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Brief visit from home: Mayor, Wing leadership visit Op ATHENA TSE

by Lieutenant Colonel S.P. Lewis
8 Wing Logistics
and Engineering Officer

It was 0400 hrs local and still before the sun rose on a very dusty ramp in Southwest Asia when the doors of the CC177 Globemaster from 8 Wing/CFB Trenton opened.

The first passenger to disembark, Mayor John Williams, was immediately blasted with intense heat of the local climate while taking his initial steps into the Theatre of Operations.

Temperatures aside, the airport that never sleeps was alive with activity and bustling with aircraft and material handling equipment, operated by Canadian Forces personnel and coalition partners.

Escorted by Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, the other members of the Trenton contingent included the 8 WCWO, Chief Warrant Officer Kevin West; Honorary Colonel Glenn Rainbird; and the WLEO, Lieutenant-Colonel Sean Lewis. Waiting on the hot tarmac to greet the visitors was Lieutenant-Colonel Tom Dunne, CO of the Theatre Support Element (TSE) and the TSE SWO, Chief Warrant Officer Lefebvre and other senior members of the unit.

Whisked away to the main camp, the Trenton contingent began their week with a visit to the critical Canadian Air Mobility hub supporting operations in Afghanistan.

LCol Dunne was obviously proud of the TSE in his opening statement at an orientation briefing where he underscored the importance of the mission and the people involved in making everything work.

"I could not be happier with the team we have here, they are an extremely effective group of people," he said. The previous CO of 424 Squadron at CFB Trenton noted that most of the Mission Support Squadron (MSS), the Administration Squadron and the flying crews also call Quinte West their home. With most of the team

Photo: Cpl Levarre McDonald, 8 Wing Imaging



Shown above, from left to right: Lieutenant-Colonel Lewis, Chief Warrant Officer Kevin West, Colonel Dave Cochrane, 8 Wing Honorary Colonel Glenn Rainbird and Quinte West Mayor John Williams.

formed of 8 Wing/CFB Trenton personnel, it made sense that the senior leadership of the Base and the municipality take time to visit the TSE in theatre.

This important initiative was strongly advocated for by Col Cochrane and several executive level officers in the chain of command. After months of scheduling and seeking appropriate approvals, authority was granted for Mayor Williams to fly into the base on one of the strategic sustainment and resupply flights.

"You could not ask or expect more support to 8 Wing than that provided by the local municipalities, especially Quinte West," said Col Cochrane. "Through our successes and challenges, through all of our multiple operations, all the con-

struction and renewal activities, the one constant has been the steadfast support of the people who live in this area. It was vital to me to show our appreciation and how important this support means to our deployed troops. Two key individuals that speak on our behalf in the community are Mayor Williams and HCol Rainbird."

The week's itinerary was full with tours, briefings and discussions with all levels of the TSE and the coalition partners.

As a stark reminder of the seriousness of the mission, Mayor Williams and HCol Rainbird also participated with the TSE in three repatriations at the base for Australian soldiers.

Mayor Williams, along with thousands of others who line the

Highway of Heroes during the repatriation ceremonies of Canadians in Trenton, was taken with the respect and dignity of the coalition ceremony at the TSE base. "To witness how the fallen soldiers are seen by their comrades before their final journey home with such honour was a remarkable experience. It is something I will never forget," he said.

Another key activity the group participated in was a TSE Town Hall where the Mayor presented a certificate to the unit on behalf of the City of Quinte West. Mayor Williams thanked the group for the work they do and stressed how proud both the municipality and Canada are of their soldiers, sailors, airmen and airwomen.

HCol Rainbird then presented

a certificate to the TSE for the support of his "Pennies for Pyrenees" charity drive effort, a 958 kilometre bike ride that took him to elevations of over 1500 meters above sea level in the mountains of France. All the proceeds were donated to the Military Family Resource Center in Trenton.

"The troops are such an inspiration to me. I look for ways to contribute back," the HCol of 8 Wing said in his address. "When I see first hand how much the MFRC supports the families and with 8 MSS deployed to the TSE, I felt I needed to do what I could." HCol Rainbird's efforts coupled with generous donations from many including TSE personnel raised approximately \$15,000.00.

See "Visit from home," Page 10

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CDS visit High Readiness ops launch pad

General Walt Natynczyk, the Chief of the Defence Staff, visiting the Canadian Forces Joint Headquarters (Renewal) High Readiness Detachment in Trenton to witness first hand the high readiness of its personnel and equipment.

This is where Op HESTIA was launched last January and where four other Disaster Assistance Response Team (DART) missions deployed since the late '90s.

Gen Natynczyk expressed his appreciation for the significant others' support to the troops that is very much behind every CF members deployed on high-profile and short-notice deployments.

Flanked on his right by MGen David Fraser, 1st Canadian Division Commander Designate, and on his left by LCol Kirk Gallinger, new DART Commanding Officer Designate, the CDS was briefed by Maj Steve Foreman, logistic exchange officer who deployed with the DART in Haiti last January.



Photos: Cpl Andrew Deics, 8 Wing Imaging

Important notice: Special Area Pass upgrade

All Special Area Passes (SAP) for 8 Wing are being upgraded to a new system. The system upgrade will begin taking effect in various locations throughout the Wing starting on 07 September and be complete by 24 September 2010. Personnel holding current SAP may not be able to use their SAP to access the base once the new system comes into effect.

To have their SAP upgraded to the new system, all personnel hold-

ing 8 Wing SAP will have to attend the SAP Re-issue Office any time during 0800 - 2000 hrs, Monday - Friday, including lunch and supper hours. The office is located in Bldg 22 (downstairs East entrance to the MP guardhouse, NOT the regular Ident Office or the Main Desk). Personnel attending to have their SAP upgraded must be in dress of the day, and have in their possession their current SAP and one piece of

DND identification.

Currently, processing time including waiting time, takes up to 30 minutes. Get it done early and avoid the rush.

This notice does not pertain to those personnel requiring initial issue of SAP, who will follow the regular SAP issue procedures at the Ident Office, Bldg 22.

OPI: M. Luc Bekval/sgt J. Steward, Phone: 2888 / 7154

Avis Importants : Mise à niveau des laissez-passer spéciaux

Tous les laissez-passer spéciaux de la 8e Escadre sont mis au niveau d'un nouveau système. La mise à niveau du système entrera en vigueur en divers endroits au sein de l'Escadre à partir du 7 septembre et sera terminée le 24 septembre 2010. Le personnel détenant des laissez-passer spéciaux actuels risque de ne pas être capable de les utiliser pour accéder entrer dans la base lorsque le nouveau système sera en vigueur.

Pour que leurs laissez-passer spéciaux soient mis au niveau du nouveau système, tous les membres du personnel détenant des laissez-passer spéciaux de la 8e Escadre doivent se présenter au bureau délivrant les nouveaux laissez-passer n'importe quand entre 8 h et 20 h, du lundi au vendredi, y compris pendant les heures du dîner et du souper. Le bureau est situé dans le bâtiment 22 (entrée du

rez-de-chaussée à l'est du poste de garde de la PM; il NE s'agit PAS du bureau de l'identification ni de la réception). Les membres du personnel qui se présentent pour que leur laissez-passer spécial soit mis à niveau doivent porter leur tenue du jour et être en possession de leur laissez-passer actuel ainsi que d'une pièce d'identité du MDN.

À l'heure actuelle, le temps de traitement, incluant le temps d'attente, peut atteindre 30 minutes. N'attendez pas et évitez la cohue.

Cet avis ne vise pas les membres du personnel ayant besoin d'un laissez-passer spécial initial, ceux-ci devant suivre les procédures régulières de délivrance des laissez-passer spéciaux au bureau de l'identification du bâtiment 22.

BPR: M. Luc Bekval/sgt J. Steward, Phone: 2888 / 7154

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9 September 2010

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MESSAGES REACH 8 MISSION SUPPORT SQUADRON PERSONNEL



Photo: Sgt Hunter, 8 Mission Support Squadron

The banner shown above was presented to members of the Theatre Support Element (mainly 8 Wing/CFB Trenton personnel) deployed at TSE during their visit. The banner was signed by numerous family members and co-workers of 8 Wing/CFB Trenton deployed personnel currently serving at Theatre Support Element. The banner was presented on Friday, August 28, 2010.

Operational Flight Testing at 8 Wing

by Capt L. Holmes, 426 Squadron

Part of 426 Training Squadron, the Transport Operational Test and Evaluation Flight (TOTEF) helps provide the best aeronautical products to Air Mobility. Our eleven officers (Pilots, ACSOs and AEREs) get involved in development, testing and implementation of new aircraft-related hardware and software.

TOTEF conducts an average of 20 flight test projects per year. Projects cover every fleet in Air Mobility, from Cormorants to Challengers. Over the past year, test and evaluation projects have centred strongly on equipment used in the Search and Rescue (SAR) role.

So why do we test? In simple terms, we want our new aircraft and systems to be the most capable, delivered quickly and at the lowest cost possible. Testing ensures we get the best products for the department's money and also prepares aircrew to best use the new equipment.

With such a small staff, TOTEF normally seeks assistance from 8 Wing units. The projects can be fairly complex and challenging, but flight-testing brand new kit is always exciting. Regardless of job, rank or experience, the opinion of every member of the test team is highly valuable.

Their comments tell us how well the new equipment is performing and what improvements must be made.

Also, figuring out the best way to operate a system is a big challenge, involving much trial-and-error.

One of the most recent multi-airframe SAR projects, still underway, is the testing of the 190P Paramaster jump helmet.

The 190P helmet is planned to replace both the 190C and SPH-5 helmet for SAR Tech aircrew. Testing for this project has been intensive, including numerous jumps at a deployed SAR Tech jump camp in Arizona.

Additional testing has consisted of jumps from the CC130 Hercules, the CC115 Buffalo, and CH146 Griffon as well as hoists from the CH146 and the CH149 Cormorant.

Other recent SAR projects have included a Combined Test Force (CTF) consisting of TOTEF and the Aerospace Engineering Test Establishment (AETE) to test modifications made to the Life Raft Survival Kit (LRSK) used by SAR Techs in water jumps.

Another recent project was an Initial Operational Assessment (IOA) for a

Collapsible Rescue Basket capability for the CH146 Griffon.

With the arrival of the new C130J aircraft, there is more than just acceptance testing involved. In the coming months, TOTEF will evaluate the C130J defence suite (project name, HERA 2010).

The HERA projects are an annual event for the legacy CC130, where TOTEF analyzes information on the effectiveness of the Infra Red (IR) defence systems gathered while flight testing the aircraft against specific threats. The C130J will continue to undergo similar IR testing as the threats keep changing and the defensive systems keep improving.

The other half of our TOTEF flight is the Air Mobility System Support (AMSS) section. Our small group of specialized personnel provides on-site technical computer support to the maintenance and aircrew personnel of the operational squadrons.

One area that our members provide support for are the various computer based trainers: CC150 (Airbus) Computer Based Training System, CC150 Strategic Air-to-Air Refuelling (SAAR) Training System, CC130H Desktop Trainer, Hercules Observer Trainer, etc.

They provide services such as installing newly delivered simulation software, lesson plans, and real-world data, as well as sorting out hardware problems. With the recent move of 437 (T) Squadron from 10 Hangar to the 'Old Hospital', they were kept busy with dismantling the CC150 SAAR Training System for the 'big move'.

We'll have to wait and see how long it will take them to put it back together! Another area that AMSS provides support to is aircrew mission/flight planning.

They ensure that the CC130H, CC130J, and CC177 aircrew and maintenance crews have up-to-date software and aeronautical data so that the aircraft computers are loaded with the correct data so that the aircrew can safely plan and fly their missions.

By providing this support, AMSS helps to ensure that the highly trained maintenance and aircrew personnel can focus on using their complex computer systems to carry out their missions, instead of using their valuable time in maintaining them.

Together, TOTEF and AMSS contribute toward ensuring that the operational capabilities of Air Mobility are strengthened now and in the future.

Search & Rescue Update

Of the missions tasked to 424 Squadron this week, there is one particularly worthy of mention. Both the Griffon and Hercules crews were tasked Monday morning to search for an overdue floatplane with two persons on board north of Baggotville. Having come up empty handed after a long day of searching in marginal weather and stretching out their crew day to the very end, the Hercules returned to Trenton while the griffon landed in Baggotville. The night crews were activated and met the daytime Herc crew on their arrival in Trenton to return to Baggotville and continue searching. With them, they brought the night griffon crew to replace the day crew allowing both aircraft to continue their search overnight.

By Tuesday morning JRCC decided to make this a major search and had 424 SQN deploy to St-Honoré, just north of Chicoutimi, to run all search operations from there. We had two Hercules and two Griffon aircraft with three full SAR crews each and all orderly room and operations personnel present. Radio support from 8ACCS and maintenance technicians from 8AMS and Vector were also provided.

Tuesday night brought good news. The griffon crew was searching with night vision goggles when they saw a flashing light coming from a cabin on the edge of a lake. They landed approximately 200 feet from the cabin and confirmed two survivors of the plane they were looking for. The plane had crashed in the lake and the survivors escaped the aircraft before it sunk. They managed to swim ashore and found a cabin. When they noticed the Griffon they flashed the lights in the cabin on and off to attract their attention.

The griffon transported them to the Chicoutimi hospital and the squadron began its preparation to return home. Until next week, stay safe!

Missions for 2010: 134

Missions for July: 44

Persons rescued: 7

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- 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.**

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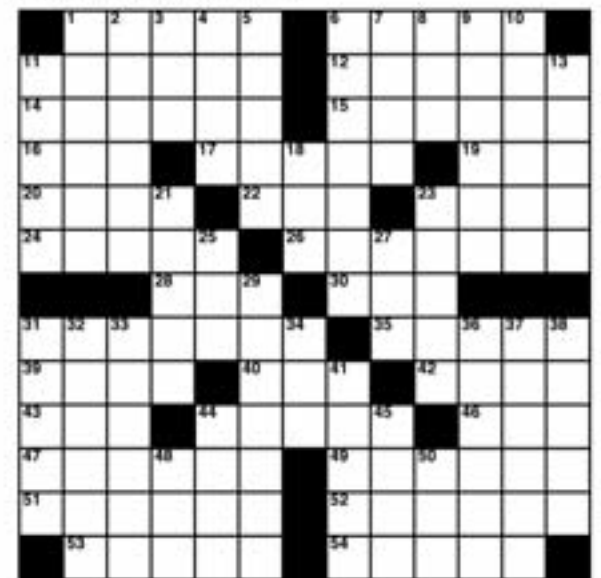
By Bernice Rosella and James Kilner

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See Answers, Page 18



This Week in Contact

1980 – Military Colleges go co-ed – Fifty-three young women will commence studies at both Royal Military College (RMC) in Kingston, ON, and College Militaire Royal (CMR) in St. Jean, Que, this September. Thirty-two will enter RMC and 21 will go to CMR. This will be the first year that lady cadets enrolled in the Canadian Military College system will live on campus and take part in most college activities including the annual recruit obstacle race.

1990 – Take Steps For Healthier Feet – Foot problems can make your life miserable. So don't take your feet for granted. Many common foot problems can result from poorly fitting shoes, or circulation, unevenly trimmed toenails and disease.

2000 – Scholarship awarded to 8 Wing employee – Sharon Fortin, Secretary to the Commanding Officer of 8 Wing's 426 Squadron, will be hitting the books full-time in the coming year as she takes advantage of a special Department of National Defence (DND) scholarship program to further her education.

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



2010 Ontario region Slo-Pitch Championship

by Jonathan Doherty
Coach, CFB Trenton Flyers 2010

As the opening ceremonies came to a close and all the team moved on to their respective diamonds for their first game, 8 Wing/CFB Trenton was not as strong of a team as was shown on paper.

This was mainly due to the fact that they were still waiting on five of their players to show up at the diamond, four of which were starting players.

As a coach this would rank right near the top on the "Worst ways to start a tournament" chart in my books.

The fact that our first game was against CFB Borden, who went on to go undefeated in round robin play, was not helping our situation any. We put up a good fight but were defeated by three runs.

It was found out later that the missing players took a wrong turn and ended up near Ottawa instead of at the ball diamonds.

Our next game had us facing the host team CFB Petawawa, but this time we had our full roster at the game. Trenton and Petawawa always put on a show when they play each other and this time was no exception.

After battling back and forth for seven innings we came out victorious with a 20 to 17 victory over Petawawa. That was the most stressful day for the team during

the tournament.

On the Tuesday we started out playing the two weakest teams, CFB Toronto and CFB North Bay. Neither team managed to put up much of a fight against Trenton's aggressive offence and solid defence.

The third game of the day saw us facing CFB Kingston, which proved to be more of a challenge than first anticipated.

Although a handful of stellar catches were made, they were not enough to kick start Trenton's defence which fell far short of the required level to match Kingston's strong hitting.

Trenton's offence could not cover all the defensive errors made throughout the game, which resulted in our second loss of the tournament.

After all the points were tallied up Trenton placed fourth, which matched us up against the undefeated team Borden. This time we would come prepared to play, only this time we had a driving force which could not be reckoned with.

Alain Turgeon played for team Trenton in previous years and was the heart and soul of the team bringing a positive attitude to the team every time he played, along with a bat that could hit a tonne and a glove that resembled a brick wall at third base.

Unfortunately, Alain is bravely battling cancer and has not been

able to play baseball with the team for the last two years.

When Alain was filled in about our progress in the tournament thus far and the opponent we faced in the morning, he promised the team that if we defeated Borden in the semi-finals and made it to the final game that he would be there to cheer us on to victory and the gold medal.

This was the spark we needed and the result was nothing short of a miracle. We played baseball at a level that Borden had never seen before and they failed to come up with an answer to our relentless base hits and rock solid defence.

The end result was a mercy after five innings of play and a feeling of hopelessness as their undefeated streak came to an end.

The call was made and Alain began the three hour ride with his daughter up to Petawawa to cheer on his team. The finals saw us facing Kingston, and Alain arrived just in time to give the team a pep talk that few of us will ever forget.

Needless to say we exploded out of the gates and never looked back until the umpire called game over. The final result was 15 to 4 for Trenton and a ticket to the Nationals.

If we can play with even half of the heart we played with in those final two games, we will do just fine in Nationals against the rest of Canada's regional champions.

4-on-4 Hockey Tournament

In Support of the "Soldier On" Program

A 4-on-4 Hockey Tournament, in Support of the "Soldier On" Program, will take place on October 2 and 3, 2010 at the R.C.A.F Flyers Arena.

Cost per team is \$400.00. Teams are made up of a maximum of eight (8) skaters and one (1) goalie.

There will be a total of six (6) games played, plus the play-offs. Each game will be 25 minutes long.

There are only 12 team slots available for this tournament so register today!

For more information please contact Bryan Pearce at 613-392-2811 local 4110, or via email at bryan.pearce@forces.gc.ca. Alternatively, you may contact Kevin O'Donnell via email at kevin-hub@hotmail.com.

All proceeds from the tournament go directly to the Soldier On Program.



The Soldier On program, and the complementary Soldier On Fund, achieves a number of aims. It encourages ill and injured Canadian Forces personnel to attain and maintain a healthy and active lifestyle.

It supports these personnel in increasing their independence, in developing new skills and in achieving goals. It furnishes an opportunity for them to socialize and explore common interests, and share learning experiences.

To learn more about this program, or to learn about other ways to support Soldier On, please visit www.cfsoldieron.ca.

Compiled by Amber Gooding, Assistant Editor

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SPORTS & RECREATION

OR Men's Soccer Championship

Submitted by Dan Cormier,
8 Wing Military Sports Coordinator

Petawawa hosted the 2010 OR Men's Soccer Championship from August 22 to 27, 2010.

Trenton left with a full squad and was ready to compete.

The first game against Borden and a good result. We tied two-two but lost in the shoot-out for standing purposes.

The second game was held on the same day against Kingston, with a two to zero win. The following day was against the host team, Petawawa, and we pulled it off again, a one to nothing win and all spirits were up.

There were two games on the final day of the round robin, the first was against Toronto. This game ended up in a seven to one win for us.

The second game was against North Bay and only a tie game was needed.

The final result was a score of one to one, with a win in the penalty shoot-out. We ended up in second place after the round robin and ended up against Kingston.

It was a hard game with a one to one after ninety minutes. Overtime proved that we were the better team and we won the game with a final score of two to one.

The final proved to be a challenge, with Borden against Trenton. Borden came out as the winners and won the game with a final score of five to two. We played hard and deserved to be in the finals.

I would like to thank the players that competed this year for a very good regionals and also like to thank the referees that participated in this years regionals.

Trenton was well represented and put us back on the soccer map. Everyone did a great job. See you all next year.

2010/2011 Noon Hour Hockey League

It's that time of year again. The 2010/2011 hockey season is almost upon us.

The 8 Wing/CFB Trenton Hockey leagues are open to CF military, DND and NPF full-time employees.

The start of Noon Hour Hockey League (NHL) is scheduled to commence on Monday, October 4, 2010 and will play during the noon hour at a

cost \$80.00 per player.

Player registration for the NHL began on Monday, August 30, 2010.

The Gymnasium Main Office hours are from 0800 to 1130 hrs and 1300 to 1530 hrs, Monday through Friday.

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

Local sailors medal at CORK Regatta

by D.W. Fletcher, Quinte SailAbility

Sailors from Quinte SailAbility brought home the medals this past weekend at the CORK Regatta in Kingston.

Jennifer Smith of Belleville took home first place in the Martin 16, Gold Fleet and took the Ontario Championship. Mel Haggar of Carrying Place did the same in the Ontario Championships, Silver Fleet. Both sailors were coached by Trenton's Red McGillivray.

Also on the podium were Claire Adams of Brighton who was second and

Brett Lyons of Frankford who was third in the Ontario Championships, Silver Fleet.

Lyons had just come off winning first place at the Reach Regatta, Silver Fleet the previous weekend in Toronto.

"The racing team at Quinte SailAbility just keeps getting better and better," said SailAbility President Fletch Fletcher. "This is due to their dedication and the efforts of their coaches and sailing instructors."

Quinte SailAbility is a sailing school for people with a disability operating out of CFB Trenton Yacht Club.

Photo: Submitted



Team members, not in order of appearance in photo: MCpl C. Liu; Cpl G. Vanderkamp; 2Lt R. Tang; 2Lt C. Vernon; Cpl C. Borquez-Lazcano; Cpl R. Morris; Capt D. Drouin; Maj M. Thornley; Capt J. Coffin; Cpl J. Kerlow; Capt C. Murphy; Cpl C. Brisbane; Cpl M. Burgess; Cpl S. McCabe; Cpl J. Julien; Cpl J. Kingsley; Cpl D. Stargratt-Squires; Cpl L. Martin; Cpl P. Chavez.

2010/2011 Wing Hockey League

It's that time of year again. The 2010/2011 hockey season is almost upon us.

The 8 Wing/CFB Trenton Hockey leagues are open to CF military, DND and NPF full-time employees.

The Wing Hockey League (WHL) will commence on Sunday, October 3, 2010, and will take place every Sunday, Monday, Tuesday, Wednesday and

Thursday evening.

The league organizational meeting will be held at 1000 hrs, on Thursday, September 9, 2010 in the Gymnasium Conference room.

All interested Team Reps are to attend.

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

Photo: Submitted



Jennifer Smith holds her Ontario Championship - Gold Fleet pennant alongside coach Red McGillivray.

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Back to work blues: Easing into work after summer vacation

It's Sunday afternoon. You've just had a wonderful, two-week vacation. You relaxed and did things you wanted. As the afternoon progresses, a feeling of anxiety sets in.

Your post-vacation excitement is fading as you anticipate getting back to work. Say goodbye to relaxation and sunshine. Say hello to a full voice-mail box and an endless list of tasks to tackle.

If this is how you feel when you return to work after a vacation, you're not alone. There are ways to make the transition from your relaxing vacation back to work less difficult:

Ease back into it. Keep your schedule light the first few days back. Don't try to do everything you missed while you were gone all at once. If possible don't plan any big meetings or set any major deadlines for those first days. Sort through and organize the tasks at hand. Talk to your co-workers to find out what you missed, then set your priorities.

Focus on the positive. Think about your friends at work and other reasons you enjoy your job. This will help you feel positive about going back to work. Your

state of mind can have a significant effect on your work life. Those who have a positive or optimistic attitude deal with fewer work-related problems, are more energetic and generally feel more peaceful and calm.

Post vacation reminders. Bring a vacation reminder that you can put at your workstation: a photograph, souvenir or ornament. These can create a more harmonious work environment by giving you something to look at when you're feeling stressed, reminding you of the relaxing time. Make sure your souvenir is appropriate for the office. What happens in Vegas, stays in Vegas.

Schedule your next vacation. While it may seem far away, having something to look forward to helps you feel better about being back at work and if you're planning on taking a trip, it may motivate you to start saving for that next relaxing and exciting vacation getaway.

Many people experience some degree of the back-to-work blues no matter how long or short their time away. If these feelings of apprehension don't go away or they get worse, it might be an indication

Photo: sxc.hu



of more serious issues. Take time to figure out why you feel like this about returning to work. It may be helpful to speak with a manager or a professional for additional support and resources that can help you pinpoint the root of the matter.

For most, a little time, some planning and a few positive steps can help you reflect on the highlights of your last vacation without losing sight of all the great things you're doing right now.

Adapted from Shepell.fgi, Balancing Act

La déprime du retour au travail : faciliter la transition après des vacances d'été

Nous sommes le dimanche après-midi. Vous terminez de merveilleuses vacances de deux semaines. Vous vous êtes détendu et vous avez fait ce que vous vouliez.

Au fur et à mesure que l'après-midi avance, un sentiment d'angoisse s'installe en vous. L'enthousiasme que vous ressentiez après les vacances s'estompe de plus en plus en prévision du retour au travail. La détente et le bon temps sous le soleil sont terminés. Vous allez retrouver une boîte vocale pleine et une longue liste de tâches à exécuter.

Si cette description correspond à votre situation lorsque vous retournez au travail après des vacances, vous n'êtes pas le seul. Il existe toutefois des moyens pour faciliter la transition des vacances relaxantes au travail.

Reprenez le travail en douceur. Prévoyez un emploi de temps peu

chargé pour les premières journées. Ne tentez pas de faire d'un coup tout ce que vous avez raté pendant que vous étiez absent.

Dans la mesure du possible, ne prévoyez pas de réunions d'envergure et ne fixez pas de délais importants pour ces premiers jours. Triez et organisez les tâches à exécuter. Discutez avec vos collègues afin de déterminer ce que vous avez raté, puis fixez vos priorités.

Mettez l'accent sur les points positifs. Songez à vos collègues qui sont des amis et aux autres motifs pour lesquels vous aimez votre travail.

Ainsi, vous verrez davantage d'éléments positifs dans votre retour au travail. Votre état d'esprit peut avoir un effet important sur votre vie au travail. Les gens qui ont une attitude positive ou optimiste ont moins de problèmes liés au travail, ils

sont plus dynamiques et, en général, ils se sentent plus paisibles et calmes.

Souvenir de vacances: prévoyez un souvenir que vous pouvez placer à votre poste de travail, par exemple une photo, un objet ou une décoration.

Vous pouvez ainsi disposer d'un milieu de travail plus harmonieux, car vous aurez un objet à regarder lorsque vous serez soumis à un stress, qui vous remémorera des moments relaxants. Assurez-vous que le souvenir convient au bureau. Les souvenirs secrets doivent le demeurer.

Organisez vos prochaines vacances. Même si elles semblent loin dans le temps, le fait d'avoir un but aide à mieux apprécier le retour au travail et si vous prévoyez faire un voyage, vous serez sans doute motivé à économiser pour cette prochaine « évasion » relaxante et

stimulante.

Bien des gens ressentent plus ou moins la déprime du retour au travail, peu importe la durée de leurs vacances. Si ces sentiments d'apprehension ne disparaissent pas ou s'ils deviennent plus aigus, c'est peut-être le signe de problèmes plus graves.

Prenez le temps de déterminer pour quelle raison vous vous sentez ainsi au sujet du retour au travail. Il peut s'avérer utile de vous entretenir avec un gestionnaire ou un spécialiste afin d'obtenir plus d'aide et de disposer d'autres ressources et ainsi de cerner la cause profonde du problème.

Pour la plupart des gens, une certaine planification et quelques mesures positives peuvent aider à se pencher sur les points saillants des dernières vacances sans perdre de vue tout ce qu'ils font de positif aujourd'hui.

Adapté de Shepell.fgi, Balancing Act

Wing Commander's Annual Charity Golf Tournament

The Fitness and Sports Flight is pleased to present the Wing Commander's Annual Charity Golf Tournament, in support of the United Way.

This event will take place on September 9, 2010.

Cost is \$90 per person and includes golf, cart, dinner, gift bag and more.

Registration is being accepted for the four person/best ball tournament.

For more information please call local 2289.

ANNUAL WING COMMANDER'S HEALTH AND FITNESS CHALLENGE

The Annual Wing Commander's Health and Fitness Challenge is scheduled for Friday, September 23. Start recruiting your teams of eight for this annual fun fitness day. For more information contact Lisa at local 3328.

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Feel Assured

SARSCENE 2010 to be held in Montréal

by Manon Langlois
Air Force News

Are you a Canadian Forces member involved in search and rescue (SAR)?

SARSCENE 2010, the annual national conference for military and civilian professionals working in the area of SAR is your opportunity to learn about and discuss a number of SAR-related issues that may have a direct impact on what you do.

Among the issues to be discussed: Forecasting SAR demand in the North over the next 10 to 20 years; communities, industry, and government make their predictions; Opportunities and challenges in northern air SAR; Case studies and questions raised by adventure tourism; How has the availability of notification devices that are non-compliant with international specifications challenged existing operational SAR policies, processes and protocols?; The Canadian Rangers' evolving role in Canada's northern and remote areas; Post-traumatic stress disorder and the role of critical incident stress debriefings and fol-



Photo: Sgt Pete Nicholson

During a Canadian Coast Guard exercise, a Search and Rescue technician from 413 Squadron, 14 Wing Greenwood, NS, gets lowered by the hoist of a CH149 Cormorant helicopter.

low-up; The SAR system of the future: leveraging technology to support decision-making.

On September 27 and 28, the Canadian air, ground and marine search and rescue community, joined by international SAR representatives, will convene in Montréal to take part in SARSCENE 2010, Canada's foremost SAR outreach and prevention event.

"SARSCENE's robust program provides a forum to engage discussions surrounding many of the current and future issues facing air, ground and marine search and rescue in Canada", says Géraldine Underdown, Executive

Director of the National Search and Rescue Secretariat in Ottawa.

"Dialogues will revolve around panel discussions lead by respected SAR industry experts from the public, private and academic sectors.

This a unique opportunity for the federal, provincial/territorial and volunteer partners of Canada's National SAR Program, to continually progress on ways to improve search and rescue response, prevention, education and technology in Canada".

To register for or to obtain further information on SARSCENE 2010, please feel free to visit www.sarscene.ca.



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Home spas: Know what you are getting into



Submitted by
Wing General Safety
Office

With the increasing popularity and numbers of home spas comes a corresponding increase of hot tub casualties.

People must realize there are important safety responsibilities to owning and using a hot tub.

The hot bubbling water swirling around your body relaxing and soothing those aching muscles can have severe consequences.

The average temperature in a spa is hot enough to raise your body temperature by several degrees above normal levels.

About 10 to 15 minutes is safe for most users; but longer exposure can put enough stress on the cardiovascular system and cause changes in blood pressure and heart rate.

Consider your health

before entering a tub. Older people with circulatory problems or heart conditions should stay away from a hot tub. Pregnant women and young children are also advised against hot tub use.

Do not go for a soak if you are on any medication - even such non-prescription drugs as antihistamines.

Such drugs can make you drowsy, which introduce the risk of falling asleep and possibly drowning in the tub.

If you lose track of how long you've been in the water or if you start to feel tired or faint, get out slowly.

Getting out of the hot tub slowly allows your body to get accustomed to the change in blood pressure.

Keep breakables such as drinking glasses and bottles away from the tub. Never drink alcoholic beverages in a hot tub.

Electrical appliances such as radios and stereos should also be kept out of the area. Hot tubs located on an outdoor deck should use grounded lights for illumination.

When children are

around the hot tub, strict rules should be set to avoid accidents.

Horseplay should be avoided as should running around or near the tub. Children should always be accompanied by an adult while in the tub. Never allow diving to the bottom of the tub, as the pull of the suction unit may tend to hold a child underwater.

In winter, watch for ice build-up in and around your outdoor tub. Ice build up causes a slipping hazard while walking to and from your spa.

A hard protective cover over the top of your tub is recommended. You may also purchase these with locks for extra protection.

Proper storage and handling of your spa chemicals is very important.

Careless handling and storage of chemicals can result in serious injury if basic precautions are not taken. Always make sure children and pets are kept away from open containers.

Read and follow directions on the labels and measure quantities closely. Overdosing your pool water will not make the water any cleaner but it



Photo: sxc.hu
Ensure you are aware of the safety precautions, guidelines and do's and don't's of owning a hot tub.

can give bathers irritated eyes and skin.

Don't smoke around chemicals because they can be ignited from a single cigarette.

The most basic and perhaps the most important rule when mixing chemicals for spas is never add water or liquid chemicals to a dry chemical - always add the chemical to the water.

Improperly stored spa chemicals can give off noxious gases, cause fires and corrode surrounding equipment.

All spa chemicals should be stored separately from other household chemical compounds.

Liquid chemicals

should never be stored above dry chemicals and all chemicals should be locked away on high shelves in a cool, dry, well-ventilated cabinet.

Keep the original lids on all chemical containers and make sure the lids are tightly sealed when not in use. It's also a good idea to keep records of how old your chemicals are and throw out any that are beyond their expiry date.

There are few things more appealing than a nice soak in a hot tub. But as with anything else, the secrets of enjoying a hot tub are common sense and a good knowledge of just what is it you're getting yourself into.

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



From the Management and staff of Personnel Support Programs

Important Notice:

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The seasonal inspections are due on all walk behind snow blowers held by units or sections.

Units or sections must ensure that their equipment is properly identified on their Supply Customer Account (SCA). Send your request to "+8Wg EME Work Requests" or contact local 2320.

OPI: Sgt W.A.R. Kochie, 2414

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L'inspection saisonnière doit être faite sur toutes les souffleuses à neige détenus par les unités ou sections.

Les unités ou les sections doivent s'assurer que leur équipement est correctement identifié sur le Compte Client d'Approvisionnement (CCA). Envoyez votre demande à "+8Wg EME Work Requests" » ou communiquez avec le poste 2320.

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Visit from home: Op ATHENA TSE, Continued from Page 1

After reaffirming their commitment to supporting the families at home, Col Cochrane and CWO West then presented numerous commendations and awards, including some for operations in Haiti during Op HESTIA.

They also presented a large banner, courtesy of the Wing Construction Engineering Squadron, with messages from families and friends. Reading the handwritten messages from home, many including Major Eric Cyr, the Officer Commanding the MSS, were visibly moved.

"This has been a long road," he said. "8 MSS trained together in multiple difficult exercises, deployed with no notice for two months to Haiti, then deployed here. Although we have become an incredibly effective team over the last 18 months, providing logistics and engineering efforts to two operations, the sacrifice has been much time away from family at home. It does not matter how tough you are, when you read a few words

from your wife and kids at home on something as simple as this banner, it makes you emotional."

The WLEO, LCol Lewis, responsible for training 8 MSS agrees.

"These folks, by their actions, by the way they delivered strategic success for Canada by opening up the Jacmel airport for humanitarian aid to Haiti, made the MSS capability front and center for consideration in future operations," he said. "It is a game changer. We will need to review doctrine, reconsider training methods and invest in new deployable equipment moving forward. With only a brief time back at Trenton, they deployed again to the TSE and once again are distinguishing themselves on another mission. And yet, none of 8 MSS's success would have been possible without the support at home."

After the Town Hall, the Trenton team spent the rest of the week speaking with TSE personnel individually or in

small groups.

"The one-on-one that happened between the troops and the leadership was one of the most important aspects of the visit," said CWO West. "This allowed us to gauge how well we are looking after the families back in 8 Wing. Even though we have a fantastic support network in Trenton, we did identify a few issues that need senior level involvement to resolve. Having said this, it is incredible to see the great morale, energy and focus on the mission our TSE troops continue to demonstrate."

Mayor Williams certainly shares this view. Throughout the visit, the TSE personnel spoke, laughed and joked with him, explained the challenges of the mission and thanked the Mayor for taking the time to see the operation first hand.

"I know it took the efforts of many to get me here and I really appreciate it," Mayor Williams said at the final group breakfast before departing the camp. "There are three things I am going to take back



Photo: Submitted

Lieutenant-Colonel Tom Dunne (left), CO of the Theatre Support Element (TSE), receives a certificate of appreciation from John Williams, Mayor of Quinte West, during a special VIP trip last week.

with me. First, your commitment and dedication is exemplary, you and all the members of the CF should be very proud of what you do. Second, what you are doing here is important. Third, regardless if you are from Quinte West, Belleville, Brighton, Prince

Edward County or some other part of Canada, your community supports you. Thank you for giving me an opportunity first-hand to see you in action. I will be sharing the experience with your families and friends at home. Stay safe and we look forward to having you back."

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• Do not place things in the aisle. • Avoid rowdy behaviour.

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07 PONTIAC G5 GT

11669 Pwr sunroof! Alloy wheels! Automatic, 4 cyl, 2 dr, factory remote start, steering wheel controls, tilt, cruise, air, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 30,000kms!

\$10,995

08 CHRYSLER 300 LIMITED

3 TO CHOOSE FROM!
D11124 Navigation system! Pwr heated leather seats! Pwr sunroof! Chrome wheels! Wood grain trim, steering wheel controls, dual climate controls, u-connect compatible, air, cruise, tilt, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, only 34,000kms!

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11520 Hard top convertible! Pwr heated leather seats! Chrome wheels! Wood grain trim, u-connect compatible, steering wheel controls, air, tilt, cruise, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, only 39,000kms!

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07 CHEV COBALT LT

PD11598 Factory remote start! Automatic, 4 cyl, 4 dr, cruise, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 19,000kms!!

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D11290 Soft top convertible! Pwr heated leather seats! Chrome wheels! Wood grain trim, factory remote start, steering wheel controls, air, tilt, cruise, satellite radio, MP3/6 disc changer, pwr mirrors, locks, windows, keyless entry, 45,000kms!

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06 PONTIAC G6 GT

11557 Chrome wheels! Pwr sunroof! 2 Dr, pwr pedals, wood grain trim, factory remote start, steering wheel controls, air, tilt, cruise, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 63,000kms.

\$10,995

07 SATURN ION LEVEL 3

11660 Alloy wheels! Automatic, 4 cyl, 4 dr, OnStar, steering wheel controls, air, cruise, tilt, satellite radio, CD, pwr locks, mirrors, windows, keyless entry, 61,000kms.

\$8,995

07 SATURN ION

P11275 Automatic, 4 cyl, 4 dr, coupe, tilt, cruise, air, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 27,000kms! entry, only 25,000 - 31,000kms.

\$8,995

07 SATURN ION LEVEL 3

P11503 Pwr sunroof! Alloy wheels! Automatic, 4 cyl, 4 dr, coupe, steering wheel controls, tilt, cruise, air, satellite radio, CD, pwr locks, mirrors, windows, keyless entry, 73,000kms.

\$8,995

07 CHEV COBALT LT

P11570 Burnt orange! Automatic, 4 cyl, 4 dr, factory remote start, steering wheel controls, air, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 27,000kms!!

\$9,495

07 SATURN ION LEVEL 2

P11661 Automatic, 4 cyl, 4 dr, steering wheel controls, air, cruise, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 40,000kms.

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08 DODGE CALIBER SXT

Automatic, 4 cyl, 4 dr, air, tilt, cruise, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 19,000kms!!

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06 PONTIAC G6

P11617 Alloy wheels! Automatic, 6 cyl, 4 dr, factory remote start, steering wheel controls, tilt, air, cruise, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 63,000kms.

\$9,495

06 CHEV COBALT SS

P11376 Alloy wheels! Automatic, 4 cyl, 4 dr, steering wheel controls, factory remote start, cruise, air, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 80,000kms.

\$8,995

09 PONTIAC G8

10166 V6, Pwr heated leather seats, alloy wheels, OnStar, steering wheel controls, traction control, factory remote start, air, tilt, cruise, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 35,000kms!

\$22,995

08 DODGE CALIBER SRT

11572 Turbo charged! Pwr sunroof! Leather trim seats! Manual transmission! Alloy wheels! U-connect compatible, steering wheel controls, air, cruise, tilt, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, only 34,000kms!

\$19,995

07 CADILLAC CTS

11387 Pwr heated leather seats! Pwr sunroof! 18" alloy wheels! Wood grain trim, steering wheel controls, OnStar, air, tilt, cruise, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, 51,000kms.

\$20,995

06 VOLKSWAGEN JETTA

11160D Pwr sunroof! Pwr heated leather seats! 2.0L-Turbo, Automatic, 4 cyl, 4 dr, tilt, air, cruise, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 62,000kms.

\$14,995

07 SATURN ION LEVEL 3

D11445 Pwr sunroof! Alloy wheels! Leather interior! Automatic, 4 cyl, 4 dr, steering wheel controls, cruise, tilt, air, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, 55,000kms.

\$10,495

07 VOLKSWAGEN PASSAT

11599D Pwr heated leather seats! Pwr sunroof! Alloy wheels! Automatic, 4 cyl, 4 dr, cruise, tilt, air, AM/FM/CD/MP3, pwr locks, windows, mirrors, keyless entry, 93,000kms. 11599D

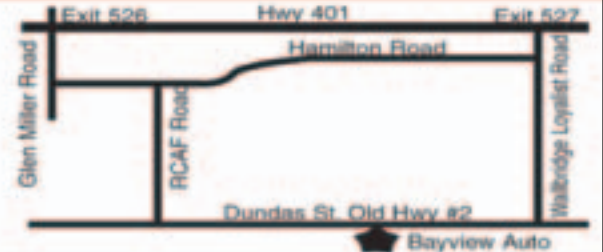
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Community Events

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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, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

Fun Day ~ September 13, 2010

The United Seniors Citizens Club of Ontario Is hosting a Fun Day for people of all ages. It is being hosted by The Trenton Seniors Club, located at 61 Bay St. Trenton.

It includes a hot Roast Beef Dinner at 12 p.m. and an afternoon of cards. Total cost is \$14.00. For people who don't play cards there will be a slide show and the cost is \$12.00.

Tickets should be purchased by Sept. 1, 2010 at the Club from 9 a.m. to 12 p.m. Come out and enjoy some great company and a Fun Day. Doors open at 10:30am to register. Hope to see everyone there.

Special Olympics Quinte West Hosting A Yard Sale

We will be hosting a yard sale as a fundraiser for Quinte West Special Olympic. We will be having it September 18 to 19, 2010.

We are looking for good used items to sell at our yard sale.

If you are interested in donating items

Please Contact Audrey Or Bill At 613-392-8979

or 208 Old Carrying Place Rd., Carrying Place behind Sprenkels Variety

We Need Your Help!

Quinte West Public Library and the Trent Port Historical Society are hosting a

Digitization Day
Friday, September 24th, 2010
10:00 am to 4:00 pm

The Quinte West Public Library and the Trent Port Historical Society are digitizing much of their Heritage Collections and working to bring our history to you. We need your help to help complete this history.

Bring out your historic photographs of Quinte West People, Landmarks and Events and we will digitize them to be displayed on our website. In particular, we are really looking forward to displaying historic photographs of the Frankford, Sidney and Murray wards.

<http://images.ourontario.ca/QuinteWest>

You will keep your photographs but lend them to us so that everyone can share their importance to our heritage.

If you have any questions, please contact Robert ramesse.qwpl@city.quintewest.on.ca or 613-394-3381 ext. 3325.

Vendors Wanted

for Xmas Craft Show on Nov. 27th at the Trenton Seniors Club. Space is only \$30.00, Book now to reserve your spot. Deadline is Oct. 15/10.

Free Admission to Craft Show, Kitchen Open. Great Variety of Items Available.

Call Club at
613 392-5400
or Betty at
613-392-3472
to sign up.



Auto Hobby Club (AHC)

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

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

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

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

100

1910-2010

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Le leadership des filles commence ici



Girl Guides of Canada
Guides du Canada

GIRL GREATNESS STARTS HERE

Girl Guides could not exist without the amazing women who commit their time to leading, mentoring, and spending time with our girls. By getting involved in Girl Guides, you become a part of a world wide organization for girls and women. Along with making a difference in your community, there are amazing adventures to be had and life long bonds to be formed. Women 18 years and older can join and share their skills as a unit leader in Rangers, Pathfinders, Guides, Brownies and Sparks. We are looking for women from all walks of life who believe that today's girls can accomplish great things, and who want to help them grow into responsible citizens of the world.

For more information or to join today:

1 877 323 4545 ext 3424 email: acl.24@guidesontario.org



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.

Line Dancing Classes

We will be starting Line Dancing at the Trenton Seniors Club, located at 61 Bay St. Classes will be held on Monday mornings from 10:00 a.m. to 2:00 p.m. and Tuesday evenings from 6 to 8 p.m.

Classes are open to the Public. Cost is only \$3 per class. Come out and have some fun. You can join at anytime and everyone is welcome to come. Teacher is Linda Nyholm and she will be specializing in beginners. Come on out and give it a try.

For information call the office between 9 a.m. and 3 p.m. at 613-392-5400 or Betty at 613 392-3472. Hope to see you on the dance floor.

Give the Gift of Life Walk Volunteers Needed

The Kidney Foundation Of Canada

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



Links to Learning Reading Program

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



FAMILY



Activity: Playdough Party



Making playdough is a creative activity that helps your child practice important social skills.

You and your child can take turns adding and mixing ingredients and spend some Comfort, Play and Teach™ time together as you make different shapes from the dough.

You will need: Three cups flour; one cup salt; one cup water; 1/3 cup cooking oil; powdered paint or food colouring; mixing bowl, spoons and measuring cups; paper plates; and cookie cutters, rollers, small cutting boards

Instructions: Measure these ingredients into a bowl, and combine using

a spoon or even your hands.

When the dough is ready, it can be formed into different shapes.

Enjoy this more with Comfort, Play and Teach™:

Comfort: Comment on how your child is playing with the dough. You might say, "Look at how you are making the playdough flat! Could you teach me how to do that?" She will love the attention and know that you enjoy her company.

Play: Provide some paper plates and role-model making cookies from the dough and serving them to dolls and

teddy bears. This is a simple way to introduce using playdough as part of pretend play and to encourage your child to practice sharing what he makes!

Teach: Measuring and combining all of the ingredients allows your child to see how they transform into playdough. This is an activity that will help her to explore concepts like wet and dry, counting and change of state.

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

All text by Invest in Kids. investinkids.ca

Meatime.org Spinach Lasagna

Ingredients:

- 3 cups (12 ounces) shredded mozzarella cheese, divided
- 1 container (15 ounces) ricotta or cottage cheese
- 1/4 cup grated Parmesan cheese
- 1 teaspoon minced garlic
- 2 1/4 cups marinara-style pasta sauce, divided
- 12 no-boil lasagna noodles, divided
- 2 cans (15 ounces) unsalted spinach, well drained, divided

Preparation Time: 15 minutes **Cook Time:** 45 minutes

Preparation: Heat oven to 375°F. Mix 2 cups mozzarella cheese, ricotta cheese, Parmesan cheese and garlic; set aside. Pour 3/4 cups marinara sauce in a 9x13-inch baking dish; arrange four lasagna noodles over sauce. Pour 1/2 cup sauce over lasagna noodles; spread half of spinach over sauce; spread half cheese mixture over spinach; repeat layers. Top with last four lasagna noodles and remaining 1/2 cup sauce. Cover with foil and bake 45 minutes. Sprinkle with remaining one cup mozzarella cheese and let stand 10 minutes before serving. Serves: Eight



Nutritional Information Per Serving: Calories 420; Total fat 18g; Saturated fat 10g; Cholesterol 45mg; Sodium 760mg; Carbohydrate 37g; Fibre 3g; Protein 25g; Vitamin A 60 per cent DV; Vitamin C 25 per cent DV; Calcium 70 per cent DV; Iron 15 per cent DV Per serving, this dish provides from MyPyramid: About 3/4 cup Vegetable Group, 1 ounce Grains Group; 1 1/3 cups Milk Group *Daily Value*

WHAT'S THE DIF ?

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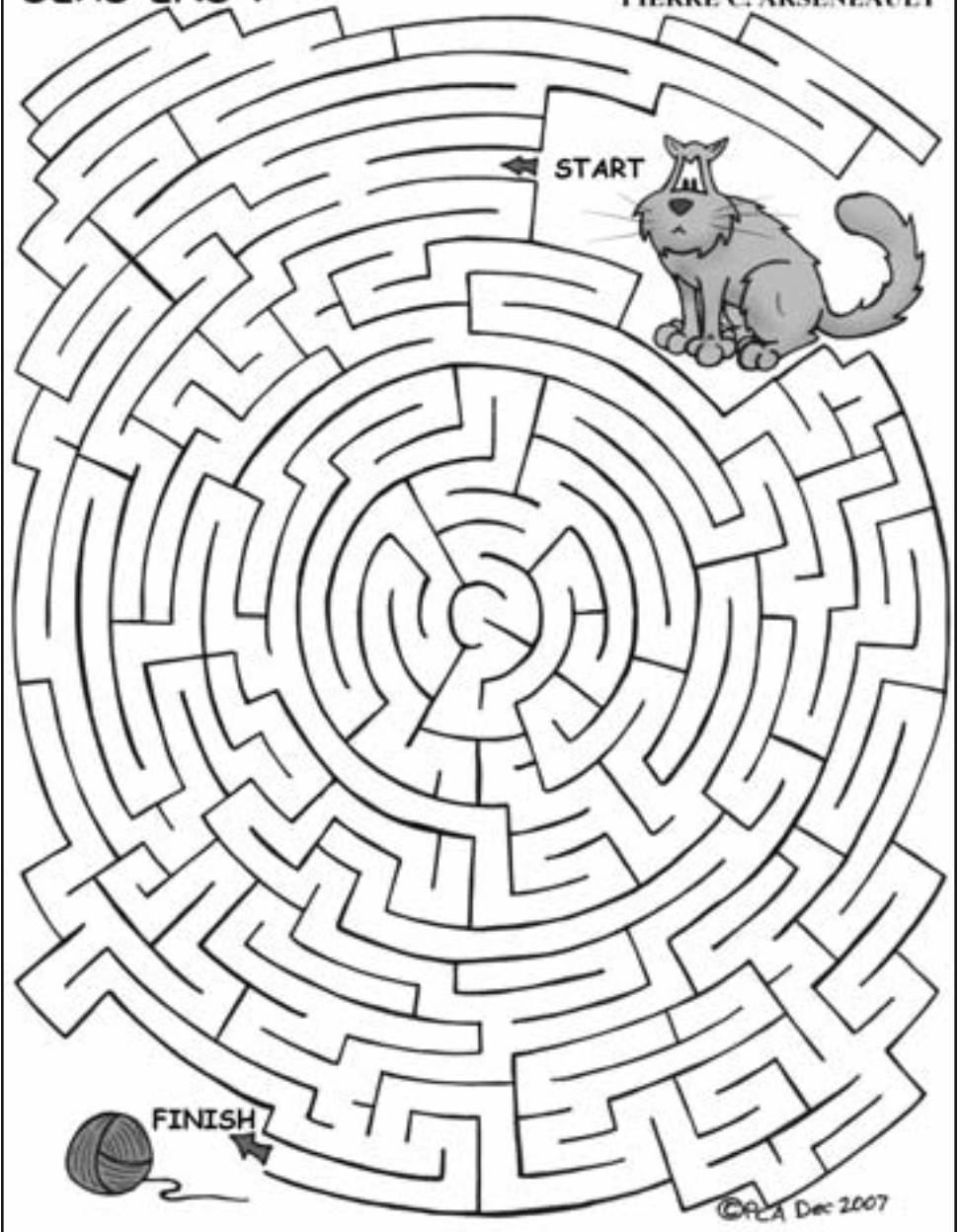
FIND THE 7 DIFFERENCES



ANSWERS: 1 HAIR 2 CATS PAW 3 NEWSPAPER 4 TIRES 5 COUCH BLANKET 6 DOGS TAIL ©PCA Nov 2007

DEAD END ?

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Nadiya's Zodiac Starcast

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

September 5 – September 11

Theme of the week: There are lovely and large developments this week. Jupiter moves back into the sign of Pisces. The first half of the year brought blessings that will now be further solidified. Our romantic inclinations also shift to becoming decidedly intense. With the right attitude, it could be a lot of fun. It will be a great week, enjoy!

ARIES (March 21-April 19): You're thinking and then rethinking what you need to do to be healthier. As a result, you make fresh, much needed change to your habits. You have already come a long way over the last three years. This is just the final touch to feeling better than ever.

TAURUS (April 20-May 20): You are craving some fun this week. It's a great time to do something you haven't done in a long time. Whether you are focused on creative or romantic fulfillment, bring a spirit of play and you will make strides towards a genuine connection.

GEMINI (May 21-June 20): You are in the mood for good food and comfortable surroundings. Keep your focus small to have the most meaningful experiences. It is a great time to fly solo and spend time alone, simply enjoying a cozy home. You are learning to be more comfortable in your own skin.

CANCER (June 21-July 22): You may not feel comfortable in a moment that asks you to share spontaneously, but you do have the chance to share in a bigger and brighter way. An important correspondence can bring your work to a larger audience. You are ready for a big occasion.

LEO (July 23-Aug. 22): It's all about money this week, and that's very good! A part of you doesn't want to deal with it, but if you step up to the plate, a new financial opportunity finds you. You are ready to begin a project that will bring rewards for a long time to come.

VIRGO (Aug. 23-Sept. 22): You've gone through considerable changes the last 3 years. Now you reconsider the power of transformation. You are ready for a brand new start and a brand new you. Begin again with your hearts truest desires. You are right to have confidence in your success.

LIBRA (Sept. 23-Oct. 22): Your dreams are powerful and can give you the inspiration and insights you need for your next big breakthrough. Keep a notepad by the bed. Your creativity shines forth and reveals an exciting new project and the way towards it.

SCORPIO (Oct. 23-Nov. 21): Your friends are asking for your attention and you are there to give. However, your time with them is not merely altruistic. Spending time reconnecting builds your confidence. In an unrelated moment, you receive a bold business idea. Follow through, after your visit.

SAGITTARIUS (Nov. 22-Dec. 21): The big picture inspires you most. You have been spending a lot of time on your career in the hopes of a lovely return, or at least some recognition. Your ambition is rewarded in bigger ways than you hoped for.

CAPRICORN (Dec. 22-Jan. 19): If you thought an opportunity was behind you, you now get another chance to strut your stuff and show what you've got. Any fears are simply residual from a time long past. You are better than ever and you will certainly wow them.

AQUARIUS (Jan. 20-Feb. 18): You are considering how much is appropriate to expose. Being around people you trust deeply can allow you to experience the vulnerability you crave. By sharing, you catch a glimpse into the grand design of your life. It fills you with faith.

PISCES (Feb. 19-March 20): What do you need from the one you love? You are getting clarity on this question. Regardless if you are connected or not, matters of the heart involve others and yet they are very personal. There is a higher ideal you desire. You may reconnect with someone from the past.

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Source: Greater Trenton Real Estate Board

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■ C. Lewis Real Estate, Brokerage - 3.14%

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■ Century 21 Lakeside Real Estate Ltd. (Marketing - 3.5%)

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

DEAD AIR BY: DAVE JOHNSON

WELCOME TO BURGER DOME! CAN I INTEREST YOU IN OUR NEW LOW-FAT, LOW-CARB, LOW-SELF ESTEEM HAMBURGER?
THAT'S A PICKLE.

ACTUALLY, IT'S A FLAME-BROILED PICKLE. COOKED JUST THE WAY YOU LIKE IT. IT'S QUITE TASTY.
FINE. GIVE ME TWO WITH AN ULTRA-BIG COKE.

WE HAVE TEA.
FINE. TWO PICKLES, A TEA AND AN ORDER OF FRIES, AND I'D LIKE TO MONDO-SIZE THEM.

WE HAVE CELERY, AND WE ONLY CARRY SMALL NOW.
CAN'T A MAN BLOCK HIS ARTERIES ANYMORE?!

GINGER & SHADOW BY BARRY CORBETT

WELL, DON'T YOU LOOK LIKE THE CAT THAT ATE THE CANARY.
THAT'S AN AWFUL THING TO SAY TO SOMEBODY.

IT'S MY FAVORITE EXPRESSION. THAT, AND THE ONE ABOUT A BIRD IN THE HAND.
WHAT IF MY FEATHERED FRIENDS EVER HEARD THAT?

YOU HAVE BIRDS FOR FRIENDS?!!
YOU'LL FORGIVE ME IF I DON'T INTRODUCE YOU.

DuJour

IMPRINT ROBERT SCHMIDT

TOUGH day at WORK?

Rules for Duffers

19¢ HOT SNACK BAR

"I call it the 'Double-Bogie' burger! Eat just one and you're way over par!"



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Everything for Baby to Kids to You
Consignment Sale
Brought to you by the Trenton MFRC
Saturday
September 25th, 2010
10:00am to 2:00pm
RecPlex Gym
 (please bring your own bag)

Come explore a great selection of clothes, baby gear, maternity wear and toys galore. Get everything you need at family friendly prices!!

Are you over run by toys, outgrown clothes? Become a consignor and earn great cash\$\$\$\$\$\$ Consignment package can be picked up at the Trenton MFRC.

Proceeds from the sale will go towards Children & Youth programs

To volunteer at this event call Susan @ 613-392-2811 ext. 3598 or Andrea at ext. 2382

Vous trouverez pour bébé, les jeunes et vous
Vente de consigne
Présenté par le CRFM de Trenton

Le samedi 25 septembre 2010
10h à 14h
Au gymnase du RecPlex
 (apportez vos sacs s.v.p.)

Venez découvrir une formidable sélection de vêtements d'enfants, accessoires de bébé, vêtements de maternité et des jouets en abondance. Venez choisir ce dont vous avez besoin à des prix abordables pour la famille!

Vous avez trop de jouets? Les vêtements sont devenus trop petits? Devenez un vendeur et faite de l'argent! Les formulaires de vente en consigne et les brochures d'information sont disponibles au Centre de ressources pour les familles des militaires de Trenton.

Les profits des ventes vont au CRFM de Trenton Programmes des enfants et des jeunes

Pour être bénévole, appelez Susan au 613-392-2811 poste 3598 ou Andrea poste 2382

Argent comptant seulement, pas de débit.

Partner's Away Wednesday Night
6 pm to 7:30pm
Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.
 September 8th, **Meet & Greet**, plus dessert
 September 15th, **Arbonne Spa Night**

Groupe Partenaires au loin,
le mercredi soir de 18 h à 19h30
Le service de garde est disponible, toutefois vous devez réserver à l'avance pour que nous puissions prévoir suffisamment de gardiennes pour les enfants.
 8 septembre, **Scéance d'accueil**, avec dessert
 15 septembre, **Soirée Spa avec Arbonne**

Canada's Wonderland

Buy Once Go Twice, \$51.13
Day Pass; Adult \$35.00
Junior/Senior \$31.21

Starting Sept. 6, open only on week-ends.
 Closed on Sept. 11, 2010

Achète une fois, Visite deux fois, 51,13\$
Passé journalière; Adulte 35,00\$
Junior/Sénior 31,21\$

A partir du 6 sept., ouvert seulement les fins de semaine.
 Fermé le 11 sept. 2010.

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 Contact MFRC reception for more information

Go to www.perkopolis.com and simply click "not yet a member" to create your profile and password.
 This perk program is for the **CFB Trenton/8 Wing members** not the general public! Once a member, you can login from any computer with internet access, 24/7!

www.perkopolis.com

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

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

Are you new at 8 Wing/CFB Trenton?
 Come to the MFRC, get your plant, coupons, information as needed, have a tour of the place. We are looking forward to meet you!

Etes-vous nouveaux à la 8e Escadre/BFC Trenton?
 Venez au CRFM pour avoir votre plante, coupons, de l'information et une visite de la place. Nous avons hâte de vous rencontrer!

perkopolis
 où commencent les souvenirs

Pour tous les membres de BFC Trenton / 8e Escadre!

Des avantages vous attendent...

L'excitation du théâtre, la magie des films, les attractions familiales et les sports. Ajoutez les hôtels à travers le Canada et voilà qu'il nous sommes. Et un partenariat avec le Centre de ressources pour les familles de militaires de Trenton, nous sommes ici pour vous aider avec vos besoins en matière de divertissement.

C'est gratuit!
 L'inscription est gratuite et ne prend que quelques minutes à compléter.

Offrez-vous plus souvent des divertissements, pour moins cher
 Vous pouvez économiser jusqu'à 40% - billets et hôtels pour tous les budgets.

Vous vous demandez comment les autres ont de si beaux billets?
 Nous avons les meilleurs offres pour le théâtre, les sports, les événements en famille, les concerts et plus!

Évitez la queue
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Appealing Alpine Look Plan Number 2-4-716

Designed for recreational property, this spacious four-bedroom home's exterior features lend it an appealing alpine look. The main floor includes more than 1,800 square feet of living space, as well as nine-foot high ceilings. The unfinished basement and the den off the entrance offer many options for future development. Panelled front doors open onto a large foyer with a vaulted ceiling. On one side, double doors open to reveal the den with a built-in desk and a closet. Access to the unfinished basement is through the utility room, just off the foyer. This large space could accommodate an additional three bedrooms and a recreation room. There is also roughed-in plumbing for a bathroom.

Upstairs, the great room and modern country kitchen are perfect for casual entertaining and family activities. A three-sided gas fireplace will cast its cheerful glow into both these rooms. Design features in the kitchen include a food preparation island, a corner pantry cupboard and a greenhouse window over the double sinks. French doors in the adjacent dining area open to a sundeck with stairs leading down to the back yard.

The master bedroom, which overlooks the front yard, includes an oversized walk-in closet. The five-piece ensuite includes a soaker tub. 3 additional bedrooms share the main three-piece bathroom. The washer and dryer are conveniently located next to the bedrooms, eliminating any need to climb up and down stairs to do laundry.

This home measures 46 feet wide by 59 feet deep and has 1,860 square feet of finished living space.

Plans for design 2-4-716 are available for \$649 (set of 5), \$730 (set of 8) and \$777 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$50.00 outside of B.C. Please add 12% H.S.T, 13% H.S.T. Or 5% G.S.T (where applicable) to both the plan price and Priority charges. Our 42ND Edition of the Home Plan Catalogue containing over 300 plans is available for \$3.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:

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MFRC-EVENTS & INFORMATION

CFRM-Événements et Information



*The Trenton Scottish
Irish Festival*
gears up to celebrate 20 years on
September 10th and 11th

There will be a \$10.00 cover charge for the Friday night event.
"Clash of the Tartans"
Tickets available at MFRC.



*le Festival irlandais
écossais de Trenton*
célébrera leur vingtième
anniversaire sur les 10 et 11 septembre

Il y aura un coût de 10,00\$ pour les événements du vendredi soir.
« Clash of the Tartans »
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Sept. 25 10am -2pm RecPlex Gym



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Le 25 septembre 10h -14h au gymnase du RecPlex



Women's Drop In Group
Every 2nd Tuesday 10am-12pm
At the MFRC Annex - 9 Namao
First Meeting - September 28th

*Come meet other women, discuss topics
chosen by the group and explore new ideas.*

For more info, contact Christa Zappitelli
czappitelli@cogeco.net 613-955-0902



Groupe pour femmes

Chaque 2e mardi 10:00am-12:00pm
À l'annexe du CRFM - 9 Namao

Premier rendez-vous - le 28 septembre

*Venez rencontrer d'autres femmes, discuter de
sujets que vous choisissez et apprendre à travers de présentations*

Pour plus d'info, contactez Christa Zapitelli
czappitelli@cogeco.net 613-955-0902



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



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Sprucing up your home on a budget

(NC)—Home remodeling, especially room “makeovers,” are on the increase, as many of today’s homeowners are looking for ways to improve their surroundings, but at the right price.

Nothing dates a room like an out-of-style, worn or stained floor. And some of today’s flooring is easy and quick to install and a great way to stretch decorating dollars while delivering striking results.

There are a number of new, cost-effective flooring options on the market today. Consumers want style, design and performance, and more are choosing alternative flooring options, such as resilient sheet (vinyl) flooring.

“There are many attractive features to today’s resilient sheet

flooring. It offers superior style and durability, while also being a great value.” said Gary Finseth, Tarkett Residential marketing director. “This means homeowners can spend less time worrying about their floors and enjoy the extra time for their day-to-day living.

“Today’s vinyl sheet flooring also costs a lot less than its wood and ceramic tile counterparts and is faster and easier to either do it yourself or have installed,” he continued.

Unlike the vinyl flooring of yesteryear, the latest resilient sheet floors successfully replicate the look of natural slate, stone, bamboo and hardwood. These floors also come with benefits ceramic tile and wood flooring can’t beat.

Besides being far less expensive,

resilient sheet flooring, like Farnham, Quebec-made Tarkett FiberFloor, is warm and comfortable underfoot, is water- and moisture-resistant, stands up to scratches, scuffs, stains and indentations, and is easy to maintain.

It’s also easy to install. In fact, some new resilient sheet flooring can be installed without glue or adhesive – the floor just “floats.”

So for better durability, ease of maintenance and a vast array of designs and great looks, today’s resilient flooring can help homeowners create a new look for any room in less than a weekend. And usually at a price that won’t floor you, either.

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Happy pipes are hardworking pipes

(NC) – A backed up pipe in the bathroom is a drag, to say the least.

It’s one of the most used rooms in the house, but have you been performing the proper maintenance on a regular basis? Direct Energy has a few tips to keep the plumbing in your wash-room operating efficiently.

Be drain-friendly: Hair and dental floss are not friends to your drains. When shed-resistant floss enters the sewage system, it bonds with other waste and forms large clumps that block pipes.

Hair poses a similar problem. Discard hair from hairbrushes and your used floss in the wastepaper basket and use strainers in the sink and tub to keep hair and soap clear of your pipes.

Nip those drips: A dripping tap can waste of up to 15 gallons of water per day. That’s a lot of water.

Avoid wasting this precious resource and ensure taps are fully closed and replace any tap that continues to drip even when fully tightened shut.

Low-flow’s the way to go: Install low-flow showerheads and toilets. Think about it, a 10 minute shower with a conventional showerhead can use up to 42 gallons of water.

Low-flow showerheads and toilets use far less water, which will save a few dollars on your water bill.

More plumbing tips can be found online at www.directenergy.com or toll-free at 1-888-334-8221.

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