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## Canadian Forces Aerospace Warfare Centre celebrates fifth anniversary

by Colonel Derek Joyce  
 Commanding Officer, CFAWC

### RESEARCH

The Canadian Forces Aerospace Warfare Centre's (CFAWC) new building was dedicated on 17 September 2010 to the memory of Air Marshall Clare Annis.

His recognition of the need to study, learn and communicate the lessons of air power to foster continuous improvement within the Air Force helped sow the seeds for the tardy, but ultimately successful, creation of this unit.

As we celebrate the fifth anniversary of CFAWC, it is fitting that you as members of the Canadian Air Force understand how the unit fits into the overall Air Force context. The intent of this article is to inform Canada's airmen and airwomen on what CFAWC has achieved to date, and where it is going in the future.

Functionally organized under 2 Canadian Air Division, the mission of CFAWC is to "ensure the evolution of Canadian Aerospace Power." This mission statement may seem quite daunting, and perhaps a better way to explain CFAWC's mandate is to describe it as the Chief of the Air Staff's "Think Tank." In order to meet this challenge, CFAWC is striving towards six specific objectives which are all a part of a holistic cycle of force development that both improves current Air Force capabilities and better positions us for future challenges. Our objectives are to:

- research past, study present and analyse future aerospace challenges in order to identify gaps in our Air Force's capabilities;
- work to develop concepts that could address these capability gaps;
- where appropriate, experiment with different technologies to close these capability gaps;
- inform our airmen and women about aerospace operations today;
- train airmen and women for specialized tasks; and
- foster continuous improvement through lessons learned to better prepare our Air Force for the future.

The focus areas I describe below work to accomplish these six objectives, but it is important to note that although this article focuses on CFAWC activities, the unit is a "light blue" capability that works very closely with numerous Air and Joint organizations to achieve our objectives for the Air Force.

In order to prepare the Air Force for the future, we need to study our past challenges, assess our current capabilities and look to the future with an eye to predicting potential capability gaps in the context of possible geostrategic shifts and threats.

To achieve this, CFAWC has in short order developed strong ties with the Canadian academic community. We host the annual Air Force Historical Workshop to study Canadian aerospace power issues of the past that remain relevant today, such as aerospace leadership, the role of the Air Force in the Arctic, and aerospace support to Peacekeeping, for example. The results of these conferences are then published in both official languages, in print and digital copies, to educate as broad an audience as possible.

We have also commissioned several aerospace power focused academic studies in the areas of leadership, command and control, effects-based operations, and Canada's Air Force in 2035. CFAWC has also finalized two new service level agreements (SLA) which will increase our capacity to execute aerospace research.

The first agreement with the Canadian Forces College, Toronto, will allow student Master's in Defence Studies (MDS) papers to be published in a CFAWC-produced compendium titled *The Wilf Curtis Papers*. The second SLA with the Royal Military College will allow CFAWC to contract out research projects to the College's scientists and academic staff.

CFAWC also has strong ties to our allied Air Forces with whom we share lessons learned, best practices and intelligence information. This sharing is accomplished by CFAWC liaison officers in our allies' air warfare centres, and participation in future security threat conferences.

CFAWC also publishes *The Canadian Air Force Journal* on a quarterly basis to provide a forum for sharing ideas on aerospace power. The main objectives of these academic and inter-air force collaborations are to better understand our future security environment, to determine how Canada's Air Force is placed to meet potential capability gaps and to stimulate the aerospace power conversation in Canada.

### CONCEPT DEVELOPMENT

CFAWC has an embryonic—but bud-

ding—concept development capability in support of the larger force development process.

We work closely with other Canadian Air Force organizations to identify suitable ways to bridge or close current and future Air Force capability gaps.

For example, as a result of our experiences in Afghanistan, 1 Wing has identified a need for a direct fire weapon for the tactical aviation community. CFAWC is currently working the concept development process to identify potential direct fire precision strike weapon systems that could be incorporated on to a reconnaissance and/or utility helicopter.

While this is a current example, CFAWC is also building the capability to look to the future with a more strategic view to closing future capability gaps.

### EXPERIMENTATION

Concepts developed to address capability gaps can offer numerous solutions, from command and control changes to organizational modifications to equipment acquisition. CFAWC possesses a modest capability to experiment both in the simulated environment and in more tangible areas.

For example, the Distributed Mission Simulation Centre (DMOC) at Shirley's Bay in Ottawa is experimenting with training aerospace controllers at 22 Wing.

Through the use of scenarios run out of Shirley's Bay, a synthetic environment connected to the Canadian Air Defence Sector (CADS) in North Bay, we will soon be providing high fidelity training to AECs and AC Ops. This type of training simply cannot be replicated even by real-world exercises because of the air traffic congestion in certain areas of Canada.

The intent is to eventually connect the Combined Air Operations Centre (CAOC) in Winnipeg with 22 Wing and the CF18 simulators at 3 and 4 Wings to improve the fidelity of the training and exercise the whole system, from command to control to the aircraft. Our subsequent step will be to connect this synthetic environment with the other Air Force capabilities and the joint environment. This is a great example of how CFAWC is leveraging new technology to improve collective training opportunities for the Air Force.

From a more tangible perspective, a successful experiment was recently conducted at the Connaught Ranges in Ottawa called



**Symbolism: The raven is a bird of wisdom and cunning who is a divine agent associated with the prophecy of battle in various traditions of western mythology. Its two heads have themselves a double meaning: to look to the past in order to foresee the future, and to understand both the theoretical and the applied aspects of aerospace warfare. The compass rose symbolizes the mandate of the Aerospace Warfare Centre to guide the air force's operational aerospace capability. Its alternating blue and white compass points represent sky and cloud respectively. The motto AGILE reflects the unit's responsiveness and adaptability at all time. Painter: Robert Grey/ Calligrapher: Shirley Mangione**

the Disaster Interoperability Response Experiment (DIRE). This experiment is designed to seek out ways to improve the situational awareness for the commander on the ground.

In the case of natural disasters, the emergency responders on the ground frequently find themselves with no easy means of communications and without a firm grasp of the situation on the ground. DIRE used an aerostat (tethered balloon) with a communications relay capability and sensor package.

The experiment included local emergency measures representatives who used this capability while playing out several disaster scenarios to improve their situational awareness. See "CFAWC celebrates anniversary" Page 5



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# Do It Yourself for affordable renovations



(NC)—How often do you wish you could renovate your worn-out kitchen, but don't have the resources? Well, the good news is that there are easy and affordable ways to update your kitchen – on your own!

“There are simple solutions for upgrading your kitchen that can improve the comfort of your home and do not have to cost a bundle,” says David Flood, insulation expert at Owens Corning. “Re-insulating your kitchen walls will increase energy efficiency, making your home warmer and helping cut back on energy bills as a result.”

How to get started? Owens Corning recommends insulating your kitchen walls with PINK™ FIBERGLAS® batt insulation to lock in warmth and help your family save\* on energy bills. By adding QuietZone® acoustic batts, you'll also help control noise levels throughout the house, keeping the whole household peaceful and quiet. And with PINK™ insulation products made in Canada from over 70\*\*\* per cent recycled content, the highest in the industry, by using EcoTouch™ insulation, you'll know you are using the most sustainable products for the job, creat-

ing a more energy-efficient and eco-friendly home.

How is this affordable? Creating a more energy-efficient home will help you cut back on energy bills. And since government grants are available for energy-efficient renovations, you'll further reduce the cost of the project. Federal and provincial governments, as well as some energy utilities, offer funding for homeowners who complete energy efficient renovations.

More information on grants and incentives can be found online at [www.showmethethegreen.ca](http://www.showmethethegreen.ca). More information about what type of insulation you need is available at [www.owenscorning.ca](http://www.owenscorning.ca).

*\*Savings vary depending on the original amount of insulation in your home, climate, house size, air leaks and personal energy use and living habits.*

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## Prepare for fall with fire hazard removal

(NC)—So you never got around to your big “spring cleaning” project and now fall is approaching? Well it's never too late for a home clean-up and including simple fire safety measures will help make your home safer over winter.

Changing home smoke alarm batteries at least once a year is a must for every home but it isn't the only way to make your home more fire safe.

“As we saw in a recent Ipsos Reid poll conducted on behalf of Duracell, only 26% of Canadians surveyed said they would be removing potential fire hazards from their home as part of their 2010 spring cleaning,” said Victoria Maybee, external relations manager for Duracell. “Duracell's fire safety message to all Canadians is to never underestimate the importance of removing fire hazards from the home and to take action today that can help make a difference in preventing a fire emergency.”

Targeting fire hazards now within your entire

home, as well as the garage, garden and patio, is an important step before the winter weather hits, says Kidde Canada home safety expert Carol Heller. “Look around and remove potential hazards including flammable debris that can collect around a chimney or fireplace, and properly store propane barbecue tanks and gas containers,” says Heller. “Also have your heating systems checked by a licensed professional and ensure your smoke and carbon monoxide alarms have fresh batteries. Replace smoke alarms over 10 years old and CO alarms that are 5-7 years old, depending on the manufacturer.”

More home fire safety resources and tips are available online at [www.duracellfiresafety.com](http://www.duracellfiresafety.com).

The Ipsos Reid poll was conducted Jan. 15 to 20, 2010 and is based on a national sample of 1,011 adults from Ipsos' Canadian online panel who were interviewed online.

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# Showcase



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**Sgt D. Power**  
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**MWO J. White**  
received the General Service Medal, presented by LCol C. Roy, CO 426 Sqn.



**Sgt J. MacKinnon**  
received the General Service Medal, presented by LCol C. Roy, CO 426 Sqn.



**Maj C. Morris (USAF)**  
received a posting gift, presented by LCol C. Roy, CO 426 Sqn.



**MSgt J. Garcia Cruz (USAF)**  
received the WComd Commendation, presented by LCol C. Roy, CO 426 Sqn.



**TSgt M. Ferry (USAF)**  
received the WComd Commendation, presented by LCol C. Roy, CO 426 Sqn.



**WO G. Tremblay**  
received a promotion to that rank, presented by Maj C. Duncan OC TRSET.



**MCpl C. Hood**  
received a promotion to that rank, presented by LCol C. Keiver, CO 436 (T) Sqn.



**MCpl K. Leacock**  
received a promotion to that rank, presented by LCol C. Keiver, CO 436 (T) Sqn.



**WO L. Simms**  
received a promotion to that rank, presented by LCol C. Keiver, CO 436 (T) Sqn.

***Congratulations! Félicitations!***



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# Home of the Week

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**Charming Ranch-Style Family Home**  
Plan Number 1-2-578

This charming ranch-style two-bedroom family home is larger than it appears from the exterior. With almost 1,500 square feet of living space, the design encompasses two bedrooms, two bathrooms and an expansive open living area.

Designed for a sloping lot with a view from the back of the home, this would be just the plan for the retired couple who would like to live alongside a golf course. The raised entrance leads into a compact foyer with an immediate view of the great room.

The kitchen features a walk-in pantry and a work island with a raised eating bar—just the spot for a quick breakfast before heading out for a round or two of golf or a brisk walk.

The dining area has plenty of space to entertain family and friends in comfort. With doors from both the dining area and the master suite, the covered deck is designed for easy access and will provide a great location for year-round grilling.

The master bedroom includes a four-piece en suite with a soaker tub, as well as a good-sized walk-in closet and towel cupboard. The second bedroom looks over the front garden and includes an attractive planter beneath the window.

The double garage provides access to the house through the laundry room, which has a coat cupboard and will do double duty as a mud room.

*This home measures 42 feet wide and 58 feet deep, for a total of 1,479 square feet of living space, in addition to the unfinished basement.*

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DEPTH - 40'-4" (12.3M)

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TOTAL 1574 SQ. FT. (146.2 M<sup>2</sup>)

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## Chaplain Services

# 8 Wing/CFB Trenton Chaplain Services

## services offerts par l'aumônerie de l'escadre

### WING CHAPLAIN SERVICES

#### SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

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);  
Capt Padre Allan Lynk (P)

#### As support staff - comme personnel de soutien

Rev Jim Craig, P Civilian Officiating Clergyman – membre du clergé civil

### 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:

1<sup>st</sup> 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.

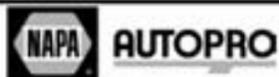
Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

### 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.

### FONDS D'URGENCE DES AUMÔNIERS

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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# New capabilities touch down at 12 Wing Shearwater

by Lieutenant Tyrone Grande

12 Wing Shearwater, N.S., made history when one of Canada's four CC-177 Globemaster III strategic airlifters touched down on the tarmac overlooking the Halifax Harbour on September 10, 2010.

Landing at 12 Wing Shearwater to participate in the Nova Scotia International Air Show (NSIAS) was a feat because it was the first time the Canadian Forces' largest aircraft visited Shearwater, which is a heliport with only a 3,500 foot runway.

"The aircraft, which is nearly the size and weight of a jumbo jet, was able to stop in just over 1,500 feet on the Shearwater runway - half the distance of an average landing for its civilian equivalent," explained Captain Bill Jerrard, Globemaster pilot from 429 Transport Squadron at 8 Wing/CFB Trenton.

The landing area - known as a final approach and take-off area due to its short, 3,500 foot length - was designed to land helicopters and had previously only been used by smaller, single engine fixed wing aircraft and for helicopter landings such as the CH-



Photo: Cpl Jennifer Robinson

A CC-177 Globemaster III from 8 Wing/CFB Trenton sits on the ramp at 12 Wing.

124 Sea King.

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

One of the reasons the airlifter landed at Shearwater was to give non-commissioned officers the opportunity to test their new skills as flight advisors. Flight advisors are part of the air traffic control team and handle air traffic control, something previously done only by officers.

Corporal Jason Griffin was the first non-commissioned member to qualify for this new occupation after a period of comprehensive, formal instruction and practical (live) training.

As a qualified flight advisor, Cpl Griffin managed air traffic during air show arrivals, and was the shift supervisor responsible for a

crew of three to "land" the Globemaster III for the first time.

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

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

# Contact

It is possible to fly without motors, but not without knowledge and skill.

— Wilbur Wright





## TRENTON

### Military Family Resource Centre



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#### MFRC-EVENTS & INFORMATION



**Poppy & Maple Leaf Quilt**  
A beautifully handcrafted Poppy and Maple Leaf quilt by Margaret Asseltine was donated to the Army, Navy, Air Force Veterans Association - Duke of Edinburgh Unit 201 of Belleville. The quilt will be raffled off with the proceeds going to the Trenton MFRC. Tickets can be purchased at the Trenton MFRC.

Tickets \$2 each or 3/\$5    Draw Date: November 11  
For additional information Jaimie Corriveau at 613-955-8711



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**Register deadline:** Monday, October 25th  
**Contact information:** MFRC Reception or Elizabeth.nicholas@forces.gc.ca

**Bus Trip to the "Dixie Mall"**  
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For additional information  
[www.TrentonMFRC.CFBTrenton.com](http://www.TrentonMFRC.CFBTrenton.com)  
**Contact: Jaimie Corriveau 613-955-8711**

#### CFRM-Événements et Information



**Courtepointe**  
L'Association des vétérans de l'armée, de la marine et de l'aviation - Duke of Edinburgh, Unit 201 de Belleville fut l'heureux récipiendaire d'une magnifique courtepointe fabriquée à la main par Margaret Asseltine. Cette courtepointe sera tirée au sort, et les revenus seront remis au CRFM de Trenton. Vous pouvez acheter les billets au CRFM de Trenton.

Coût: 2\$ chacun ou 3 pour 5\$    Date du tirage: le 11 novembre  
Pour plus d'information, contactez Jaimie Corriveau au 613-955-8711.



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**Date: Mardi le 2 novembre**  
**Votre choix de temps:** 9h00-11h00 ou 18h00-20h00  
**Coût:** Pas de frais  
**Date limite pour inscription:** Lundi le 25 octobre  
**Information pour contact:** Réception du CRFM ou Elizabeth.nicholas@forces.gc.ca

**Voyage en autobus au "Dixie Mall"**  
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# Strain equals pain: Cumulative trauma disorders



Submitted by  
Wing General Safety  
Office



Cumulative trauma disorders are injuries affecting the muscles, tendons and nerves around the joints of the body.

They can be caused by the strain of doing the same task repeatedly.

Also known as CTDs or repetitive motion injury, these injuries often occur in the neck, shoulders, back, elbows, wrists, hands and knees.

Some of the occupations affected are painters, cashiers, keypunch operators, assembly workers, welders, garment makers, hairdressers, mechanics and telephone operators, but there are countless others.

These are some of the risk factors for developing a CTD:

CTDs are more likely to occur if your work requires you to do the same movement over and over. This is an injury to muscles, tendons or nerves that occurs over time because of overuse.

Another risk factor is using excessive force. When you have to use extra force or pressure to perform the work, strain and stress results on a specific part of the body.

Working in an awkward,

**Cumulative trauma disorder is a condition where a part of the body is injured by repeatedly overusing or causing trauma to that body part. Some examples include (but not limited to), Carpal Tunnel Syndrome, Tendonitis, Bursitis and Tennis Elbow**

unnatural position also can lead to a CTD. Prolonged overhead work is a common example.

Working with vibrating tools or equipment is another risk factor for a CTD.

Working in a cold environment slows circulation and decreases flexibility, which can contribute to a CTD.

You have control over whether or not you develop a CTD. Here are some suggestions:

Be aware of the hazards in your job. Examine the way you do your work, look for repetitive motion, awkward postures, exposure to cold and vibrating tools and equipment.

Find safe ways to change your work habits to reduce these risks. Get help lifting. Take the time to position tools correctly before using them. Find the comfort zone for your work.

Arrange your worksta-

tion to minimize bending, stretching and twisting movements.

Use padded tools, padded gloves and other items to reduce exposure to vibration.

Grip objects with your whole hand and your finger. Avoid picking up items with your thumb and fingers only. If you use a tool so that its end is in the palm of your hand, you are subjecting your hand to unnecessary force.

Pay attention to warning signals from your body. If you are developing aches in your joints, figure out what motions are causing them and find a different way to work. Let your supervisor know about these symptoms, and talk to your doctor promptly.

Find ways to work that minimize stresses and strains.

Get treatment right away if you are experiencing symptoms.



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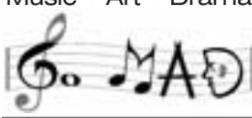
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# Nadiya's Zodiac Starcast

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

October 24 – October 30

*Theme Of The Week: It is a busy astrological week. Events are operating on high, change is in the air, and much of it is self-directed. Whether you want to see progress in love, money, opportunity, or prosperity, there are new motivations and rewards for everyone. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): We each have a comfort zone, established for solid reasons of experience. You are invited, but are debating the value of a new experience. If you focus on what you have to share, the experience will be positive.

**TAURUS** (April 20-May 20): You have the power to make astounding things happen. In order for you to step out of the expected and into the amazing, you will have to start moving out of the momentum your inertia has created. Take a chance, no matter how small, to create a new drive.

**GEMINI** (May 21-June 20): It has been said that playing small doesn't serve anyone, and that's especially true for you now. Step up and be willing to shine. A light of happiness is making its way to you, but you need to believe you deserve the opportunity in order to make the most of it.

**CANCER** (June 21-July 22): You feel as if you have been driving in the slow lane. While it has proven safe, it is taking longer than you would like to achieve a dearly held goal. Now, in a moment, it feels as if the road opens up and the path clears. Step on the gas to victory.

**LEO** (July 23-Aug. 22): Even if we don't feel solidarity with everyone around us, his or her presence does provide a certain predictability that we do grow comfortable with. The exit of someone you are not sad to see leave can make you nostalgic. The absence creates a vacancy that allows you to step up.

**VIRGO** (Aug. 23-Sept. 22): The way forward is not as clear as a car pulling up and simply driving you to your destination. What you are granted now is a map and a driver's handbook. A conversation leads to the realization of what tools you need to acquire.

**LIBRA** (Sept. 23-Oct. 22): You have been caught up in a vision. While it has been beautiful and fueled your sense of purpose, you now come to appreciate that there are details that must be addressed if it is to count for anything. The practical things will draw your attention to the right places.

**SCORPIO** (Oct. 23-Nov. 21): Your sign is inclined to look for the underlying implication. Figuring it out is part of the fun. You are curious, but you can help yourself now by focusing on establishing strong roots. The taboo can get you into trouble and not the good kind this time.

**SAGITTARIUS** (Nov. 22-Dec. 21): One of the surest ways your sign learns is through conversation. You need to talk and there may not be anyone available. You are capable of having a conversation with yourself, using your imagination as your guide. Be careful not to get caught.

**CAPRICORN** (Dec. 22-Jan. 19): There are rare moments in which our entire lives can flash before our eyes. These times are defined as bringing clarity and wisdom where before we were on automatic. You are coming to grips with the realities of what you don't like. With it, comes the power to change.

**AQUARIUS** (Jan. 20-Feb. 18): You are smarter than most people, though you rarely give yourself credit for it. It's usually because you are more interested in genuinely being true to yourself, that you don't notice the holes in others statements. You can see them now. Let it satisfy you.

**PISCES** (Feb. 19-March 20): You may be tempted to abort a project you have worked towards diligently for countless nights. The truth is, it hasn't been nurtured lately. Despite your track record, try again. Take another shot. A return will give it that push it needs.

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**Not In My Backyard** by Dale Taylor

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IN MY DAY, I PUT THE FOX IN FOX TERRIER.

**DuJour**

**DECISIONS**

For SOME it's difficult.....

**Stuff!**

"Oh, Great! Unlimited long distance and no place to charge the phone!"



# FAMILY



## CRAFTS TO SCARE AND SHARE

(NC)—Everyone will want at least one of these scary snacks. With only five simple steps, it's a great activity for kids aged 5 to 8.

### WHAT YOU NEED

Bounty paper towels; lolipops; ribbon or string; magic markers; bowl or a piece of fishing line.

### DIRECTIONS

Take a sheet of Bounty

and cover the top of a lollipop to make the head.

Tie a piece of white string or ribbon around the neck.

With a black marker, draw eyes and a mouth as crazy or scary as you wish.

Repeat steps one, two and three.

Put the ghosts in a bowl and give them out as treats on Hallowe'en.

Or you can hang them with fishing line around your home for

some added decoration.

Making crafts can be messy work, especially when there are markers involved.

To help with the clean up after any craft activity big or small, wipe down surfaces with Bounty paper towels – they have the strength, absorbency, and cloth-like durability that you are looking for.

More great craft ideas can be found online at [bountytowels.com](http://bountytowels.com).



Photo: News Canada

## Meatime.org

## Eyeball Sub

### Ingredients:

- 1/2 cup drained canned cannellini beans or other white beans
- 1 large egg, lightly beaten
- 1 tablespoon ketchup
- 1 tablespoon apple butter
- 1 tablespoon soy sauce
- 1 1/2 pounds ground turkey
- 8 pitted colossal green olives, cut in 3 round slices



Photo: Meatime.org

- 2 cans (15 ounces each) tomato sauce with Italian herbs
- 1-2 small black olives, cut in 1/4-inch dice, you will need 24 pieces
- 12 small club rolls (about 5-inches long), split
- 1 1/2 cups shredded mozzarella cheese

Equipment: Baking sheet; Mixing bowl; Saucepan.

**Preparation:** Preheat oven to 400°F. Mash the beans with a fork, potato masher or food processor until completely smooth. Mix with egg, ketchup, apple butter and soy sauce. Mix into the ground turkey using your hands until completely incorporated. Wet your hands with cold water, form 24, 1-1/2-inch meatballs, and put them on 2 sheet pans leaving plenty of space in between. Push a green olive ring deeply into the center of each meatball, with the circular side facing up. Mould the meat around the olive into a football shape so that each meatball looks like an eye. Bake for 10 minutes until the meat is cooked through. While the eyeballs are cooking heat the tomato sauce in a saucepan until simmering, and keep warm. Remove eyeballs from the oven. Dab away any juice from the top with a paper towel and insert a piece of black olive into the hole in the center of each green olive giving each eye a dark pupil. To serve: Spoon 1/4 cup sauce in each roll, top with 2 tablespoons cheese and insert 2 eyeballs side-by-side staring out from each roll. Serves: 12

*Nutritional Information Per Serving: Calories 352; Total fat 8g; Saturated fat 3g; Cholesterol 68mg; Sodium 705mg; Carbohydrate 39g; Fibre 3g; Protein 28g; Vitamin A 6%DV\*; Vitamin C 14%DV; Folate 14%DV; Calcium 23%DV; Iron 39%DV; Potassium 12%DV. \*Daily Value*

## WHAT'S THE DIF ?

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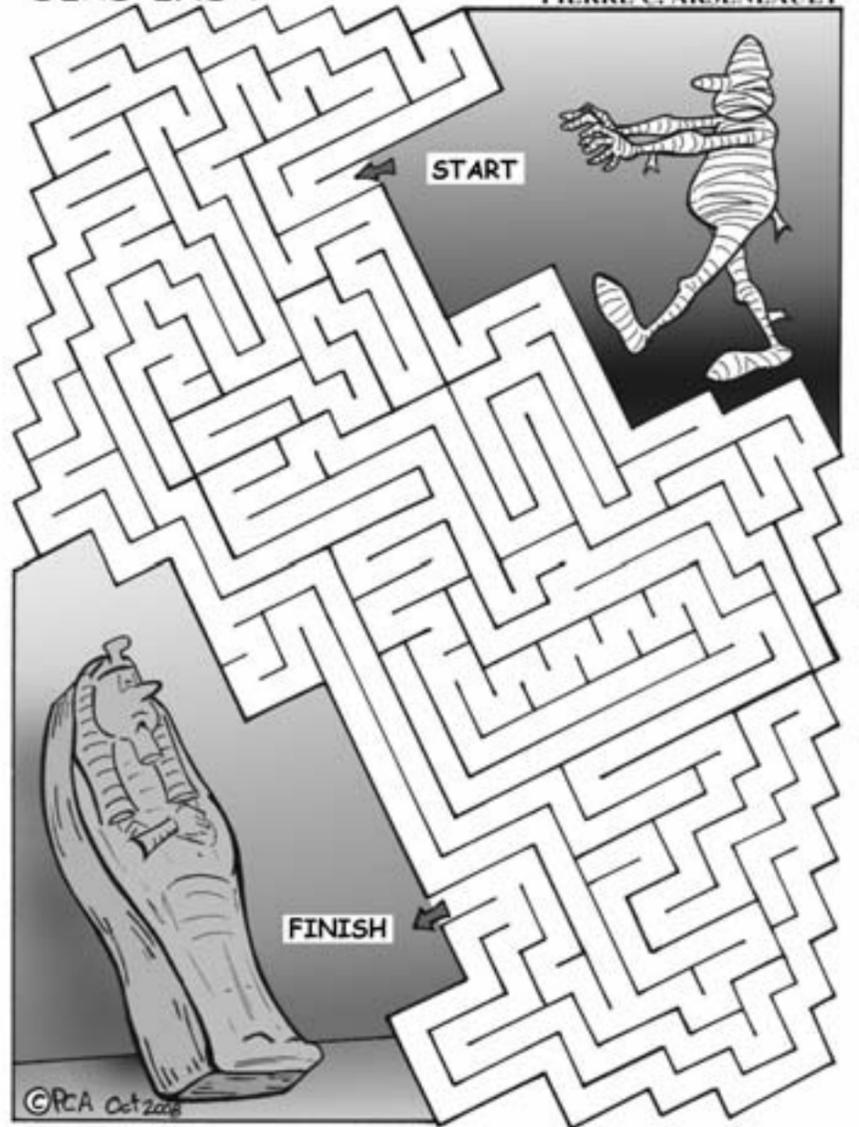
FIND THE 7 DIFFERENCES



ANSWERS: 1. STIR STICK, 2. BOY'S MOUTH, 3. JAR, 4. BROOM, 5. FISH, 6. WITCH'S HAIR, 7. COOKBOOK

## DEAD END ?

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# Community Events

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

### 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](mailto: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.

100

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For more information or to join today: 1 877 323 4545 ext 3424  
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### Halloween 5km Run/Walk in support of the Quinte Childrens Foundation. Friday October 29th 2010 at 6:30pm.

For more information please contact the Quinte Childrens Foundation at 613-962-9291

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

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

### 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](http://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.

### 8 Wing Officer's Ladies Club are hosting their Annual Charity Night.

November 10, 2010  
6:30 pm  
in the Upper Lounge of the Officer's Mess.

**Admission:**  
\$10 donation or item donation for the auction.  
*Light refreshments served.*

For Info call Kim 613-962-2718 or Betty 613-392-4539

### Quinte's 15th Annual Christmas Model Railroad Show

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**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](http://www.franco-phare.ca)  
Walking Club - Check our website [www.franco-phare.ca](http://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 (Started September 22nd)**  
Wednesday: 12:00-2:00pm (FREE SKATE)  
Sunday 2:00-3:30pm

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



# Construction of new 1 Hangar: One year down, one to go...

by Deanna O'Leary  
Coordinator, Construction Services,  
Defence Construction Canada

Time was taken out from a busy site on Thursday, September 30 to reflect on the past year of construction and look forward to the next.

The \$84,700,000 contract for the construction of the new Maintenance 1 Hangar – a two-bay CC-177 hangar - was awarded October 2, 2009 to Bird Construction Company of Toronto. The hangar is scheduled for completion October 2, 2011.

At the halfway point of construction, approximately 80 people gathered in what will be the future POD Servicing shop to hear Major Troy Paisley of 429 Squadron give insight into the function of the CC-177 and what this project means to the Squadron.

Major Paisley noted a particular highlight of the hangar's completion will be that Home Station checks on the CC-177's can be done here at 8 Wing/CFB Trenton instead of the current Jackson, Mississippi. The Hangar will bring personnel under one roof and truly be "home" to the CC-177.

Bird hosted an appreciation lunch to thank the workers on site and project team members for their work over the past year. The real treat, however, was a CC-177 static display on the adjacent apron.

429 Squadron crew members were onboard to act as valued tour guides and answer the many questions that arose. With daily flybys over the jobsite, the construction team often marvels at the giant planes the hangar will eventually house.



A CC-177 Globemaster III is seen parked in front of the massive steel structure, which was on display for the one year anniversary of the new 1 Hangar construction. Photo: Submitted

Despite the rain forcing some subcontractors to leave site early, many were on-site to celebrate the one year anniversary of construction.

Attendees also included representatives from 8 Wing Operations, Defence Construction Canada, engineers SNC Lavalin from Halifax, architects Kasian from Vancouver, Jacobs Carter Burgess of Fort Worth, Texas, and A4 CE Infra out of Winnipeg.

## 1 HANGAR: FUTURE HOME OF THE CC-177 GLOBEMASTER III

- Footprint: 97m x 191m = 18,550 m<sup>2</sup> or 200,000 sq ft
- Length: 2 Canadian football fields
- Height: 29m or 95 ft or 10 storey's
- 17,500m<sup>3</sup> of concrete foundations
- 3,000 tons steel
- 2,000,000 person hours (80 on site now; 200 at peak)

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<p><b>09 CHEV SILVERADO 2500HD LT</b></p>  <p><b>D11569</b> 4X4! 6.0L-V8, Extended cab, short bed with bed liner, trailer hitch, traction control, steering wheel controls, OnStar, 4th door, air, tilt, cruise, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 39,000kms!!</p> <p><b>\$28,995</b></p>	<p><b>07 GMC SIERRA 1500 SLT</b></p>  <p><b>11788</b> 4X4! Pwr Sunroof! Pwr heated leather memory seats! 20" Alloy wheels! 5.3L-V8, Crew cab, short bed, trailer hitch, chrome step bars, flex fuel, wood grain trim, park aid, factory remote start, steering wheel controls, dual climate controls, traction control, OnStar, air, tilt, cruise, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 81,000kms.</p> <p><b>\$24,995</b></p>	<p><b>05 FORD F250 XLT</b></p>  <p><b>11959P</b> 4X4! Diesel! FX4 Off road! Power stroke! Chrome wheels! 6.0L-V8, long bed, bed liner, tonneau cover, rear sliding windows, trailer hitch, steering wheel controls, tilt, cruise, air, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 84,000kms.</p> <p><b>\$21,995</b></p>	<p><b>08 CHEV SILVERADO 1500 LT</b></p>  <p><b>P11491</b> Z71, 4X4! 20" Alloy wheels! 5.3L-V8, Extended cab, short bed, bed liner, factory remote start, trailer hitch, OnStar, dual climate controls, tilt, air, cruise, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 36,000kms!!</p> <p><b>\$25,495</b></p>
<p><b>07 CHEV SILVERADO 1500 LT</b></p>  <p><b>P11924</b> 4X4! 17" Alloy wheels! 4.8L-V8, long bed, bed liner, 2 dr, trailer hitch, steering wheel controls, tilt, cruise, air, OnStar, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 81,000kms.</p> <p><b>\$18,495</b></p>	<p><b>08 DODGE RAM 1500 SLT</b></p>  <p><b>11881</b> 4X4! Tow mirrors! 20" Chrome wheels! 5.7L-V8, Crew cab, short bed, bed liner, pwr rear sliding window, trailer hitch, steering wheel controls, u-connect compatible, 4th door, air, cruise, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 44,000kms!</p> <p><b>\$23,495</b></p>	<p><b>07 GMC CANYON SLE</b></p>  <p><b>11785</b> Z71, 4X4! Chrome wheels! 3.7L-V6, 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><b>\$18,495</b></p>	<p><b>07 GMC SIERRA 1500</b></p>  <p><b>P11610</b> Z71, 4X4! 20" Alloy wheels! 5.3L-V8, Extended cab, short bed, bed liner, chrome step bars, dual climate controls, factory remote start, OnStar, satellite radio, CD, air, tilt, cruise, pwr mirrors, windows, locks, keyless entry, 68,000kms.</p> <p><b>\$22,495</b></p>
<p><b>07 GMC SIERRA 2500HD</b></p>  <p><b>P11514</b> 4X4! Integrated brake controller! Chrome wheels! Tow mirrors! 6.0L-V8, Extended cab, long bed, bed liner, OnStar, trailer hitch, steering wheel controls, cruise, air, tilt, AM/FM/CD, pwr locks, keyless entry, 62,000kms.</p> <p><b>\$22,995</b></p>	<p><b>07 CHEV SILVERADO 1500 LS</b></p>  <p><b>P11816</b> 4X4! Alloy wheels! 5.3L-V8, long bed, bed liner, steering wheel controls, OnStar, trailer hitch, air, cruise, tilt, AM/FM/CD, pwr locks, keyless entry, 78,000kms.</p> <p><b>\$17,495</b></p>	<p><b>07 DODGE RAM 2500HD SLT</b></p>  <p><b>11550</b> 4X4! Alloy wheels! 5.7L-V8 Hemi! Mega crew cab, short bed, trailer hitch, chrome step bars, steering wheel controls, air, cruise, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 82,000kms.</p> <p><b>\$21,995</b></p>	<p><b>07 GMC SIERRA SLT</b></p>  <p><b>11402</b> 4X4! Pwr heated leather memory seats! Pwr sunroof! 20" Alloy wheels! 5.3L-V8, Crew cab, short bed with bed liner, trailer hitch, pwr folding mirrors, rear sliding windows, park aid, pwr pedals, wood grain trim, factory remote start, steering wheel controls, OnStar, dual climate controls, tilt, cruise, air, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, 51,000kms.</p> <p><b>\$27,495</b></p>

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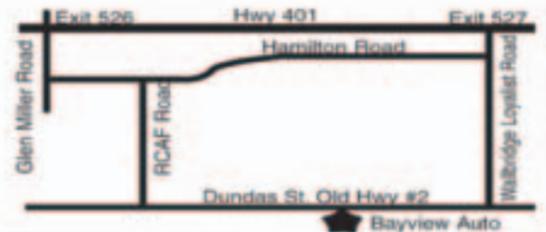
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# La 8e Escadre, future lauréate?

Par Todd Stride

« Et le gagnant du Prix de la santé et de la condition physique des Forces canadiennes est... »

Les membres de la 8e Escadre Trenton sont impatients de savoir si, en novembre, ce sont eux qui l'emporteront.

La Force aérienne propose qu'on remette à la 8e Escadre le nouveau Prix de la santé et de la condition physique, qui souligne les activités de conditionnement physique qu'organise une base, une escadre ou une unité administrative de soutien de chaque élément (Marine, Armée de terre et Force aérienne) à l'appui de la Stratégie sur la santé et la condition physique des FC de 2008.

On annoncera le récipiendaire du prix au dîner du Mérite sportif des FC, qui se tiendra à Ottawa, le 6 novembre prochain.

« Le comité de sélection du Commandement aérien a reçu de nombreuses candidatures extraordinaires, dit le Lieutenant-général André Deschamps, commandant du Commandement aérien. Elles illustrent l'importance qu'accorde le commandant de chaque escadre à la santé et à la condition physique de son personnel. »

La 8e Escadre a, pour sa part, pris diverses mesures dans sa région, dont s'associer au Centre de ressources pour les familles des militaires afin de veiller à ce que les soldats et leur famille aient accès à des programmes qui favorisent des choix judicieux en matière de santé et de condition physique.

Les militaires blessés qui jouissent de soutien de services médicaux ont accès à une installation qui vise à faciliter leur rétablissement et qui leur propose un programme d'exercices structuré qu'ils suivent après avoir terminé leurs séances de physiothérapie.

La 8e Escadre a aussi créé des activités de conditionnement physique comme le Défi Surf n' Turf, une compétition multisportive, et le Défi de la santé et de la condition physique du commandant de l'escadre, qui favorise le maintien d'une bonne condition physique et qui permet à la collectivité de Trenton de mieux connaître la Force aérienne.

« Nous sommes heureux qu'on ait proposé la 8e Escadre comme lauréate éventuelle de ce prix prestigieux et qu'on souligne les réalisations exceptionnelles de notre équipe de santé et de condition physique au cours de

l'année écoulée », ajoute le Colonel Dave Cochrane, commandant de l'escadre. « La santé et la condition physique sont les pierres angulaires du bien-être individuel et collectif. »

Voici les récipiendaires des prix sportifs de 2009 du Commandement aérien qui courent également la chance de remporter un prix national :

- le Caporal M. Delisle, 3e Escadre Bagotville – athlète masculin de l'année;
- la Capitaine M.I. MacDonald, 14e Escadre Greenwood – athlète féminine de l'année;
- le Caporal J.G. Van Der Kamp, 8e Escadre Trenton – entraîneur de l'année;
- la Caporal L.N. Doyle, 14e Escadre Greenwood – entraîneuse militaire de l'année;
- le Caporal-chef B.C. Wareham, 4e Escadre Cold Lake – officiel de l'année;
- équipe masculine de volley-ball, 19e Escadre Comox – équipe de l'année.

« Félicitations à tous les lauréats, qui ont atteint un niveau d'excellence dans le sport de leur choix, ainsi qu'aux aviateurs et aux aviatrices de la 8e Escadre Trenton pour leurs réalisations », a déclaré le Lgén Deschamps.

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if you have any questions



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



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## Gordon McGregor Trophy: 2 Air Movements Squadron

2 Air Movements Squadron is one of the unsung heroes of the Canadian Air Force.

Located at 8 Wing/CFB Trenton, the unit is the sole Air Movement Squadron in the Canadian Forces and thus is tasked with supporting every transport CF flight in deployed ops and at home.

Every piece of cargo, equipment and passengers from any units or element of the CF must be diligently processed, prepared for flight and handled to ensure the security of both the aircraft and its content while considering efficiency and operational imperatives.

The operational tempo of the unit of the units mirror the CF activity in general and over the last few years the steady increase in effort has weighted heavily on the unit. The introduction of new fleet of aircraft such as the CC-177 Globemaster III, the CC-130J Hercules and the CH-147 Chinook created new operational and personnel requirements which in turn created significant challenges for a unit of 200 individuals. As their motto clearly stated Nunquam non Paratus, literally Never Unprepared, the unit faced

these challenged with gusto and determination.

2010 was promising a level of activity never seen before and an incredible 45% of the Sqn effective strength was expected to be deployed in support to operation ranging from Afghanistan to the Vancouver Olympics, from exercises in the Canadian Arctic to the desert of Arizona.

In January 2010, the Haitian earthquake tragedy demonstrated the true nobility of the unit has it deployed 38 more of its personnel to Haiti and reaching a record level of 68% of the unit away. Far from abandoning it's other commitments in Afghanistan and in the Olympics the unit braced with an unflappable fortitude to the task ahead doubling it's effort at home to support this unprecedented humanitarian crisis.

Handling well beyond 3.4 Million pounds of freight and thousands of passengers monthly in support of all the operations and exercises in the world, 2 Air Mov Sqn found the strength to handle, load and unload an extra 2.4 Million pounds of vital humanitarian aid and a thousand passengers

on impossibly short delays and constantly evolving situation in Haiti. While the personnel in Canada had to cope with ever changing load configuration, extremely long working hours and equipment failure they all did it with pride and professional confidence.

At the other end of the air bridge, the Sqn personnel deployed to Port au Prince, Jacmel and Kingston had to cope with working and living condition ranging from austere to mediocre at best. Due to lack of equipment, the Sqn personnel often unloaded CC-177 by hand a process that often took 4 to 5 hours of continuous physical exertion to handled the 90,000 pounds of freight. With resolve and valour, they never wavered or doubted the confidence that Canadian citizen put in them to accomplish the mission. In the shadows of critical rescue efforts, the unit toiled and worked diligently every day to ensure success. Away from the media attention, it is easy to forget that without their efforts and selfless dedication, Op Hestia would not have been possible.



2 Air Movements Squadron personnel supporting Op HESTIA, following the 2010 Haiti earthquake.

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29 October

29 November, 3 December

See 8 Wing splash page for menu!

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In support of Government of Canada Workplace Charitable Campaign & United Way of Quinte

### It's Back The 2010 GCWCC EME Trailer Raffle!

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

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

For More Information Please Contact MCpl Giles @ Loc 2328

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

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

Ceci est votre chance de gagner une remorque utilitaire de qualité tout en contribuant à soutenir une bonne cause! La remorque dispose d'un pont de 5'x 9' muni d'un essieu de 3500lbs et des pneus de 15 po. Elle est aussi dotée d'un coffre utilitaire, d'une béquille réglable et d'un attelage de 2 po.

Pour plus d'informations, s'il vous plaît communiquer avec le Cplc Giles au poste 2328





# FITNESS & HEALTH PROMOTION



## Smart snacking, the nutritious way

## Une bonne collation

Healthy snacking is part of a healthy diet.

While eating between meals used to be discouraged, experts now say healthy snacking may help you get all the nutrients you need to protect you from chronic diseases.

Nutritious snacks also keep you feeling energized throughout the day. Snacking can stave off hunger and keep your metabolic rate up, which makes it an integral part of maintaining a healthy weight.

Snacks are meant to tide you over, not replace a meal, so it's important to keep portion sizes small.

What you choose to snack on makes all the difference. As a general rule, it's best to choose a snack that contains foods from a food group (whole grains, vegetables and fruits, milk products, meat and alternatives) in Canada's Food Guide.

By planning your snacks just as you would your meals, you avoid making unhealthy snack choices that may be high in salt, fat and



Photo: sxc.hu

sugar.

Snacks such as potato chips, cookies, doughnuts and candy bars may actually sap your energy, while adding unnecessary calories.

Be aware that so-called energy bars can be high in sugar and trans fats.

Read the Nutrition Facts table on any snack foods and look for sugar content and trans fat ingredients such as hydrogenated or partially hydrogenated oils.

At home, stock your pantry and fridge with quick and easy snacks: fresh fruit, sliced vegetables, plain

popcorn, unsalted nuts, dried fruit, trail mix (watch the portions) and single servings of lower-fat yogurt, cottage cheese and puddings.

At work, keep a snacking survival kit at your desk or in your locker, filled with canned fruit, whole-grain crackers, peanut butter, nuts and seeds.

Keeping healthy snacks in your backpack, such as lower-salt pretzels, raisins or trail mix, may save you time and money and help prevent you from binging on junk food.

Source: Heart and Stroke Foundation

Une collation santé fait partie d'un régime alimentaire équilibré. Alors qu'auparavant il était déconseillé de manger entre les repas, les experts affirment maintenant que les collations santé permettent d'absorber l'ensemble des éléments nutritifs dont vous avez besoin pour vous protéger des maladies chroniques.

Les collations nutritives vous permettent d'avoir de l'énergie tout au long de la journée. Une bonne collation peut chasser votre faim et vous permet de garder votre rythme métabolique à un niveau élevé. D'ailleurs, un rythme métabolique plus rapide contribue grandement à maintenir un poids santé.

Les collations servent à "combler un petit creux", pas à remplacer un repas, et c'est pourquoi il vaut mieux prendre de petites portions.

Toute la différence réside dans les choix que vous faites à l'heure de la collation. Règle générale, il est préférable de choisir une collation qui contient des aliments faisant partie d'un des groupes alimentaires du Guide alimentaire canadien (grains entiers, fruits et légumes, produits laitiers, viandes et substituts).

En planifiant vos collations comme vous le feriez pour vos repas, vous évitez de choisir des aliments à faible valeur nutritive, qui contiennent beaucoup de sel, de gras et de sucre. Les croustilles, les biscuits, les beignes et les friandises risquent de saper votre énergie en plus de vous faire accumuler des calories superflues.

Vous devez aussi savoir que les soi-disant barres énergétiques peuvent contenir de grandes quantités de sucre et de gras trans.

Lisez les tableaux d'informations nutritionnelles présents sur les emballages de n'importe quelle collation et portez attention au contenu en sucres et en gras trans tels que les huiles hydrogénées ou partiellement hydrogénées.

À la maison, faites des provisions de collations faciles à préparer et à manger : des fruits frais, des légumes tranchés, du maïs soufflé nature, des noix non salées, des fruits séchés, du mélange montagnard (surveillez les portions), du yogourt faible en gras (en format individuel), du fromage cottage et des poudings.

Au travail, conservez dans votre bureau ou dans votre casier une "trousse de collation de survie" composée de fruits en conserve, de craquelins de grains entiers, de beurre d'arachides, de noix et de graines.

En traînant dans votre sac à dos des collations santé comme des bretzels sans sel, des raisins ou du mélange montagnard, vous pourriez économiser temps et argent en plus d'éviter de vous jeter sur la malbouffe.

Référence: Fondation des maladies du cœur



Photo: sxc.hu

### SPINNING Classes

Photo: sxc.hu

We are pleased to offer many different timings for 8 Wing's most popular fitness class. Spinning takes place as follows: Tuesdays and Thurs-days at 0630 hrs; Monday, Wednesdays and Fridays at 1200 hrs; and Mondays at 1610 hrs. Classes open to DND community!

### 8 Wing Health Promotion Schedule

**ASIST (Applied Suicide Intervention Skills Training)**  
**ASIST (Formation Appliquée En Techniques D'intervention Face Au Suicide)**  
 3 & 4 Nov, or/ou 8 & 9 Dec

**Alcohol, Other Drugs and Gambling: Supervisor Training**  
 17 Nov, 0830-1600hrs  
**Formation des superviseurs – Problèmes liés à l'alcool, aux drogues et au jeu excessif**  
 le 17 nov de 8 h 30 à 16 h

**Stress: Take Charge!**  
 19 Nov, 0900-1200  
**Le stress : ça se combat!**  
 le 19 nov de 9 h à 16 h

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# SPORTS & RECREATION

## PSP Facility Memberships

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

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

- Your membership includes access to the RecPlex, Gymnasium, RCAF Arena and Albatross Outdoor Pool.
- It is for casual use of the facility and does not include any programs and services.
- **Regular Members include:** Family members of the Regular and Reserve Force, family members of foreign military personnel on duty with the Canadian Forces.
- **Ordinary Members include:** Retired military personnel, civilian public and non-public employees, retired civilian employees in receipt of an annuity, widows of former members of the CF, full-time DND contract employees, members of the RCMP
- **Restricted Access Hours:** During the hours of 11:30 a.m. to 1 p.m. Monday to Friday, access to the Gymnasium is restricted to military personnel and full-time civilian employees.
- Members are required to present their membership cards to Reception when accessing the facilities
- **Cost of replacing a lost card \$ 10 + HST = \$ 11.30**

## Power Skating

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

This program began 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.*

## FAMILY SKATING

Family Skating began 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.

## Learn to Skate programs: RCAF Arena

**Learn to Skate - Youth eight years and older:** Learn to Skate, for youth ages eight and older, will take place on Fridays, until 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, until December 3, from 6 to 7 p.m. Cost is \$65 for military community members and \$75 for the general public.

## Military Family ID Card (MFID)

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

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

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

Military members wishing to obtain

the Military Family ID Card for their dependants can complete the Military Family ID Card Application at [www.cfcommunitygateway.com](http://www.cfcommunitygateway.com).

The form can be completed online before printing.

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

## NEW: Upcoming evening Yoga classes

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

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

This class will take place on

Wednesdays, from 7:15 to 8:15 p.m., at the South Side Gym, from November 3 to December 15 (please note there is no class on November 17).

Cost is \$24 for military community and \$29 for the general public. Registration is being accepted at the RecPlex.

## Shinny Hockey for Kids

Shinny Hockey for Kids began on 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.

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**"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."**  
- Ken Doherty

**the Contact**



## NOON HOUR HOCKEY LEAGUE KICKS OFF



Photo: Submitted

The Noon Hour Hockey Leagues (NHL) is off and running with four teams fighting for top honour. The NHL had their opening game on Monday, October 18, with Colonel Dave Cochrane (left, centre), Commander, 8 Wing/CFB Trenton, and Wing Chief Warrant Officer Kevin West (right, centre), 8 Wing Chief Warrant Officer, dropping the ceremonial puck with Dave Rothermung (left, background), Fitness and Sports Director, and Sergeant Robert Cosstick (right, background), League President. Taking the face-off for the Bruins is Dave Quinsey and Major Steeve Caron for the Flyers. The Fitness and Sports Flight would like to take this opportunity to thank the executive committee president, Sgt Rob Cosstick, and Vice President Capt Richard Dumais, for volunteering their time. Good luck, have fun and play fair.

## Noon Hour Volleyball League Meeting

The I/S Noon Hour Volleyball League final organizational meeting is scheduled for 1000 hrs, on Wednesday, November 3, 2010 in The Gymnasium conference room.

The league is open to Canadian Forces military, DND, NPF and contract full-time employees. Interested

Unit Sports Reps and players are to attend subject meeting in preparation for the 2010/2011 Season. The league will play at The Gymnasium Mondays and Wednesdays at noon.

For more information contact Dan Cormier, Military Sports Coordinator, by email or a local 3373.

## 8 Wing/CFB Trenton Curling Play down

The 8 Wing/CFB Trenton Curling Team will represent 8 Wing/CFB Trenton at the Ontario Regional Curling Championship, scheduled to be held at CFB Kingston from January 16 to 19, 2011.

Slide, sweep and curl your way to the championship.

Competition is open to all Canadian Forces, Class B and C

Reserves members.

Play down will be held at the Trenton Curling Club at 0800 hrs, on Wednesday, November 24, 2010.

Curlers must register no later than November 19, 2010.

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

## 2010/2011 Intersection Floor Hockey

The I/S Floor Hockey final organizational meeting is scheduled for 1000 hrs, on Tuesday, November 2, 2010 in The Gymnasium conference room.

The League is open to Canadian Forces military, DND and NPF full-time employees.

Interested Unit Sports Reps and Executives are to attend subject meet-

ing in preparation for the 2010/2011 Floor Hockey Season.

League will play at The Gymnasium every Tuesday evening from 1800 to 2200 hrs.

Players with no reps wishing to play and for more information please contact Dan Cormier, Military Sports Coordinator, by email or at local 3373.

## 2010/2011 Indoor Soccer League

Come and join us for the 2010 - 2011 Indoor Soccer League. The league is open to all Canadian Forces military, DND, and NPF full-time employees.

Teams will be mixed men and women so all are encouraged to join!

The final organizational meeting will be held at 1400 hrs, on November 2, 2010. All interested team reps or play-

ers are asked to join.

Games will be held on Tuesday evenings from 1800 hrs to 2200 hrs.

Joining the league is easy - bring in a whole team or join individually!

All of those who are interested in playing and having fun please contact Dan Cormier, Military Sports Coordinator, by email or a local 3373.



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**What:**  
As part of the United Way Campaign CFLAWC will hold an On-line Silent Auction for 4 Tandem Freefall Jumps.

**Where:**  
Bid on line at the 8 Wing Splash page. See the United Way link for details.

**When:**  
Bids are open now and will close on campaign completion. Don't get left out. **BID NOW!**

**Quoi:**  
Faisant partie de la Campagne Centraide, le CISGTEC tiendra une vente aux enchères silencieuse en ligne pour 4 sauts Tandems en chute libre.

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Faites votre offre en ligne sur la page d'ouverture de la 8<sup>ème</sup> Esc. Suivez le lien de Centraide pour les informations.

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

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

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



Auction close of 10:00 2 Dec 2010.  
Tandem jumps will be conducted in Spring 2011.  
Les enchères fermeront le 2 déc 2010 à 10:00.  
Les sauts se feront au printemps 2011.



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AirlineHobby.com

DVD Part 2 (1990-1992)



We join the crew on a Forces 707 tanker flight refueling thirsty CF-18 Desert Cats over the Gulf. There's plenty of 707 action filmed at Doha during the Gulf War, and we then join our troops for their 707 flights from Lahr to Trenton. Canadian Forces Boeing 707s then delivered aid during the Yugoslav conflict, and participated in CF-18 refueling exercises in Canada's high Arctic. Lastly we visit NATO for AWACS & 707 flights. (76 min / \$30+postage)

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# CFAWC celebrates fifth anniversary, Continued from Page 1

awareness. This type of technology is certainly not new, but DIRE leverages currently available equipment to address a unique capability gap for the Air Force, the joint CF community and other government departments charged with coordinating emergency response.

DIRE is expected to be further trialled during Exercise MAPLE GUARDIAN/MAPLE FLAG next spring and during Op NANOOK in the Arctic next summer.

## DOCTRINE

Throughout our history, the Air Force has been particularly good at developing tactical-level doctrine to meet our immediate needs in field-level operations. However, what we have lacked for so many years is a more holistic description of how the Air Force writ large operates within the Canadian context.

By ignoring operational and strategic-level aerospace doctrine for so many years, we failed to provide the Air Force at all levels with an overall understanding of Air Force operations and the tools necessary to fully represent our interests in the joint community.

CFAWC, in cooperation with all Air Force and joint communities, is well on its way to fully developing operational and strategic-level Air Force doctrine.

It is currently providing the basis for the education of Air Force officers through the Air Force Officer Development Programme (AFOD), and the foundation upon which Air Force operations are conducted.

Once complete, this doctrine will also support the substantiation for our force development and force structure processes.

As LGen Bouchard said when he was Commander of 1 Canadian Air Division during CF Transformation, "in the absence of sound doctrine that you have developed yourself, someone else will decide how your forces will be deployed and employed."

The capstone doctrine manual has been published and the majority of the keystone



Above photo shows a Canadian Forces Aerospace Warfare Centre member training on an AFEC Simulator. Photo: Submitted

and several supporting manuals will be released in the next 12 months. Once on the street these documents will be dynamic and continually amended as we bring new capabilities online through the force development process, and improve the way we operate via the Air Force Lessons Learned Programme.

## EDUCATION AND SPECIALIZED TRAINING

While the responsibility for individual training within the Air Force resides in the Air Force Training Centre (AFTC) in Winnipeg, CFAWC supports some niche education and specialized training of Air Force officers and NCMs.

For example, with the development of the Air Force Command and Control Doctrine, the need to train Air Force personnel on the functions of an air component command (ACC) staff was identified and is being prepared by CFAWC.

We are starting with training officers' assigned ACC duties and their staffs for upcoming exercises and deliberate operations such as Ex MAPLE GUARDIAN/MAPLE FLAG and Op NANOOK prior to execution.

The intent is to create a cadre of well-trained Air Force

senior officers and supporting staff that can be called upon to stand up an ACC in response to reactive operations.

CFAWC is also working closely with AFTC to provide specialized training in electronic warfare to supplement the courses currently offered at the Canadian Forces School of Aerospace Studies (CFSAS).

CFAWC is also looking to leverage the synthetic environment more fully by developing collective training exercises for the Air Force and participating more fully in joint and combined virtual exercises. Imagine taking part in a joint synthetic exercise where actual aircraft simulators and command and control facilities like the CAOC and the Canadian Air Defence Sector are full participants in a scenario with simulated ships and land forces—all this prior to conducting the next "Op PODIUM" or "Op CADENCE." To have "flown" an operation before actually burning AVGAS would certainly be a very powerful collective training tool.

## LESSONS LEARNED

In order for an organization to improve and prepare itself for future challenges it must continually self-assess.

The Air Force has for years talked about "doing" lessons

learned but we have rarely been successful at truly adopting those lessons. CFAWC has stood up the Air Force Lessons Learned Programme in order to ensure we act upon the areas that need improvement and adopt best practices at the tactical, operational and strategic levels.

The philosophy we use is similar to the Flight Safety Programme, where observations are acted upon at the lowest level of command necessary to address the problem.

CFAWC is taking both a deliberate and a responsive approach to supporting the Air Force lessons learned. First, we have developed and distributed the Air Force Lessons Learned Manual, and will be training the Division and Wing lessons learned officers (LLOs) this fall. The Lessons Learned Branch at CFAWC will provide close mentorship to these LLOs for the next few years until the system is well understood and the Air Force has adopted lessons learned within its culture. We will also be providing a distance learning training package for Unit LLOs in the near future that will prepare candidates to attend a week-long specialist course at CFAWC which, when complete, will ensure that all levels of LLOs have access to the training they require. It took years to inculcate the flight safety pro-

gramme into the Air Force mindset and the lessons learned process is a similar challenge.

At the same time that the deliberate lessons learned process is being developed, CFAWC also remains responsive to current Air Force operations. The Lessons Learned Branch has been involved in collecting observations from the numerous operations that occurred this year. Firstly, as a result of Air Force command and control observations from Op PODIUM, CFAWC developed an Air Doctrine Note in concert with joint and Air Force staff, that clarified the options available to the Commander of 1 Canadian Air Division when standing up an air component for an operation or exercise. This Doctrine Note was then used to establish the command relationship for Op CADENCE and Op NANOOK.

The Lessons Learned Branch also collected data for Op HESTIA with the specific mandate to recommend improvements to the airlift command and control. These lessons will form the basis for an Air Doctrine Note which will improve the effectiveness of airlift for future operations.

## CONCLUSION

The decision to stand up CFAWC filled a long-standing void in the Air Force's ability to be a learning organization. The initial manning of the unit was controversial, as it necessitated retiring three operational squadrons, but I stand firm in my belief that the efforts of CFAWC to date and the value the unit will provide the Air Force in the future more than make up for the emotional mourning we experienced five years ago.

The Air Force now has a unit—a think tank—that looks at the continuum of the force development process for the Air Force from a holistic perspective through research, concept development, experimentation, doctrine development, specialty training, and concluding with lessons learned. Our work to date is impressive, but our potential contribution to the Air Force and the joint environment is huge.

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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 #.
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*Jpeg-Maximum (8X10), 300 dpi*
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

### Letters to the Editor:

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

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

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



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## ATTENTION

Contact readers and contributors

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

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

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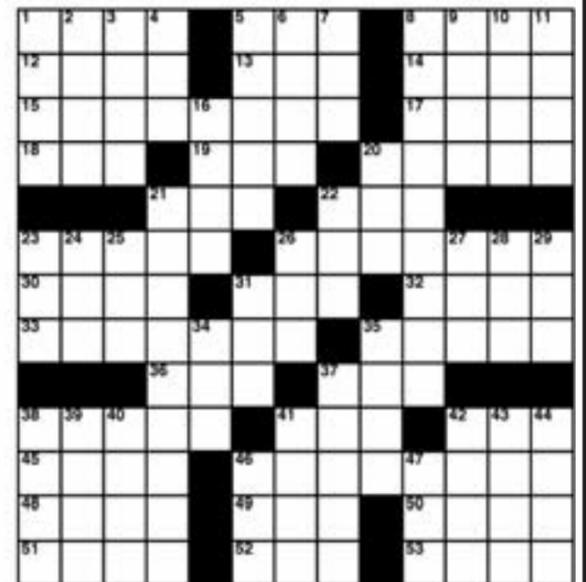
# Canadiana Crossword

Of Wells and Walls

By Bernice Rosella and James Kilner

- ACROSS**
- Platter
  - One of the 5 W's
  - Exchange
  - Inside of
  - Gee's opposite
  - Beginner
  - Saskatchewan community
  - Obligation
  - Sis
  - Consume
  - Goblin
  - Intelligence
  - Have, in the Hebrides
  - Bishop's head wear
  - Saskatchewan hamlet
  - Plant part
  - Yes vote
  - Flu
  - Nova Scotia Community
  - Myth or path follower
  - Ont. summer time
  - Barrel, abbr.
  - Obese one
  - China's chairman, once
  - Prefix for mature or dominant
  - Bit of land
  - Manitoba hamlet
  - Wooden overlay
  - Doctrine
  - Mild expletive
  - System of weights
  - Joyful
  - Gangrenous inflammation

- DOWN**
- Requests, slangily
  - Crucifix inscription
  - Knife thrust
  - Food fish
  - Cereal grain



- Stop
- Raptor
- Manitoba town
- Alky
- Poisonous flower
- Sit for a portrait
- Dam
- Fish species
- Ontario community
- Colour
- Mouth
- Mortal sin
- \_\_\_ death do us part
- Adios
- Sense of self
- Tote
- Grassland
- Statute
- Ruckus
- Coin of ancient Greece
- Mild
- Bit of information
- Shrub genus
- Threesome
- Desert feature
- Walt Kelly cartoon character
- Wander
- Icelandic poems
- Hair piece
- Cyst

See Answers, Page 22



## This Week in Contact

1980 – **Our Environment, Acid Rain:** In recent years acid rain – a legacy of industrial waste – has taken a terrible environmental toll. Some of the world's finest lakes and rivers can no longer support life. They are biologically dead. Former Federal Environment Minister John Fraser has said that acid rain "is the most serious environmental problem Canada has ever faced."

1990 – **Hearing is precious:** Your hearing depends on a complex system of membranes, bones, hairs, nerve fibres and fluids, any one of which may be damaged gradually or suddenly. Prevention is the key to dealing with hearing loss because most forms of ear damage are irreversible.

2000 – **E. Coli found in school water:** Of 16 random water samples taken October 3 by 8 Wing Construction Engineering Squadron, one sample, from a staff lunchroom tap at école Cité Jeunesse, tested positive for E. Coli. As a result, school officials sent students home early Friday morning.

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



## 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](mailto:william.snyder@forces.gc.ca) or call 613-392-2811 ext 2962. Keep checking *The Contact* for news on upcoming anniversary events.



## 8 Wing a "contender" for award

by Todd Stride, Air Force News

"And the winner of the Canadian Forces Health and Physical Fitness Award is..."

In November, 8 Wing/CFB Trenton personnel will be eager to find out if their wing is the winner.

The Air Force nominated 8 Wing for the new Health and Physical Fitness Award, established to recognize a base, wing or administrative support unit from each environment (Navy, Army and Air Force) for fitness activities that support the 2008 CF Health and Physical Fitness Strategy.

The winner will be announced at the CF Sports Awards Achievement Dinner in Ottawa on Nov. 6.

"The Air Command selection committee received many outstanding nomination packages which demonstrates each wing CO's commitment to the health and fitness of their personnel," said LGen André Deschamps, Commander of Air Command.

The Wing demonstrated its commitment to health and physical fitness through local initiatives such as partnering with the Military Family Resource Centre to ensure that the CF personnel and their families have access to programs that encourage positive health and fitness choices.

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

The Wing also organized fitness events such as a Surf n' Turf multi-sport competition and the Wing Commander's

Health and Fitness Challenge that promoted the Air Force and physical fitness to the Trenton-area community.

"We are thrilled to be nominated for this prestigious award and to have our health and fitness staff recognized for their tremendous accomplishments over the past year," said Wing Commander Colonel Dave Cochrane.

"Health and physical fitness are cornerstones for individual and collective well-being."

**The 2009 Air Command Sports Awards recipients are also contending for the national awards:**

Cpl M. Delisle, 3 Wing Bagotville, Male Athlete of the Year

Capt M.I. MacDonald, 14 Wing Greenwood, Female Athlete of the Year

Cpl J.G. Van Der Kamp, 8 Wing Trenton, Male Military Coach of the Year

Cpl L.N. Doyle, 14 Wing Greenwood, Female Military Coach of the Year

MCpl B.C. Wareham, 4 Wing Cold Lake, Official of the Year

Men's Volleyball Team, 19 Wing Comox, Team of the Year

"Congratulations to all awards recipients on achieving a standard of excellence in their chosen sport, and to the airmen and airwomen at 8 Wing Trenton for their achievements," said LGen Deschamps.

## Search & Rescue Update



424 Squadron had one callout this past week.

The Hercules was tasked to search for a possible capsized vessel near Owen Sound. After conducting an extensive search they were informed the boat had docked safely. The Hercules returned to base without further incident.

Until next week, stay safe!

Missions for 2010: 165 Missions for Oct: 10 Persons rescued: 11

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## Respects paid to a fallen Search and Rescue personnel

Submitted by LCol Roy, 424 (T&R) Squadron

On a cloudy October day, a crew from 424 Transport and Rescue Squadron paid their respects to a fallen Search and Rescue crew who crashed 30 years prior in northern Quebec.

On October 15, 1980, Rescue 312, a CC-130 Hercules crewed by 436 Squadron was in the midst of a search for a missing helicopter.

During the search, a spotter reported seeing some-

thing and a turn was initiated to locate the object. Unfortunately, during the turn, in attempting to locate the target, the airspeed rapidly decayed and the aircraft lost lift, impacting the ground. Of the 10 crew on board, eight members perished and two survived and are alive to this day.

A cairn was built at the crash site near Chapais, Quebec honouring the fallen crew. On October 15, 2010, exactly 30 years after the crash, 424 members visited the monument.



In the group photo, from left to right: Capt Jay Leslie, Capt Todd Guenther, MCpl Eric Boivin, Julie Tremblay (Chapais Town Council), Sgt Dave Payne, Capt Mike Pistilli, Maj Wayne Sippola

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## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Cpl Rashid, an Electrical Generation Systems (EGS) Technician at 86 Airfield Systems and Utilities Flight (86 ASU), seen on the right, makes the final connections on a Fire Detection Alarm Panel, while Pte Bechard completes the electrical connections for the Emergency Shutdown circuit inside the Generator Set Controller. Upon completion of this unit, all of its systems will be verified and then the genset will be load tested to its maximum capability. Once complete, it will be shipped to Inuvik, NWT, in support of Canada's Sovereignty Operation's, for installation by the technicians from 86 ASU. The 86 ASU EGS Section designs, builds and installs backup power systems for DND establishments across Canada as well as designing and building power systems for field applications for deployments and military exercises. In addition to this, 86 ASU EGS Section also maintains and rebuilds the 6 Generator Sets in the power plant at CFS Alert. As 86 ASU holds approximately one quarter of all the CF's EGS TECH's, it is known throughout the CF that this unit is the greatest place to ascertain trade knowledge and diversity.

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