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Fire Prevention Week 2010 at 8 Wing/CFB Trenton

Although Fire Prevention Week 2010 will be coming to an end, that doesn't mean the campaign's objective ends there.

The theme of this year's campaign is "Smoke Alarms: A sound you can live with!" and is designed to educate

people about the importance of smoke alarms, and encourages everyone to take the steps necessary to update and maintain their home smoke alarms – ensuring proper use all year long.

Raising awareness is a consistent goal of Fire Prevention Week year

after year, but practising fire safety is something that should always be taken into consideration. Fire safety is an important issue and a responsibility for all of us.

Compiled by Amber Gooding, Assistant Editor



Photos: Cpl Drew Deics, 8 Wing Imaging

Captain David Jane (right), 8 Wing Fire Chief, along with Lieutenant-Colonel Ross Fetterly (shown in truck), Acting Commander, 8 Wing/CFB Trenton, and Capt Allan Lynk (left), 8 Wing Chaplain, kick-off Fire Prevention Week at 8 Wing/CFB Trenton, with the help of Sparky the Fire Dog.



LCol Ross Fetterly presents a plaque for "Fire Warden of the Year" to Corporal Isabelle MacDonald of 24 Canadian Forces Health Services Centre.

Fifteenth Annual Ad Astra Stone Ceremony held at RCAF Memorial Airpark

by Barb Neri, NAFMC Public Relations

Overcast skies and brisk winds did not deter the crowds from attending the 15th Annual Ad Astra Stone Dedication Ceremony, Saturday, September 25, in the National Air Force Museum of Canada's (NAFMC) RCAF Memorial Airpark.

Over 1,500 guests from across the country and even around the globe, gathered in the airpark for a dedication of stones and to pay tribute to those who

have, and who continue to serve, in Canada's Air Force.

The Ad Astra Stone Dedication Ceremony is an annual dedication service held to both dedicated new stones purchased in the past year and to recognize all previously honoured Ad Astra stones.

It is held in collaboration with the Air Force Association of Canada, and 8 Wing/CFB Trenton. The 400 stones dedicated in this year's ceremony bring the total number of stones in the park to over

9,700.

Pipes and drums heralded the arrival of the large colour guard, dignitaries, and honoured guests.

Emcee Stephen Bolton welcomed every one to the day's event, and presented guest speakers Mr. Bernard Ouellet, Vice-chair NAFMC Board of Directors, Mr. Brian Darling, National President Air Force Association of Canada, and Colonel David Cochrane, Commander, 8 Wing/CFB Trenton.

Col Cochrane acknowledged the progress made by the museum over the past years, and how the hard work and dedication of its staff and volunteers contribute to the Air Force at large.

"Our Museum does an unbelievable job of keeping the Air Force memory alive. Through the Ad Astra stone program, we can now count almost 10,000 additional stories that are waiting to be told (...). The successes of today's Air

See "Ad Astra Stone Dedication," Page 5



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Flu season is approaching, protect yourself

by Michele Edwards RN, BScN
24 CF H Svcs C, Community
Health Nurse/Immunization

As the 2010-2011 influenza season approaches, I would like to take the opportunity to encourage everyone to consider the flu vaccination.

The influenza virus thrives during the winter months when most are working indoors in close proximity.

The virus is easily transmitted from person to person by respiratory droplets from coughing and sneezing, or by hands contaminated with respiratory secretions.

Influenza has the potential to contribute to substantial loss in manpower and have a significant operational impact.

Even if you are healthy, if you live with or care for people at high risk for severe complications from influenza, you should get vaccinated.

People considered at high risk include infants, pregnant women, kids and adults with asthma, diabetes, cancer or heart disease and adults over 65.

Influenza needs to be given annually as the vaccine is modified each year to best match the anticipated circulating strains.

The vaccination this year includes H1N1 as part of the mix of targeted Influenza A viruses, it does not contain an adjuvant.

The annual Flu shot for 2010/2011 is recommended as it is not known whether protection from previous H1N1 vaccine will be maintained. Only one Flu shot is required this year!

Influenza vaccine is strongly recommended for all Canadian Forces members, regular or reserve, who obtain their usual medical care from the CF.

Personnel are to be immunized by their supporting Canadian Forces Health Services (CF H Svcs) unit, however if vaccination is done elsewhere, personnel must provide documentation to the CF H Svcs unit for recording in their immunization records.

There will be a Flu clinic for all military members held at the Astra Lounge on October 14 and 15 from 0830 to 1200 and 1300 to 1530.

The immunization clinic will be holding flu clinics starting October 19 from 1300 to 1430 hrs Tuesday to Friday. The clinics will continue until December 3.

Members must be expected to stay at the clinic for 15 minutes and aircrew are grounded for 36 hours.

Travelling clinics will be offered to the larger units on the North side of the base after October 19, please call 2520 or 4310 to make arrangements.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Fall is upon us and another busy one at that for 8 Wing Food Services. On top of all our regular duties as cooks at the Yukon Galley, we have many secondary duties to perform. It could be a late night call from PLC to provide meals to the SAR techs or a call to one of our cooks assigned to WASF. Although we are a static base as far as Food Services goes, we must be ready to switch to a field feeding environment at any given moment. 8 Wing has two MKTs (Mobile Kitchen Trailers) that need to be maintained, kitted and ready to deploy at all times. Pictured conducting user maintenance is newly promoted Cpl Eric Doxsee, under the direction of MS Jamie Istead who has seven years field feeding experience coming from Petawawa. Cpl Doxsee has gained valuable knowledge of the MKT. He assisted in a complete strip and assembly of the trailer, even down to replacing the travel tarps. Wing Food Services will continue training on the MKT so we are prepared to provide service second to none.

8 WING AT FORMER GOVERNOR GENERAL'S FAREWELL PARADE

Photo: Sgt Serge Gouin, Rideau Hall



Fifty-two members of 8 Wing/CFB Trenton travelled to Ottawa, Ont. on Wednesday, September 29 to participate in the farewell parade for former Governor General and Commander in Chief of Canada, Michaëlle Jean. During the parade, she praised the men and women in uniform who stood before her, saying, "those who will forever be dear to my heart, women and men of every rank, and from every regiment, service and department within the Canadian Forces; I want to say thank you on behalf of all Canadians and people around the world whom you provide support." Maj Teresa Brown, Deputy Wing Logistics and Engineering Officer and guard commander for the Air Force contingent at the parade noted "The parade was a great success thanks to the dedication and professionalism of all the men and women in uniform in attendance. We at 8 Wing/CFB Trenton were all extremely proud to be a part of the ceremony."

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Looking for former CC-130 Hercules air and ground crew

2010 marks 50 years of CC-130 Hercules operations in Canada and 8 Wing/CFB Trenton is planning to honour this tremendous milestone.

If you are a former air or ground crew member who has served with the Canadian CC-130 fleet over the years, please contact Maj Bill Snyder at william.snyder@forces.gc.ca or call 613-392-2811 ext 2962.

Keep checking The Contact for news on upcoming anniversary events.



Photos: Contact archives



Search & Rescue Update



424 Squadron had four callouts this past week.

The Hercules was tasked to search for an overdue boat near Clyde River. The Hercules located the boat and established communications where it was determined that the boat was in no distress but was overdue because of engine trouble. The Hercules returned to base.

The Hercules was tasked for an ELT in the Midland area. The signal was homed to a float plane where no distress was observed. The Hercules was then re-tasked to search for a person in the water in Cooks Bay. The Hercules completed an extensive search and no person was found so the Hercules returned to base.

The Griffon and the Hercules were tasked in a combined search for a 75 year old male who was overdue from a fishing trip near Collingwood. The Griffon located the vessel along the shoreline and landed to determine if there was any distress. The 75 year old male was found deceased in his vessel and the scene was turned over to OPP. The Griffon and the Hercules both returned to base.

Until next week, stay safe!

Missions for 2010: 156 Missions for Sept: 122 Persons rescued: 11

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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

Public Affairs, Internal Comms: Captain Jennifer Jones
 CFN Manager: Andrea Steiner
 Assistant Editor: Amber Gooding
 Advertising Production : Adriana Sheahan
 Advertising Sales: Patricia MacKie
 Bookkeeper: Marilyn Miron
 Circulation: Russell Webster
 Translator/Proofreader: WO Louise Fagan
 PSP Manager: John Snyder



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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Letters to the Editor:

Internet: ANDREA.STEINER@forces.gc.ca

Intranet: 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.



A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



The Contact
 Wing Headquarters Building Annex
 8 Wing / CFB Trenton
 PO Box 1000, Station Forces
 ASTRA, ON K0K 3W0

Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490
 Advertising: 613-392-2811 Ext. 7008

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 (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

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

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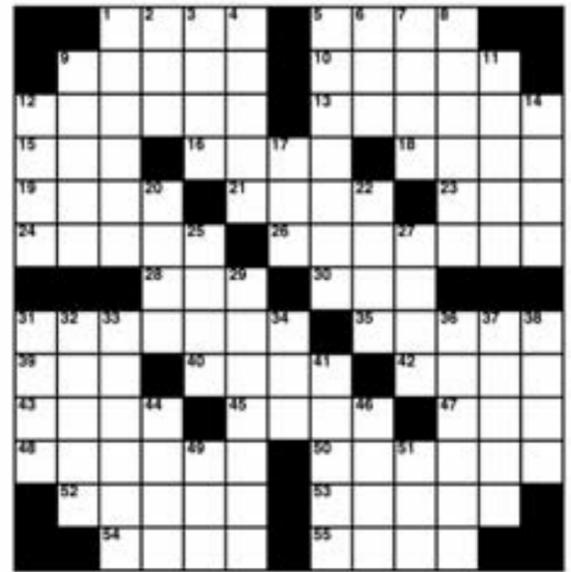
By Bernice Rosella and James Kilner

ACROSS

- Daddy
- Make bread
- Hair descriptor
- Combine
- Menace
- Stringed instrument
- Atmosphere
- Ubiquitous biscuit
- Irish Free State
- Baseball's Slaughter
- Lignite or Anthracite
- Spanish soldier
- Water lily
- Total receipts
- Eng. conditioner
- Acronym for a banned insecticide
- One who tests and evaluates
- Golfer's quest
- Hill critter
- Larger than life
- City of ancient Greece
- Novice
- Partner, slangily
- Yours and mine
- Scattered
- Divination
- Duvet down source
- Clangorous
- No no no
- Serf (OE)

DOWN

- Imitator
- Latin for hail
- Bartlett or Bosc
- Prank
- One who feeds on others' misfortunes
- Black cuckoo
- Write a bad cheque
- Morality
- Odd-toed ungulate
- Weird
- Chinese weight unit
- Left leaners
- Clothe
- Ganges River dolphin
- Mineral vein
- Eye ailment
- An S. Crosby or J. Francis concern
- Hot seasonings
- Grub
- Slyly and persistently criticize
- Use a sieve
- Coastal feature
- One who bitterly complains
- Gloomy
- Eagles roost
- Bow the neck for a better view
- Church publication
- Pairs
- Observe
- Martini ingredient



See Answers, Page 22



This Week in Contact

1980 – CFB Trenton Amateur Radio Club – A meeting will be held at the Base Broadcast club, Bldg 74 SS at 1900 hrs 8 Oct 80 for all persons who are interested in becoming members of the newly created CFB Trenton Amateur Radio Club.

1990 – MSE Safety – A recent study showed that the general standard of road sense and behaviour among children is poor and there is widespread failure to observe safety rules. Many of the youngsters observed selected unsafe places to cross the street, more than half crossed without looking and nearly half were running.

2000 – Labrador brings 12 people to safety – Despite adverse weather conditions, an 8 Wing Labrador helicopter brought 12 people to safety last Tuesday, Sept 26 after the group spent a two-day ordeal in the eastern region of Hudson Bay.

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



Ad Astra Stone Dedication Ceremony, Continued from Page 1

Force continue to honour the pioneers who opened our skies (...) Thanks to their tremendous dedication and ability to go from vision to reality, the sky is no longer the limit."

8 Wing Chaplain James Craig dedicated the stones laid in the park between August 2009 and August 2010, and gave a blessing over all the stones that have been placed since the program's inauguration in 1996.

Following the blessing was a minute of silence, ending in the roar of a CC-130 Hercules fly-past.

As a symbol of the desire for all aviators to make their way home safely, a white dove was released by Air Cadet Jessica Sagile.

The dove, a trained racing pigeon, circled the crowd briefly and then fled off towards her home. The ceremony concluded with a benediction by the 8 Wing Chaplain and the National Anthem.

NAFMC Executive Director Chris Colton was pleased to note that even

the forecast of inclement weather did not keep the crowds from attending the annual ceremony.

"It was very satisfying to receive so many positive comments on the ceremony and expressions of gratitude for the opportunity to gather with friends and family and remember Air Force veterans both past and present."

The Ad Astra Program was introduced in 1996 and has proven to be enormously popular and successful.

Individual stones are made of granite and bear the engraved inscription "Ad Astra" (to the stars), the Air Force Roundel, and the name, hometown, province and dates of birth and death of the person honoured.

Stones can be purchased through the museum for \$150, in honour of any person who has served or is serving in the Canadian Air Force, their spouse, or a Canadian citizen who has or is serving with an allied force in an air force capacity.



Photos: MCpl James Carrey, 8 Wing Imaging



Above: The 8 Wing Pipes and Drums march past during the 15th Annual Ad Astra Stone Dedication Ceremony. The ceremony (which is also the "Roots" of Canada's Air Force - Generations of Duty and Pride Past, Present and Future), took place on September 25, 2010 at the National Air Force Museum of Canada's RCAF Memorial Airpark.



Middle: The Flags are marched past during the 15th Annual Ad Astra Stone Dedication Ceremony.

Bottom: Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, salutes as this year's Ad Astra Stone Dedication Ceremony wraps up.



Far left: A young MWO Air Cadet from 704 Air Force City releases a white dove during the Annual Ad Astra Stone Dedication Ceremony.

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Canada's new Governor General: His Excellency the Right Honourable David Johnston

by His Excellency the Right Honourable David Johnston, C.C., C.M.M., C.O.M., Governor General and Commander-in-Chief of Canada

Sworn in on October 1, 2010, His Excellency the Right Honourable David Johnston is the 28th governor general since Confederation. Here is his installation speech.

I begin by saying thank you to Her Majesty the Queen, the Prime Minister and the Canadian people for this call to service. My wife and I accept it with joy—as we contemplate the role of Canada in the years ahead—and with gratitude at the opportunity to serve as the Queen's representative in Canada.

Less than a month ago, Sharon and I visited Her Majesty The Queen and His Royal Highness The Duke of Edinburgh at Balmoral, Scotland, for an amazing visit. And we were treated—so warmly—like family.

I would also like to pay tribute to my predecessors, including the remarkable women The Right Honourable Jeanne Sauvé and The Right Honourable Adrienne Clarkson, who won the love and respect of all Canadians as they carried out their duties. On behalf of the Canadian population, allow me to warmly thank my immediate predecessor The Right Honourable Michaëlle Jean for her remarkable work.

Finally, I salute the women and men in our Armed Forces. I am honoured to become your Commander-in-Chief. I would also like to recognize the efforts of those military women and men who are working so hard to help the people of Newfoundland and Labrador to rebuild their communities after the recent hurricane.

As we look forward to celebrating our 150th birthday seven short years from now, what will our nation look like and how will we get there?

Two Latin words capture our challenge succinctly—Contemplare Meliora—to envision a better world. They mirror the motto of the Order of Canada – “they desire a better country”.

To help us with our vision for 2017, turn back the clock 400 years to the first Governor of what we now call Canada—Samuel de Champlain. David Fischer, the Pulitzer Prize-winning historian, has written a book called Champlain's Dream. In it, he contends that Champlain was misunderstood. Champlain is remembered as a great explorer and a warrior. But Fischer portrays him as a man of peace, tolerance, inclusiveness and innovation, and a builder of permanent societies. This was Champlain's dream for a new order in a new world. So many of those characteristics are present in the Canada of 2010.

We are a Smart and Caring Nation.

A nation where all Canadians can grow their talents to the maximum.

A nation where all Canadians can succeed and contribute.

But there is much work to be done to fully achieve our vision of a Smart and Caring Nation. I believe it is essential to support families and children, to reinforce learning and innovation, and to encourage philanthropy and volunteerism.

As many of you know, I have spent much of my career in the university world. As an educator and administrator, I have been privileged to spend much of

my life around students, and I've often felt that I have learned from them. In my new role, I hope to work to serve as a bridge to the next generation.

My first pillar will be supporting families and children.

I would like to first tell you a bit about my own family.

I was Sharon's first date when she was 13, in her first year at Sault Ste. Marie Collegiate Institute. Forty-six years of marriage later she is my best friend, my inspiration, and the wind beneath my wings.

We have five daughters, Deb, Ali, Sharon Jr., Jen and Sam, and all of them are in public service. And we have seven grandchildren, our miracles, who bring us great happiness.

All the important things in life I have learned from my children. And now I am following them into the public service.

Let me add that we lived in Montréal for two decades. We have come to love the French culture and language and we consider them a national treasure.

We are looking forward to meeting Canadian families from all walks of life, all backgrounds and hearing their stories about what Canada means to them and how they see Canada in 2017 and beyond.

We are looking forward to meeting families with sons and daughters who have served in Afghanistan. And we join in the sorrow of those families whose loved ones have made the ultimate sacrifice in serving their country. Our veterans have paid heed to the call to service, and have made our country proud. And my wife and I intend to be with them every step of the way.

We are looking forward to meeting Aboriginal families and children and learning from them. We all have much to learn from First Nations, Inuit and Métis cultures. We are excited about being able to share in this vital part of our collective history.

And we are looking forward to meeting families who have chosen Canada as their home, determined to provide a brighter future for their children.

We know that Canada will be one of the most diverse countries in the world by 2017.

And I am firmly convinced that all of these families, no matter where they live or what their background is, will have more in common than not. Each family brings new patterns to the varied Canadian tapestry and enriches it by their presence.

My second pillar will be reinforcing learning and innovation.

We need to ensure that all Canadians have equal access to education and the opportunity to reach their full potential.

These opportunities must be available in both of our official languages. Our linguistic duality is a precious asset and contributes to our strength as a nation. I salute the Francophone and Acadian communities who continue to innovate, and find ways to ensure that French continues to thrive across the country.

I look forward to learning from Canadians as I visit their communities.

Anyone who has achieved any degree of success and been placed in a leadership position can point to dozens of teachers, mentors and coaches who have made them better persons along the way. In my case, they number in the hundreds.



Photo: Sgt Serge Gouin, Rideau Hall

His Excellency the Right Honourable David Johnston, C.C., C.M.M., C.O.M., became the 28th Governor General of Canada on October 1, 2010.

During my term, we will find ways to properly recognize our teachers who are responsible for our intellectual development. If there is one trumpet call from my remarks today let it be “Cherish Our Teachers”.

I have always had great admiration for the teachers and educators of this country.

As we consider our vision for 2017, I ask “Can we have equality of opportunity and excellence too?” I believe that no nation in history has worked harder than Canada to ensure equality of opportunity. How do we square that with excellence as well? For me, the answer is through our public educational system which is the most inclusive in the world.

How do we ensure accessible education for all so that all Canadians can realize their full potential? And how do we reconcile universal access with stellar achievement? And how do we continue to innovate in order to compete with the world's best? Innovation at its simplest is crafting a new idea to do things better. Innovation embraces both technological and social innovation. We want the same continuing commitment to excellence in our learning and research institutions that we saw in our Canadian athletes who brought us a record 14 gold medals at the 2010 Winter Games, we need the kind of innovation that has made “BlackBerry” a household expression. We want to emulate our Olympic and Paralympic athletes by constantly striving for excellence in all that we do.

We want to be the Smart and Caring Nation; a society that innovates, embraces its talent and uses the knowledge of each of its citizens to improve the human condition for all.

When we set our sights together, we can do better and inspire each other to achieve great things.

My third pillar will be encouraging philanthropy and volunteerism.

Canadians have a long history of coming together and helping one another. The importance of community can be seen across the country, in our rural communities, and in our cities and towns, such as the ones I grew up in, Sudbury and Sault Ste. Marie.

I see examples of this “coming together” in the farming neighbourhood where we live. A Mennonite barn-raising with people gathering on the scaffold of a new barn bringing their diverse talents and energy to help a neighbour in need.

I think of Rick Hansen, who this past March marked the 25th anniversary of the day he began his Man in Motion World Tour, and he continues to inspire

Canadians everywhere.

And just two weeks ago, millions of Canadians across the country came together to honour the spirit and the achievements of Terry Fox, and the 30th anniversary of his run underscores how Canadians have embraced his cause. In his introduction to his book Terry, Douglas Coupland recalls seeing the thousands upon thousands of names of everyday Canadians in the Fox archives and writes “Collectively, those names testify to something divine—our nation, our home and our soul.”

Examples of generosity and charity abound across this great land.

We create our families and promise a better life for our children, we energetically develop our individual talents, collaborate to magnify them and improve the health and prosperity of our families and communities across the land, and we care about our neighbours.

We will continue to foster and instil the importance of being a generous and caring nation, an idea cherished by Canadians of all backgrounds and all ages.

The 150th anniversary of Confederation in 2017 will reinforce Canadians' sense of pride and engage all citizens.

Service to country shaped us, service to family and community sustains us, and this tradition of service will carry us forward into the future.

I am looking forward to meeting and serving Canadians, coming to their communities. I am truly honoured by this call to service.

I recall the closing lines of my predecessor, General The Right Honourable Georges P. Vanier's inaugural address: “In our march forward in material happiness, let us not neglect the spiritual threads in the weaving of our lives. If Canada is to attain the greatness worthy of it, each of us must say, ‘I ask only to serve.’”

In Canada where we work together, putting aside our differences and assisting those among us who needed a helping hand, we have built a society that is the envy of the world.

I see my role as a bridge in bringing people of all backgrounds and ages together to create a Smart and Caring Nation, a nation that will inspire not just Canadians but the entire world.

Let me end with a quote from George Bernard Shaw:

“Some people see things as they are and wonder why. We dream of things that ought to be and ask why not.”

SPORTS & RECREATION

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 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.

Noon Hour Hockey: Start date postponed

The start of the Noon Hour Hockey League (NHL) has been postponed until Monday, October 18, 2010 due to the inadequate numbers of registered players.

Registration for the NHL is \$80.00 per player.

Player registration for the NHL is ongoing at the Gymnasium Main Office, Monday to Friday from 0800 to 1130 and 1300 to 1530 hrs.

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

8 Wing/CFB Trenton hockey officials needed

Hockey Officials posted in looking to officiate are asked to contact Sergeant Rob Vanmeer at local 3553 or Sergeant Paul Hannaberry at local 3413.

Anyone interested in officiating can register for OMHA referee schools coming up in Trenton, Belleville, and Kingston after Thanksgiving.

For further information on the hockey school, please contact Sgt Vanmeer at loc 3553 or Sgt Hannaberry at local 3413.

2010 CF Sports Award Ceremony

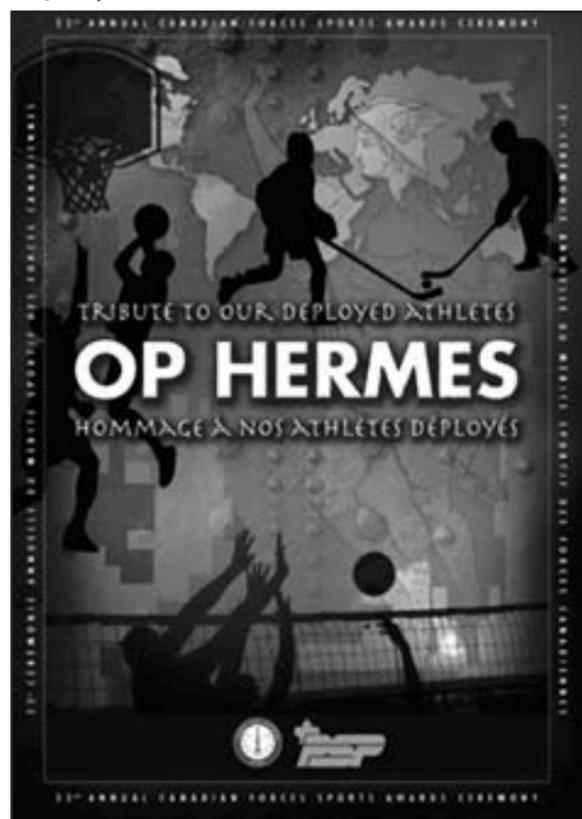
"Tribute to our deployed athletes - OP HERMES"

The 22nd Annual CF Sports Awards ceremony, to be held November 6 at the National Gallery of Canada in Ottawa, will honour CF teams, athletes, coaches and officials, and pay tribute to CF Sports Hall of Fame inductees.

This year's theme, *"Tribute to Our Deployed Athletes - Op HERMES"*, focuses on the dedication and achievements of our CF athletes while deployed in various operations around the world.

Having to balance the numerous aspects of their work, the realities of the operational setting, and the stress of being away from home and family, can be daunting tasks for CF personnel.

The benefits of sport and fitness contribute to the operational readiness and effectiveness of CF personnel.



Visit www.cfsportsawardsceremony.ca.

**Op HERMES is a CFPFSS op, not DND/CF.*

Cérémonie du mérite sportif des forces canadiennes 2010

« Hommage à nos athlètes déployés - Op HERMES »

La 22e Cérémonie du mérite sportif des FC, qui aura lieu le 6 novembre 2010 au Musée des beaux-arts du Canada, à Ottawa, honorerà les équipes, les athlètes, les entraîneurs et les officiels des FC et rendra hommage aux personnes intronisées au Temple de la renommée des sports des FC.

Le thème de cette année, « Hommage à nos athlètes déployés - Op HERMES* », met l'accent sur le dévouement et les réalisations des athlètes des FC participant à des opérations d'un bout à l'autre

du monde. Il n'est pas facile pour les militaires de concilier les nombreux aspects de leur travail, les réalités du milieu opérationnel et le stress causé par la distance qui les sépare de leur maison et de leur famille. Les bienfaits des sports et du conditionnement physique contribuent à l'état de préparation et à l'efficacité opérationnelles du personnel des FC.

Visitez le www.ceremoniemeritesportif.ca.

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Take a stand against family violence

Submitted by
8 Wing Health Promotion

Family violence is a broad term that encompasses all forms of abuse of power within a relationship of family, kinship, trust, dependency or intimacy.

Violence is not a loss of control. It's an attempt to gain control.

Family violence can include many forms of abusive behaviour, e.g., physical abuse, emotional/psychological abuse, criminal harassment, neglect, financial exploitation, spiritual abuse, destruction of property, injury to pets, physical assault, sexual assault and homicide.

Persons in an abusive situation may be subjected to more than one form of abuse.

Family violence is a complex issue

with no known single cause.

Certain risk factors have been identified which may contribute to family violence however risk factors alone do not cause family violence.

Many experts in the area of family violence believe that violence is a learned behaviour which is reinforced by society.

The CF has taken a proactive stance in dealing with this complex issue, and is committed to preventing violence through education and understanding of issues relating to family violence.

Family violence shall not be tolerated and any allegation or suspected incident of family violence within the Canadian Forces shall be taken seriously and dealt with in an effective and timely manner in accordance with DAOD 5044-4.

Prenez position contre la violence en milieu familial

La « Violence familiale » est un terme vaste qui englobe toutes les formes d'abus de pouvoir dans les relations intimes, familiales, de confiance ou de dépendance.

La violence n'est pas une perte de contrôle, c'est une prise de contrôle.

La violence familiale peut prendre nombre de formes de comportements violents telle que les sévices corporels, les mauvais traitements affectifs ou psychologiques, le harcèlement criminel, la négligence, l'exploitation financière, l'abus spirituel, la destruction de la propriété, les blessures infligées aux animaux domestiques, les agressions physiques, les agressions sexuelles et l'homicide.

Les personnes aux prises avec une situation de violence peuvent être soumises à plus d'une forme d'abus.

La violence familiale est un problème complexe qui n'a pas qu'une seule cause

connue.

On a cerné certains facteurs de risque qui peuvent en partie la causer. Cependant, les facteurs de risque à eux seuls ne provoquent pas la violence familiale.

Nombre de spécialistes du domaine croient que la violence est un comportement acquis qui est renforcé par la société.

Les FC ont adopté une position proactive pour gérer ce problème complexe, et elles sont déterminées à prévenir la violence grâce à l'éducation et en faisant preuve de compréhension face aux questions liées à la violence familiale.

La violence familiale ne doit pas être tolérée, et toutes les allégations ou tous les cas présumés de violence familiale au sein des FC doivent être pris au sérieux et traités efficacement et rapidement, conformément à la DOAD 5044-4.

IF YOU ARE EXPERIENCING OR WITNESSING FAMILY VIOLENCE...SEEK HELP!

8 WING CONTACT INFORMATION: 613-392-2811

Family Violence Crisis Team: x4320/613.955.8891	Military Family Resource Centre (reception): 613.965.3575
Mental Health Services: x3651	On Duty MO or Padre (after hours): x2219 / x3316 / 0
Member Assistance Program: 800.268.7708	Health Promotion: x3767

COMMUNITY CONTACT INFORMATION

Crisis Intervention Services: 613.962.7227	Victim Services: 866.680.9972
Trenton Mental Health Services: 613.394.1655	Children's Aid Society: 13.962.9291
Three Oaks Women's Crisis Line: 613.966.3074	Open Line Open Mind: 613.310.OPEN (6736)
SupportLink and Victim Quick Response: 877.354.4151	Sexual Assault Centre for Quinte and District Crisis Line: 613-967-6000
	Kids Help Phone: 800.668.6868

SI VOUS ÊTES VICTIME DE VIOLENCE FAMILIALE OU QUE VOUS EN ÊTES TÉMOIN... DEMANDEZ DE L'AIDE!

PERSONNES-RESSOURCES À LA 8^E ESCADRE : 613-392-2811

Équipe d'intervention en cas de crise familiale : x4320 /613-955-8891	Centre de ressources pour les familles des militaires (réception) : 613-965-3575
Services de santé mentale : x3651	Médecin militaire ou aumônier de garde (après les heures) : x2219 / x3316 / 0
Programme d'aide aux membres des FC : 800-268-7708	Programme de promotion de la santé : x3767

PERSONNES-RESSOURCES DANS LA COMMUNAUTÉ

Services d'intervention en situation de crise : 613-962-7227	victimes : 877-354-4151
Services de santé mentale de Trenton : 613-394-1655	Société d'aide à l'enfance : 613-962-9291
Numéro de téléphone de Jeunesse, J'écoute : 800-668-6868	Programme d'aide aux victimes : 866-680-9972
Ligne d'écoute téléphonique pour femmes <i>Three Oaks</i> : 613-966-3074	<i>Open Line Open Mind</i> : 613-310-OPEN (6736)
<i>SupportLink</i> et Programme d'intervention rapide auprès des	Ligne d'écoute téléphonique du centre d'aide aux victimes d'agression sexuelle Quinte and District : 613-967-6000

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NEW PATIENTS WELCOME!



8 ACCS nationally commended for support to operations

by Major Cathy Blue
Commanding Officer, 8 ACCS

On August 30, 2010, 8 Air Communication and Control Squadron (8 ACCS) was recognized with a CF Unit Commendation for *demonstrating outstanding levels of teamwork, dedication and professionalism to ensure complete success of the Olympic Winter Games and of the Humanitarian Relief effort in Haiti.*

The commendation was awarded by General Walter Natynczyk, Chief of the Defence Staff, during a ceremony held within the Squadron's main hangar.

Flexibility is the key to Air Power and over the period of January – March 2010, about 40 members (nicknamed "Gypsies") of 8 Air Communication and Control Squadron (8 ACCS) leaned forward to display that flexibility in the largest operational deployment in the Squadron's history, simultaneously deploying to Operations PODIUM and HESTIA.

For over 41 years, 8 ACCS has delivered deployed Air Traffic Control and Communication Information Systems support to the Air Force and the Canadian Forces throughout Canada and around the world.

The Squadron spent over 18 months preparing for its new role in low-level air surveillance for the Olympic Games while continuing to support Canadian Forces and Air Force deployments in the Arctic and throughout North America. Most personnel were on pre-deployment leave for Op PODIUM, CF support to the Vancouver 2010 Olympic Games, when the earthquake struck Haiti on 13 January 2010.

The Squadron was immediately tasked to provide a Communication and Information System Detachment sup-

porting tactical air communications and national rear link to the flying operations at Port-Au-Prince International Airport.

In typical "Gypsy" fashion, Squadron personnel immediately responded to the crisis as a cohesive team. Personnel returned to the unit from pre-deployment leave to engineer and prepare the necessary equipment to support the team preparing for the Haiti deployment. Within 48 hrs, the equipment and personnel were cleared, tested, packed and ready to deploy.

On 18 January 2010, 8 ACCS simultaneously deployed teams to OP PODIUM and OP HESTIA and the Squadron's largest historical deployment was about to expand further. Immediately after the teams deployed, 8 ACCS was tasked to rework its operational plans for Op PODIUM to allow the re-tasking of equipment and personnel from Op PODIUM to OP HESTIA in order to support the opening of the airport in Jacmel, Haiti, to facilitate earthquake relief efforts.

Again, the Gypsies pulled together and mounted a plan to absorb the equipment and personnel losses in Vancouver ensuring negligible impact to the Air Force's mission at the Olympic Games. Within days, the re-tasked equipment and personnel were deployed to Jacmel.

As a testament to the speed and flexibility that the Squadron demonstrated during this period – just six hours after the notification that the Jacmel Airport was to be opened, 8 ACCS had deployed the first member of the detachment to the site and a short 24 hours later, the airport had full runway lighting and tactical air communications capability.

"It was with a great deal of pride that the 8 ACCS command team watched the national news coverage of the lights com-



Photo: Cpl Deics, 8 Wing Imaging

Chief Warrant Officer André St-Jean (left), Squadron Warrant Officer and Major Cathy Blue, Commanding Officer (right), raise the Canadian Forces Commendation flag on display at headquarters, 8 ACCS.

ing on in Jacmel," said Master Warrant Officer Jamie Marshall, Acting Squadron Chief Warrant Officer. "We thought to ourselves, 'the Gypsies did that.'"

At the height of the time period, over 80 per cent of Squadron personnel were deployed, supporting six full lines of operation, in two separate and diverse theatres.

As the Squadron's Commanding Officer, it was an amazing honour to accept the Commendation on behalf of the Squadron of elite and dedicated personnel, and to have it awarded where it all happens was a wonderful touch. Through that time period, 8 ACCS lived up to its motto: *Showing the Way*, in spades.



General Walter Natynczyk, Chief of the Defence Staff presented a Canadian Forces Unit Commendation to 8 ACCS on August 30, 2010. Gen Natynczyk (left), Chief Petty Officer 1st Class Robert Cleroux, Canadian Forces Chief Warrant Officer (right) and 8 ACCS Honorary Colonel Maureen Piercy are pictured here with members of 8 ACCS.

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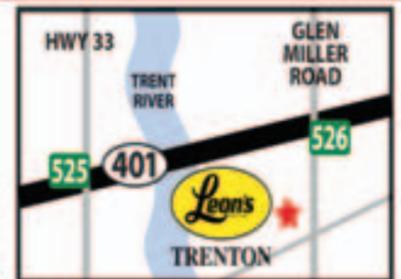
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<p>08 GMC SIERRA SLT</p>  <p>P11757 271, 4X4! Per heated leather memory seats! Per sunroof! 20" Alloy wheels! 5.3L V8, Crew cab, short bed with bed liner, trailer hitch, chrome step bars, park aid, factory remote start, wood grain trim, dual climate controls, traction control, steering wheel control, OnStar, pwr pedals, air, cruise, tilt, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, only 45,000kms.</p> <p>\$29,995</p>	<p>07 GMC CANYON SLE</p>  <p>P11785 271, 4X4! Chrome wheels! 3.7L V5, Crew cab, bed liner, trailer hitch, chrome step bars, cruise, tilt, air, satellite radio, CD/MP3, pwr mirrors, locks, windows, keyless entry, 77,000kms.</p> <p>\$18,495</p>	<p>08 CHEV SILVERADO 1500</p>  <p>P11561 4.8L V8, Automatic, 2 dr, steering wheel controls, tilt, air, AM/FM/CD, keyless entry, only 43,000kms.</p> <p>\$15,495</p>	<p>08 CHEV SILVERADO 1500 LT</p>  <p>P11828 4X4! 20" Alloy wheels! Integrated brake controller! 5.3L V8, Extended cab, short bed, bed liner, rear sliding window, flex fuel, factory remote start, steering wheel controls, traction control, dual climate controls, OnStar, air, tilt, cruise, satellite radio, CD, pwr windows, mirrors, locks, keyless entry, only 48,000kms.</p> <p>\$24,995</p>
<p>07 GMC SIERRA 1500 SLE</p>  <p>P11682 4X4! 20" Alloy wheels! 5.3L V8, Extended cab, short bed, bed liner, factory remote start, trailer hitch, OnStar, steering wheel controls, dual climate controls, tilt, cruise, air, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 41,000kms.</p> <p>\$22,995</p>	<p>10 FORD F150 XLT</p>  <p>D11622 4X4! Alloy wheels! 4.6L V8, Crew cab, short bed, air, tilt, cruise, steering wheel controls, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 31,000kms!</p> <p>\$26,995</p>	<p>07 GMC SIERRA 1500 SLT</p>  <p>P11625 4X4! Per sunroof! Per heated leather memory seats! 20" Alloy wheels! 5.3L V8, Crew cab, short bed, tonneau cover, bed liner, trailer hitch, chrome step bars, OnStar, wood grain trim, park aid, pwr pedals, steering wheel controls, tilt, air, cruise, satellite radio, TV/DVD, pwr locks, mirrors, windows, keyless entry, 45,000kms.</p> <p>\$27,495</p>	<p>07 GMC SIERRA SLT</p>  <p>P11603 4X4! 20" Alloy wheels! Per sunroof! Per heated leather memory seats! 5.3L V8, Crew cab, short bed, bed liner, trailer hitch, chrome step bars, pwr rear sliding window, wood grain trim, OnStar, dual climate controls, steering wheel controls, satellite radio, CD, traction control, pwr mirrors, windows, locks, keyless entry, 58,000kms.</p> <p>\$27,695</p>
<p>07 GMC SIERRA 1500 SLT</p>  <p>P11652 4X4! Per heated leather seats! Per sunroof! 20" Alloy wheels! 5.3L V8, Crew cab, short bed with bed liner, trailer hitch, wood grain trim, flex fuel, park aid, pwr pedals, factory remote start, OnStar, steering wheel controls, traction control, tilt, air, cruise, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, only 35,000kms!</p> <p>\$28,995</p>	<p>09 GMC SIERRA 2500HD SLE</p>  <p>P011487 4X4! Chrome wheels! 6.0L V8, Crew cab, short bed, bed liner, trailer hitch, traction control, dual climate control, OnStar, steering wheel controls, traction control, cruise, air, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 25,000kms!</p> <p>\$31,995</p>	<p>08 GMC SIERRA 1500 SLT</p>  <p>P11588 4X4! 20" Alloy wheels! Per heated leather memory seats! Per sunroof! 5.3L V8, Crew cab, short bed, tonneau cover, chrome step bars, trailer hitch, flex fuel, steering wheel controls, dual climate controls, OnStar, cruise, air, tilt, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, 72,000kms.</p> <p>\$26,995</p>	<p>07 CHEV SILVERADO 2500HD LTZ</p>  <p>P11602 271, 4X4! Per heated leather memory seats! Per sunroof! Spray in bed liner! Integrated brake controller! 6.0L V8, Crew cab, short bed, rear sliding window, chrome step bars, trailer hitch, OnStar, wood grain trim, park aid, pwr pedals, factory remote start, alloy wheels, steering wheel controls, dual climate controls, satellite radio, TV/DVD, air, cruise, tilt, pwr mirrors, windows, locks, keyless entry, 71,000kms.</p> <p>\$31,495</p>



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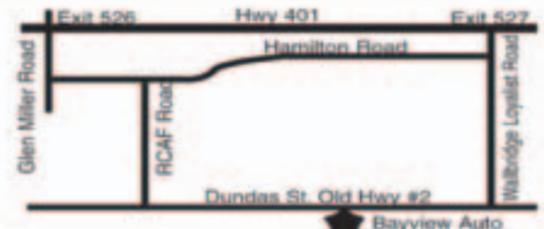
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424 Squadron member Nationally Recognized for Leadership



Photo: Kim Fauteux, National Search and Rescue Secretariat

Master Warrant Officer Eric Larouche from 424 Transport and Rescue Squadron accepts the 2010 SARSCENE Award of Excellence for Leadership from Ms. Geraldine Underdown, Executive Director of the National Search and Rescue Secretariat in recognition of his outstanding contribution to search and rescue response and prevention in Canada. The award was presented at a banquet held September 27 during the SARSCENE conference in Montreal, Quebec.

The Award of Excellence for Leadership recognizes those who have distinguished themselves as leaders or outstanding advocates for search and rescue, either locally, nationally, or internationally.

Each year the National Search and Rescue Secretariat (NSS) organizes a national search and rescue education event (SARSCENE) as a key, core element of the National Search and Rescue Program whose purpose is to improve search and rescue response, prevention, education and technology. SARSCENE is also held in conjunc-

tion with projects funded by the SAR New Initiatives Fund, and features presentations from Canadian and international experts, SAR exhibitors, a media day, SAR games and the SAR Awards of Excellence Banquet.

2010 marked the 18th annual national outreach assembly of search and rescue providers from all agencies and jurisdictions across the country and internationally with search and rescue response and prevention responsibilities.

For more information please visit <http://www.sarscene.ca/>

WRITE TO THE TROOPS

MORALE BY MESSAGE BOARD!

The men and women of the Canadian Forces have demonstrated time and again that they will rise to any challenge.

Let your Canadian Forces members know you appreciate their service by sending a message using the monitored message board available at www.forces.gc.ca/site/commun/message/index-eng.asp.

Canadian Forces Morale Mail: The Morale Mail service provides families and friends within Canada a cost-free alternative to using Canada Post to send care packages to those serving at a CF deployed operation.

Morale Mail can be dropped off typically at a Base or Wing Military Family Resource Centre, Mail Room, or Military Post Office.

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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.

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.

Quinte West Annual Fire Truck Pull

Saturday October 16th, 1-4pm
Centennial Park 1.00pm
Arena parking lot

This event is to raise funds for two not-for-profit Organizations Coats for Kids and Special Olympics. Teams of 10 pull a fire truck a pre-determined distance your team needs to have at least 3 women. Each team pulls the fire truck at least 2 times. The team with the fastest time wins. A registration fee of \$100.00 per team to participant, and we are asking that each member of your team raise \$50.00 in pledges. Registration sheets are available at Fire Station #1 or call 613-392-9991. If you are interested in putting in a team please call to pre-register your team before Oct. 9th. If you're unable to get a team together come out to our BBQ, watch the event and have a good time. BBQ starts at 11:30am and the event starts at 1:00pm

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

Play-Doh Presents Treehouse Live!

Featuring...Toopy and Binoo!
Thursday, October 21 at 2 p.m. and 6:30 p.m.
Quinte Mall, near Old Navy.
Join your favourite Treehouse characters for a LIVE 30 min show!
Don't forget your camera!

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.

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.

FRANCO-PHARE CALENDRIER OCTOBRE 2010 FRANCO-PHARE CALENDAR OCTOBER 2010

Le 15 octobre : Soirée cinéma pour les adultes à 19h au local du Franco-Phare.
October 15 : Movie night for the adults at 7:00 p.m. at the office of the Franco-Phare.

Le 23 octobre : Mme Claudine raconte.. 10h à 11h pour les enfants 4 à 7 ans au local du Franco-Phare
October 23 : Reading of the tale at 10:00 to 11:00 a.m. at the office of the Franco-Phare.

Le 25 octobre : Journée ciné-pédago de 13h à 15h au local du Franco-Phare.
October 25 : PDA movie at 1:00 to 3:00 p.m. at the office of Franco-Phare.
Le 29 octobre : Soirée des ados "Rock'N'Bowl" 10 à 13 ans 19h au local du Franco-Phare.
October 29 : Kid's night "Rock'N'Bowl" 10 to 13 years old at 7:00p.m. at the office of Franco-Phare.

Le 30 octobre : Soirée halloween pour les adultes à 20h au mess des adjudants et sergents, 8\$ par couple et 4\$ par personne, inscription au 613-955-8837
October 30 : Halloween night for adults at 8:00 p.m. at the WO/SGT'MESS, \$8 for a couple and \$4 per person, registration at 613-955-8837.

*Club de marche - vérifier les date sur notre site web www.franco-phare.ca
Walking Club - Check our website www.franco-phare.ca for all the dates*

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 (Starting September 22nd)
Wednesday: 12:00-2:00pm (FREE SKATE)
Sunday 2:00-3:30pm

Trenton Arena (Starting September 18th)
Tuesday: 1:00-2:15pm (FREE SKATE)
Saturday: 8:00-9:00pm
Sunday: 12:00-1:30pm



FAMILY



Baker's Clay Beads



This activity is great for children four and older due to the need for fine motor control.

This is a great activity when the kids are at home for a few days since it requires time to make the beads, bake them and paint them.

You will need: Four cups all-purpose flour, unsifted; one cup salt; 1 1/2 cups water; utensils to have ready: rolling pin, blunt knife, fork, toothpicks, and a pencil.

Instructions: Mix salt and flour in bowl.

Add water, mixing with fingers. If clay is too stiff, add a little more water.

When mixed, take clay out of bowl and

knead for about 4 to 5 minutes.

Roll clay into snake shape pieces, cut into half-inch shapes and pierce with a pencil. Place on baking trays.

Bake in moderate oven (about 325°F or 160°C) at least one hour.

Beads can be coloured with paint and made more durable by painting with clear gloss enamel or polyurethane.

*Children can thread beads on a string or piece of yarn to make a bracelet or necklace.

Enjoy this more with Comfort, Play and Teach™:

COMFORT

Spending time with your child making the beads makes your child feel loved.

PLAY

Once the beads are

made, so many things can be made.

Both of you can use your imagination to think about what you will make with the beads.

Don't limit yourself to jewellery. Think about games you can create and how the beads can be used for pieces. Or, think about gift ideas.

TEACH

Any activity that involves mixing is a great "teach" moment.

Talking to your child about the different ingredients, their qualities and what happens when they are put together are just a few of the things you can explore.

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

All text by Invest in Kids. investinkids.ca

Meatime.org Golden Potato Salad

Ingredients:

For the Creamy Harvest Dressing:

- 1 can (about 15 ounces) sweet potatoes or yams in light syrup, drained
- 1 slice yellow onion, 1/2-inch thick
- 3/4 cup apple juice
- 1/2 cup orange juice
- 1/4 cup red-wine vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon pumpkin-pie spice
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon dried thyme
- 2 tablespoons chopped, flat-leaf (Italian) parsley

For the salad:

- 3 pounds Yukon gold potatoes, washed, cut in 1 1/2-inch chunks
- 1 small red onion, finely chopped
- 3 ribs celery, peeled and finely diced
- 2 bacon strips, cooked crisp, fat drained and crumbled

Preparation: To make the dressing, purée all of the dressing ingredients, except for the parsley, in a blender or food processor until smooth; stir in the parsley. Boil the potatoes in a large pot of water until tender, about 15 minutes; drain. While still hot toss the potatoes, onion, celery, bacon and the dressing prepared before; set aside to cool. Serves: 12

Nutritional Information Per Serving: Nutrition Information for Dressing Per Serving: Calories 50; Total fat 0g; Saturated fat 0g; Cholesterol 0mg; Sodium 95mg; Total carbohydrate 12g; Fibre 1g; Protein 1g; Vitamin A 70 per cent DV; Vitamin C 15 per cent DV; Folate 2 per cent DV; Calcium 2 per cent DV; Iron 2 per cent DV; Potassium 3 per cent DV.

Nutrition Information for Dressed Salad Per Serving: Calories 160; Total fat 1g; Saturated fat 0g; Cholesterol 0mg; Sodium 135mg; Total carbohydrate 36g; Fibre 3g; Protein 3g; Vitamin A 70 per cent DV; Vitamin C 30 per cent DV; Folate 6 per cent DV; Calcium 2 per cent DV; Iron 6 per cent DV; Potassium 15 per cent DV.

WHAT'S THE DIF ?

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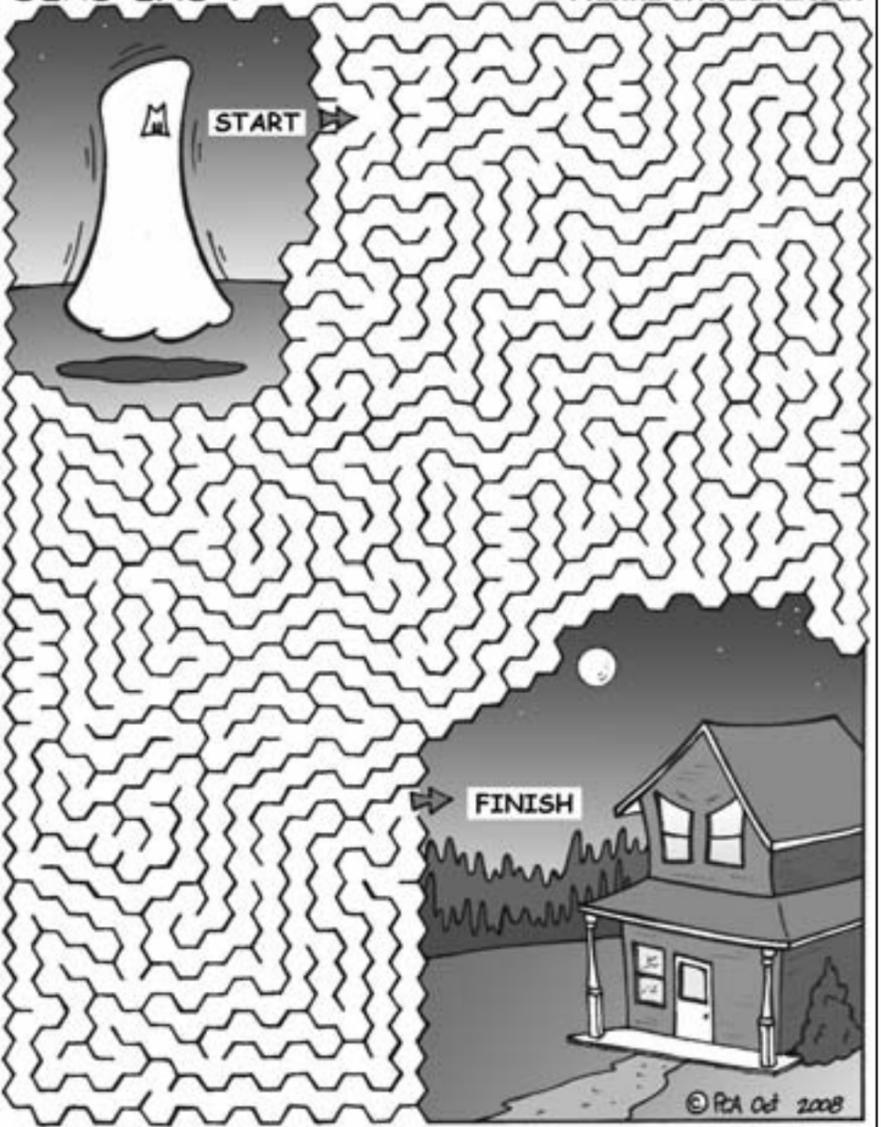
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ANSWERS: 1. HAPPY 2. SPIDER 3. BATS 4. BOTTLE 5. CASH REGISTER 6. VANPIRES VEST 7. BOYS' ARM

DEAD END ?

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Nadiya's Zodiac Starcast

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

October 10 - October 16

Theme of the week: It is largely a quiet astrological week, but is building towards consequential events later this month. Conversations drive home an intellectual understanding. Relationships provide the impetus to consider things from different perspectives. It will be a great week, enjoy!

ARIES (March 21-April 19): It's great to cover your bases with extra effort, but being overly concerned could limit your joy. Find balance between being serious about your direction while keeping the process as enjoyable as possible. The place in the middle strikes a sweet note of effectiveness.

TAURUS (April 20-May 20): You now feel compelled to make a major decision, but the pressure is coming from within. No one else is asking you to finalize your options, nor can they. Make your selection based on what you most want in your heart, and you can't make a wrong choice.

GEMINI (May 21-June 20): An agreement is finally reached and moves you towards greater self-sufficiency. It's what you always wanted. You sense that you are on the precipice of a more creatively fulfilling life, and it is thrilling. You are growing more independent.

CANCER (June 21-July 22): There is pressure now to have all the answers, but the demands are coming largely within you. In some way, you question whether you measure up. No one can be who you are or do what you are uniquely capable of. There is no comparison. Ease up on yourself.

LEO (July 23-Aug. 22): When you face up to the difficult situation and are willing to have the challenging conversations, your tension gives way to relief. Approach the situation with delicacy, but don't let that diminish the urgency. Resolution will be swift and restore confidence.

VIRGO (Aug. 23-Sept. 22): Everything has its time and place. You wish things were a bit different and that you had the focus to see it through, but your strength now lies in allowing yourself to surrender a bit of control and instead, ride the flow of imagination.

LIBRA (Sept. 23-Oct. 22): It can be challenging to be patient and understanding, especially when we are in a sensitive situation. But these are the very qualities that make us desirable to be around. You may be tested now, but if you stop just before you react, your response will be one that garners respect.

SCORPIO (Oct. 23-Nov. 21): Taking a single moment allows the time to find the perfect words. That's all you need before you speak. Otherwise, the words are likely to come out in a manner unintended. You may have to re-iterate, but at least you won't have to explain.

SAGITTARIUS (Nov. 22-Dec. 21): It wasn't so much of a blowout, but more like an inability to be effective when meeting people where they are. Now you get to set things right. It begins by showing that you can listen and see things from many perspectives. You will find your middle ground.

CAPRICORN (Dec. 22-Jan. 19): "It's not personal, it's business." But what if what you do is close to your heart? There is an element of vulnerability added to what should be statistical, but it gives it something special that stands out. Put your heart on your sleeve in ways that feel safe.

AQUARIUS (Jan. 20-Feb. 18): It is said that if you want to keep the peace, don't talk about politics or religion. However, you feel inclined to dabble in debate. Everyone has his or her own perspective. You don't have to agree with what you hear, but you can focus on more agreeable topics.

PISCES (Feb. 19-March 20): Just how exciting can life get? While by all appearances things seem to be quiet and routine, inside a part of you is dancing. You have a wonderful secret that delights you. Though many factors still need to come together, the possibilities are thrilling.

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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**.



Offices are no haven from hazards



Submitted by
Wing General Safety
Office

Offices may appear to be safer places to work than heavy industrial sites, but a surprising number of serious accidents and injuries involve office workers.

Falls lead the list, with cuts, foot injuries, electric shock and burns not far behind.

Here are some pointers for preventing office accidents:

Keep the clutter cleaned up. Boxes of files and stationery supplies should be placed in storerooms or elsewhere out of traffic areas.

Do not allow cords and cables to cross traffic aisles. Fasten them overhead or run them through conduits on the floor.

The tangle of cords beside a desk or a printer can also present a tripping hazard. Place cords where they will not accidentally catch on someone's heel.

Extension cords are only intended for temporary use.

Offices should be rewired to accommodate new electric and electronic equipment.

Report any electrical

hazards such as the smell of burning insulation, flickering lights, buzzing sounds in wall switches, plugs and outlets, which are hot to the touch and any signs of damage or wear in electrical equipment.

Keep drawers and cabinet doors closed. Many serious accidents have occurred as a result of tripping over open filing cabinet and desk drawers.

Do not overload filing cabinets. Load from the bottom drawer first.

If the top drawer is loaded and the lower drawers are empty, the heavy cabinet can tip over.

Store items safely. Never place heavy items out of sight in overhead locations.

Make sure shelves are sturdy enough to handle heavy items.

Make sure all chairs and stools are sturdy and in good condition. Wheeled chairs should have five legs to provide stability.

Clean up spills of water and coffee promptly to prevent slipping accidents.

Keep entrance areas free of ice and mud.

Glass doors and windows should have markings at eye level to ensure someone doesn't try to walk through them.

Maintain good lighting. Report burned out light fixtures in work areas, storerooms, halls and stairways.

If you have to climb or reach overhead, get a

stepstool or ladder. Don't stand on chairs or desks.

Know what to do in case of a fire. Learn how to operate a fire extinguisher, and make sure extinguishers are maintained regularly.

Know at least two exits from your work area, and never obstruct emergency exits. Learn what numbers to call in case of fire or other emergency.

Take basic training in first aid and CPR (Cardio Pulmonary Resuscitation) so you can help in an emergency.

Arrange your workstation to require a minimum amount of lifting, bending and stretching as you work.

Your desk and chair should be at a comfortable height to allow you to work with your back straight and your feet on the floor. Your hands and arms should be in a straight, relaxed position as you use a computer keyboard or mouse.

Take frequent short breaks from repetitive computer tasks and deskwork.

Stretch your muscles and relax your body. You don't have to stop working; you can use these breaks to do filing or other jobs. These habits can help prevent cumulative injuries to your muscles and joints.

Offices may not be the most dangerous places in the world, but they do have their share of accidents. Stay alert to the hazards around you.

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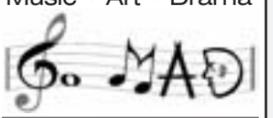
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DVD Part 2 (1990-1992)



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Government of Canada Announces a Legacy of Care for seriously injured military personnel and their families

Ottawa, Ontario – The Honourable Peter MacKay, Minister of National Defence, and the Honourable Jean-Pierre Blackburn, Minister of Veterans Affairs Canada and Minister of State (Agriculture), announced \$52.5 million over five years in additional support to establish a Legacy of Care for seriously injured Canadian Forces (CF) personnel and their families.

“This Government recognizes the exceptional challenges faced by seriously injured Canadian Forces personnel and their families as a result of sacrifices made in service to this country,” said Minister MacKay. “With these new measures, our government is establishing a legacy of care that improves the quality of life for our seriously injured personnel and their families.”

On September 28, Minister MacKay and Minister Blackburn announced five new initiatives to support injured men and women in uniform:

Barrier-Free transitional housing for injured soldiers undergoing treatment at one of the CF’s seven centres of expertise in rehabilitation;

Support services such as wheelchair accessible transportation to medical appointments, caregiver respite, child care, and the delivery of medical supplies and groceries during rehabilitation;

Up to \$100 per day for family or close friends who leave their job to help provide care to the ill or injured soldier;

Improving access to the Canadian Forces Spousal Education Upgrade Program; and,

Making it easier for seriously ill or injured veterans to access help, information, and individual attention, through enhanced case management support.

“We will continue to find ways to deliver on our commitment to those who have sacrificed so much for Canada, as well as for their loved ones, who put their own lives on hold in order to be caregivers,” said Minister Blackburn. “These new initiatives contribute in a tangible and lasting way to supporting CF members’ eventual reintegration into military or civilian life with their families.”

The new measures will help ensure that injured military personnel, veterans, and their families have the support they need and deserve as they continue to demonstrate exceptional courage and determination in their efforts to recover from serious injury.

“In many of these cases where a member is injured, it is family that make the medical appointments, pay the bills and make sure the kids are taken care of,” said General Walt Natynczyk, Chief of the Defence Staff. “What we are doing is strengthening our support systems so that our injured can recover, rehabilitate and reintegrate as fast as possible.”

The Government of Canada continues to listen to the concerns of ill and injured Canadian Forces personnel, veterans, and their families. This announcement is another step in a series of actions the Government of Canada is taking to deliver improvements in support and care for our Veterans and their families.



Photo: MCpl Julie Bélisle, Combat Camera

The Honourable Peter MacKay, Minister of National Defence (Right), and the Honourable Jean-Pierre Blackburn, Minister of Veterans Affairs Canada and Minister of State (Agriculture) (Left), announced \$52.5 million over five years in additional support to establish a Legacy of Care for seriously injured Canadian Forces (CF) personnel and their families.

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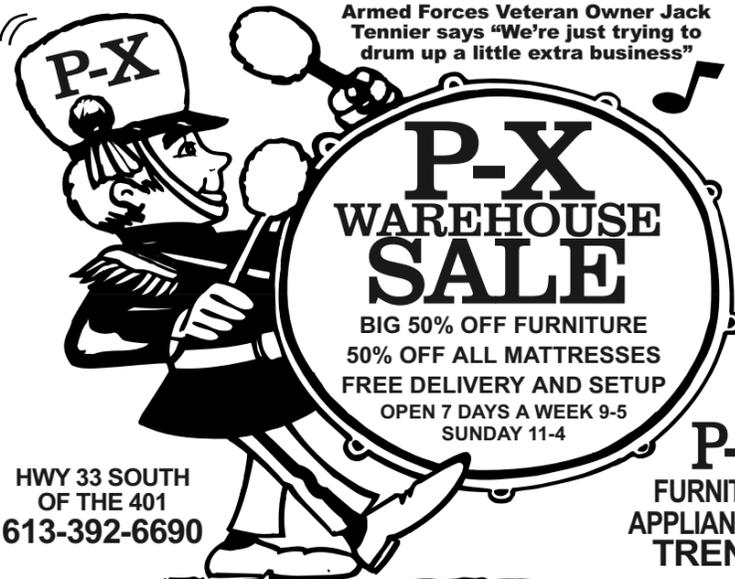
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Pour obtenir tous les détails relatifs au poste susmentionné, veuillez consulter le site Internet du CECCE au www.ecolecatholique.ca à la rubrique «Emplois». Il est également possible d'obtenir une copie des offres d'emploi à la réception du Centre éducatif du CECCE, situé au 4000, rue Labelle, Ottawa (Ontario), entre 8 h et 17 h.

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8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre

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Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre
Administrative Assistant - adjointe administrative 613-392-2811 x 2490

Unit Chaplains – aumôniers d'unités

LCdr Padre Stephen Merriman, P; Capt Padre Robert Lavoie, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale; Capt Padre Emanuelle Dompierre, RC, Pastoral Associate/Agent de pastorale; Capt Padre Blair Ross (P); Capt Padre Gerson Flor (P);
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WORSHIP SERVICES

Our Lady of Peace (RC)
Christian community – communauté catholique

Notre-Dame-De-La-Paix (CR)

Chapel Life Co-ordinator

Father Robert Lavoie

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 11h30

Sunday Mass at 1015hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 1015 hrs and coffee

3ième dimanche messe bilingue: 10h15 et café

St. Clement Astra (P)

Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 900hrs

Holy Communion:

1st Sunday of the month

Confession - Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

SACRAMENT OF BAPTISM

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

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

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

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

SACREMENT DU BAPTÊME

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

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

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

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

Planning to get married?

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

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

Vous planifiez de vous marier?

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

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

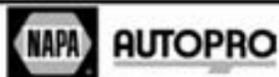
Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

CHAPLAIN EMERGENCY FUND

You can help the chaplains help our military families most in need. *How?* Every time you make a purchase at our CANEX, ask to have the *Club Xtra* points put on the Chaplain's *Club Xtra* Card. The points will be used to help our military families during times of family crisis. For more information, ask one of the Canex employees.

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Vous pouvez aider les aumôniers à aider les familles de nos militaires qui en ont le plus besoin. *Comment?* Chaque fois que vous faites un achat dans notre CANEX, demandez que les points du *Club Xtra* soient crédités à la carte *Club Xtra* des aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales. Pour avoir des renseignements supplémentaires, demandez à l'un des employés du Canex.

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Afghanistan360 exhibit open at Trenton MFRC



Photo: Submitted

The Afghanistan360° multimedia exhibit is currently touring the country.

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.

Come and send your video messages to the troops! The exhibit will be on display until October 11.

For additional confirmed Afghanistan360 venues please feel free to visit Afghanistan.gc.ca.

From left to right: Jackie Naugler; Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton; Rick Norlock, Member of Parliament for Northumberland-Quinte West; Maryse Bisson, hostess Afghanistan360; Paige Naugler, Amelia Naugler, Jason Naugler and Farhaan Ladhani, Officer for the Canadian International Development Agency.

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Attractive Craftsman-Style Home - Plan Number 2-3-739

This attractive Craftsman-style home features a ground-floor entrance, with the living area on the second floor. A porch with a tempered-glass cover opens into a spacious foyer, with a useful bench next to the coat closet. The great room and dining area occupy the front of the second storey. A vaulted ceiling in the great room will add a sense of airy spaciousness to the room, which also features a wood-burning fireplace and an extra-wide sill on the window overlooking the front garden. The dining room's sliding glass doors open on to a balcony, the ideal spot for summer meals.

The kitchen is separated from the dining room by a counter with double sinks. The pantry will be handy for tinned goods and other staples. Near by, a door opens to a covered deck, where stairs lead down to the back garden.

The master suite, also at the front of the home, is set back for privacy. The large ensuite includes a soaker tub and double basins, and leads into the walk-in closet. The two secondary bedrooms overlook the back garden, and share a three-piece bath.

Back on the ground floor, the double garage is roomy enough to include a workbench. A door from the main room in the unfinished basement leads to a covered patio.

Exterior finishes include horizontal siding, partly mullioned windows and painted trim. Stone accents flank the garage and are echoed near the front door, which features sidelights.

This home measures 40 feet wide and 40 feet deep, for a total of 1,282 square feet of living space.



BASEMENT FLOOR PLAN

MAIN FLOOR PLAN

WIDTH - 40'-0" (12.2 M)
DEPTH - 40'-0" (12.2 M)

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Le gouvernement du Canada annonce une "tradition de soins" pour les militaires canadiens gravement blessés ainsi qu'à leur famille

Ottawa, Ontario – L'honorable Peter MacKay, ministre de la Défense nationale, et l'honorable Jean-Pierre Blackburn, ministre des Anciens combattants et ministre d'Etat (Agriculture), ont annoncé un investissement de 52,5 millions de dollars supplémentaires sur cinq ans en support additionnel pour les militaires des Forces canadiennes (FC) gravement blessés ainsi qu'à leur famille, une "tradition de soins".

"Notre gouvernement reconnaît les défis exceptionnels des soldats des FC gravement blessés et ceux de leur famille à la suite de leurs sacrifices au service du pays," a déclaré le ministre MacKay. "Avec ces nouvelles mesures, notre gouvernement établit une "tradition de soins" qui améliore la qualité de vie de notre personnel gravement blessé et celle de leur famille."

Le ministre MacKay et le ministre Blackburn ont annoncé cinq nouvelles initiatives pour soutenir les blessés en uniforme:

Hébergement dans les foyers de transition des soldats blessés qui sont sous traitement à l'une des sept centres d'expertise en réadaptation des FC;

Services de soutien durant l'hébergement dans les foyers de transition comme la transportation en fauteuils roulants pour rendez-vous médicaux, les soins de relève, soins aux enfants, et la livraison de fournitures et d'épicerie au cours de la période de réhabilitation;

Jusqu'à 100 \$ par jour pour une famille ou des amis qui quittent leur emploi pour fournir des soins à un soldat malade ou blessé;

Faciliter l'accès au programme de recyclage académique des conjoints des militaires des FC;

Faciliter l'accès des anciens combattants gravement malades ou blessés aux services d'aide, d'information, et l'attention personnalisée, grâce à une stratégie améliorée de gestion des cas.

"Nous continuerons à respecter notre engagement envers ceux qui ont tant sacrifié pour le Canada et envers leurs proches, qui ont relégué leur vie au second plan pour leur prodiguer des soins," a déclaré le ministre Blackburn. "Ces nouvelles initiatives contribuent ainsi de manière concrète et durable à la réintégration éventuelle des membres des FC dans la vie militaire

ou civile avec leurs familles."

Les nouvelles mesures aideront à assurer que les militaires blessés, les anciens combattants et leurs familles reçoivent le soutien dont ils ont besoin et qu'ils méritent continuant à faire preuve d'un courage exceptionnel et de détermination dans leurs efforts pour se remettre de blessures graves.

"Dans plusieurs des cas où un militaire est blessé, c'est la famille qui prend les rendez-vous médicaux, paie les factures et veille aux soins des enfants," a déclaré le Général Walt Natynczyk, chef d'état-major de la Défense. "Nous nous employons à renforcer nos systèmes de soutien afin que nos blessés puissent récupérer, se rétablir et réintégrer les rangs dès que possible."

Le gouvernement du Canada continue de prêter attention aux préoccupations des militaires des FC, des vétérans, et de leurs familles. Cette annonce est une autre étape d'une série d'actions concrètes du gouvernement du Canada afin d'apporter des améliorations à l'appui et aux soins pour nos anciens combattants et leurs familles.

Improving care, support of Canada's Veterans

The Honourable Jean-Pierre Blackburn, Minister of Veterans Affairs, and the Honourable Peter MacKay, Minister of National Defence, announced that the Government of Canada intends to take immediate action to improve care and support of Canada's Veterans and their families. Minister Blackburn will introduce legislative amendments to the New Veterans Charter to deal with two priority issues Veterans and their representatives have identified. For more information, please visit: <http://acc-vac.gc.ca/>.



L'honorable Jean-Pierre Blackburn, ministre des Anciens Combattants, et l'honorable Peter MacKay, ministre de la Défense nationale, ont annoncé que le gouvernement du Canada entreprend des mesures immédiates afin d'améliorer les soins et les services offerts aux vétérans du Canada et à leurs familles. Le ministre Blackburn va présenter des changements législatifs à la Nouvelle Charte des anciens combattants et donner suite à deux préoccupations soulevées par les vétérans et leurs représentants. Pour des informations additionnelles, veuillez consulter le site : <http://acc-vac.gc.ca/>.

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TRENTON Military Family Resource Centre

<p>MFRC-EVENTS & INFORMATION</p> <p>Bus Trip to the "Dixie Mall" Saturday, November 13, 2010</p> <p>Just in time for Christmas or to send your parcels overseas to loved ones. Dixie Mall is west of Mississauga and has over 135 Outlets. The bus will leave the Siskin Centre at 8:30am and leave Dixie Mall to come home at appr. 6:30 pm. The cost is \$15 and must be paid at time of registration at the MFRC.</p> <p>perkopolis where memories begin</p> <p>The MFRC is proud to offer access to exclusive discounts on tickets, hotels and other various events and products to all CFB Trenton/8 Wing members through our new discount partner Perkopolis. Perkopolis is a free, easy to use and exclusive benefit program that provides you with access to a variety of entertainment offers, hotels and services. You simply create an account, log into the website and add the product to your "shopping cart". Payment is processed online and the tickets/vouchers are delivered to you. www.perkopolis.com Contact MFRC reception for the password.</p>	<p>CRFM-Événements et Information</p> <p>Voyage en autobus au "Dixie Mall" Le samedi 13 novembre 2010</p> <p>Juste à temps pour Noël ou pour envoyer vos colis outre-mer aux êtres aimés. Le Dixie Mall est situé à l'ouest de Mississauga et offre plus de 135 magasins entrepôts. L'autobus quittera le Centre Siskin à 8h30 et partira du Dixie Mall à 18h30 appr. Les frais de \$15 doivent être payés à l'inscription au CRFM.</p> <p>perkopolis where memories begin</p> <p>Le CRFM est fier d'offrir l'accès à des rabais exclusifs sur les billets, hôtels et autres événements variés et sur des produits à tous les membres de BFC Trenton/ 8^e Escadre à travers notre nouveau partenaire de rabais Perkopolis. Perkopolis est un programme gratuit, exclusif et facile à utiliser vous donnant accès à une variété d'offres de divertissements, hôtels et services. Vous pouvez tout simplement créer un compte, ouvrir une session sur le site web et ajouter le produit au panier -. Les paiements sont faits en ligne et les billets/coupons vous sont livrés. www.perkopolis.com Contactez le bureau d'accueil pour le mot de passe.</p>
<p>"Caring, Comforting, Canadian" Pewter Ornament \$12.00 On Sale at the MFRC</p> <p>Game Vouchers available at MFRC Reception \$13.00 under 12 - \$8.75</p> <p>For additional information www.TrentonMFRC.CFBTrenton.com Contact: Jaimie Corriveau 613-955-8711</p>	<p>"Assistance, soutien et réconfort Canadien" Ornement en étain 12,00 \$ En vente au CRFM</p> <p>Coupons rabais au CRFM bureau d'accueil 13.00\$ moins 12 - 8.75\$</p> <p>Pour information additionnelle www.TrentonMFRC.CFBTrenton.com Contactez: Jaimie Corriveau 613-955-8711</p>

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E	N	O	S		C	O	A	L		C	I	D	
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S	P	A	R	S	E			A	U	G	U	R	Y
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Carbon Monoxide: Did You Know?

News Canada

- CO is produced when fuels such as wood, propane, oil, natural gas, kerosene, gasoline, diesel, coal or charcoal do not burn properly.
- A person exposed to CO may display flu-like symptoms, such as headaches, nausea, fatigue, dizziness, drowsiness, burning eyes, confusion and unconsciousness. In severe cases, prolonged exposure to CO poisoning could result in death.
- If anyone is experiencing symptoms of CO exposure, seek medical help or call 911.
- If your CO alarm sounds, open windows and doors and evaluate the situation. If anyone is

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- Remember to change the batteries in your CO alarms every year when you change your clocks. If your CO alarm plugs into the wall, double check to see if it needs fresh back-up batteries.
- The best defence against CO is proper use and maintenance of fuel-burning equipment, including fireplaces and furnaces.
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