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October 1, 2010

Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 45 Issue Number 37 •

## Canadian Forces supports Operation LAMA

Early Sunday, September 26, a CC177 Globemaster III departed 8 Wing/CFB Trenton to transport 30 passengers and nine pallets from 14 Wing Greenwood, N.S. to 9 Wing Gander, N.L., in the wake of Hurricane Igor.

by Canada Command Public Affairs

More than 1,000 deployed Canadian Forces (CF) personnel from the Air, Land and Maritime components are currently in Newfoundland and Labrador supporting Operation LAMA (A) 02-10, where they are working to restore essential services to communities devastated by Hurricane Igor.

Igor caused widespread damage across parts of eastern and southern Newfoundland as heavy rains flooded communities, washed out roads, and stranded some residents in their homes. More than 80 isolated communities were affected in the province. Most heavily hit were the Burin and Bonavista Peninsulas.

The domestic humanitarian relief mission in Newfoundland is led by Canada Command and conducted through Joint Task Force Atlantic (JTFA). Members of the CF are engaged in multiple tasks including: delivering critical supplies such as food, water, medical supplies and fuel; bridge and road repairs, transportation of personnel, equipment and food and production and distribution of drinking water.

Food is being distributed on behalf of the Government of Canada to approximately 1,200 people in 18 Newfoundland communities (Plate Cove, Hodderville, Little Catalina, Kings Cove, Stock Cove, Bonavista, Duntara, Grand Le Pierre, Harbour Mille, Open Hall, Tickle Cove, Red Cliffe, Little Heart's Ease, Keels, Brichy Cove, Amherst Cove, and Newman's Cove).

Op LAMA (A) 02-10 is being conducted in response to a request for help from the Newfoundland and Labrador Government, following Hurricane Igor. On Monday, 27 September, the Minister of National Defence, the Honourable Peter Mackay, visited the province to



Photo: WO Jerry Kean, LFAA Public Affairs

**A SeaKing helicopter flies over a washed out bridge in Trouty Newfoundland where troops from 4 Engineer Support Regiment prepare the site where a bridge will be built to connect stranded people on the far side.**

observe the CF relief effort. He was accompanied by General Walt Natynczyk, Chief of the Defence Staff, and Lieutenant-General Walter Semianiw, Commander of Canada Command.

Canada Command is responsible for Canadian Forces routine and contingency operations in Canada and North America. It is supported by six regional commands located in regions across the country and stands ready to deploy the CF when and where they are needed.

Maritime, land, and air immediate response teams situated in all regions of the country are ready to move on short notice, and thousands

of full- and part-time military personnel can quickly be mobilized as required. In the conduct of domestic operations, the Command also coordinates civil and humanitarian aid (disaster relief) when requested.

The CF operates and exercises regularly with other government departments such as Public Safety Canada, Health Canada, RCMP, Emergency Measures Organizations and others, to meet Canada's public safety and security challenges. Operation LAMA is the official name designated by the Canadian Forces for CF domestic operations involving military response following hurricanes in Canada.

## 8 Wing Family Day

This Sunday, October 3, 2010, the Personnel Support Programs' (PSP) Community Recreation Association invites you and your family to attend the 8 Wing Family Day.

The day's events will begin at 11 a.m. and wrap-up at 3 p.m. Some of the attractions to be showcased at the 8 Wing Family Day include various children's games and demonstrations, with the *IGNITE! Physical Activity Cruiser* on site.

There will be a variety of groups, clubs and displays available including Rec

Association program information, Astra 5-Pin Bowling, Martial Arts Club, Flying Frogmen SCUBA Club, Wood and Auto Hobby, as well as the Outdoor Pursuits Club and Gourmet Club.

The event will be held at the Siskin Centre, located at 50 Rivers Drive East (behind the Tim Hortons on RCAF Road), and will showcase a great number of events and activities for all ages to enjoy. Hope to see you there!

Compiled by Amber Gooding, Assitant Editor

## CHALLENGE COMPLETE

Photo: Adriana Sheahan, Contact Staff



426 "Thunderbirds" Squadron complete the task of "napping in a strange place," during the 2010 Wing Commander's Challenge held on September 24, 2010. See Page 11 for story and photos.

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# Air Person of the Year recipient announced

Colonel Dave Cochrane, Commander 8 Wing/CFB Trenton, announced on Thursday, September 23, that Sergeant Gilbert Laxamana, Assistant to the 8 Wing Chief Warrant Officer, was selected to receive the Air Force Association of Canada - Air Marshal C. Roy Slemon Award for Air Person of the Year.

Sgt Laxamana was selected amongst all nominees across the Air Force to receive this prestigious award.

Established in 1973, the Air Person of the Year award recognizes one airman or airwoman above all others for individual achievement that exemplifies "the best" of Canada's Air Force.

The award will be formally presented to Sgt Laxamana at a formal ceremony to be held at 19 Wing Comox later this month.

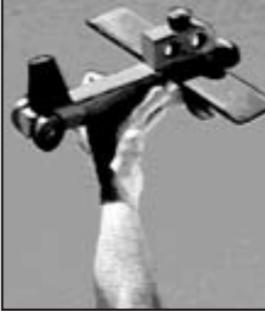
Congratulations Sgt Laxamana!



## Contact

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— Wilbur Wright



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## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Mr Douglas, a VHE 10 Mechanic employed within Tn/EME Sqn helps out the Wing Fire department by moving training aids from the Explosive Ordnance Disposal range to the fire hall. Photo: Cpl Mirza



### Join the 8 Wing Martial Arts Club!

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## Supporting Soldier On Fund through the Army Run

by MCpl Rick Costain, TSE

It's fascinating to watch how a brief conversation can grow into a great idea.

Conducting the Army Run in the desert started out as a casual discussion among friends. Though the Army Run is currently into its third year and is one of the fastest growing running events in the country, many military members knew very little about it; that soon changed.

What inspired people the most was not only improving their physical fitness, but being able to contribute, in a significant manner, to the Soldier On Fund.

Throughout the organizing of the event, it was not apparent as to how much work would be involved and also, how fast it would grow.

To maximize participation, all

Coalition Forces were invited. The cooperation amongst nations was incredible, yet the driving force behind it all was Master Corporal Rick Costain, the main organizer/recruiter for the run.

Things were done a little differently here at the Theatre Support Element (TSE) than the Army Run in Ottawa.

As some people wanted more of a challenge than a 5km run, but were not ready to run a half marathon (21km), a 10km run was added to the TSE version.

As well, to accommodate daily operations, including members departing for their HLTA, an alternate run date was created.

The Army Run started early the morning of September 19, to mitigate any issues associated with the extreme daytime heat.

The Coalition Fire Chief

sounded the fire truck horn at 0530 hrs, officially starting the race.

In the end, more than \$4,100.00 was raised for the Soldier on Fund, which was the most important aspect of the whole event.

As well, many TSE members were given the chance to push themselves to their physical limits. In the end, 199 personnel participated in the race, with just over half of those being Coalition Forces.

To ensure everyone took something away from the event, besides the pride of completing the run, dry-fit t-shirts were designed for all those that participated.

Corporal DeAnna Boutilier was instrumental in assisting with the design of the t-shirts and this would not have happened without her assistance and dedication.

Special thanks goes out to Chris Maguire, Owner/Operator of Ricart Inc., located in Peterborough, Ontario, and to his artist Clark Mullen, for perfecting the design of the t-shirts and ensuring they were completed in time for the race.

Ricart Inc. also added a special touch to the Army Run prizes, which were back packs decorated with the Army Run inscription on the front.

With the race completed, all participants enjoyed a well deserved and amazing breakfast, including our famous yogurt, at the TSE Canadian mess.



Photo: Submitted

**A total of \$4,100.00 was raised in support of the Soldier On Fund through the Army Run held overseas on September 19, 2010.**

## SAREX 2010

Photo credit: Cpl Darcy Lefebvre



Master Corporal Steve Delage from 424 (Transport and Rescue) Squadron based out of 8 Wing/CFB Trenton, repels down a cliff with a simulated casualty during the land rescue exercise during SAREX 2010. SAREX 10 highlights the Search and Rescue (SAR) role and capabilities to internal, external and host community audiences. The National Search and Rescue Exercise (SAREX) is a yearly opportunity for members of the Canadian Forces SAR community to come together to standardize and evaluate their skills through an exercise involving nearly 200 participants and to showcase the SAR expertise to Canadians. For the first time in the National SAREX's history, the exercise took place in the Canadian North, in Whitehorse, Yukon.

## Search & Rescue Update



424 Squadron had three callouts this past week.

The Hercules was tasked to search for a Beaver on floats that was emitting a 406 ELT signal. The Hercules was informed that the aircraft in distress was helped by his own company and the Hercules was stood down.

The Griffon was tasked for a possible person in the water near Trois Rivieres. A short search was conducted and no distress was found so the Griffon was stood down.

The Griffon was tasked to look for two people in the water near Oswego, NY but was stood down before take-off.

Until next week, stay safe!

Missions for 2010: 152 Missions for Sept: 18 Persons rescued: 11

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## The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Dave Cochrane, CD, Wing Commander, 8 Wing / CFB Trenton.

### The Contact Staff

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 PSP Manager: John Snyder



Subscriptions: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

### Letters to the Editor:

Internet: [ANDREA.STEINER@forces.gc.ca](mailto:ANDREA.STEINER@forces.gc.ca)

Intranet: [STEINER.AL@CFBTrenton@Trenton](mailto:STEINER.AL@CFBTrenton@Trenton)

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



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## ATTENTION

### Contact readers and contributors

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

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.

## LETTERS TO THE EDITOR

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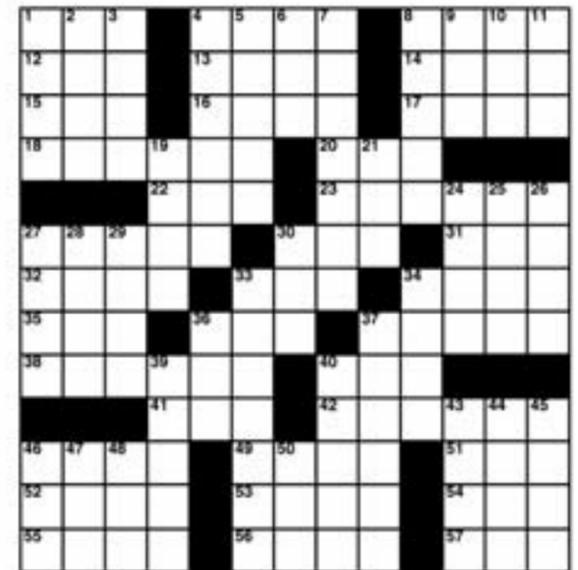
# Canadiana Crossword

## Leading Ladies

By Bernice Rosella and James Kilner

### ACROSS

- Pride
- Small child
- European river
- Pa
- Paragon
- First female Canadian parliamentary opposition leader
- Potable
- Queue
- Pinnacle
- Slightest
- Cartographer's concern
- Alamos or Angeles precursor
- Emetic
- Prized pie
- A. Nobel invention
- Word after Christmas and New Year's
- Coup d' \_\_\_\_\_
- Hair piece
- Death notice, abbr.
- Out in Achen
- Senor Gueverra
- First female speaker of Canada's parliament
- Soapberry
- Male saints, abbr.
- Away, in a way
- First woman to lead a seat-winning Party in a Canadian election
- Woodworkers tool
- Blow your horn
- Ironic
- Ensnare
- Wood wind
- Crystal
- Devours
- Nibbles
- Side arm



### DOWN

- Dutch cheese
- Heavy wind
- German river
- First female appointed to Canada's Supreme Court
- Mine entrances
- Bit of matter
- James Bond creator Ian
- Wide open
- Circle part
- Sleep cycle
- Observe
- Israeli port city
- Likely
- Philippine Island
- Tel \_\_\_\_\_
- Group of badgers
- Ring, as a bell
- Pocketbook
- Throw
- Bind
- First female Mayor of a Canadian city
- Oven
- Russian river
- Avers
- Canada's first female Deputy Prime Minister
- Maraud
- Quaff
- Killer whale
- No, to Nagurski
- Travel rep's concern
- Macaws
- Took a seat
- Japanese sash

See Answers, Page 22



## This Week in Contact

1980 – CDS visits in Europe – Defence Minister Gilles Lamontagne left Ottawa today (Sept 21) for a tour of Canadian Forces units in the Federal Republic of Germany (FRG) and Cyprus, and a visit to Monte Cassino, Italy.

1990 – Recycling Comes to Sidney! – The most comprehensive recycling program in Ontario is getting its start in Centre & South Hastings. As a resident of CFB Trenton's Middleton Park, you are an important part of Sidney Township and we invite you to join us by participating in our Blue Box Program.

2000 – New era at maintenance squadron – 8 Wing's Maintenance Operations Control Centre (MOCC) opened Sep 19 as part of a major restructure in the way maintenance services are provided by 8 Air Maintenance Squadrons (8 AMS).

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



# Wing Commander's Column

A message from Colonel Dave Cochrane



## PRIORITIES – OPERATIONAL SUCCESS, PEOPLE, TRANSFORMATION



When I last wrote into the Contact for my monthly column, I was on my way to Camp Mirage with Honorary Colonel Glenn Rainbird and Mayor John Williams, and I'm happy to report that this trip was a resounding success.

In the whirlwind of steady commotion that constitutes everyday life at 8 Wing, stability is a concept that can become quite foreign to us and frenzy a way of life that we very quickly become accustomed to.

In the grand scheme of things however, I strongly believe that there is a constant force that contributes silently but effectively to our ability to remain emotionally grounded.

That constant is, of course, the tremendous support provided by the community of Quinte West. As Wing Commander, I could not ask for better support than what we receive from

the municipality. I consider it a privilege to have had the opportunity to take two of our greatest advocates, Mayor Williams and HCol Rainbird, to the Theatre Support Element and show them all the wonderful work the men and women of 8 Wing do in the face of challenging environmental conditions.

The successes these men and women achieve every day are a direct result of their ability to rest easy knowing that their community back home is behind them, and taking good care of their families. For this, and so much more, I am most grateful.

Here at 8 Wing we have officially launched the annual Government of Canada Workplace Charitable Campaign and activities are under way almost daily. I was thrilled to learn that the kick-off Golf Tournament raised

over \$11,000.00, it makes for a great start. I strongly encourage you to donate to this worthy cause, whether it's by lump sum donation, monthly donations or simply by taking part in one of the many initiatives put together by our amazing 8 Wing United Way Committee. Every little bit counts.

This has been a month of firsts, especially with regards to operations in the North. Following a successful mini-BOXTOP conducted with the CC177 for the first time, we also welcomed the CC150 Airbus Tanker and two CF18s to the home of the Frozen Chosen demonstrating our capability to conduct strategic air-to-air refuelling operations in the Far North.

Our new CC130J also made its first trip to CFS Alert on September 20 flying a routine re-supply mission to the station. In addition, 8 Wing just successfully finished participating in a second BOXTOP operation, with the CC-130 legacy Hercules, ensuring the transportation of fuel to CFS Alert.

Back here at home, on the tail of what has been an extremely busy Search and Rescue season, crews from 424 have just returned from the annual SAREX exercise, which was held in Whitehorse, Y.T. for the first time ever. 424 Sqn also represented 8 Wing at the annual SARSCENE conference, an exceptional event that allows SAR professionals to get together and exchange ideas, aiming to make continuous improvements to the National SAR program.

During this conference, MWO Eric Larouche from 424 Sqn was presented with the 2010 *Award of Excellence for Leadership* in recognition of his dedication to excellence in search and rescue and ongoing

commitment to enhanced safety and effectiveness. To him and our SAR team I extend my sincerest congratulations.

As the Air Force's largest ongoing domestic operation, SAR is a great source of pride for 8 Wing and its successes speak largely to the ongoing levels of professionalism and teamwork amongst all the parties involved who respond to an average of 8,000 calls for help every year.

September has historically been a time where 8 Wing honours its past and this year is no exception. On September 8, the City of Belleville formally dedicated its new bridge crossing the Moira River in honour of veterans, formally naming in the *Veterans Memorial Bridge*. 413 Wing hosted a quaint and touching Battle of Britain ceremony on Sunday, September 19 in honour of the 70th Anniversary of the famous air campaign. My thanks go out to all the 8 Wing members who participated in this important event.

In another fitting tribute to courageous military aviators, the Canadian Forces Air Warfare Center dedicated their new building in honour of Air Force legend Air Marshal Clare L. Annis, emphasizing the importance of honouring yesterday's pioneers and visionaries to ensure we are better prepared for the future.

In line with honouring our visionaries as well, the National Air Force Museum of Canada (NAFMC) officially held its 15th Annual Ad Astra Stone Dedication ceremony on Saturday, September 25. This tremendous initiative started 15 years ago as an idea proposed by Colonel Cy Yarnell and to date, has sold over 9,700 stones and raised about \$1,000,000.00 for the NAFMC – funds that have played a large part in allow-

ing the museum to become one of the best Air Force exhibits in the Nation.

My thanks to the Museum's permanent and volunteer staff and the Air Force Association of Canada (AFAC) for their tremendous work in ensuring the success of this endeavour year after year.

The AFAC works tirelessly to recognize worthy individuals who go above and beyond in support of the Air Force mission. On behalf of all the men and women of 8 Wing, it is an honour for me to congratulate Sgt Gilbert Laxamana, WCWO Assistant, who was selected to receive the prestigious *Air Marshal C. Roy Slemon Award*. The award will be formally presented at a banquet to be held in Comox, B.C. on October 17. Sgt Laxamana is truly deserving of the title of 2010 Airperson of the Year.

Looking forward, November is just over a month away and very soon we will prepare to celebrate Remembrance Day. Every year around November 11th, bases and wings across the country are flooded with requests for military personnel to speak at various schools, cadet organizations and other special interest groups.

The responsibility to remember and honour our veterans is a collective one and I encourage you to take advantage of these opportunities as they come up.

They provide a unique opportunity for you to connect with your community and ensure that the events of the past are not forgotten with changing generations.

October is a great time to enjoy time with family and friends and to take in the outdoors while we still can. With Thanksgiving just around the corner now, please remember to be safe and enjoy the vibrant Fall season.

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## Canadians receive U.S. Air Force team excellence awards

*USAF Public Affairs*

United States Air Force (USAF) officials recently selected five USAF teams to receive 2010 Chief of Staff Team Excellence Awards (CSTE) for finding creative ways to enhance mission capabilities, improve operational performance and create sustained results.

Two Canadian Air Force personnel were members of the winning Haiti Flight Operations Coordination Center Team – Major James Fell and Captain Richard Gough. Maj Fell, an air combat systems operator by occupation, is currently a member of the Air Force Lessons Learned Branch at the Canadian Forces Aerospace Warfare Centre in Trenton. Capt Gough is a Cormorant pilot at 413 (Transport and Rescue) Squadron, 14 Wing Greenwood, N.S.

The innovations and business solutions the competing Air Force teams developed to improve processes and conserve resources were outstanding, said USAF Chief of Staff, General Norton Schwartz.

“These award winners truly exemplify our core values,” Gen Schwartz said. “They are dedicated to making us more effective and more efficient, both of which are critical for the Air Force in today’s challenging strategic environment.”

According to officials, improvements made by the five award-winning teams and other 16 nominees are expected to save the USAF more than \$198 million in the first year alone.

“The competition was extremely tough this year, with 73 teams competing at major commands resulting in 21



Ten of the 30 members of the Haiti Flight Operation Coordination Center Team were on hand for the CSTE presentations in mid-September. From left to right, SSgt Dennis Patterson, A1C Andrea Schams, Canadian Maj James Fell, Canadian Capt Richard Gough, Maj David Smith, Gen Norton A. Schwartz, Chief of Staff of the United States Air Force, LCol Bradley Graff, Capt Justin Longmire, Maj JJ Grindrod, SSgt Aaron White, and TSgt Alex Calderon. Photo: USAF

Air Force-level nominations,” said Grover Lindsey, Air Force Manpower Agency Performance Management Division Chief.

The five award winners are: The Haiti Flight Operations Coordination Center Team at Travis Air Force Base, Calif. This team is also a U.S. Air Force best practice award recipient.

The C-17 Refuel Value Stream Analysis Team at Spangdahlem Air Base, Germany. This team is also an Air Force best practice award recipient.

The Charter School Working Group Team at Davis-Monthan Air Force Base, Ariz. This team is also an Air Force best practice award recipient.

The Combat Safety Improvement Team at Spangdahlem Air Base, Germany.

The Periodic Inspection Smart Operations Team at Royal Air Force

Mildenhall, England. This team is also an Air Force best practice award recipient.

All five teams also received a United States Air Force best practice award. As well, the judges also recognized the Major Validation/Verification Team at Stewart Air National Guard Base, N.Y., with an Air Force best practice award.

“All the judges were completely energized by these airmen and their spirit,” said Brigadier-General Stephen Wilson, the U.S. Air Force director of Joint Integration at the Directorate of Operational Capability Requirements and senior judge for the event. “We had the honour to observe 21 innovative teams that provided efficient and affordable solutions to a range of mission challenges affecting our airmen and their families.”

### Vendors Wanted

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The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit [www.legion.ca/ServiceBureau](http://www.legion.ca/ServiceBureau).



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# SPORTS & RECREATION

## Variety of fitness classes for all ages

The following contains information in regards to various fitness classes currently offered by the 8 Wing PSP Community Recreation Association.

### STROLLER-FITNESS

Stroller-fitness is a 45 minute class and will take place on Tuesdays and Thursdays from 11 to 11:45 am starting from the RecPlex. The program began on September 21 and will run until November 4, for a total of seven weeks.

Cost is \$42 for military community members and \$56 for the general public.

Drop-in fee option available, space permitting, at a cost of \$4 for military community members with ID and \$5 for the general public.

### CARDIO AND STRENGTH

This 55 minute class will take place on Mondays, from 6 to 6:55 p.m. at the South Side gym.

This class began on September 20 and will run until December 13, for a total of 13 weeks. Please note: There is no class on Thanksgiving Monday, October 11.

Cost is \$39 for military community members and \$52 for the general public.

Drop-in fee option is available, space permitting, at a cost of \$4 for military community members with ID, and \$5 for the general public.

### GROUP POWER

This 70 minute class will take place on Wednesdays, from 6 to 7:10 p.m. at the South Side Gym.

Group Power began on September 22 but will continue until December 15, for a total of 14 weeks.

Cost is \$50 for military community members and \$60 for the general public.

Drop-in fee option is available, space permitting, at a cost of \$ 5 for military community members with ID, and \$6 for the general public.

### TAI CHI

This 60 minute class began on September 20, and takes place on Mondays, from 7 to 8 p.m. at the

RecPlex, for a total of 13 weeks (last class will be held on December 13. Please note: There is no class on Thanksgiving Monday, October 11.

Cost is \$45 for military community members and \$55 for the general public.

Drop-in fee option is available, space permitting, at a cost of \$ 5 for military community members with ID, and \$6 for the general public.

### TAE KWON DO

This Tae Kwon Do class is for those 14 years of age or older. The 60 minute class will take place on Wednesdays, from 7 to 8 p.m. at the RecPlex.

The first class began on September 22 and will run for 14 weeks, until December 15.

Cost is \$50 for military community members and \$60 for the general public.

Drop-in fee option is available, space permitting, at a cost of \$ 5 for military community members with ID, and \$6 for the general public.

### YOGA

This 75 minute Yoga class will take place on Wednesdays, from 1 to 2:15 p.m. at the RecPlex. The class began on September 22 and will run for 14 weeks, ending on December 15.

Cost is \$50 for military community members and \$60 for the general public.

Drop-in fee option is available, space permitting, at a cost of \$ 5 for military community members with ID, and \$6 for the general public.

### TAE KWON DO FOR YOUTH

Tae Kwon Do for Youth is for ages 13 and under, and will take place on Wednesdays from 6 to 7 p.m. at the RecPlex.

The first class was held on September 22 and will run for 14 weeks, wrapping up on December 15.

Cost is \$42 for military community members and \$56 for the general public.

Drop-in fee option available, space permitting, at a cost of \$4 for military community members with ID and \$5 for the general public.

## Learn to Skate programs: RCAF Arena

**Learn to Skate -Ages four to seven:** This program will take place on Fridays from October 15 to December 3, from 4 to 5 p.m. Cost is \$65 for military community members and \$75 for the general public.

**Learn to Skate - Youth eight years and older:** Learn to Skate, for youth ages eight and older, will take place on Fridays October 15 to December 3, from 5 to 6 p.m. Cost is \$65 for military community members and \$75 for the general public.

**Learn to Skate for Adults:** Learn to Skate for Adults will take place on Fridays October 15 to December 3, from 6 to 7 p.m. Cost is \$65 for military community members and \$75 for the general public.

### PSP Community Recreation Association Fall Brochure of Programs & Services

See our complete line-up of programs & services at [www.cfbtrenton.com](http://www.cfbtrenton.com) or pick up a copy of our brochure at the RecPlex.

## Family Skating

Family Skating will begin on October 9, as follows: Saturdays from 1 to 3 p.m. and Sundays from 1 to 3 p.m. at the RCAF Arena.

Cost is free for military personnel with ID and CRA Members; \$1 for military community non-members; and \$2 for the general public.

## Shinny Hockey for Kids

Shinny Hockey for Kids will begin on Tuesday, October 12 as follows:

Tyke/Novice will take place on Sundays from 3 to 4 p.m.;

Atom will take place on Tuesdays from 4 to 5 p.m.;

PeeWee will take place on Wednesdays from 4 to 5 p.m.;

Bantam/Midget will take place on Fridays from 7 to 8 p.m.

Cost is \$2 for military community members and \$3 for the general public.

## Power Skating begins October 18

Power skating provides co-ed instruction covering power development, power strides, starting, stopping, lateral mobility and power drills. This program will benefit kids who play hockey.

Skaters must be at least five years old, be able to skate forwards, backwards and be able to come to a stop without running into the boards! Skaters will be bro-

ken up into groups depending on age, skills and ability.

This program begins on October 18 and runs until December 6, each Monday from 5 to 6 p.m.

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

*Please note: Full hockey equipment is required, including sticks and mouth guards.*

## PSP Facility Memberships

All memberships for the use of the RecPlex, Gym and Arena expired on 31 August. Members are required to renew their membership at the RecPlex. For rates, please visit [www.cfcommunitygateway.com](http://www.cfcommunitygateway.com)



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**Leave your phone number, name, address & age**



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Contact: MCpl Stenning [stenning.js@forces.gc.ca](mailto:stenning.js@forces.gc.ca) or loc 5026  
or Bryan Pearce Loc 4110



## Seven helpful tips for dining out

**Be salad savvy:** Some salad dressings and toppings can raise the calories and fat of salad a lot.

Ask your server to put dressing and toppings (such as bacon bits, nuts and cheese) on the side so you can control the portion.

**Choose food toppings wisely:** Choose healthier food toppings more often and limit their quantity by asking for them on the side.

Choose less often: mayonnaise, special sauces, creamy dressings, butter, tartar sauce, gravy.

Alternatives: low fat mayonnaise, salsa, low fat dressings, mustard, relish, ketchup, lemon or lime juice.

**Drink smart:** Large servings of pop or other sweetened beverages can provide lots of sugar and excess empty calories. Substitutes include water with a slice of lemon or a glass of milk.

Flavoured syrups and whipped cream in specialty coffees or teas add calories and fat. Opt for drinks made with milk and skip the whipped cream.

Remember: alcoholic beverages provide no nutritional benefit but do contain calories.

**Fill up on fibre:** Fibre provides bulk to our meals and gives us more volume of food (without a

Dressing Vinaigrette (per 45 mL, 3 tbsp) (par 45 mL, 3 c. à table)	Calories Calories (kcal)	Fat Gras (g)	Saturated Fat Gras saturé (g)	Sodium Sodium (mg)
Balsamic vinaigrette, regular Balsamique, ordinaire	117	10.5	1.5	459
Italian, regular Italienne, ordinaire	129	12.7	2.01	738
Thousand Islands, regular Mille-îles, ordinaire	177	16.7	2.4	411
Ranch, regular Ranch, ordinaire	213	22.7	3.54	360
Blue Cheese, regular Fromage bleu, ordinaire	234	24.4	4.62	510
Caesar, regular César, ordinaire	237	25.8	3.93	483

large number of calories or fat)!

**Opt for healthy sides:** Ask your server about substituting a healthy side dish whenever possible.

Typical sides: french fries, onion rings, garlic bread, poutine, hash browns. Alternative sides: baked potato, side salad, fruit, double the veggies.

**Desserts:** Desserts can pack lots of fat and calories in a small package.

Opt for fresh fruit, frozen yogurt, sherbet and ice milk whenever possible.

If you do choose to have a dessert, go for a small portion or share with a friend.

Many restaurants are now pro-

viding bite-size desserts. This way you can get a taste, but you are not tempted by a larger portion.

**Watch your Portions:** Be mindful of your portion sizes when you eat out. Increasing the size of sides (like fries or soft drinks) is often quite cheap however the nutritional costs are much greater.

Restaurant portion sizes tend to be much larger than standard Food Guide serving sizes.

As a means of controlling these portions, share your meals with someone or place half of your entrée into a takeout container right away.

This way you will not be tempted by what is left on your plate.

## Sept conseils pour les sorties au restaurant

**Savoir manger sa salade:** Certaines vinaigrettes et autres garnitures peuvent faire grimper en flèche la valeur calorique et la teneur en gras de votre salade. Au moment de commander votre salade, demandez qu'on vous apporte à part la vinaigrette et les garnitures (comme les morceaux de bacon, les noix et le fromage); vous pourrez ainsi décider de la portion qui vous convient.

**Savoir choisir les garnitures:** Choisissez plus souvent des garnitures moins grasses et moins caloriques et faites-les servir à part. Vous pourrez ainsi en limiter la quantité. Choisissez moins souvent: la mayonnaise, les sauces spéciales, les vinaigrettes crémeuses, le beurre, la sauce tartare, la sauce de rôti. Les remplacer par: la mayonnaise allégée, la salsa, les vinaigrettes à faible teneur en gras, la moutarde, la relish, le ketchup, le jus de citron/limette.

**Choisir les boissons:** Les boissons gazeuses ou sucrées sont d'ordinaire servies en grandes quantités et vous apportent beaucoup trop de sucre et de calories vides. Choisissez d'autres boissons comme de l'eau avec un quartier de

citron ou un verre de lait. Les sirops aromatisés et la crème fouettée qui sont ajoutés aux thés et aux cafés de fantaisie sont riches en calories et en gras. Optez pour des boissons à base de lait et faites un trait sur la crème fouettée. Souvenez-vous: les boissons alcooliques n'ont pas de valeur nutritionnelle, cependant, elles contiennent des calories.

**Se rassasier de fibres:** Les aliments riches en fibres ont plus de volume et nous aident à atteindre plus rapidement la satiété (sans un nombre élevé de calories ou de gras)!

**Opter pour des plats d'accompagnement bons pour la santé:** Demandez au serveur ou à la serveuse de remplacer autant que possible le plat d'accompagnement classique par un plat moins gras et moins calorique. Plats d'accompagnement classiques: frites, rondelles d'oignon, pain à l'ail, poutine, pommes de terre sautées. Meilleures options: pomme de terre four, salade, fruits, double portion de légumes.

**Desserts:** Les desserts, malgré leur petit volume, peuvent concentrer une énorme

quantité de calories et de gras. Chaque fois que possible, optez pour des fruits frais, du yogourt congelé, du sorbet et du lait frappé. Si le dessert est incontournable, choisissez une petite portion ou partagez-le avec un ami ou une amie. De nombreux restaurants proposent maintenant des mini-desserts. Ainsi, vous pouvez terminer sur une note sucrée, mais sans vous laisser tenter par une grosse portion.

**Prendre garde aux portions:** Faites attention à la grosseur des portions quand vous mangez au restaurant. Cela ne coûte souvent pas très cher d'augmenter la taille des plats accompagnements (comme les frites ou les boissons gazeuses); par contre, cela coûte très cher du point de vue nutritionnel.

Les portions servies par les restaurants sont généralement beaucoup plus grosses que les portions standard du Guide alimentaire. Pour limiter ces portions, partagez vos repas avec quelqu'un ou faites placer, d'entrée de jeu, la moitié de votre plat principal dans une boîte à emporter. De cette manière, vous n'aurez pas la tentation de finir toute l'assiettée.

## Did You Know?

Pizza was popularized in North America following the Second World War when soldiers returned home from Italy craving the pie they had come to love overseas.



"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](mailto:healthpromotionTrenton@forces.gc.ca)

Health Promotion Administrative Assistant:

**Leslie Bedore**

Health Promotion Manager:

**Angela Prescott**

Health Promotion Director:

**Kendra Lafleur**

Visit [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com) to learn more about the programs and services offered by your 8 Wing Health Promotion team.

## Family Day

Health Promotion staff look forward to seeing you at Family Day on Sunday, October 3.

Stop by our booth, learn about the Vegetable and Fruit Campaign and play a nutrition trivia game to win prizes.

Also, complete our vegetable and fruit crossword puzzles making you eligible to win healthy cooking lessons at Loyalist College.

## SPINNING

We are pleased to offer many different timings for 8 Wing's most popular fitness class.

Spinning takes place as follows: Tuesdays and Thursdays at 0630 hrs; Monday, Wednesdays and Fridays at 1200 hrs; and Mondays at 1610 hrs.

These classes are open to the DND community!

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Your Gateway to the CFB Trenton Community



# Chronique du commandant d'escadre

## Un message du Colonel Dave Cochrane



PRIORITÉS – SUCCÈS OPÉRATIONNEL, RESSOURCES HUMAINES, TRANSFORMATION



La dernière fois que j'ai rédigé ma chronique mensuelle pour le bulletin *Le Contact*, j'étais en route vers le Camp Mirage en compagnie du colonel honoraire Rainbird et du maire Williams. J'ai le plaisir de vous annoncer que le voyage s'est révélé une réussite éclatante.

Le tourbillon quotidien d'activités qui caractérise la 8e Escadre et le train de vie auquel nous nous sommes rapidement habitués font de la stabilité un concept qui peut parfois nous échapper.

Or, je suis convaincu que dans le grand ordre des choses il existe une force qui s'exerce tranquillement, mais efficacement sur nous et nous permet, dans la vie de tous les jours, de garder les pieds sur terre (métaphoriquement, bien sûr).

Cette force constante n'est rien d'autre que le soutien énorme que nous fournit la collectivité de Quinte West. En tant que commandant de l'Escadre, je n'en demande pas mieux de la part de la municipalité.

C'est un privilège pour moi d'avoir eu l'occasion d'emmener deux de nos plus fervents défenseurs, le maire Williams et le colonel honoraire Rainbird, à l'Élément de soutien du théâtre pour leur montrer l'excellent travail qu'accomplissent les hommes et femmes de la 8e Escadre

dans des conditions environnementales difficiles.

Ces hommes et femmes sont capables de réaliser des prouesses au quotidien parce qu'ils jouissent d'une certaine tranquillité d'esprit. En effet, ils ont l'assurance qu'au pays, leur collectivité les appuie et s'occupe bien de leurs familles. Pour cela, et bien plus encore, je suis très reconnaissant.

À la 8e Escadre, nous avons officiellement lancé la Campagne annuelle de charité en milieu de travail du gouvernement du Canada, et des activités se déroulent presque tous les jours. J'ai eu l'immense plaisir d'apprendre que l'activité de lancement, le tournoi de golf, a permis de récolter 11 000 \$. Quel début!

Je vous encourage tous à contribuer à cette noble cause, que ce soit en effectuant un versement unique, des versements mensuels ou simplement en participant aux diverses activités organisées par l'extraordinaire Comité de Centraide de la 8e Escadre. Chaque sou compte.

Ce mois-ci a donné lieu à plusieurs « premières », particulièrement en ce qui concerne les opérations dans le Nord. Après avoir exécuté pour la première fois une opération à échelle réduite de type *Boxtop* à l'aide du CC177, nous avons souhaité la bienvenue chez les « élus du Grand Nord » au CC150, l'avion ravitailleur d'Airbus, et à deux CF18, ce qui démontre notre capacité à mener des opérations de ravitaillement en vol dans l'extrême Arctique.

Le 20 septembre, notre nouveau CC130J s'est rendu pour la première fois à la SFC Alert, réalisant une mission courante de ravitaillement.

De plus, des membres de la 8e Escadre sont tout fraîchement revenus d'une mission BOXTOP, cette fois avec le CC130 Hercules, qui assurait la livraison de pétrole à la SFC Alert.

Chez nous, c'est la fin de la haute saison de recherche et sauvetage (SAR). Elle s'est avérée particulièrement mouvementée cette année. Les équipages du 424e arrivent tout juste de l'exercice annuel *Sarex*, qui s'est déroulé pour la première fois à Whitehorse, au Yukon.

Le 424e Escadron a également représenté la 8e Escadre à

SARSCÈNE, une conférence annuelle exceptionnelle qui permet aux professionnels de la SAR de se rencontrer et d'échanger des idées dans le but d'améliorer continuellement le programme national de SAR.

Au cours de cette conférence, l'adjum Eric Larouche a reçu le *Prix d'excellence en leadership de 2010* pour son dévouement à l'excellence dans le domaine de la SAR et sa détermination indéfectible à améliorer la sécurité et l'efficacité. Je félicite sincèrement l'adjum et toute notre équipe de SAR.

La SAR est l'opération nationale la plus importante pour la Force aérienne et, en tant que telle, elle constitue une grande source de fierté pour la 8e Escadre. Ses réalisations en disent long sur le professionnalisme et l'esprit d'équipe qui caractérisent toutes les parties qui répondent en moyenne à 8 000 appels par année.

Traditionnellement, la 8e Escadre rend honneur en septembre aux éléments de son passé et cette année ne fait pas exception. Le 8 septembre, la Ville de Belleville a inauguré le pont du Souvenir des anciens combattants, un nouveau pont enjambant la rivière Moira dédié aux vétérans canadiens.

La 413e Escadre a organisé le 19 septembre une belle cérémonie émouvante pour commémorer la bataille d'Angleterre, à l'occasion du 70e anniversaire de la célèbre campagne aérienne. Je souhaite remercier tous les membres de la 8e Escadre qui ont pris part à cette importante cérémonie.

À l'occasion d'un autre hommage aux courageux pilotes militaires, le Centre de guerre aérospatiale des Forces canadiennes a dédié son nouvel immeuble au légendaire maréchal de l'Air Clare L. Annis, soulignant ainsi l'importance de rendre honneur aux pionniers et aux visionnaires d'hier en vue de mieux se préparer pour l'avenir.

Dans la même veine, le musée national de la Force aérienne a célébré, le 25 septembre dernier, sa 15e cérémonie de reconnaissance des pierres « Ad Astra ». Cette immense initiative, proposée par le colonel Cy Yarnell, a pris naissance il y a 15 ans. Depuis, plus de 9 700 pierres

ont été vendues, permettant de recueillir près de 1 000 000 \$ au profit du musée. C'est en grande partie grâce à ces fonds que le musée a pu créer l'une des meilleures expositions de la Force aérienne au Canada. Je souhaite remercier le personnel permanent et les bénévoles du musée ainsi que l'Association de la Force aérienne du Canada (AFAC) pour l'excellent travail qu'ils accomplissent afin que cette cérémonie soit une réussite chaque année.

L'AFAC travaille sans répit afin de rendre hommage aux braves personnes qui vont bien au-delà du devoir pour soutenir la mission de la Force aérienne.

J'ai l'honneur de féliciter, au nom de tous les hommes et de toutes les femmes de la 8e Escadre, le sergent Gilbert Laxamana, adjoint à l'adjutant-chef de l'escadre, qui a été nommé récipiendaire du prestigieux *Prix du Maréchal de l'Air C. Roy Slemmon*. Le prix lui sera remis officiellement à l'occasion du banquet qui aura lieu à Comox, C.-B. le 17 octobre. Le sgt Laxamana mérite pleinement le titre d'Aviateur de l'année 2010.

Nous serons en novembre dans un peu plus d'un mois, et très bientôt nous nous préparerons à célébrer le jour du Souvenir. Chaque année autour du 11 novembre, les bases et les escadres du pays sont assaillies de demandes pour qu'un militaire aille prononcer quelques mots aux écoles, aux organisations de cadets et auprès d'autres groupes d'intérêt.

Nous avons la responsabilité collective de nous souvenir de nos anciens combattants et de leur rendre hommage. Je vous encourage donc tous à profiter des opportunités qui s'offrent à vous dans le cadre de cette journée. Il s'agit d'une occasion spéciale vous permettant d'établir une relation avec votre collectivité et de veiller à ce que le passé ne soit pas oublié d'une génération à l'autre.

Le mois d'octobre est propice pour se retrouver entre amis et en famille ainsi que pour tirer plaisir du grand air, pendant qu'on le peut encore.

Alors que l'Action de grâces approche à grands pas, soyez prudents et profitez des couleurs de l'automne.

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### Miscellaneous Loss Report: Change in procedure

To whom it may concern, all Miscellaneous Loss Reports will no longer originate at the Unit/Squadron level.

Members who wish to submit a MLR, please proceed to the customer service desk

at clothing stores to fill out all necessary documentation.

If you have any question or concerns please call the customer service reps at extensions, 2214, 7899, 7026.

### Rapport des pertes diverses : nouvelles procédures

À qui de droit, tout rapport des pertes diverses ne sera plus entamé au niveau des unités/escadrons.

Les membres qui désirent soumettre un rapport de pertes diverses peuvent se présenter à la section de serv-

ice à la clientèle au magasin d'habillement pour remplir toute documentation.

Si vous avez des questions, veuillez contacter les préposés au service à la clientèle aux postes 2214, 7899, 7026.



Please recycle this newspaper.

Thank you!





### Fire Prevention Week 2010

This year's Fire Prevention Week is scheduled to run from the 3rd until the 9th of October. The theme for this year's event is "Beep! Beep! Beep! Smoke Alarms: A sound you can live with". 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 work place 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 3 October in conjunction with the MFRC Family Day. All Wing personnel are invited to attend and bring their little ones to participate in events such as the Miniature Fire Fighter Combat Challenge, Fire Truck rides and a colouring contest. If the past is any indication, these events are an enjoyable time for the little ones and adults alike. For further information please contact the Fire Prevention Office at local 7880 or 3910.

### Semaine 2010 De Protection Contre L'incendie

Cette année, la Semaine de prévention des incendies se déroulera du 3 au 9 octobre. Le thème de cette année est « "Bip! Bip! Bip! Les avertisseurs de fumée : un son avec lequel vous pouvez vivre" ». Tout comme les années précédentes, le service d'incendie de la 8e Escadre mènera des services d'évacuation dans divers bâtiments de la base. On conseille à tous les employés de l'Escadre de réviser les ordres d'incendie de leur lieu de travail afin de s'assurer qu'ils connaissent bien les procédures à respecter en cas d'incendie. De plus, le service d'incendie organisera une multitude d'activités le 3 octobre en même temps que la Journée de la famille du CRFM. On invite tous les employés de l'Escadre à y participer et à amener leurs enfants pour qu'ils puissent prendre part à des activités telles que le mini défi de combat des pompiers, la maison à évacuer, les tours en camions incendie et le concours de coloriage. Comme en témoigne le passé, ces activités sont des moments agréables tant pour les petits que pour les adultes. Pour un complément d'information, veuillez communiquer avec le bureau de prévention des incendies aux postes 7880 ou 3910.

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Quand: 5 novembre, 2010  
Durée de l'événement: 0800 - 1500 heures  
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# Wing Commander's Health & Fitness Challenge: Scavenger Hunt

Submitted by Lisa Refausse

Friday September 24, was the Annual Wing Commander's Challenge.

In customary fashion members of the Wing were provided with a morning of fun, non competitive challenges in our first ever Video Scavenger Hunt. Teams of 8 were given various tasks to complete and then videotape their results.

A small but mighty group of participants could be seen all over the south side of the Wing on Friday morning in team colours performing important but silly tasks.

The event ran in conjunction with the Wing's Annual United Way campaign as we continue to raise awareness for the Wing's initiative in raising monies.

Athletes proceeded to the Jr Ranks mess for lunch, awards, and a cake cutting ceremony with guest Mark Philbin, the community chair for the United Way speaking to the group about upcoming campaign events.

Thank you to the teams for your support of the event, we made a great donation to the campaign.

Thank you to the Fitness staff for your hard work in rolling out this event.

Our next Fitness and Sports event is the Annual Spin Challenge in early December - join us as we spin for hours and hours - just for the fun of it.

1st Place - EME

2nd Place- WAdmin - "Tasked-Out"

3rd Place -426 SQN "Thunderbirds"

"Team Spirit" Award - 437 SQN "Tiagra"

"Thanks for Coming Out" - WAdmin "Orderly Fashion Clowns"



EME receives first place in the Wing Commanders' Health & Fitness Challenge, teams members: WO D. MacIntosh, Cpl M. Okorofsky, Cpl D. Ogilvie, MCpl J. Preece, Sgt B. Kochie, Mr. James Douglas, MCpl P. Adams, Cpl J. Grondin, award presented by Mark Philbin, Col D. Cochrane and Major A. Tsai Lamoureux.



Photos: Adriana Sheahan, Contact Staff

Team 'Tiagra' 437 Sqn complete the task of dancing to the 'Chicken Dance'. Team members are: Capt L. Ballenthin, Janet Wright, Mike Maynard, Judy Sparkes, Dave Langelier, Denise Desgrandpre, Jo Austin, Ursula Zahavich.



Team 'Tasked Out' sings the 'Loco-motion' while going around the water tower.



426 Thunderbirds are 'monkeying around' during The Wing Commander's Health & Fitness Challenge.



WAdmin Orderly Room Clowns are forming a human pyramid in front of Headquarters. Team members were: Lt C. Lee, Cpl T. Richer, Capt J. Kennedy, Cpl S. Klassen, MWO S. Spragg (not shown).



Team Lemonators from DCC complete the task of ordering an item from the South Side Canex.

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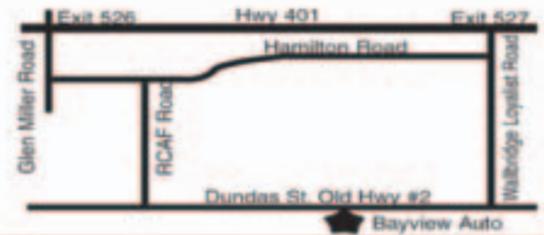
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# New capabilities touch down at 12 Wing Shearwater

by Lieutenant Tyrone Grande  
12 Wing Public Affairs

History was made at 12 Wing Shearwater when one of Canada's four CC177 Globemaster III strategic airlifters touched down on the Wing's tarmac overlooking the Halifax Harbour on September 10, 2010.

Landing at 12 Wing Shearwater to participate in the Nova Scotia International Air Show (NSIAS) was not only a feat because it was the first time the Canadian Forces' (CF) largest aircraft visited Shearwater, but because 12 Wing Shearwater officially became a heliport on July 31, 2008.

"The aircraft which is nearly the size and weight of a jumbo jet was able to stop in just over 1500 feet on the Shearwater runway - half the distance of an average landing for its civilian equivalent," explained Captain Bill Jerrard, Globemaster pilot from 429 Squadron, 8 Wing Trenton.

12 Wing Shearwater's landing area - known as a Final Approach and Take-off area due to its short, 3500 ft. length - was designed to land helicopters and had previously only been used by smaller, single engine fixed wing aircraft and for helicopter landings such as the CH124 Sea King that operates from 12



Photo: Cpl Jennifer Robinson, 12 Wing Shearwater

**Canadian Forces CC177 Globemaster III strategic transport aircraft lands at 12 Wing Shearwater for the first time in preparation for the Nova Scotia International Air Show (NSIAS) as a static display.**

Wing. With the new capabilities of the CF's Globemaster III, this has been proven to no longer be the case.

"Landing a heavy multi-engine aircraft at 12 Wing Shearwater, especially one with such tremendous short take-off and landing capability and performance, is a significant milestone, reflecting considerable planning and analysis," said Capt Chris Muise, the Wing Air Traffic Control Officer at 12 Wing Shearwater. "The planning and coordination for this landing by the Globemaster III's aircrew and our personnel at 12 Wing has been in the works since early 2010."

As one of a number of proj-

ects to incorporate new capabilities to 12 Wing Shearwater, the positive visual flight rules control facility at the Wing was converted to become a military flight advisory unit, with radar control. As part of that transition, 12 Wing needed to train - and is still training - some non-commissioned members (NCMs) to handle the air traffic which in the previous structure, was something done by officers. Corporal Jason Griffin was the first NCM to meet this standard after a period of comprehensive, formal instruction and practical (live) training. As a qualified Flight Advisor, Cpl Griffin managed air traffic at 12 Wing Shearwater during NSIAS arrivals, and was

the shift supervisor responsible for a crew of three to land the Globemaster III for the first time.

"I felt very proud to be not only the first NCM to qualify as a Flight Advisor here in Shearwater, but also quite privileged to be part of such a memorable moment in 12 Wing Shearwater's history," stated Cpl Griffin.

Most of the planning and analysis to make the Globemaster III landing possible was completed by a consortium of Air Force personnel supporting NSIAS, including Major Debra Kunkle from the Canadian Forces Maritime Warfare Centre, Maj Rob

Truscott and Capt Muise from 12 Wing Operations, and staff at 1 Canadian Air Division HQ in Winnipeg (A4 Construction Engineering), in consultation with Globemaster air crew and personnel from 429 Squadron, 8 Wing Trenton.

The CC177 Globemaster III was delivered to the CF in 2007 to 2008, to assist in providing heavy lift support for a number of operations and missions. Aside from its immense size and power, the Globemaster III helps to provide everything from rapid delivery of troops and cargo transport, to oversized combat equipment from coast to coast and to anywhere in the world.

Rapid, reliable and flexible, the strategic and tactical Globemaster III is equipped with advanced digital avionics, has a maximum range of approximately 5,500 nautical miles and can carry a payload of up to 160,000 pounds due to its four engines that can haul three CH146 Griffon helicopters with refuelling tanks, or one Leopard 2 tank, or as many as 102 paratroopers.

At home and abroad, the Globemaster III has proven itself to be a tremendous addition to Canada's national defence along with our servicemen and women from 12 Wing and the Air Force who continue to extend our military's capabilities.

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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](http://www.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.

Community Events



# Community Events

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

**On Air For Health Care**  
**Radiothon Thursday, October 7, 2010**  
 6:00 am to 6:00 pm  
 Broadcast from the Bay of Quinte Golf and Country Club

Quinte Health Care Belleville, Picton and Trenton Hospital Foundation are pleased to announce we'll be hosting our inaugural radiothon.

Listen in to any radio station in the Quinte Region between 6:00 a.m. and 6:00 p.m. to hear stories from patients and their families who have received exceptional care at our Hospitals while we pull out all the stops to raise \$250,000.00 to support medical equipment needs at QHC Belleville, Picton and Trenton Hospitals through pledges from people like you.

Listeners will hear first hand how donations to our Hospitals are having an impact on the health and well being of patients who come through our doors each year. The Foundations are encouraging anyone who has been touched by the care they have received at our Hospitals to share their story on air with us.

## 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.

## Line Dancing Classes

We will be starting Line Dancing at the Trenton Seniors Club, located at 61 Bay St. Classes will be held on Monday mornings from 10:00 a.m. to 2:00 p.m. and Tuesday evenings from 6 to 8 p.m. Classes are open to the Public. Cost is only \$3 per class. Come out and have some fun. You can join at anytime and everyone is welcome to come. Teacher is Linda Nyholm and she will be specializing in beginners. Come on out and give it a try. For information call the office between 9 a.m. and 3 p.m. at 613-392-5400 or Betty at 613 392-3472. Hope to see you on the dance floor.

100

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For more information or to join today: 1 877 323 4545 ext 3424  
 email: [acl.24@guidesontario.org](mailto:acl.24@guidesontario.org)

### Fundraiser - Pregnancy and Family Care Centre of Quinte West

Friday, November 5, 6:30-8:30 pm  
 Ballroom, The Holiday Inn, 99 Glen Miller Road  
 Silent Auction/Entertainment  
 Phone: 613-394-0844  
 Email for information/tickets: [trentonian@hotmail.com](mailto:trentonian@hotmail.com)



Come See the.....

## PSP Community Recreation Association

@

## The 8 Wing Family Day

Sunday Oct 3<sup>rd</sup> 11 am to 3 pm  
 @ the Siskin Centre

Urban Poling Info

Games for the kids

- ❖ Rec Association Program Information
- ❖ Astra Lanes 5-Pin Bowling
- ❖ Martial Arts Club
- ❖ Flying Frogmen SCUBA Club
- ❖ Wood Hobby Club
- ❖ Auto Hobby Club
- ❖ Outdoor Pursuits Club
- ❖ Gourmet Club

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### 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.

### Give the Gift of Life Walk Volunteers Needed

*The Kidney Foundation Of Canada*

Volunteers are needed to organize the first Kidney Foundation walk in the Belleville area for September 2010. There are now 24 walks held in communities across Ontario. If you are interested in helping, please contact Kate at 613-542-2121. To learn more about the Kidney Foundation Of Canada, visit [www.kidney.on.ca/walks](http://www.kidney.on.ca/walks)

In communities across the province this fall.

The Kidney Foundation of Canada  
Give the Gift of Life

# walk





# FAMILY



## Activity: Pat-a-Cake, pat-a-cake...



Reciting nursery rhymes and doing the actions together is an enjoyable way to help your baby begin to develop social skills.

Whether it is diaper time, meal time or bath time, interacting with and talking to your baby can always be Comfort, Play and Teach™ time!

The rhyme you will need:

Pat-a-cake, pat-a-cake, baker's man, bake me a cake as fast as you can!

Poke it and pat it and mark it with a "B"... then put it in the oven for baby and me!

Enjoy this more with Comfort, Play and Teach™:

**Comfort:** Walk around with and cuddle your baby as you say the rhyme. Gaze into his eyes so he knows you are speaking to him.

This will help him to understand that you are enjoying the musical quality of the rhyme together!

Give your baby a gentle massage. As you say the nursery rhyme, you can pat her body, and trace the letter 'B' on her belly!

The attention she is receiving will make her feel special and valued by you.

**Play:** Recite this rhyme as you diaper or bathe your baby. Your child will love hearing the sound of your voice and seeing the smile on your face as you engage him or her in the experience!

Shake a rattle in front of your baby as you say the words to the rhyme. Give the rattle

to your baby so she experiences turn-taking and has an opportunity to explore an interesting new sound too!

**Teach:** Nursery rhymes help babies hear the rhythmic quality of speech, as well as the different letter sounds and rhyming words.

You will communicate so much to your baby about language by sharing playful rhymes with your child!

When your baby is laying down, pat different parts of their body while you say the rhyme, or gently clap his hands or feet together.

Your child will also develop an awareness of his body and what it can do while enjoying playing with you!

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

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

## Meatime.org Chili Picadillo

Spice up your Mexican feast with chili, done picadillo style (pronounced pee-kah-dee-yoh)! A popular seasoned, chopped beef dish enjoyed in many parts of Latin America, picadillo gets its sweet, savory taste from fruit, olives, peppers and spices. In this dish, the quick prep time and full flavor starts with hearty canned chili. Add variety to your meal by serving Chili Picadillo with rice, whole-wheat tortillas and beans, or use it as an enchilada filling.

### Ingredients:

- 1/2 pound lean ground beef\*
- 2 cans (15 ounces each) less-sodium chili with beef\*
- 2 medium apples, cored and finely chopped
- 1/4 cup raisins
- 2 tablespoons canned green olives, chopped
- 1 to 2 canned jalapeño peppers, seeded and finely chopped
- 1/2 teaspoon dried oregano
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1/4 cup slivered almonds, toasted\*\*

\*For a vegetarian version of this recipe, use chili with beans and substitute canned red beans for the ground beef.

\*\*To intensify the flavor, toast almonds in a dry skillet over medium-high heat for 3 to 5 minutes, shaking often.

**Preparation Time:** 10 minutes    **Cook Time:** 25 minutes

**Preparation:** Brown ground beef in a medium skillet, breaking up the meat as it browns; drain any fat. Add chili, apples, raisins, olives, jalapeño peppers, oregano, cinnamon and cloves. Cover; simmer for 15 to 20 minutes to blend the flavors. To serve, ladle into bowls; top with toasted almonds. Serves: Four.

*Nutritional Information Per Serving: Calories 400; Total fat 18g; Saturated fat 5g; Cholesterol 70mg; Sodium 830mg; Carbohydrate 70g; Fiber 6g; Protein 28g*

**DEAD END ?** pcarsent@nb.sympatico.ca  
PIERRE C. ARSENEAULT

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**WHAT'S THE DIF ?** pcarsent@nb.sympatico.ca  
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**FIND THE 7 DIFFERENCES**

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ANSWERS: 1. WINDOW 2. PIPE WRENCH 3. LEAK 4. WATER PIPE 5. SPIDER 6. BOTTLE 7. POCKET



# Nadiya's Zodiac Starcast

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.  
For expanded forecasts visit [www.nadiyashah.com](http://www.nadiyashah.com)

October 3 - October 9

*Theme of the week: Venus goes retro! It's a great time to reconnect with past loves and re-examine our finances for what we need to refine. If you take chances with fashion, in six weeks time you'll wonder what you were thinking. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): You are already giving your all. You are striving to be your best. Now ease up. Relax a bit. Excellence doesn't arise from demanding more due to thinking you're not enough. Instead, it comes from being diligently positive. Keep your spirits light and you'll be better.

**TAURUS** (April 20-May 20): There may be cause for a serious attitude on the surface, but you can keep it in perspective. The pressing matters of work are not nearly as vital to get caught up in the frenzy around you. Give your all, but remain calm in your heart.

**GEMINI** (May 21-June 20): We can sometimes feel ourselves shrink in the presence of more dominating personalities. The truth is though; we are equal and have aspects of ourselves that hold power. A figure may act more authoritative than your comfort level allows. Don't make it about you.

**CANCER** (June 21-July 22): Regardless of your origins, you are now a denizen in your surroundings. There was a feeling of foreignness that you couldn't explain. Even at home you felt as a stranger. Now, there is a return. You find that the support that defines familiarity never left you and is now on offer.

**LEO** (July 23-Aug. 22): Lots of messages are heading your way. All of them are bringing you closer to a course of action that will lead to tangible progress. But before you get there, be willing to hear the hard truth, at least another person's version of it. The most loving feedback is the most accurate.

**VIRGO** (Aug. 23-Sept. 22): Serious thoughts of where you are headed occupy your mind now. There is a shot to make at least one major decision that can turn the course of your life. Find a peaceful place within to make a choice that feels stable.

**LIBRA** (Sept. 23-Oct. 22): You are at the inception of a new idea, new concept, or otherwise new you that seeks to take shape. Right now, you see the vision and are connecting to what you truly want to live. Your ability to commit and see it through can make many things possible.

**SCORPIO** (Oct. 23-Nov. 21): One person's definition of tacky is another person's idea of smart and trendy. You will not be able to tell one from the other now. If you have the budget for it, go ahead and experiment, but leave permanent alterations for another time.

**SAGITTARIUS** (Nov. 22-Dec. 21): You can galvanize yourself to a higher status in a single, opportune moment. You have been laying the groundwork for some time and have felt ready for even longer. Be formal and respectful. You will demonstrate yourself as capable.

**CAPRICORN** (Dec. 22-Jan. 19): A part of you wishes there was room to experiment, but you can clearly see that you must follow the establish protocol. The trick is to feed your excitement with it. Once you are more solidly established you can bend the rules, but not now.

**AQUARIUS** (Jan. 20-Feb. 18): You could see a wonderful project finally reach fruition. If you have been working on it consistently, then the rewards will be there. However, if you lacked a clear direction, you may find yourself at a destination you never intended. It is still a victory to be enjoyed.

**PISCES** (Feb. 19-March 20): Admit it, you need some time to figure it out. You are uncertain now and may be feeling pressed for a decision, but if you genuinely don't know what to do, you can put it off. Rushing now will cause you to have to go back. You will know when it's right.

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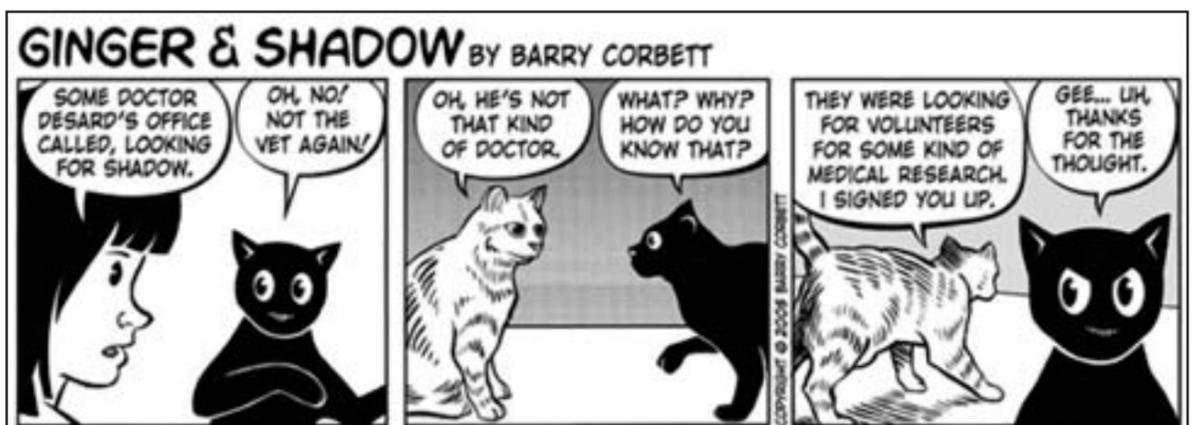
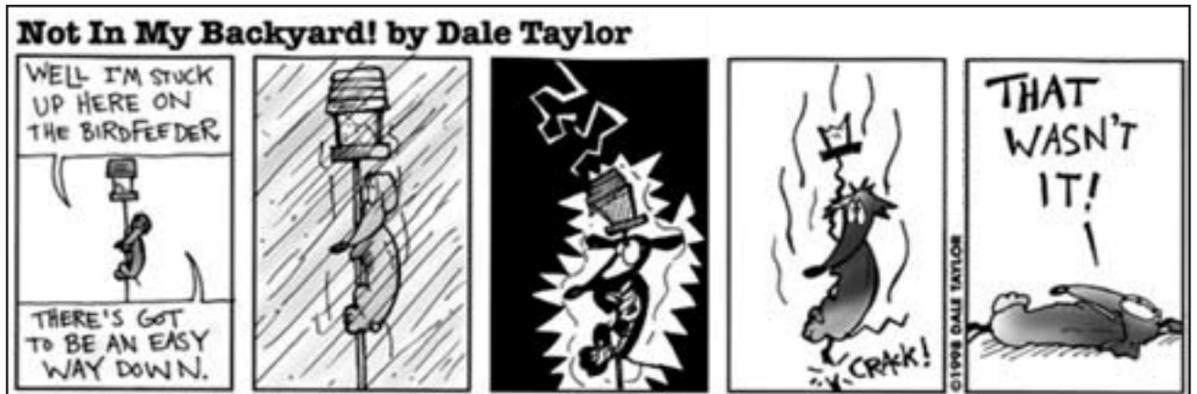
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# Understanding ergonomics



Submitted by  
Wing General Safety  
Office

Ergonomics is the study of adapting equipment, procedures and surroundings to the individual.

Paying attention to human factors at work can reduce injuries and improve quality and production.

Instead of forcing the worker to adapt to the task, tool or work environment, the job and equipment is adapted to the worker.

Using ergonomics will help prevent injuries. It can help get work done faster and result in improved quality.

Part of ergonomics is studying workers, the jobs they do and the environment in which they work.

The results of these studies can show where improvement and changes are needed.

Stress on the body is caused by awkward positioning, application of excessive force or repeated movements.

This stress, over a period of time, can result in permanent and disabling injuries including: Carpal Tunnel Syndrome, whole body vibration, tendonitis, bursitis, tennis elbow, trigger finger, back sprains, back disc degeneration

and similar injuries that can be permanent and disabling.

Jobs requiring small intensive hand or other upper body movements over time can cause injuries.

Exposure to vibration and to temperature extremes also can lead to soft tissue injuries.

Damage to muscles and connective tissues, back problems, fatigue, eyestrain and headache are common results of poor ergonomics.

Ergonomics covers all aspects of your work environment and how to make it more user friendly. It can include the layout of your work area, the work methods, tool and handle design, the design of the controls on machinery you use, air quality, lighting, noise level and many other factors.

Following are examples of improvements that can be made to make work areas more ergonomically friendly:

- Adjustable workstations that can be raised, lowered, rotated and moved. These adjustments adapt to the different heights of various workers and accommodate the needs of various tasks.

- Materials placed conveniently to minimize reaching, twisting and lifting movements for the worker.

- Bins located strategically so workers do not have to toss waste and scrap to them.

- Mechanical and powered assist devices to eliminate the need for using excessive force to do the

work.

- Suspension of heavy tools so the operator does not have to hold the weight, when he is using them.

- Scheduling of frequent rest and exercise breaks to give the body a chance to recover. Job rotation in which the worker spends some time doing non-repetitive work also helps minimize problems.

- Improvements to the overall environment of the workplace, including air quality, noise and temperature.

There are a lot you as an individual worker can do to improve the ergonomics of your job. Be conscious of your work habits and your workstation arrangement and look for ways to improve them.

Pay attention to body position, lifting techniques and wrist posture. Take the time to plan your tasks with ergonomics in mind.

Choose tools designed to minimize cumulative injuries, and use them correctly. Change your position often. Use your scheduled breaks to stretch and flex your muscles.

Talk to your supervisor about possible changes in your workstation and routines.

If you think you might be developing a physical problem from repetitive work, report it right away while the injury can still be treated successfully.

Ergonomics isn't just for the experts. Everybody can apply the principles of ergonomics to work more safely, efficiently and comfortably.

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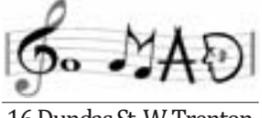
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# Afghanistan 360 comes to the Trenton Military Family Resource Centre

**Afghanistan 360°**  
*L'histoire sur notre raison d'y être*

**Centre de ressources pour les familles des militaires de Trenton**  
 50 Rivers Drive Est, Trenton  
 (En arrière du Tim Horton's)

Début le 3 octobre, lors de la journée pour les familles militaires jusqu'au 11 octobre 2010

Venez apprendre sur l'effort des Canadiens et Canadiennes en Afghanistan, que ce soit à propos de la formation d'enseignants, la vaccination des enfants contre la polio ou la remise en état du barrage Dabla, dans la province de Kandahar, afin de donner à la population un meilleur accès à de l'eau pour l'irrigation des terres.

www.afghanistan.gc.ca

**Afghanistan 360°**  
 Telling the "Why we're there" Story

**Coming to Trenton Military Family Resource Centre**  
 50 Rivers Drive East, Trenton  
 (behind Tim Horton's on RCAF Rd.)

Opening on Family Day October 3, 2010  
 On display until October 11, 2010

Come learn about what Canadians are doing in Afghanistan, whether it is training teachers, vaccinating children against polio or repairing Kandahar province's Dabla dam to create better access to water for irrigation.

www.afghanistan.gc.ca

Afghanistan360, une exposition multi-média sur la mission civile et militaire du Canada en Afghanistan, est présentement au centre de ressources pour les familles des militaires de Trenton, du 3 octobre au 11 octobre 2010.

Dans le cadre de l'exposition Afghanistan360, les visiteurs pourront lire des reportages du personnel sur le terrain et visionner de courtes vidéos au sujet des projets de formation et de développement que le Canada appuie en Afghanistan. Ils pourront également enregistrer des messages d'une durée de 15 secondes à l'intention des civils et des soldats qui servent dans ce pays.

L'exposition permet aux Canadiens de s'informer sur les progrès réalisés dans les six domaines prioritaires dans lesquels le Canada fournit une aide en Afghanistan :

former les membres des Forces de sécurité nationale afghanes; aider le gouvernement afghan à offrir les services essentiels à ses citoyens; fournir une aide humanitaire; renforcer la sécurité frontalière; faciliter la réconciliation politique; et aider le gouvernement afghan à renforcer sa capacité démocratique et ses institutions.

L'exposition présente également les trois projets de premier plan du Canada en Afghanistan – la remise en état du barrage Dahla, deuxième source d'approvisionnement en eau pour l'irrigation agricole, la construction ou reconstruction de 50 écoles dans des districts clés de la province de Kandahar, ainsi que les activités que nous menons, avec des partenaires internationaux en santé et d'autres pays donateurs, pour éradiquer la poliomyélite en Afghanistan.

Afghanistan360, a multimedia exhibit on Canada's civilian and military engagement in Afghanistan will be on display at the Trenton Military Family Resource Centre from October 3 to October 11, 2010.

Visitors will have the opportunity to see the Afghanistan360 exhibit featuring stories from the field and short video segments on the training and development projects that Canada supports in Afghanistan. They will also be able to record 15-second video messages to our civilians and soldiers serving in Afghanistan.

The exhibit offers Canadians the opportunity to learn about progress in the six focused areas in which Canada is providing assistance in Afghanistan: training Afghan National Security

Forces, assisting the Government of Afghanistan in providing basic services to its population, providing life-saving humanitarian assistance, enhancing border security, facilitating political reconciliation, and helping the Afghan government to increase the capacity for democratic governance and national institutions.

The exhibit also showcases Canada's three signature projects in Afghanistan—the rehabilitation of the second largest source of water for agricultural irrigation, the Dahla Dam, the rebuilding or construction of 50 schools in key districts of Kandahar province, and our effort, along with international health partners and other donor countries, to eradicate polio from Afghanistan.

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# TRENTON

## Military Family Resource Centre



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### 2010 Military Family Day

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**Sunday, October 3rd, 11 am - 3 pm**  
Siskin Centre Info 613-965-3575

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### Journée pour familles militaires

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To know more about Military Discount Program, please visit the MFRC website!!!  
If you know of any businesses offering discount to the military, tell them about this program or tell us about them. Thank you!

Pour plus d'information sur le Programme de rabais pour les militaires, svp, visitez le site Web du CRFM. Si vous connaissez des entreprises qui offre déjà un rabais aux militaires, informez les de notre programme ou informez-nous de leur rabais. Merci!

For your convenience the MFRC has available the Quinte West garbage tags. You can purchase them at the reception for \$2.50.

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

### Partner's Away Wednesday Night

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October 6th, **Spa Night**  
October 13th, **Thinking errors in communication**

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6 octobre, **Soirée Spa**  
13 octobre, **Erreurs de pensée en communication**



*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 meet you!

*Etes-vous nouveaux à la 8e Escadre/BFC Trenton?*

Venez au CRFM pour avoir votre plante, coupons, de l'information et une visite de la place. Nous avons hâte de vous rencontrer!

The MFRC would like to remind everyone of the "No Smoking" policy for our building. No smoking signs have been placed at our entrances requiring people to stay at least 15 metres away when smoking. If the area is near a playground or where children are playing the distance is increased to 25 metres. Your support in providing a safe and healthy environment at your MFRC is appreciated.

**Please... S.V.P.**



**We play here On joue ici**



Le CRFM veut vous rappeler de la politique "interdiction de fumer" pour notre édifice. Des enseignes d'interdiction de fumer ont été placées à chaque entrée demandant de fumer à au moins 15 mètre de distance de la porte. Si la location est près d'un terrain de jeux ou à l'endroit où jouent des enfants, la distance est accrues à 25 mètres. Votre assistance pour procurer un environnement sécuritaire et sain à votre CRFM est apprécié.

### Afghanistan 360°

The Afghanistan360° multimedia exhibit is currently touring the country and will be on display at a variety of public events. Showcasing Canada's six priorities and three signature projects through a myriad of visuals, short videos and narrative, its purpose is to inform Canadians about Canada's role in Afghanistan.




Coming to Trenton Military Family Resource Centre  
50 Rivers Drive East, Trenton  
(behind Tim Horton's on RCAF Rd.)

Opening on Family Day October 3, 2010  
On display until October 11, 2010  
613-965-3595 for information

### Afghanistan 360°

L'exposition multimédia Afghanistan360° fait le tour du pays lors de différents événements publics pour faire connaître le rôle du Canada en Afghanistan. Les images attrayantes, les vidéos interactifs et le contenu illustrent les six priorités et les trois projets de premier plan du Canada.




Centre de ressources pour les familles des militaires de Trenton  
50 Rivers Drive Est, Trenton  
(En arrière du Tim Horton's)

Début le 3 octobre, lors de la journée pour les familles militaires jusqu'au 11 octobre 2010  
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## Canadian Forces bid farewell to the Governor General and Commander-in-Chief of Canada

Ottawa, ON—The Canadian Forces said farewell today to Her Excellency, the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada, with a 250-member military parade at the Canadian War Museum in Ottawa.

"Her Excellency was instrumental in making sure the men and women of the Canadian Forces knew the level of support and the admiration Canadians had for them," said the Minister of National Defence, the Honourable Peter MacKay. "Her Excellency reminded us all of the very difficult and often dangerous work the Canadian Forces do at home and around the world on our behalf."

"As our Commander-in-Chief, Her Excellency has visited thousands of Canadian Forces members across Canada and around the world," said the Chief of

the Defence Staff, General Walter Natynczyk.

"This farewell ceremony is a reflection of the unique and positive relationship that Her Excellency has maintained with the Canadian Forces since her appointment five years ago."

Her Excellency, the 27th governor general since Confederation, has been a dedicated supporter of the Canadian Forces.

This ceremony also provided her the opportunity to recognize the outstanding contributions of the men and women in uniform one last time while in office.

**Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada attends her Farewell Ceremony at the Canadian War Museum.** Photo: Sgt Serge Gouin, Rideau Hall, OSGG



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### Informal Two-Level Home Plan Number 7-4-909

Active families will enjoy the style and amenities of this informal two-level home.

A small veranda shelters the front door, offering a preview of the easy-living style within. The foyer opens to reveal a den to the left, ideally located for a home office. The spacious great room can be seen through a dramatic archway and, to the right, are a powder room and laundry room. Nine-foot ceilings throughout the main floor add to the airy atmosphere of this home's casual living space. The den could make a truly luxurious home office, with double doors that open to a covered rear patio and views of a two-sided gas fireplace that can also be enjoyed from the great room.

The large laundry room, with access to the double garage as well as to a cloak room and kitchen pantry can double as a mud room. The kitchen features a square work island with an eating bar. Double sinks are set into a corner with good counter space for growing herbs and a view overlooking the side garden.

At the top of the stairs to the second level, a short hall leads to the sleeping area. The master suite features the luxury of a gas fireplace, as well as a large window overlooking the back yard. The roomy walk-in clothes closet and a four-piece ensuite bathroom complete the layout. The 3 secondary bedrooms share a three-piece bathroom.

Exterior trims include river-rock facings on each side of the garage and on the bases of the veranda pillars. Shingle siding accents the large front-facing bedroom window while Tudor-style vertical boards set in stucco highlight the gables.

*This home measures 37 feet, 6 inches wide by 56 feet, 6 inches deep, for a total of 2,217 square feet of living space.*

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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.

For More Information Please Contact  
MCpl Giles @ Loc 2328

### Il est de retour! Le tirage d'une remorque GEM édition 2010 de la CCMTGC

Les billets sont seulement \$5 pour chacun ou 3 pour 10\$ et peuvent être achetés à l'Office de l'Escadron de Contrôle GEM. 31 Buffalo Ave.

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# TRENTON Military Family Resource Centre

### MFRC-EVENTS & INFORMATION

**Game Vouchers available at MFRC Reception**  
\$13.00 under 12 - \$8.75

The Afghanistan360° multimedia exhibit is currently touring the country and will be on display at a variety of public events. Showcasing Canada's six priorities and three signature projects through a myriad of visuals, short videos and narrative, its purpose is to inform Canadians about Canada's role in Afghanistan.

**Afghanistan360°**

**MFRC - 3 to 11 October**

**"Partner's Away" Wednesday Night Out 6-8pm**  
Oct 6 - SPA Night Foot soak and scrub with Arbonne  
Oct 13 - 10 Thinking Errors in Communication  
Please reserve: Eve: 965-3595 or Kelly: ext. 4532

**Employment Café**  
Relax and enjoy a pampering manicure, cosmetic application /education with brow waxing also available. Perfect for any interview.  
Date: Thursday, October 7th, 2010  
Location: Trenton MFRC  
Time: 12:30pm - 2:30 pm

For additional information  
[www.TrentonMFRC.CFBTrenton.com](http://www.TrentonMFRC.CFBTrenton.com)  
Contact: Jaimie Corriveau 613-955-8711

### CFRM-Événements et Information

**Coupons rabais au CFRM bureau d'accueil**  
13.00\$ moins 12 - 8.75\$

L'exposition multimédia Afghanistan360° se promène autravers le pays et sera présenté lors de différents événements publiques. Le but de cette exposition est d'informer les canadiens sur le rôle du Canada en Afghanistan en présentant 6 priorités et trois projets déjà engagés à l'aide de courts vidéos, d'une myriade de présentations visuelles et de commentaires.

**Afghanistan360°**

**CFRM - le 3 octobre jusqu'au 11 octobre**

**«Conjoint au loin» Sortie du mercredi 18h à 20h**  
Le 6 oct: Soirée Spa Bain de pieds et «scrub» avec Arbonne  
Le 13 oct : 10 erreurs de pensée en communication  
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Date : Jeudi le 7 octobre 2010  
Lieu : CFRM de Trenton  
Heure : 12h30-14h30

Pour information additionnelle  
[www.TrentonMFRC.CFBTrenton.com](http://www.TrentonMFRC.CFBTrenton.com)  
Contactez: Jaimie Corriveau 613-955-8711

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