an open floor plan, this one-and-a-half-storey home would be ideal for today's busy family.

The main living areas, the master bedroom and a guest suite are all on the ground floor. Two additional bedrooms and a bathroom are on the second level.

A large great room with a fireplace and a built-in entertainment unit is sure to be the hub of activity, especially as this room is open to the kitchen and dining room on one side. Double doors in the great room open to a covered patio, expanding this important living space during warm weather.

The kitchen's work island includes a built-in cook-top. An L-shaped counter between the kitchen and the dining room doubles as an eating bar. A wide counter between the kitchen and great room will be handy for serving casual buffet meals.

The full-size laundry room has extra storage cupboards and a window over the sink. A powder room is conveniently situated opposite the laundry.

Upstairs, the master bedroom suite boasts his and hers walk-in closets, as well as a spectacular ensuite. All three secondary bedrooms feature walk-in clothes closets.

On the exterior, this stylish home is finished with brick trim, stucco cladding and a cedar shake roof. A peaked roof line and double garage doors add to its street appeal.

This home measures 54 feet, 6 inches wide and 72 feet deep, for a total of 2,280 sq ft of living space on the main level, as well as 660 square feet on the second floor plus an unfinished basement.



Plans for design 6-3-352 are available for \$731 (set of 5), \$820 (set of 8) and \$875 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$50.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T. (where applicable) to both the plan price and Priority charges. Our 42ND Edition of the Home Plan Catalogue containing over 300 plans is available for \$3.50 (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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Showcase



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Capt G. Duhig
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



MCpl J. Sparkes
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



Sgt R. Desforge
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



MCpl D. Dupuis
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



MS S. Spenuk
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



Capt J. Gelinas
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



Sgt M. Davies
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



Cpl L. Moreau
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



Sgt D. McKenzie
received his CD2, presented by LCol A. Cook, CO 437 Sqn.



Sandra Hussey
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



Sgt W. Broderick
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



Sgt C. Langelier
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



Marion Chalut
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



Sgt R. Gauthier
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



Capt L. Comeau
received a certificate for the completion of OPME presented by LCol A. Cook, CO 437 Sqn.



2Lt C. MaKay
received the General Service Medal, and the Officers Scroll, presented by LCol A. Cook, CO 437 Sqn.



MCpl R. Desforge
received the General Service Medal and his CD1, presented by LCol A. Cook, CO 437 Sqn.



MCpl C. Tonkin
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



WO F. White
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



MS L. Gregory
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



MS B. Hurteau
received the General Service Medal, presented by LCol A. Cook, CO 437 Sqn.



Maj S. Aston
received the 2000 hrs flying certificate, presented by LCol A. Cook, CO 437 Sqn.

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Real Estate

There's no place like home - get it ready for winter

(NC)—Winter can be hard on a home. Extreme changes in temperature can lead to expensive repairs in the long term, and discomfort in the short term. You can limit the wear and tear of cold weather conditions by doing a thorough inspection of your home before the thermometer hits "zero".

"Detecting and correcting potential issues before they become emergencies can save you time and money," says Henry Blumenthal, Chief Underwriter, TD Insurance. "Making your home more energy efficient can

also help reduce energy bills, improve comfort and help protect the environment."

A few areas TD Insurance suggests to look at before cold weather hits:

Window and door seals: Make sure you check for drafts on doors and windows. Small cracks can add up to a big bill.

Roof: A good idea is to check the roof and around vents and chimneys for any leaks or cracks.

Gutters: Clear away leaves and other excess from your drain pipes to ensure they properly save your house

from major water damage.

Air filters: Cleaning or replacing your air filter in your heating system at least once a month can help to keep heating costs low.

Moisture levels: Check your home for excessive moisture level, such as condensation on your windows. Significant moisture can cause major damage over time and pose serious health problems.

Additional tips and information about home insurance are available online at www.tdinsurance.com or toll-free at 1-888-788-0839.

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Great location in adult lifestyle community, close to shopping. Master bdrm with 2 pce ensuite, 2nd bdrm with walk in closet, kitchen has new vinyl floor and separate pantry. New insulation, sub floor, top floor in hall, bathroom front door entrance. Laminate in living room. New piping under floors, sunroom 2010, addition to back deck 2009, freshly painted and ready to move in. \$329.14 per month includes water, taxes and lot rental. What could be cheaper!

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