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8 Wing honoured with CF Health and Physical Fitness Award for Wing of the Year

8 Wing/CFB Trenton
Personnel Support Programs

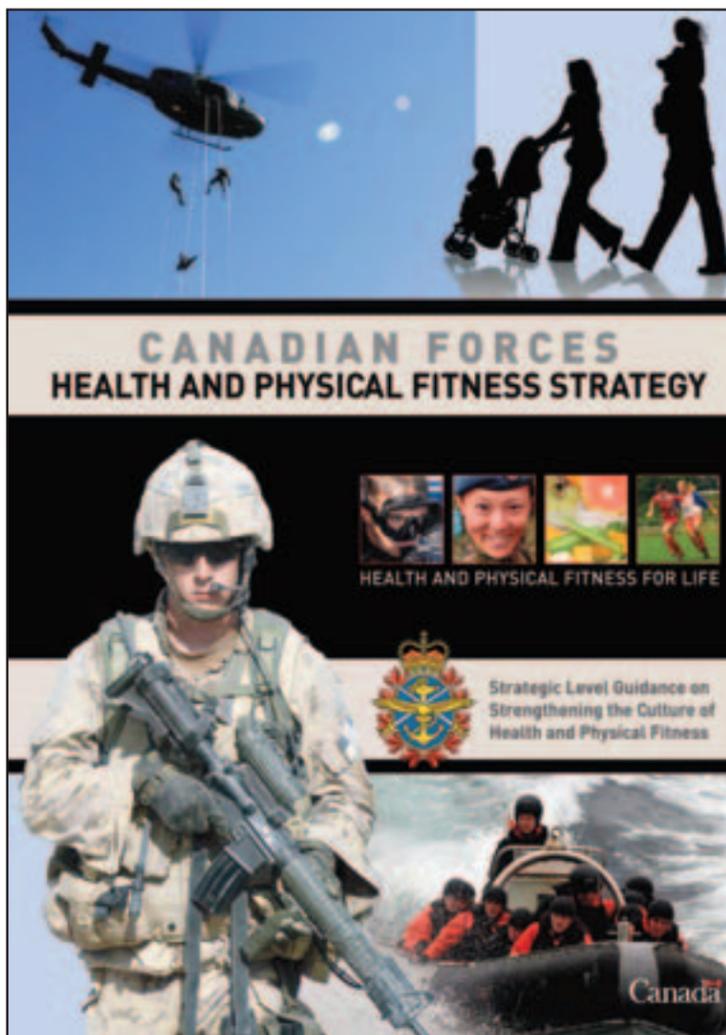
Through perseverance, collaboration, creativity, implementation and promotion of the Canadian Forces Health and Physical Fitness Strategy, CFB Trenton is the 2009/2010 recipient of the CF Health and Physical Fitness award for Wing of the year.

The *Shared Ownership* line of operation of the Health and Physical Fitness Strategy was the focus for 2009/2010 and states "The CF commits to supporting all military personnel in the achievement of a healthy lifestyle with organizational policies, and by facilitating access to health, fitness and recreation programs, fitness and recreation facilities, professional physical fitness educators and health services with clinical and health promotion staff."

8 Wing leadership has embraced ownership of its role in creating a culture of health and physical fitness by fully supporting policies and programs aimed at improving the health and fitness of personnel and the 8 Wing community.

The Chain of Command continues to initiate and implement policy in a top down approach that ensures all leadership is informed of services, programs and upcoming events, allowing for effective communication of these opportunities to all CF and community members.

By way of this leadership-driven approach, a wide variety of events, challenges, initiatives, and briefings have taken place over the past year to help implement all aspects of the Health and Physical Fitness Strategy to advance a cul-



ture of health and physical fitness for life. (see center page for overview).

Fitness and Sports, 24 Health Services, Health Promotion, The Contact, Community Recreation, Military Family Resource Centre and the CFB Trenton community have all contributed to the effective programming and participation that has helped this strategy

become a reality.

Congratulations to everyone at CFB Trenton for your dedication to improving the health and wellness of the CF and surrounding communities.

With the outstanding support from Leadership, cohesion of community partners, and most of all participation this strategy has become a way of life.

La 8^e Escadre reçoit le Prix de la santé et du conditionnement physique des FC dans la catégorie « Escadre de l'année »

En raison de la persévérance, de l'esprit de collaboration et de la créativité dont elle a fait preuve dans la mise en œuvre et la promotion de la Stratégie sur la santé et la condition physique au sein des FC, la BFC Trenton se mérite le Prix de la santé et du conditionnement physique des FC pour l'année 2009-2010 dans la catégorie « Escadre de l'année ».

En 2009-2010, nous avons mis l'accent sur la ligne d'opération Prise en charge commune de la Stratégie sur la santé et la condition physique au sein des FC qui indique ce qui suit: « Les FC s'engagent à appuyer le personnel militaire dans sa quête vers un mode de vie sain grâce à des politiques organisationnelles, et en favorisant l'accès à des programmes de santé, de loisirs et de condition physique, tels que des installations de conditionnement et de loisirs, des éducateurs de conditionnement physique professionnels et des services en santé dispensés par du personnel clinique et de promotion de la santé ».

Le commandement de la 8e Escadre a pris son rôle en charge en créant une culture de santé et de condition physique. Il a pleinement appuyé les politiques et les programmes visant à améliorer la santé et le conditionnement physique du personnel et de la communauté de la 8e Escadre.

La chaîne de commandement continue de présenter et de mettre en œuvre des politiques à l'aide d'une

approche en cascade afin de veiller à ce que tout le commandement soit informé des services, des programmes et des activités à venir, ce qui permet une communication efficace des possibilités offertes à tous les membres des FC et de la communauté.

Grâce à cette approche axée sur le commandement, une gamme étendue d'activités, de défis, d'initiatives et de briefings ont eu lieu au cours de la dernière année pour soutenir la mise en œuvre de tous les aspects de la Stratégie sur la santé et le conditionnement physique afin de favoriser une culture de santé et de condition physique pour la vie. (voir la page du centre pour une vue d'ensemble).

La section du conditionnement physique et des sports, le 24e Centre des services de santé, Promotion de la santé, le journal The Contact, la section des loisirs communautaires, le Centre de ressources pour les familles des militaires et la communauté de la BFC Trenton ont tous contribué à la programmation efficaces et à la participation qui a facilité la concrétisation de cette stratégie.

Félicitations à tous les membres de la BFC Trenton pour votre dévouement à l'égard de l'amélioration de la santé et de la condition physique des FC et des collectivités avoisinantes.

Grâce à l'excellent appui du commandement, à la cohésion des partenaires de la collectivité et, par-dessus tout, à la participation, cette stratégie est devenue un mode de vie.

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Upcoming changes to MFRC parking lot

In response to serious concerns for the safe access of children to the MFRC building located at 50 Rivers Drive an assessment and recommendations for change was conducted by MSC Safety and forwarded to CE for implementation.

These changes will take place during the month of September. Appropriate signage and traffic flow arrows will be added for clarification.

Changes include: One way directional flow of traffic start-

ing at portico moving towards daycare with two exits onto Rivers Drive.

- MFRC Parking lot will have only one entry point - closest to Tim Horton's. This access point will remain two way.

- Removal of drop off spaces to the right and left of the main Daycare entrance to improve visibility and access.

- Remaining three spaces will include one handicap drop off parking (long term handicap

parking spaces are marked and located adjacent to portico) and two (2) ten minute drop off spaces directly in front of the daycare.

- Vehicles are not permitted to stop in any other space other than those designated for parking.

- Fire lane and free flow of traffic must be maintained at all times.

Safety is our first concern! Thank you for your anticipated cooperation.

Changements au stationnement du CRFM

Afin de répondre à des inquiétudes sérieuses par rapport à l'accès sécuritaire des enfants à l'édifice du CRFM situé au 50 Rivers Drive, une évaluation et des recommandations pour des changements ont été faites par MSC Safety et ensuite envoyées à CE pour l'implémentation de ces mesures.

Ces changements prendront effet durant le mois de septembre. Des panneaux de signalisation appropriés ainsi que des flèches indiquant le sens du trafic seront ajoutés afin de clarifier ceci.

Les changements incluent: Sens unique du trafic commençant du portique jusqu'à la Garderie avec deux sorties vers Rivers Drive.

-Le stationnement du CRFM aura seulement un point d'entrée - soit le plus près du Tim Horton's. Cet accès continuera à être pour les deux

sens du trafic.

-Retrait des deux espaces débarcadères à gauche et à droite de l'entrée principale de la Garderie afin d'améliorer la visibilité et l'accès.

-Les trois espaces restants comprendront un espace pour débarcadère pour personne handicapée (le stationnement à plus long terme pour personnes handicapées sont identifiés et situés à côté du portique) et deux espaces débarcadères dix minutes directement à l'avant de la Garderie.

-Les véhicules ne doivent pas arrêter à d'autres endroits que ceux indiqués pour le stationnement.

-La voie pour les pompiers et le trafic courant doivent être libres en tout temps.

LA SÉCURITÉ EST NOTRE PRIORITÉ! Merci à l'avance de votre coopération.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



WCE Civilian Carpenters and 81CEF military Construction Techs installing the steel roof on the New Family Medical Center, located off of RCAF RD 8 Wing CFB Trenton. Left to right: Eric Mofina, Pte R Desgagnes, Pte B. Steadman, Cpl S.Cote, Taylor Coale and Cpl J. Chabot.

SCHOOL'S IN DRIVE SAFELY

Parents and kids - have a bus talk before school Remind your kids the rules of bus safety.

- Never distract the bus driver., Always follow his or her instructions.
- Find a seat right away and stay seated facing forward at all times.
- Do not place things in the aisle. • Avoid rowdy behaviour.

Drivers- Always stop for a bus

Motorists travelling in both directions must stop when approaching a stopped school bus with its upper red lights flashing



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Great display of Canadian Forces aircraft during Operation NANOOK



Photo: Sgt Ron Flynn

During Operation NANOOK 2010, the Canadian Air Force showcases its capabilities as two CF18 Hornets and a CC150 Polaris fly over Resolute Bay Airfield, Nunavut while a CC177 Globemaster (left) and a CC130 Hercules (right) prepare for their next flights. / Durant l'Opération NANOOK 2010, la Force aérienne du Canada a démontré ses capacités lorsome deux CF18 Hornets et un CC150 Polaris ont passé au-dessus de l'aérodrome à Resolute Bay, (Nunavut).

Search & Rescue UPDATE



It was a relatively slow this week for 424 Squadron, especially compared to last week with our major search.

The Griffon crew was tasked to conduct a MEDEVAC of a suspected heart attack patient aboard the ship Captain Henry Jackman. The patient was hoisted from the ship without incident and transferred to Kingston General Hospital. Until next week, stay safe!

Missions for 2010: 138 Missions for Aug.: 48 Persons rescued: 7

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Letters to the Editor:

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



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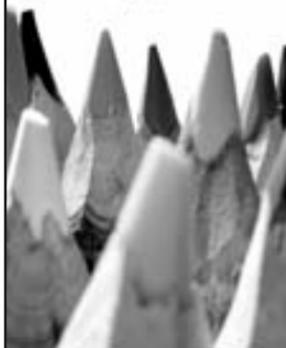
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Canadiana Crossword

Fair Weather Fowl

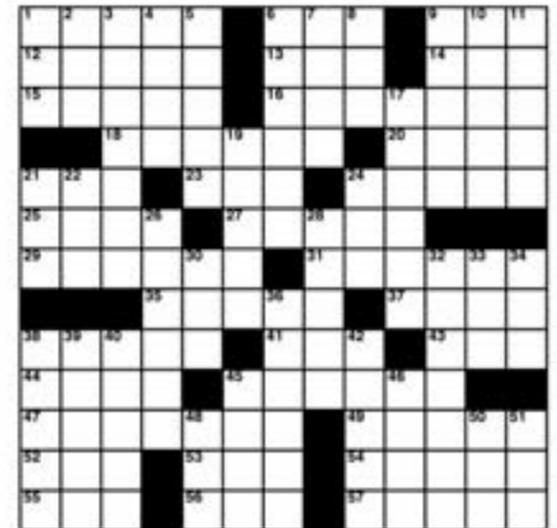
By Bernice Rosella and James Kilner

ACROSS

- Small time gambler
- Cleo's pet
- Sales person slangily
- Stubbed cigar, or a migratory bird
- Deuce
- Titled Turk
- Ait
- Twelve hours
- Make deaf
- Midway attraction
- Former Ontario Premier Bob _____
- Whitney invention
- Silly person, or a migratory bird
- Sr. manager
- Of the nose
- Containing iron
- Baltimore baseballer, or a migratory bird
- Antiknock fluid
- Many a Hwy. driver
- Prepares for exams
- Auditory sense
- Look at
- Spa amenity
- Atlantic isles, or a migratory bird
- Wrongdoers
- Strange
- With picking, trivial fault-finding
- Canabis
- Boredom
- Printers' concern
- Sounds from a dentist's chair
- Thesaurus publisher

DOWN

- Tire pressure meas.
- Outs opposite



- | | |
|--|--|
| 3 Saskatchewan hamlet, or a migratory bird | 28 Gannet |
| 4 Sword | 30 Ran _____ course |
| 5 Label again | 32 Conforming to rules |
| 6 Goddess of wisdom | 33 Greensward |
| 7 Kind of a dive, or a migratory bird | 34 Before to Browning |
| 8 J. Layton or S. Harper | 36 Leaveners |
| 9 Marconi invention | 38 Construction machine, or a migratory bird |
| 10 Mild expletives | 39 Batman's buddy, or a migratory bird |
| 11 Recipient of funds | 40 Adjoins |
| 17 Gambol | 42 Less refined |
| 19 Harper Lee character, or a migratory bird | 45 To boast annoyingly, or a migratory bird |
| 21 Ump | 46 House in need of repair |
| 22 Fire, in a way | 48 Environmental org. |
| 24 Food fish | 50 Regret |
| 26 _____ de menthe | 51 Telegraphic signal |

See Answers, Page 19

This Week in Contact

1980 – CFB Trenton Servicewomen's Softball Team – This weekend, the CFB Trenton Servicewomen's Ball Team travels to CFB Shearwater to participate in the 1980 Canadian Forces Softball Championship. They will represent the Ontario Region after winning the Region Championship in Toronto last month.

1990 – Walking vs Jogging – Which burns more calories? – Do you burn more calories walking or jogging a mile? Generally speaking you'll burn about the same, since the work being done is the same. But, there is also the efficiency of the body to consider.

2000 – Combat gear and seaweed – Since last year, the Canadian Parachute Centre hosts one of the most physically and mentally grueling courses within the Canadian Forces, the Patrol Pathfinder Course. The latest running of this seven-week, intensive course began in late August with 26 participants from across Canada's army, along with two US Rangers from Fort Benning, Georgia.

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



426 (T) Squadron welcomes CC130H Search and Rescue Course

Submitted by Wayne Gillman
CC130 Course Director

426 (Transport) Squadron once again would like to welcome and congratulate the student Pilots, Air Combat Systems Officers (ACSO) and Loadmasters who have recently embarked on the lengthy and challenging CC130H SAR (Search and Rescue) Course (CSO 1003) which will ultimately prepare them to integrate in to their respective Search and Rescue Units on the CC130 Hercules aircraft.

The training that they are partaking in includes several weeks in the classroom and on the flight line, 17 simulator flights, 12 local training flights and culminates with a deployed ops mission.

The away mission will take the students to destinations

north for some arctic exposure, northern Quebec for some mountainous terrain flying and to the east coast to experience some ocean operations.

Their goal over the 79 day course will be to learn and develop the necessary skills which will enable them to be productive and important members of the SAR communities that await them.

426 (T) Squadron will train three serials of the CC130H SAR Course per year.

Back row: Instructors Dan Chartrand, Tim Sexsmith and Dave Holden. Front row: Students Capt Dan Vanderbyl, Capt Pat Hitchcock, Capt Chad Miller, Capt Greg Boone, Capt Sheldon White, Cpl Adam Morrison, Capt "Jimmy" Belanger and Cpl Paul Comeau



New Operational Service Medal announced

Ottawa, ON – The Honourable Peter MacKay, Minister of National Defence, is pleased to convey that Her Majesty Queen Elizabeth II has approved the creation of the Operational Service Medal (OSM).

The OSM will provide long-awaited recognition for certain military operations for which there were no medals available.

"Be it in Haiti, Africa or any of the operations our men and women in uniform are active in, Canada contributes to international stability and security by assisting those in need," said Minister MacKay. "As Canadian Forces members are sent abroad in the service of Canada, our new overseas recognition framework ensures that they receive the recognition that they deserve."

The OSM will be awarded to those who, on or after 7 October, 2001, served in a theatre of operations, but not in the presence of an armed enemy.

Also eligible are those who worked in direct support of



approved operations or served under dangerous circumstances outside Canada, provided the service has not been recognized through another service medal aside from the Canadian Peacekeeping Service Medal where appropriate.

The OSM will be issued with different ribbons identifying specific theatres of operations, including South-West Asia, Sierra Leone (Op SCULPTURE), Haiti (Op HALO), and Sudan (Op AUGUR-

AL). In addition, a Humanitas ribbon was created to recognize humanitarian service, which will include Canada's most recent relief efforts in Haiti (Op HESTIA) and an Expedition ribbon was created to cover smaller operations conducted in dangerous circumstances outside of Canada.

An inaugural presentation ceremony, presided over by the Governor General, will take place at a later date.

Announce de la création d'une nouvelle Médaille de service opérationnel

Ottawa, ON – L'honorable Peter MacKay, ministre de la Défense nationale, est heureux d'annoncer que sa Majesté la Reine Elisabeth II a approuvé la création de la Médaille du service opérationnel (MSO). Attendue depuis longtemps, la MSO reconnaîtra les opérations qui n'ont pas encore fait l'objet de distinctions honorifiques.

"Que ce soit en Haïti, en Afrique ou dans n'importe quelle autre des opérations dans lesquelles nos hommes et femmes sont engagés, le Canada contribue à la stabilité et à la sécurité internationales en aidant les gens dans le besoin", a déclaré le ministre MacKay. "Alors que les militaires des Forces canadiennes sont envoyés à l'étranger, notre système des distinctions honorifiques assure que nos militaires reçoivent la reconnaissance qui leur est due."

La MSO sera décernée à ceux qui, à partir du 7 octobre 2001, ont servi dans un théâtre d'opérations mais non en présence d'un ennemi armé.

Sont également admissibles ceux qui ont fourni un soutien direct dans le

cadre d'opérations approuvées ou ont servi dans des circonstances dangereuses à l'extérieur du Canada, dans la mesure où l'opération n'a pas fait l'objet d'une autre distinction honorifique, exception faite de la Médaille canadienne du maintien de la paix (MCMP), lorsque cela est pertinent.

La MSO sera remise avec des rubans différents identifiant des théâtres d'opérations précis, y compris l'Asie du Sud-Ouest, le Sierra Leone (Op Sculpture), Haïti (Op Halo) et le Soudan (Op Augural).

De plus, un ruban Humanitas a été créé pour reconnaître le service humanitaire, qui inclura les plus récents efforts du Canada en Haïti (Opération Hestia), ainsi qu'un ruban Expédition, créé pour les opérations de faible envergure pour lesquelles il n'existe aucune distinction honorifique des services accomplis dans des circonstances dangereuses, à l'extérieur du Canada.

Une cérémonie de présentation inaugurale, présidée par la gouverneure générale, se tiendra ultérieurement.

Please recycle this newspaper. Thank you.



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Celebrate a great workout, but not too much

by Ryan Abrams, Physical Exercise Specialist

Consistent exercise routines can be difficult to incorporate into your everyday activities, but when the lifestyle change does take effect, a great sense of accomplishment is felt.

Although this is nothing short of a great accomplishment, be careful about the satisfaction you feel for yourself.

It has been documented that individuals may over compensate their exercise regiment by ingesting extra meals, consuming empty calories and limiting their daily physical activities.

It will take time for your body to adjust to a behaviour change and the extra calories burned can cause a sense of hunger at the initial stage of your new exercise routine, but satisfy that hunger with a healthy snack rather than a binge.

This sense of accomplishment can also lead to extra snacks that are not normally in your average weekly diet as a reward and can very quickly offset your results from exercise and limit your progress.

It can also have an effect on your regular activities that were routine prior to your new exercise program.

There have been cases where fewer calories were burned



Photo: sxc.hu

throughout the day when beginning an exercise routine because of over satisfaction with your new accomplishment and eliminating your regular activities.

Be mindful when you begin a new exercise routine that you do not over compensate your new

behaviour by limiting your current activities or changing your eating habits.

Results are best shown when exercise and healthier eating are added into your daily routines rather than supplementing for a previous activity.

Bien s'entraîner, mais pas trop

par Ryan Abrams, Spécialiste de l'exercice physique

Il peut être difficile d'intégrer dans sa vie quotidienne une routine d'exercices réguliers, mais lorsqu'on parvient à changer son style de vie, on a un profond sentiment d'accomplissement.

Même s'il s'agit réellement d'un grand accomplissement, il faut se méfier de l'autosatisfaction.

Il a été prouvé que des personnes peuvent surcompenser leur programme d'entraînement en mangeant davantage, en absorbant des calories vides et en réduisant leurs activités physiques quotidiennes.

Le corps met du temps à s'adapter à un changement de comportement, et une plus grande dépense calorifique peut causer un sentiment de faim au début d'une nouvelle routine d'exercices, mais il faut satisfaire cette faim à l'aide d'une collation santé plutôt que de consommer de façon excessive.

Ce sentiment d'accomplissement peut aussi entraîner une plus grande consommation d'aliments par rapport à la consommation hebdomadaire moyenne, à titre de récompenses. Cela peut alors annuler très rapidement les résultats de l'entraînement et limiter les progrès.

Cela peut aussi avoir une incidence sur les activités habituelles que l'on pratiquait régulièrement avant le nouveau programme d'entraînement. On a constaté des cas de réduction de la dépense calorifique par jour suite à une autosatisfaction excessive à l'égard du nouveau programme d'exercice et à l'arrêt des activités régulières.

Lorsqu'on commence une nouvelle routine d'exercices, il faut faire attention à ne pas surcompenser son nouveau comportement en réduisant les activités physiques habituelles ou en changeant les habitudes alimentaires.

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SPORTS & RECREATION

Morning Aquafit classes

Morning Aquafit will run for 12 weeks, and will take place on Mondays, Wednesdays, and Fridays, from September 27 until Friday, December 17.

Please note, there will not be a class held on Monday, October 11, for Thanksgiving).

There are two classes to choose from, as follows:

Class One will take place from 7:30 to 8:20 a.m. and will alternate between the main pool and the warm-up pool.

Class Two* will take place from 8:30 to 9:20 a.m. This is a deep water class in the main pool. Participants will wear a buoyant belt and do not need to know how to

swim.

Cost is \$85 plus HST for military community members and \$90 plus HST for the general public. Drop-in fee option available, space permitting, at a cost of \$3 for military community members and \$4 for the general public.

A maximum of 15 passes per class will be sold.

Registration is being accepted at the RecPlex as follows:

8 Wing military community (proof of qualification required), began on Thursday, September 9.

Registration for the general public will begin on Thursday, September 16, at 9 a.m.

PSP Facility Memberships

All memberships for the use of the RecPlex, Gym and Arena expired on August 31, 2010.

Members are required to renew their membership at the RecPlex.

For rate details, please visit cfcommunitygateway.com

During the week of September 13 - join us FREE, for one week only. Try any group fitness class before you register...no obligation!

New: Tae Kwon Do class

Tae Kwon Do classes will instill greater flexibility, agility, physical coordination, mental and physical discipline and greater self control. The skills learned in this program may some day be integrated into one's life. This class is open to participants ages 14 years and older. The 60 minute class will take place on

Wednesdays, from 7 to 8 p.m. at the RecPlex, from September 22 to December 15 (14 weeks total).

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

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

Tae Kwon Do for youth

Tae Kwon Do classes will instill greater flexibility, agility, physical coordination, mental and physical discipline and greater self control.

The skills learned in this program may some day be integrated into one's life.

This class is open to those 13 years or older and will take place on

Wednesdays 6 to 7 p.m. at the RecPlex, from September 22 to December 15 (14 weeks total).

Cost is \$42 for military community members and \$56 for the general public. Drop-in fee option available, space permitting, at a cost of \$4 for military community with ID, and \$5 for the general public.

Facility Closure: RecPlex Pools

The RecPlex Pools will be closed for annual maintenance during the period of Tuesday, September 7, until approximately Friday, September 24 inclusive.

During this period, both indoor pools will be shut down. Rec Swims will resume on September 25.

Evening Aquafit: RecPlex

Evening Aquafit will take place on Tuesdays and Thursdays, beginning on September 28 until December 2, for a total of 10 weeks.

This deep water class will take place from 7 to 8 p.m. in main pool.

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

Drop-in fee option available, space permit-

ting, at a cost of \$4/class plus HST for military community with ID, and \$5/class plus HST for the general public.

Registration for 8 Wing military community (proof of qualification required), began on Thursday, September 9.

Registration for the general public will take place on Thursday, September 16, beginning at 9 a.m.

Group Power classes

Group Power is a 55-minute strength-training class, followed by 15 minutes of stretch and relaxation that challenges all your major muscle groups.

This class is results-focused, designed to build muscle and burn fat quickly.

It will increase your strength and build your confidence; improve general fitness by improving body shape and tone; and, challenge the onset of osteoporosis in both men and women.

Exercises are offered at different levels

to incorporate varying experience and capabilities.

Group Power will take place on Wednesdays, from 6 to 7:10 p.m. at the South Side Gym.

Classes begin on September 22 and run through until December 15 (total of 14 weeks).

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

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

Cardio and Strength

Why not add this class that includes a combination of movements that increase your heart rate as well as strengthening activities to the repertoire, and also use various pieces of equipment.

This fantastic total body workout will take place on Mondays from 6 to 6:55 p.m. at the South Side gym, from September 20 to December 13 (total of 13 weeks). Please note: There is no class on Monday, October 11.

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

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

New: Tai Chi

Tai Chi is a slow moving, gentle exercise perfect for all ages and levels of fitness.

Modern studies have shown that Tai Chi can have therapeutic value for people with high blood pressure, asthma, various forms of arthritis, back problems, and of course, stress.

Discover for yourself why Tai Chi is considered to be a "national treasure" of China.

Tai Chi will take place on Mondays, from 7 to 8 p.m. at the RecPlex, from September 20 to December 13 (for a total of 13 weeks).

Please note: There is no class on Thanksgiving Monday, October 11, 2010.

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

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

Fall Red Cross Swim Lessons

Registration dates for 8 Wing community will begin on Thursday, September 9, from 4 to 6 p.m. at the RecPlex.

Numbers for service will be given out beginning at 3 p.m.

Registration for the 8 Wing community continues until September 16, at

3 p.m. (during regular hours of operation).

Registration for the general public will begin on September 16, from 5 to 7 p.m. at the RecPlex. Numbers for service will be given out beginning at 4 p.m. Registration for all will continue until the first class.

Upcoming: Stroller-fitness

Walk your way to a healthier and fitter you, working out with your baby. Our fitness leaders will lead and motivate you, and help you to discover the benefits of training in the great outdoors with your stroller and child. You'll need comfortable walking shoes and appropriate dress for the weather, (we walk rain or shine), and a water bottle. Babies are bundled in their strollers so you can walk for about 30 minutes followed by some core exercises and stretches.

It's worth bundling up your baby, because you'll feel so good afterwards! Stroller fitness will take place on Tuesdays and Thursdays from 11 to 11:45 a.m. starting from the RecPlex on September 21, for a total of seven weeks, ending November 4.

Cost is \$42 for military community members and \$56 for the general public. Drop-in fee, space permitting: \$4 for military community with ID; \$5 for the general public.

New: Upcoming 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.

This class will take place on Wednesdays, from 1 to 2:15 p.m. at the RecPlex from September 22 to December 15 (for 14 weeks).

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

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



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FITNESS & HEALTH PROMOTION

Ten golden rules for time management

Submitted by 8 Wing Health Promotion

1. Know how you currently use your time. In order to manage your time, you must first know how you spend it. You may wish to keep a log for a week to see the ways you use your time.

2. Identify your "prime time." Some people work well first thing in the morning while others tend to "wake up" later in the day. Identify your best time and use it to carry out your most important or difficult tasks.

3. Do tomorrow's planning tonight. This allows you to start off working first thing the next morning without having to decide what to do first.

4. Ask yourself "why am I doing what I'm doing right now?" While this may seem like a silly question, it is, in fact, a valid one. It is easy to get sidetracked on less vital issues. Asking yourself this question can help you refocus your attention where it is most beneficial.

5. Handle each piece of paper once. This can be a difficult habit to get into, but it can save you a lot of time.



6. Plan your work but work your plan. Don't spend your time making a plan unless you actually intend to put it to use.

7. Delegate whenever possible. Don't fall into the trap of feeling you have to do everything since no one else can do it as well as you do.

Not only is this not true, you're causing yourself additional stress by trying to do it all.

8. Delegate wisely. Its poor planning- and unfair to your

employees to delegate tasks to them that they don't have the skills, time, authority or resources to do.

9. Identify your high-payoff items. Spend most of your time and energy on those items with the biggest return.

10. Concentrate on results, not on being busy. While you may work hard and go home exhausted after a long day at work, at the end of the day, consider what you actually accomplished.

Les dix règles d'or de la gestion du temps

1. Déterminez votre emploi du temps actuel. Pour gérer votre temps, vous devez d'abord savoir de quelle façon vous le répartissez. Vous pouvez à cet effet tenir un journal pendant une semaine.

2. Déterminez votre « temps fort ». Certaines personnes travaillent mieux tôt le matin, tandis que d'autres sont efficaces plus tard dans la journée. Cernez vos meilleures heures et exécutez vos tâches les plus importantes ou difficiles à ce moment.

3. Effectuez la planification d'une journée le soir précédent. Ainsi, vous commencerez à travailler dès votre arrivée, sans avoir à décider ce que vous devez faire.

4. Demandez-vous pour quelle raison vous exécutez les tâches actuelles. Cela peut sembler simple, mais c'est en fait très utile. En effet, il est facile de s'écarter du droit chemin et de se consacrer à des aspects peu importants. Si vous vous posez cette question, vous pouvez vous concentrer sur les aspects les plus bénéfiques.

5. Manipulez les documents une seule fois. Vous aurez peut-être de la difficulté à atteindre cet objectif, mais

vous pourrez sans doute ainsi gagner beaucoup de temps.

6. Planifiez votre travail et respectez le plan établi. Ne prenez pas le temps d'élaborer un plan sauf si vous comptez vraiment vous en servir.

7. Déléguez dans la mesure du possible. Ne tombez pas dans le piège de tout vouloir faire vous-même parce que personne d'autre ne peut le faire aussi bien. Non seulement cette affirmation est fautive, mais vous vous imposez également un stress supplémentaire.

8. Déléguez avec sagesse. Il est inefficace, et injuste pour vos employés, de déléguer à ceux-ci des tâches pour lesquelles ils n'ont pas les qualifications, le temps, l'autorisation ou les ressources nécessaires.

9. Précisez les éléments qui rapportent. Consacrez la majeure partie de votre temps et de votre énergie aux tâches qui produisent les meilleurs résultats.

10. Concentrez-vous sur les résultats et non sur un emploi du temps chargé. Même si vous travaillez fort et rentrez à la maison exténué après une longue journée de travail, déterminez ce que vous avez accompli pendant cette journée.

Did You Know?

A person can expect to breathe in about 40 pounds of dust over his/her lifetime.



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



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Email: healthpromotionTrenton@forces.gc.ca

Health Promotion Administrative Assistant:
Leslie Bedore

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Kendra Lafleur

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

ANNUAL WING COMMANDER'S HEALTH AND FITNESS CHALLENGE

The Annual Wing Commander's Health and Fitness Challenge is scheduled for Friday, September 24, 2010. Start recruiting your teams of eight for this annual fun fitness day. For more information, contact Lisa at local 3328.



Photos: Contact archives

Military Lane Swim - Outdoor Pool

Military Lane Swim is operating at the outdoor pool while the indoor pool is closed for maintenance.

Effective Monday, September 13, Military Lane Swims will take place on Mondays, Wednesdays and Fridays from 1200 hrs to 1300 hrs at the outdoor pool.

Know the dangers of confined spaces



Submitted by
Wing General Safety
Office

You need to know about the dangers of confined spaces - even if you don't work in them.

Studies have shown more than half of the workers killed in confined space accidents were would-be rescuers.

Do you know what a confined space is? Do you know why it is dangerous?

Here are some of the characteristics of a confined space:

-It is large enough that a person can enter it to work.

-It has limited or restricted access and exits.

-It is not designed for continuous human occupancy.

-It may have a hazardous atmosphere, such as flammable vapors, toxic gases or too little oxygen.

-It may have the danger of engulfment by liquids or solids such as granular material.

-It may have a shape which could cause entrapment, such as a

sloping floor which tapers down to a narrow point.

-It may contain other hazards such as moving machinery, chemical substances or electrical equipment.

These are examples of confined spaces: Vessels, tanks, vats, manholes, sewer tunnels, elevator shafts, storage bins, hoppers, holds of ships, cisterns, pits, boilers, stacks, pumping stations and equipment housings.

Why do people die in confined space accidents? Here are some common reasons:

-They don't recognize a confined space. They do not know the danger.

-They assume the space is safe because they cannot smell gas or vapor, or because it "looks" okay.

-They underestimate the danger. They think they can escape before they are overcome by the hazard.

-They let their guard down after they enter the confined space and do not realize a hazard is developing.

-They try to rescue others, but are not equipped to do so safely.

Sometimes workers must be assigned to work in confined spaces to do work such as removing waste materials, inspecting equipment, repairing equip-

ment or resurfacing vessels.

However, before working in a confined space, extensive safety training is imperative.

Workers must recognize the hazards and learn how to avoid them.

Extensive training in the use and fit of special protective equipment is also necessary.

Respiratory protection appropriate to the hazard is vitally important. Workers must be fully trained in the correct use of breathing apparatus.

They must also wear safety harnesses and lifelines so they can be rescued quickly if something goes wrong.

Confined space entry must be governed by a permit system to ensure that workers are properly prepared and protected from hazards.

Other personnel, also equipped for confined space entry, must be on stand-by for rescue if something goes wrong.

Confined space entry is not something to take lightly, and it is not something to do on an impulse - even if the impulse is to save someone's life.

If you are not properly equipped and trained for confined space entry, there will be two victims instead of one.



Photo: sxc.hu

All hazards found in a regular workspace can also be found in a confined space. However, they can be even more hazardous in a confined space than in a regular worksite. Many workers are injured and killed each year while working in confined spaces. An estimated 60 per cent of the fatalities have been among the would-be rescuers. Confined spaces include, but are not limited to underground vaults, tanks, storage bins, manholes, pits, silos, process vessels, and pipelines.

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Contact



Brigadier-General R.D. Foster visits 8 Wing/CFB Trenton



Photo: Cpl Drew Deics, 8 Wing Imaging

1 Canadian Air Division Deputy Commander of Forces Generation, Brigadier-General R.D. Foster visited 8 Wing Trenton from August 29 to September 3.

The purpose of his visit was to tour base facilities and gather first hand info on force generation issues affecting 8 Wing/CFB Trenton.

He also took part on an 8 Wing mission to Canadian Forces Station (CFS) Alert, in order to tour the facilities at that location.

Photo: Cpl Drew Deics, 8 Wing Imaging



Photo: Cpl Precious Carandang, 8 Wing Imaging



Left and top right: Deanna O'Leary and Derek Martin from Bird Construction conducted a briefing for Brigadier-General Foster and Major P. Baker, on the construction of the new 1 Hangar, which will house CC177 Globemaster III's.

Above: Brigadier-General R.D. Foster (1 Canadian Air Division Executive) is shown prior to his departure from 8 Wing/CFB Trenton in CC130J Hercules aircraft.

8 Wing/CFB Trenton PMQ Community Council

by Lt Deanna Langill
Community Liaison Rep
PMQ Committee

In order to facilitate community spirit and pride a PMQ Community council has been recently activated.

Members of the committee will meet regularly to decide on events and policies relating to members residing in the PMQs.

The aim of this committee is to foster pride in the community, improve quality of life and to provide support to residents.

The Committee will work closely with Canadian Forces Housing Agency (CFHA), Military Family Resource Centre (MFRC), the Military police

(MPs) and other Wing Authorities, including the Wing Commander, in order to meet this aim.

These positions are appointed by, and thus carry the authority of the Wing Commander and are considered recognized Wing-wide secondary duties.

The current goal of the Committee is to establish "Terms of Reference" and responsibilities in order to best support those living in PMQs.

The current members of the PMQ Committee are: Master Corporal Laite, PMQ Mayor and Committee President; Master Corporal Lawrenson, Vice President; Corporal Roberto, Finance Rep; Lieutenant Langill,

Community Liaison Rep; Sergeant Lacey, Web Master; Master Corporal Morin, Special Events Coordinator; Leading Seaman Contant, Military Police Rep; and Denise Currie, MFRC Rep.

Members at Large: Sergeant Cain, and Chief Warrant Officer Roy.

There are still positions available including Secretary and Ward Representatives.

Anyone interested in joining and making a contribution to better their PMQ experience please contact us at: +PMQ Community Council@CFB Trenton

Things to look forward to: Website linked to the Splash Page.

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Colonel Hadfield to become first Canadian commander of international space station

Air Force News – The Canadian Space Agency (CSA) has announced that astronaut Chris Hadfield (a former Air Force fighter pilot who retired from the Canadian Forces in 2003 after 25 years) will return to space for a third time and become the first Canadian commander of the International Space Station (ISS).

Colonel Hadfield will launch aboard a Russian Soyuz rocket in December 2012, and take command of the station during the second half of a six-month mission. This will be the second long-duration mission for a Canadian astronaut.

“The selection of a Canadian astronaut for a long-duration mission and as Commander of the International Space Station reflects the achievements of our space exploration program and the renowned quality of our Canadian Astronaut Corps,” said Minister of State (Science and Technology) Gary Goodyear.

As an ISS flight engineer for the mission’s first four months, Col Hadfield will carry out scientific experiments, robotics tasks and technology demonstrations. As a veteran space-walker, he may be called upon to step out into space to perform tasks around the station. With the rotation of three of the six-member crew in March 2013, Col Hadfield will assume the role of



Photo: CSA

Astronaut Chris Hadfield speaks at a press conference at the Canadian Space Agency Headquarters in Longueuil, Quebec, Thursday, September 2, 2010. Hadfield will become the first Canadian to command the International Space Station.

commander of Expedition 35.

As ISS Commander, Col Hadfield will be responsible for the safety of the crew, ongoing operations, maintenance and equipment of the ISS, while ensuring that the scientific experiments are carried out on behalf of Canadian and international scientists. He may also be called upon to operate Canadarm2 to perform assembly and maintenance tasks on the ISS, and to grapple and berth spacecraft to

the station.

Col Hadfield is scheduled to return to Earth in a Soyuz spacecraft, landing in Kazakhstan in June 2013.

Col Hadfield has achieved a distinguished career in space exploration. He is the only Canadian to board Mir, the Russian Space Station, in 1995 and the first Canadian to perform a spacewalk—a feat accomplished when he attached Canadarm2 to the ISS in 2001.

In anticipation of his next space mission, Col Hadfield has already started training in Canada, the U.S., and Russia. In 2009, he trained as backup to Canadian astronaut Robert Thirsk, who took part in Canada’s first long-duration mission on the ISS.

The CSA will be asking the public to propose science experiments Col Hadfield can conduct on-orbit. It also intends to engage Canadians in the mission

through a variety of activities, especially music – Col Hadfield is an avid guitar player and intends to make use of the Canadian-built guitar currently on the station. The objective is to inspire young Canadians to turn to science and technology, and choose studies that will allow them to take their place as members of Canada’s next space generation.

The ISS is an orbital laboratory created, maintained and used for science and technology development by Canada, Europe, Japan, Russia and the United States. Astronauts are assigned to the ISS for six-month periods.

Col Hadfield returned to his Air Force roots in 2009 when he piloted an F-86 Sabre jet as part of the “Hawk One” project of the Canadian Centennial of Flight celebrations. The jet was painted in the colours of the RCAF Golden Hawks aerobatic team that flew the F-86 Sabre for five air show seasons beginning in 1959.

Col Hadfield isn’t the only fighter pilot with Air Force roots to become an astronaut. Captain Jeremy Hansen, a fighter pilot from 4 Wing Cold Lake, Alta. was named as one of two new Canadian astronauts by the Canadian Space Agency last May. He is currently in training with NASA in Houston, Texas.

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To find out more about the training program and to speak to our advisors, attend our Open House on September 22.

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Please join us at our Open House info session to learn more about the Entrepreneurship Training program.

Date: September 22
Time: 1:00pm to 3:30pm
Location: CFB Trenton
Learning Centre, 1st Floor
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Resolute Bay, Nunavut: Communications on Op NANOOK 10

by Lt Matt Zalot, Op NANOOK 10

When deploying a forward headquarters (HQ) to an austere environment such as Camp Resolute Bay, Nunavut, on Operation NANOOK 10, there are many significant technical obstacles to overcome before the mission-required capabilities are achieved.

There are no pre-existing communications or information systems networks in the high Arctic, so the networks must be created from scratch, which involves relocating and installing personnel, equipment and facilities. Command, control and communications are essential to sharing information to ensure informed decision-making.

Op NANOOK 10 provides the Canadian Forces (CF) and Joint Task Force (North) (JTFN) "the opportunity to try out new communications techniques and platforms," says Lieutenant-Colonel Gino Chretien, the commanding officer of JTFN Forward HQ, since one aim of the operation is "to improve how we operate in the North."

The effective exchange of information with headquarters is essential, as operational effectiveness demands that "everyone needs to be singing from the same song sheet."

This year, the forward operating concept has paid dividends, showing itself to be an improvement over last year.

The staff officers deployed forward have clearer lines of communication than

ever before with the JTFN HQ in Yellowknife, Northwest Territories, which has more resources than does tiny Resolute Bay.

"Situational awareness needs to be one of our priorities," explains Lieutenant-Colonel Chretien, "and if (my superiors) don't receive enough information, then it's my job to provide it."

It's hard to overstate the importance of the JTFN commander having the ability to shape and direct operations from Yellowknife while maintaining the day-to-day operations of a formation headquarters.

As this is the first time that JTFN has deployed to a Forward HQ for Op NANOOK, with the goal of achieving robust command and control capabilities further North than ever before, the result of success will be an improved capacity for conducting joint operations in the high Arctic.

Co-ordination at this level is impossible without the physical infrastructure necessary to carry phone calls, e-mail, data transfers and secure video teleconferences between Yellowknife and Resolute Bay.

For that, equipment and personnel have to be brought here by airlift and assembled in place, just like everything else located in this isolated setting. "Nothing is up here," said Captain Jeff Guignon, Signals Officer for Op NANOOK 10. "This is the most

Northern location that a communications system of this size has been deployed."

And, if it's the HQ element of JTFN Forward that provides the command and control, it's the technicians from 8 Air Communication and Control Squadron (8 ACCS), Trenton, Ont., that provide the communications and computers capability.

Even in this remote setting, the satellite-based communication system created before the operation began renders almost no task impossible. "Yes, you can go up North with no cell network and establish one. We proved that yesterday," concluded Captain Guignon.

Of course, it's the soldiers like Master Corporal Jeremie Doucet, the 8 ACCS Detachment second in command, who were on the ground during the theatre activation phase of Op NANOOK 10 and established the all-important communications network.

With such complicated airlift requirements, "logistically, the biggest problem we have is with the flights," said Master Corporal Doucet, an aerospace telecommunications and information systems technician (ATIS Tech).

In terms of communications systems, once all of the computers, phones, wires, cabling, tools and power generating systems arrive in Resolute Bay, "we have everything we need to be self-sufficient."

The ability of higher HQ to possess command and control functions is essential to any operation, and the communi-



communications network at Op NANOOK 10 represents the first time this comprehensive capability has been demonstrated in the Arctic.

The establishment of such robust information systems likewise allows for a seamless exchange of information and data between the JTFN command element and its Forward HQ. This, in turn, makes the other goals of Op NANOOK 10 possible, such as the required interoperability between air, sea and land-based elements.

All of this co-ordination is achieved, no less, in one of the most remote and challenging environments on earth.

La baie Resolute, au Nunavut : Les communications pour l'Op Nanook 10

par le Lt Matt Zalot
Op Nanook 10

Lors du déploiement d'un quartier général (QG) avancé dans un environnement austère comme le camp à la baie Resolute, au Nunavut, pour l'Opération Nanook 10, bon nombre d'obstacles techniques importants doivent être surmontés avant de disposer des ressources nécessaires pour la mission.

Il n'existe aucun réseau de systèmes de communication ou d'information préétabli dans le Haut-Arctique, alors il faut les monter de toutes pièces, ce qui implique le déménagement et l'installation d'employés, d'équipement et d'installations. Le commandement, le contrôle et les communications sont trois éléments essentiels à la mise en commun de l'information pour assurer une prise de décisions éclairée.

Selon le Lieutenant-colonel Gino Chretien, qui commande le QG avancé de la FOIN, l'Op Nanook 10 présente aux Forces canadiennes (FC) et à la Force opérationnelle interarmées (Nord) (FOIN) l'occasion d'essayer de nouvelles techniques et de nouvelles plates-formes de communication, car un des buts

de l'opération est d'améliorer les opérations dans le Nord.

L'échange efficace d'information avec le quartier général est essentiel, car il est capital que tout le monde « suive la même portée » pour assurer le bon déroulement des opérations.

Cette année, le concept d'opérations avancées a été bien profitable et a démontré qu'il était supérieur au concept utilisé l'année dernière.

Les officiers d'état-major déployés disposent de meilleures lignes de communication avec le QG FOIN à Yellowknife, dans les Territoires du Nord-Ouest, qui a bien plus de ressources que le minuscule camp à la baie Resolute.

« La connaissance de la situation doit être une de nos priorités, explique le Lieutenant-colonel Chretien, et si (mes supérieurs) ne reçoivent pas suffisamment d'information, c'est mon travail de leur en fournir. »

Il est difficile de surestimer à quel point il est important que le commandant de la FOIN puisse modeler et diriger les opérations à partir de Yellowknife tout en maintenant les opérations quotidiennes d'un quartier général de formation.

Comme s'agit de la première

fois que la FOIN déploie un quartier général avancé dans le cadre de l'Op Nanook, dans le but d'établir des capacités de commandement et de contrôle solides plus haut Nord que jamais, un succès dans cette entreprise permettra d'augmenter les capacités de mener des opérations interarmées dans le Haut-Arctique.

La coordination à ce niveau est impossible sans l'infrastructure physique nécessaire pour transmettre les appels téléphoniques, les courriels, les données et les vidéoconférences protégées entre Yellowknife et la baie Resolute.

Pour ce faire, l'équipement et le personnel doivent arriver ici par la voie des airs et être assemblés sur place, comme tout ce qui se trouve dans cet endroit reculé.

« Il n'y a rien ici », explique le Capitaine Jeff Guignon, officier des transmissions pour l'Op Nanook 10. « Un système de communication de cette envergure n'a jamais été déployé si au Nord que ça. »

Et, si l'élément du QG de la FOIN Avancée est chargé du commandement et du contrôle, ce sont les techniciens du 8e

Escadron de communication et de contrôle aérien (8 ECCA), de Trenton, en Ontario, qui s'occupent des ressources en matière de communication et d'informatique.

Même dans cet endroit éloigné, le système de communication par satellite créé avant le début de l'opération fait en sorte que pratiquement toutes les communications sont possibles.

« Oui, vous pouvez aller dans le nord, où il n'existe aucun réseau de cellulaire, et en créer un, conclut le Capitaine Guignon. Nous l'avons prouvé hier. »

Bien entendu, ce sont les militaires, comme le Caporal-chef Jérémie Doucet, commandant adjoint du Détachement du 8 ECCA, qui étaient sur le terrain pendant la phase d'activation dans le théâtre de l'Op Nanook 10 et qui ont établi le réseau de communication si important. Comme les besoins en matière de transport aérien sont si complexes, « du point de vue logistique, les vols représentent notre plus grand problème », explique le Caporal-chef Doucet, un technicien en systèmes d'information et de télécommunications aérospat-

iales (Tech SITA).

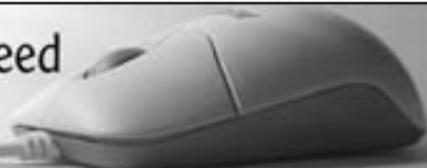
En ce qui a trait aux systèmes de communication, une fois que tous les ordinateurs, tous les fils, tous les câbles, tous les outils et tous les systèmes de génération d'énergie seront arrivés à la baie Resolute, « nous aurons tout ce qu'il nous faut pour assurer notre autonomie. »

La capacité d'un QG plus élevé dans la chaîne de commandement de posséder des fonctions de commandement et de contrôle est essentielle à toute opération, et le réseau de communications de l'Op Nanook 10 représente la première fois que cette capacité exhaustive est démontrée dans l'Arctique.

De même, l'établissement d'un système d'information si robuste permet une transmission fluide d'information et de données entre l'élément de commandement de la FOIN et son QG avancé. Cela rend les autres objectifs de l'Op Nanook 10 possibles, comme l'interopérabilité nécessaire entre les éléments aériens, maritimes et terrestres.

Et en plus, toute cette coordination est établie dans un des environnements les plus reculés et les plus difficiles du monde.

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HEALTH & PHYSICAL FITNESS



HEALTH AND PHYSICAL FITNESS STRATEGY AWARD

*Air Command Wing of the Year:
8 Wing/CFB Trenton*

1. It gives me great pleasure to announce that 8 Wing has been selected as the Air Command nominee for the Canadian Forces Health and Physical Fitness Award, which recognizes bases and wings for their efforts in implementing the CF Health and Physical Fitness Strategy.

8 Wing's nomination has been sent to the Director General Personnel and Family Support Services (DGPFS) for consideration as the Canadian Forces Base/Wing/ASU of the Year.

2. 8 Wing, along with the other Environmental Command nominations will be honoured at the annual Canadian Forces Sports Awards Ceremony to be held in Ottawa on 6 November 2010.

During the course of the ceremony, recipients from each command will receive a plaque in recognition of their achievements in the areas of both health and physical fitness.

The overall winner of the Canadian Forces Health and Physical Fitness award will be announced during the dinner, which will be held immediately after the ceremony.

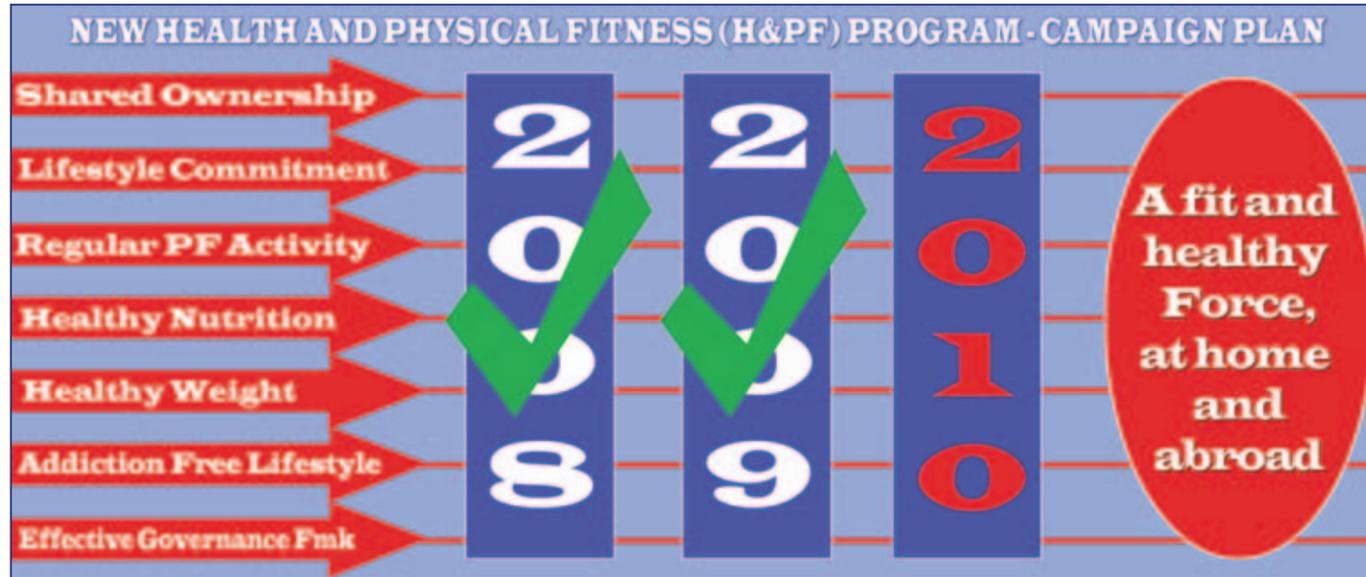
3. You will receive a formal invitation to attend the banquet later this year from the national sports office at DGPFS.

The invitation will include details regarding travel arrangements and accommodation.

4. Please convey my sincere congratulations to all Airmen and Airwomen at 8 Wing for their efforts in the achievement of this award.

A CANAIRGEN will be promulgated shortly announcing 8 Wing as the recipient of this nomination.

- Lieutenant-General J.P.A Deschamps, Chief of the Air Staff



SHARED OWNERSHIP

The Chain of Command will be responsible for ensuring widespread awareness of healthy lifestyle behaviour and physical fitness.

The member will also be held accountable for their health and physical fitness.

Releasing the Health and Physical Fitness Strategy, establishing a Canadian Forces Champion at a local level, providing resources and programs to support the Chain of Command for both abled and disabled members will be areas of focus within this line of operation.

In addition, implementing remedial measures for unfit members will be looked at over the upcoming years.

LIFESTYLE COMMITMENT

The Canadian Forces will facilitate the adoption of a lifelong healthy

lifestyle. This will also ensure Canadian Forces Health Promotion and Fitness programs are sustainable on a long term basis and reflect gender differences as well as age.

REGULAR PF ACTIVITY

An emphasis around regular physical fitness activity through provision of time will be in the forefront of this line of operation.

A focus around creating programs and standards in support of regular physical fitness activity will take place.

Providing on-going and accurate Canadian Forces population monitoring and feedback of physical activity will also be implemented.

HEALTHY NUTRITION

The chain of command will be accountable for promoting a healthy

lifestyle and raising awareness about the contribution of healthy living to overall fitness and health.

The member will be supported in increasing their nutrition knowledge and awareness.

In addition the strategy will look towards increasing the proportion and availability of healthy food choices provided to Canadian Forces personnel in Canada and abroad.

HEALTHY WEIGHT

This will mean an emphasis on promoting healthy weights and raising awareness about the contribution of healthy weights to overall fitness and health.

The chain of command will have some responsibility for developing and implementing policies and programs to support healthy weight.

The provision of on-going and accurate Canadian Forces population

monitoring and feedback of weight and important behavioural factors (physical activity, diet, smoking, injuries) will also be implemented.

ADDICTION-FREE LIFESTYLE

Increasing awareness among Canadian Forces personnel regarding the importance of effective coping skills and choosing a lifestyle that is within reasonable limits, and that includes avoidance of harmful substances in order to optimize health, fitness and operational effectiveness.

EFFECTIVE GOVERNANCE FRAMEWORK

The implementation of the Canadian Forces Health and Physical Fitness strategy through key guiding documents, an ARA framework and committee structure, oversight, awareness campaign and reporting.



THE STRATEGY IN ACTION: 2009 HIGHLIGHTS

Surf n' Turf: This eight-leg, cross-country fitness event involves running, cycling, canoeing, and swimming.

Individual and team categories of up to eight people, plus crew, compete over 60 km of terrain spanning Quinte West.

Over 50,000 people attended the Anniversary Weekend at 8 Wing. A Health and Physical Fitness Strategy booth provided an opportunity to showcase the commitment the CF has to total force, life long health and fitness.

The Wing Commander's Health and Fitness Challenge took on this new name in keeping with the Strategy.

Implementing a Health Promotion component coupled with fitness initiatives demonstrated the leadership's commitment to creating an environment focused on health and fitness year long.

The 100 Days, 3,000 Minutes activity challenge invited all members of the 8 Wing Community to adopt active living as part of a healthy lifestyle by incorporating an average of at least 30 minutes of activity into each day for 100 days. 177 participants reported 317, 613 total minutes of activity.

The Military Family Resource Centre (MFRC) and Health Promotion began a partnership to ensure consistent and standardized delivery of CF Health Promotion programming to the entire 8 Wing CFB Trenton Community.

Military dependents can access standard Strengthening the Forces programming through the MFRC.

Return to Function Program: 8 Wing created a model facility with specialized equipment and PES service, designed to help referred personnel rehabilitate through structured exercise. This joint initiative unified

PSP and 24 Health Services thereby elevating standard of care for our injured members.

Family Violence Awareness: The Family Violence Crisis Team, chaired by Mental Health and the MFRC, made up of several base and community helping professionals launched a three day conference to further educate the 8 Wing community.

Addictions Awareness Week: An educational video was played on all military Airbus flights for two weeks. Awareness sessions were implemented into unit PT.

Low Risk Drinking Guideline information was distributed at the messes. The MFRC delivered awareness briefings. Health Promotion and Wing Addictions delivered a supervisor training seminar.

CFB Trenton welcomed the Olympic torch and showcased 8 Wing's support to sport, fitness and health in an Olympic theme.

Back to back spin classes for 150 cyclists launched the day.

March 1st I Quit: reaching 106 per cent of the registration goal, members of the 8 Wing community signed up to go smoke free for at least the month of March.

Nutrition Month: Health Promotion and Wing Foods caught over 100 members in the act of making healthy food choices.

Several members registered to receive Daily Servings emails encouraging healthy eating. Set your Sights on Healthy Eating program was promoted to increase awareness of the CF tool designed to steer members towards healthier food choices.

Family Day: MFRC and Community Recreation created a fun filled day highlighting programs and services available to military families.

FOR PROGRAMMING INFORMATION CONTACT:

Kendra Lafleur
Health Promotion Director

David Rothermund
Fitness and Sports Director

Susan Sweetman
MFRC Director

Judi Christopherson
Recreation Director



Health & Fitness For Life



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TERRY FOX RUN

"30TH ANNIVERSARY"

Sunday, September 19, 2010
at Copperfields Fitness
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Join us for this 10 km, 5 km or 2 km walk, run, wheel, or ride beginning at Copperfields Fitness Centre. Whether you want to come out for fun or are a serious runner, this family oriented event will take place rain or shine. Registration begins at 8 a.m., with opening ceremonies starting at 8:45, followed by the "run" which will begin at 9 a.m. Some other highlights to look forward to include: 8 Wing Military Pipe Band will be performing for you; Craft table for children sponsored by MFRC; On-site complimentary Chiropractic treatments by Dr. Dave Gendron and Dr. Ben Osborne; Quinte West Fire Department will be barbecuing; Pet friendly with doggie bowls at each water station. Please come out and support a very worthy cause. All proceeds go to Cancer Research. If you have donated a loonie then you are a part of the Marathon of Hope! Pledge forms available at Copperfields Fitness Centre by calling 613-392-1825 or via online by visiting www.terryfox.org



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Consignment Sale

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Saturday Sept 25, 2010
10:00am to 2:00pm
RecPlex Gym

Come explore a great selection of clothes, baby gear, maternity wear and toys galore. Get everything you need at family friendly prices!!
Proceeds from the sale will go towards Children & Youth programs
To volunteer at this event call Susan @ 392-2911 ext. 3598 or Andrea at ext. 2382.
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Tout pour bébé, les jeunes et vous. La Vente d'Expédition

Samedi le 25 septembre 2010
10h à 14h
Au gymnase du RecPlex

Venez découvrir une formidable sélection de vêtements (nouveau-né à taille 16), 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!

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Pour être bénévole, appelez Susan @392-2811 #3598 ou Andrea #2382
Argent comptant seulement, pas de débit.

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



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Line Dancing Classes

Join us for Line Dancing at the Trenton Seniors Club, (61 Bay St.). Classes will be held on Monday mornings from 10 a.m. to 2 p.m. and Tuesday evenings from 6 to 8 p.m. Cost is only \$3 per class. Teacher is Linda Nyholm and she will be specializing in beginners. Come on out and give it a try. For more information call the office between 9 a.m. and 3 p.m. at 613-392-5400 or Betty at 613 392-3472. Thank you.

Auto Hobby Club

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 Lafleur at local 3623.

Quinte Branch Ontario Genealogical Society

You are invited to join us on Saturday, September 18, as the Quinte Branch Ontario Genealogical Society meets at 1 p.m. at Quinte West City Hall Library, (located at 7 Creswell Drive, Trenton). Everyone is welcome! Admission is free and refreshments will be provided.

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11546 V8! 4X4! Pwr heated leather seats! Alloy wheels! Crew cab, bed liner, rear sliding window, flex fuel, steering wheel controls, u-connect compatible, tilt, cruise, air, satellite radio, CD/MP3, pwr mirrors, locks, windows, keyless entry, only 45,000kms.

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11232 4X4, 5.7L-V8 Hemi! Crew cab, short bed, chrome step bars, alloy wheels, trailer hitch, pwr rear sliding window, factory remote start, steering wheel controls, u-connect compatible, cruise, air, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 57,000kms.

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11579 Chrome wheels! 3.7L-V6, Crew cab, bed liner, steering wheel controls, tilt, air, cruise, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 44,000kms.

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11403 4X4! 20" Alloy wheels! Pwr sunroof! Pwr heated leather memory seats! 5.3L-V8, Crew cab, short bed, bed liner, trailer hitch, chrome step bars, pwr rear sliding window, wood grain trim, OnStar, dual climate controls, steering wheel controls, satellite radio, CD, traction control, pwr mirrors, windows, locks, keyless entry, 58,000kms.

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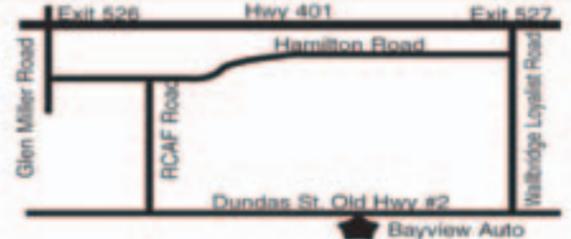
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70th Anniversary of The Battle of Britain: "Their finest hour"

by Joanna Calder

This year marks the 70th anniversary of the Battle of Britain – "their finest hour". Canadian historian Hugh Halliday says the Battle "represented the first commitment of the Royal Canadian Air Force to combat in [the Second World War]."

The summer of 1940 was a dark time for the Allies. With shocking rapidity, German Führer Adolf Hitler's forces had overrun most of Europe. By mid-June, Nazis were at the English Channel, preparing to invade England.

"The battle of France is over," British Prime Minister Winston Churchill said in Britain's House of Commons. "The Battle of Britain is about to begin.... Let us ... so bear ourselves that, if the British Empire and its Commonwealth last for a thousand years, men will still say, 'This was their finest hour'."

But Hitler needed to control the English Channel. "The British Air Force must be eliminated to such an extent that it will be incapable of putting up any sustained opposition to the invading troops," he directed.

The battle began July 10. The Luftwaffe [German Air Force] began attacking convoys in the English Channel and channel ports, and coastal radar stations.

August was marked by mas-

sive efforts to destroy Great Britain's fighter capability in the air and on the ground; in particular, airfields in southeast England came under attack.

On August 13, "the Luftwaffe came out in force, hitting radar stations, airfields, and aircraft factories," says historian Dr. Jim Stokesbury. "They flew almost fifteen hundred sorties, and the British responded with about seven hundred."

A few days later, Churchill praised the brave airmen in words that have echoed through the decades: "The gratitude of every home in our island, in our Empire, and indeed throughout the world, except in the abodes of the guilty, goes out to the British airmen. ... Never in the field of human conflict was so much owed by so many to so few."

The attacks continued into early September. However, the Germans "decided that their attacks on the radar stations were not paying off—just as they were beginning to—and they discontinued them," says Dr. Stokesbury.

Earlier, Hitler had specifically told the Luftwaffe not to attack civilian targets, saying, "I reserve to myself the right to decide on terror attacks as measures of reprisal".

The night of August 24/25 changed that. Although the

Luftwaffe had carried out some bombing of military locations on the outskirts of London, that night a Luftwaffe aircraft mistakenly dropped its bombs on the city of London. The following night, 80 British bombers raided Berlin.

A furious Hitler rescinded his earlier direction, ordering "disruptive attacks on the population and air defences of major British cities, including London."

The Blitz began September 7. But as bombs rained down on London, the shift in targets gave squadrons in southeast England a chance to repair their airfields and radar sites.

Sunday, September 15 saw the high point of the battle, according to most, and is now celebrated as the Battle of Britain Day. The Germans launched a massive attack; the fighting was fierce but the Royal Air Force was victorious.

Two days later, Hitler postponed the invasion; he never again seriously considered invading England. By the end of October, the Battle of Britain simply "petered out".

"It would be misleading to say that RAF Fighter Command 'defeated' the Luftwaffe in the Battle of Britain," says Mr. Halliday. "As of late October 1940, both sides actually had more aircraft and pilots than



Photo: Library and Archives Canada PL-3055

RCAF pilots scramble for their Hurricane aircraft in early 1941. The RCAF received its first Hurricanes in February 1939.

they had possessed in early August. Yet, it was an RAF victory in that the enemy was denied his objective – obliteration of British air defences, rendering impossible any air attacks on invasion forces."

THE CANADIANS

"The few" comprised 2 353 pilots and air crew from Great Britain and 574 from overseas. Of these, 544 lost their lives, including 23 Canadians.

More than 100 Canadians flew in the battle, principally as members of the RCAF's No. 1 (Canadian) Squadron— later renamed 401 Squadron—and the RAF's 242 "All-Canadian" Squadron. Many more flew with the RAF's Bomber and Coastal

Commands, and an untold number served as ground crew.

In Canada, Battle of Britain Sunday is the third Sunday of September.

This year's national ceremony will take place at the Canadian Aviation and Space Museum in Ottawa on the morning of September 19.

German and Italian veterans will attend the ceremony. "In the spirit of reconciliation," says Lieutenant-General André Deschamps, "we can stand side by side and remember what was sacrificed by all."

Local ceremonies will also take place in locations across Canada; for more information, visit www.airforce.gc.ca and click on "Battle of Britain".

JR RANKS MESS

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Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.
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September 12 – September 18, 2010

Theme of the week: It's a big, powerful week, filled with surprise opportunities and sudden blessings. It's the second meeting of Jupiter and Uranus, this time in the sign of Pisces. Think back to the best of what was happening in June. Here comes your next step forward. It will be a great week, enjoy!

ARIES (March 21-April 19): We all have fears that hold us back, but after this week, you will have no more of that! Here comes awareness followed by change, as you let a fear go so that it has no more power over your future. It's a good karma week, showing you results of the great seeds you have sown for a long time.

TAURUS (April 20-May 20): It's time to make a big wish, bigger than you have dared. The likelihood of it coming to be is better than usual. All the omens ask is that you search your heart for what the most wonderful way to be useful in the world is. Have faith and great things will come about.

GEMINI (May 21-June 20): Your career brings big news this week. Aim high and consider the legacy you are building. Embrace greater responsibilities and the rewards will blend into your entire life. Quick changes lift you up and plant you on a fortunate path.

CANCER (June 21-July 22): What makes you special and what makes you better? You are going to have to brag to make the most of the good vibes around you. The more brazen you are, the more you will gain. Hype yourself up while keeping it light.

LEO (July 23-Aug. 22): It's your personal moment of transformation. Powerful change is in the air. You realize what you no longer need. The knowledge empowers you and leads to a significant appreciation of who you are now. You are better than ever.

VIRGO (Aug. 23-Sept. 22): There is a surprise declaration of affection. This could be your current spouse, or if you're single, someone entirely new. Whoever it is, enjoy it. You're learning a new way to be with another person and share of yourself in more important ways.

LIBRA (Sept. 23-Oct. 22): You are feeling sick and tired of being sick and tired. You are ready to take better care of yourself and show yourself that you know how to take the best of care of you. A change to your habits is just the start.

SCORPIO (Oct. 23-Nov. 21): Some say everything is written in the stars. However, you are ready to interpret what the discourse will mean to you. Mars enters your sign, you get to decide the primary way you will exert your power. The universe responds to each action now with a burst of approval.

SAGITTARIUS (Nov. 22-Dec. 21): If you have been hoping to redecorate or even move to a new home, this week could bring an opportunity that delights you and surpasses your expectations. Think of your comfort first, and you will find the perfect fit.

CAPRICORN (Dec. 22-Jan. 19): There's a big moment that allows you to see things more clearly than you have in a while. Your change in perspective allows you to make things move quickly and positively. A light bulb moment allows you to step closer to victory.

AQUARIUS (Jan. 20-Feb. 18): There is a financial breakthrough for you now. More money is coming at you, but it happens in a way that feels like you are finally able to share what you were created to do and be prosperous for it. You have worked long and hard. Now it pays off.

PISCES (Feb. 19-March 20): Here is your shining moment, your victory party, your own personal breakthrough. Whatever matters most to you and the thing you identify with most, brings leaps and bounds of progress. Moments like this are the stuff of dreams. Take action that counts and make it matter.

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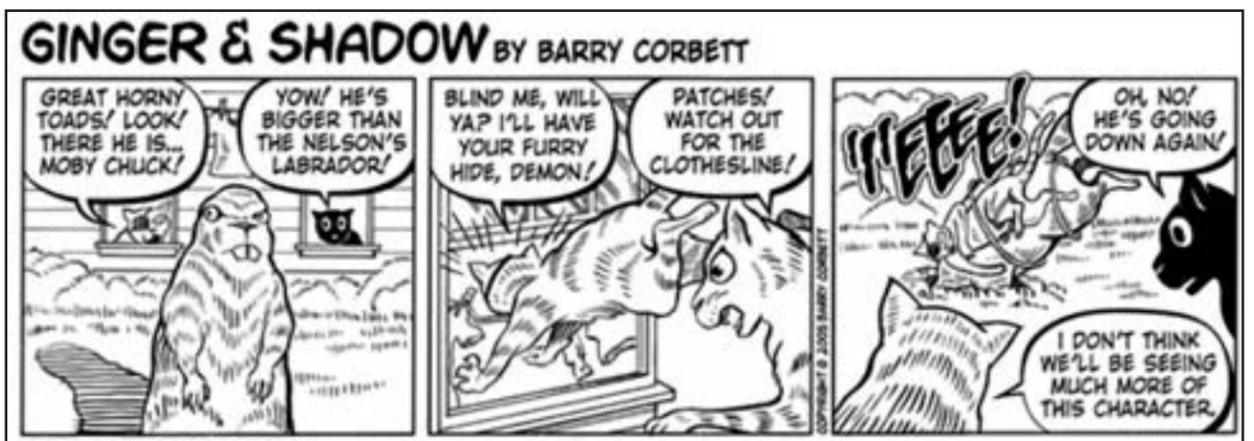
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.



Crossword Answers

P	I	K	E	R	A	S	P	R	E	P	
S	N	I	P	E	T	W	O	A	G	A	
I	S	L	E	T	H	A	L	F	D	A	Y
D	E	A	F	E	N	R	I	D	E		
R	A	E	G	I	N	G	O	O	S	E	
E	X	E	C	N	A	S	A	L			
F	E	R	R	I	C	O	R	I	O	L	E
E	T	H	Y	L	C	B	E	R			
C	R	A	M	S	E	A	R	E	Y	E	
R	O	B	E	C	A	N	A	R	Y		
A	B	U	S	E	R	S	W	E	I	R	D
N	I	T	P	O	T	E	N	N	U	I	
E	N	S	A	W	S	R	O	G	E	T	



FAMILY



Activity: Magical Me Mobile!



How many words can you think of to describe how wonderful your preschooler is?

Making a personalized mobile is a lovely way to spend time together and to encourage your child to think about what makes them special.

This activity provides you both with Comfort, Play and Teach™ time!

You will need: photos of your child; bristol board; pencil or marker; children's scissors; tape or glue; hole punch; string, cut into different lengths

Instructions: Cut one large star (or other favourite shape) and some smaller stars from the bristol board, then affix

your child's picture to it.

Look at the photograph with your child and encourage them to tell you some words they would use to describe themselves (i.e. friendly, brave, smart).

You can write the words on the smaller stars as your child dictates them to you, or help them to practice doing this independently.

Punch holes in both the large and smaller stars, and then attach the small stars to the large one using pieces of string.

Decide where to hang up the mobile so that your child can admire their picture and read the words that describe them as they dangle below!

Enjoy this more with Comfort, Play and Teach™:

Comfort: This is a nice activity for esteem building. It allows children to think of ways to describe themselves positively, and to proudly display their

work. You and your child can make a long list of what makes them such a wonderful person and watch the mobile grow!

Play: Children can strengthen their fine motor skills by cutting paper and string or by pasting. They can also expand their imaginations. Make a game of listing words that describe your child. Ask if they are tall like a tree. Or soft like cotton. Or fast like the wind.

Teach: This activity can help your child to see how spoken words look in written form. It can provide an opportunity to practice printing letters, and will build their esteem as they learn to recognize words and read them.

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

All text by Invest in Kids. investinkids.ca

Mealtime.org Ham 'n Veggie Bake

Whip up this nourishing, half casserole and half quiche in no time. Prep it one day, then freeze it unbaked for a quick brunch or dinner on another day. It's a one-dish solution for fitting nutrient-rich vegetables into your meal. And it's a way to conserve your own time and physical energy.



Ingredients:

- Vegetable oil spray
- 2 cups cubed cooked ham
- 1 can (16 ounces) carrots, drained, reserving liquid
- 1 can (13 1/4 ounces) sliced mushrooms
- 1/2 cup chopped green onions
- 16 ounces dry egg noodles, cooked according to package instructions
- 4 large eggs
- 1 can (12 ounces) evaporated fat-free milk
- 1 teaspoon paprika
- 1/2 teaspoon ground bay leaf
- 1/2 cup grated Parmesan cheese

Preparation Time: 15 minutes **Cook Time:** 60 minutes

Preparation: Heat oven to 350°F. Coat a 9x13-inch ovenproof baking dish with vegetable oil spray. Combine ham, carrots, mushrooms and green onions in a medium bowl. Arrange a layer of cooked noodles, then ham mixture, then noodles in the baking dish. Lightly beat eggs in a medium bowl; add milk, liquid from carrots, paprika and bay leaf and mix well. Pour egg-milk mixture over noodle-ham layers. Top with Parmesan cheese. Bake for 50 to 60 minutes until eggs are set and noodles are lightly brown. Serves: Eight

Nutritional Information Per Serving: Calories 420; Total fat 13g; Saturated fat 4.5g; Cholesterol 185mg; Sodium 810mg; Carbohydrate 51g; Fibre 4g; Protein 28g

WHAT'S THE DIF ?

www.pcartoons.com
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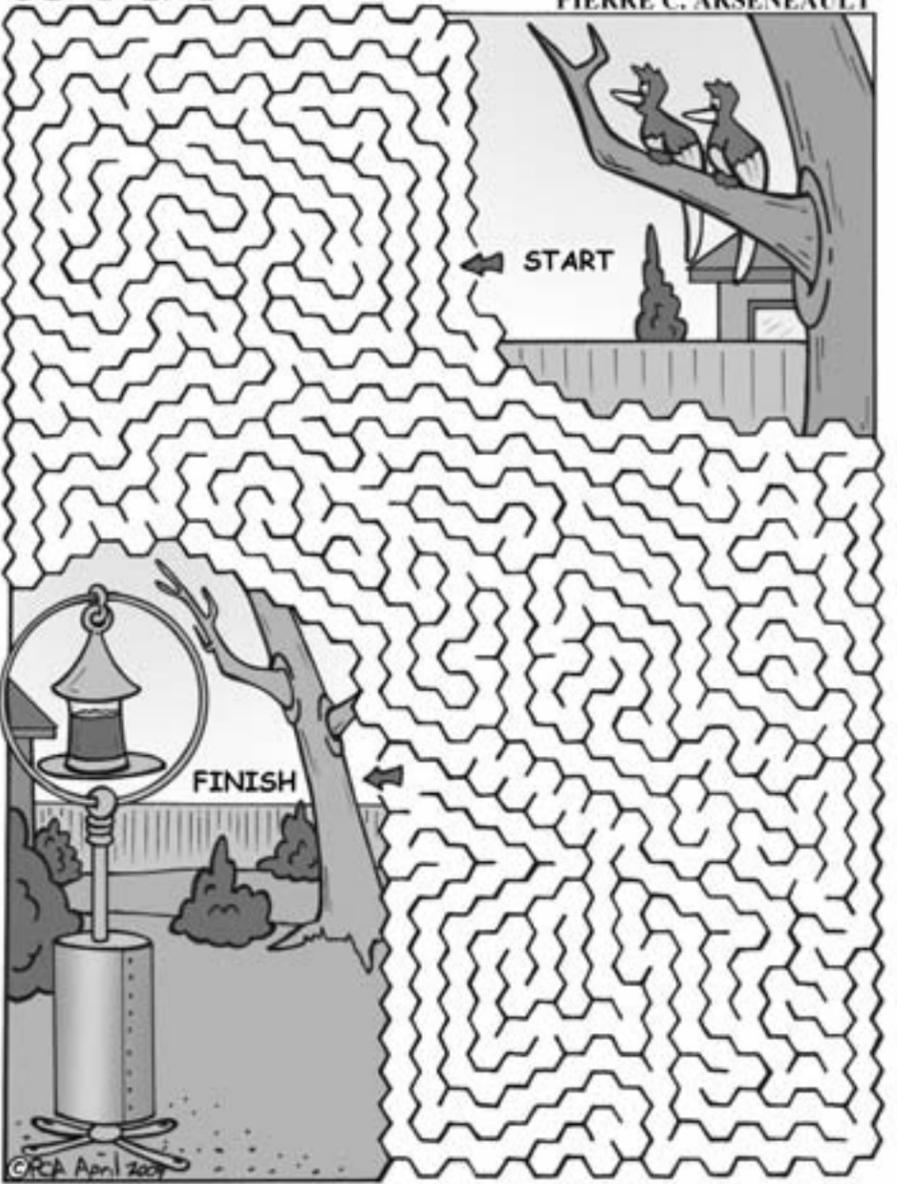
FIND THE 7 DIFFERENCES



ANSWERS: 1. TENT 2. SPOKE OF FERRIS WHEEL 3. BACK OF SEAT 4. CLOUD 5. HAIR 6. BIRD 7. MOUTH

DEAD END ?

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8 Wing Trenton Martial Arts Club Registration

by Robert Walther
Chief Instructor, 8 Wing MAC

Now in its thirty-eighth year, the 8 Wing Trenton Martial Arts Club offers one of the widest selections of martial arts on any base in the country.

In depth instruction is provided for military personnel and their dependents in the following disciplines - Karate, Jiu Jitsu (Japanese and Brazilian), Tai Chi and related arts such as Chi Kung and I Chuan, and a wide variety of self defence programs from women's self defence to a unique, highly aerobic form of continuous self defence sparring.

Through our affiliated clubs in the area, you can also access other traditional martial arts such as My Jong Law Horn Kung Fu, Hsing I Kung Fu, Okinwan and Chinese weaponry, Muay Thai, Kali, Wado Ryu Karate and Kenjutsu. Our teaching staff of male and female Black Belts is certified by the Canadian Jiu Jitsu Council.

The Kai Shin Karate Association and the Snow Tiger Martial Arts Association. The club's chief instructor holds an Eighth Degree Black Belt in Jiu Jitsu, a Sixth Degree Black Belt in Karate and is an instructor in three systems of traditional Chinese Kung Fu.

He was inducted into the World Black Belt Hall of Fame in 1991. The Club trains upstairs in the multi-purpose room at the South Side Gymnasium.



Our adult classes are strict and intense, as close as possible to the reality of *Mo Lum* "war art" training without sacrificing any aspects of personal safety. Your level of fitness will improve dramatically as will your self defence skills.

Our renowned children's classes place a strong emphasis on character-building - learning self respect, respecting others, honesty, working hard toward a goal and standing up for yourself without being abully.

This is a reason why our program is lauded by parents, educators and law enforcement agencies. The *Karate Kids Don't Do Drugs* campaign was created by our Club.

For further information, please call LCol Dan Lachance at 613 392 2811 ext 5085 or Sensei Gary Hollman at 613 392 2811 ext 3543. You can also visit us at snowtiger martialarts.com

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Sept. 25 10am -2pm RecPlex Gym

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: [Christa Zappitelli czappitelli@cogeco.net](mailto:czappitelli@cogeco.net) 613-955-0902

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BOWLING LEAGUES

Bowling leagues will start bowling on first week of September (join as a team or individual)

Adult Leagues

Monday men, Tuesday mix, Wednesday Mix, Thursday Frankford league, Thursday mix, Friday mix, Sunday mix league start bowling at 6:30 p.m. Tuesday senior league start 1 p.m., Friday senior start a 1 p.m. Tuesday Brighton senior league starts at 4 p.m., Wednesday special olympic 4 p.m., Thursday ladies 12:30 p.m.

Youth Leagues

Peewee (age 4-7), bantam (age 8-10), junior (age 11-13) and senior league (age 14-18) register at noon - 4 p.m. September 6th (Labour day) with 2 free games, bowl every Saturday with certified coach, tournament, free banquet & trophies, cash spin wheel prize.

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Exterior Traditional Touches

Plan Number 7-3-976

On the outside, this two-storey, 3 bedroom family home features traditional touches, such as a multi-gabled roof, partly mullioned windows and painted pilasters with stone bases at the entrance.

Inside, however, are all the amenities a modern family requires, including room for expansion, a bonus room and unfinished basement included with the plans.

Entry is up a couple of stairs, onto a covered porch. A coat closet is situated to the left. Directly ahead is a den (or fourth bedroom), which boasts an extra-wide window sill, is ideally located for a home office. The great room is separated from the foyer by an arch, which is echoed by a second arch that extends from the kitchen. The gas fireplace in the great room is placed so it can be enjoyed from the kitchen and the dining area. Sliding glass doors from the dining area, which includes an optional built-out buffet, lead to a patio and the back garden.

The cook will never feel isolated in the kitchen, which is open to the great room and, through a third archway, the dining area. The large walk-in pantry, which provides extra storage. Between the kitchen and the double garage is the laundry, which can double as a mud room and contains a closet for family gear. A broom cupboard is located nearby.

Upstairs is the master suite, which includes a walk-in closet. The four-piece ensuite includes a soaker tub. The second bedroom features a built-in desk, while the third bedroom has a larger closet. The secondary bedrooms share a three-piece bathroom.

Above the garage is an unfinished bonus room with sloping ceilings.

This home measures 33 feet wide (because of the bedroom cantilever) and 57 feet, six inches deep, for a total of 1,980 square feet, excepting the bonus room.

Plans for design 6-3-369 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. or 13% H.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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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

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

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 900hrs

Holy Communion:

1st Sunday of the month

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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Common mistakes most first-time homebuyers make and how to avoid them

(NC)—Dreaming of owning your own home? Bernice Dunsby, RBC's director of Home Financing provides some pitfalls that are common to first time homebuyers, and advice about how to avoid them.

1. Thinking you won't qualify for a mortgage

Not sure if you qualify for a mortgage? A good credit rating can improve your ability to get loans and mortgages. Even if your credit history is less than perfect, there are solutions. A credit rating can be improved to qualify for a mortgage, by always making at least the minimum payments on your credit cards, loans or utilities e.g. hydro, cable and phones on time. So even if you are not ready to buy a home just yet, there are steps you can take now to make sure you do qualify in future. Checking your credit history is easy. Simply ask for a copy of your credit rating at either www.equifax.ca or www.tuc.ca

2. Not knowing all the down payment choices

You'll be glad to know there are different mortgage options available depending on how much of a down payment you can afford:

- Conventional mortgage or home equity line of credit requires a 20% down payment

- Low down payment mortgage (minimum 5% down). Low down payment mortgages require mortgage default insurance. The premium cost can either be paid up front

or added to the amount you borrow.

Under the federal government's Home Buyer's Plan, first-time homebuyers are eligible to use up to \$25,000 in RRSP savings per person (\$50,000 for couples) for a down payment on a home. The withdrawal is not taxable as long as you repay it within a 15-year period. To qualify, the RRSP funds you plan to use must have been in your RRSP for at least 90 days.

3. Not considering a mortgage pre-approval

Once you're ready to buy, many first time homebuyers under- or over-estimate how much they can afford to pay for a home. Online calculators such as "How much home can I afford?" are a great tool but knowing the exact amount you will be approved for gives you the confidence to begin looking at homes within your price range. Real estate agents will serve you better because they know you're a serious buyer. A mortgage pre-approval will let you easily make an offer to purchase as soon as you find the right home. Best of all, your pre-approved mortgage rate will be guaranteed for up to 90 days. If rates go up during the period, you're protected. If they go down, you will automatically get the lowest rate for the term selected.

Read about the other 5 common mistakes most first-time homebuyers make and how to avoid them here: <http://mortgage.rbc.com/pdfs/ftthb-e.pdf>



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East end backsplit with attached garage and inground pool. Newer windows, doors, metal roof and furnace.

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This is a great investment for 1st time home buyers. Live in one unit and rent the other. Just under 2 acres in the village of

Wallbridge. 1 - 3 bedroom and 1 - 2 bedroom unit both with individual laundry. Call today to have a look.

MLS #2103224 • \$159,900



New price! Great "fix it up" property on a large 150 x 200 ft lot. This is a great opportunity to make this

home your own. Cosmetic changes will not only increase it's value but will make it a comfortable home for you & your family. Large detached garage at rear of property. Call today!

MLS #2104884 \$178,000



Great 1st time home in Brighton Township or retirement property. Freshly renovated from top to bottom. Large country lot with lots of trees for privacy. Garden door off kitchen leads to private deck. Call today to view. Quick possession available. Great price!

Call today to view. Quick possession available. Great price!

MLS #2105639 • \$139,900



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119 McGill St., Trenton

1 Block To Hanna Park or walk to downtown. Eat-in kitchen, formal dining room, 2 baths, main floor family room can also be a master bedroom. Large lot 66x133' With private backyard, single garage and storage/workshop building.
\$147,900 MLS# 2105580



224 Dundas St., W., Trenton

A stately character home upgraded & in excellent condition. Original gumwood trim, hardwood floors, 2 gas fireplaces, formal dining room & living room have bay windows. Full finished basement has rec room, office, bath/laundry & workshop. Shows to perfection.
\$274,900 MLS#2105603



112 DRUMMOND ST. SMITHFIELD

Many recent upgrades in this Colorado style home-windows, flooring, shingles, gas fireplace, new pool liner. 3+1 bdrms, 2 bths, large country lot in a unique village with public school to walk to. Large foyer with patio doors to deck & a/g pool. Priced to sell.
\$224,900 MLS# 2104098

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 - If anyone is experiencing symptoms of CO exposure, seek medical help or call 911.
 - If your CO alarm sounds, open windows and doors and evaluate the situation. If anyone is experiencing symptoms of CO exposure, seek medical help or call 911.
 - Remember to change the batteries in your CO alarms every year when you change your clocks. If your CO alarm plugs into the wall, double check to see if it needs fresh back-up batteries.
 - The best defence against CO is proper use and maintenance of fuel-burning equipment, including fireplaces and furnaces.
 - Install CO detectors in all sleeping areas in your home as a second line of defence.
- For more information on carbon monoxide and natural gas safety, visit www.enbridgegas.com.



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MLS# 2104914 \$249,000
Unique waterfront property only minutes from Trenton. 3 bedroom, 1200 sq. ft. bungalow. Spacious eat-in kitchen, large master bedroom with patio doors to deck. Full basement with finished rec room. Waterfront opens onto Bay of Quinte.



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Executive Home!

Wonderful 4000 sq. ft. side split on serene river property. This one has it all with a two bedroom in-law suite. Main living area has master bedroom plus three more. Formal living & dining rooms. Amazing covered veranda overlooking great, deep waterfront - boating, fishing, swimming. \$324,900 **MLS #2105053**



Quiet Residential Area!

Immaculate brick & vinyl bungalow with 3 + 1 bedrooms, cozy rec. room and lower level laundry. Attached garage. Move in condition! \$209,900 **MLS# 2105085**



Affordable Living!

3 bedroom, 2 level condo in prime location. 2 baths, eat-in kitchen. Maintenance free exterior. No Common costs. \$119,900 **MLS #2102390**



3 Bedroom Bungalow!

Lovely, riverfront bungalow with attached double car garage and detached workshop with hydro & plumbing. 3 spacious bedrooms & 2 well appointed baths. Wheelchair access. \$283,000 **MLS# 2104285**



Move Right In!

Lovely 3 + 1 bedroom Colorado in small friendly community. Fully finished basement with rec room and attached garage. \$185,000 **MLS #2102682**



Large Family Home!

Gorgeous 6 bedroom, home with in-law suite potential. Main floor sunken living room with 3 panel patio door to large deck (20' x 11"). 2 - 4 pc. baths - attached garage. \$273,500 **MLS# 2102447**



Good Income Potential!

Excellent duplex on nicely landscaped lot. Living room, dining room, kitchen & 3 bedrooms on main level. Living room, dining room, kitchen & 2 bedrooms on lower level. A well appointed 4 pc. bath on both levels. \$229,900 **MLS# 2104159**



Great Family Home!

Spacious 5 bedroom 3 storey on 7.3 acres. Once used as a B & B this large family home has all the amenities. Double garage + large heated shop for the handyman. \$289,900 **MLS 2106017**



Room to Roam!

Great 3 bedroom 2 storey home. Spacious eat-in kitchen, hardwood floors, main floor laundry & above ground pool. 92 acres with large pond & great hunting. \$259,900 **MLS# 2105738**



Gorgeous Natural Setting!

Lovely bungalow in quiet subdivision. Huge master bedroom with walk-in and ensuite. 3 bedrooms on lower level. Full finished basement, screened sunroom and 40' X 20' attached garage. Open concept. \$219,900 **MLS #2104395**

Just Listed!



Well maintained 3+1 bedroom, 2 bath bungalow in prime East Hill. Loaded with upgrades. Nicely fenced lot! Must be viewed to be appreciated! \$214,900 **MLS #2105840**



JUST LISTED!

Lovely, well maintained 2 bedroom, 2 bath condo in the fashionable McNabb Towers with unique solarium area. Fresh neutral decor. View of the water including the Riverfront Trail. Close to everything. \$154,900 **MLS #2105673**



Nice Lake Breezes!

Immaculate 2 +1 bedroom bungalow in quiet neighbourhood. This little charmer features a beautiful 3 season sun room and main floor family room with electric fireplace. Attached double garage and nice fenced lot. Short walk to Brighton Bay! \$214,900 **MLS #2105972**



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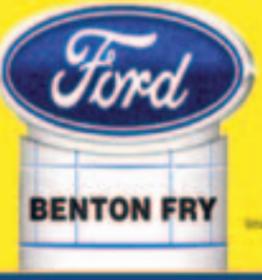
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10 JEEP COMMANDER SPORT  V6, 7 passenger, pwr windows, locks & seat, cruise, tilt, reverse sensing, loaded, factory warranty. \$25,995 \$80.99 Weekly <small>36 mths @ 5.74% o.a.c.</small>	06 PONTIAC MONTANA  3.5L, V6, 7 passenger, Ext. wheel base, lease return, loaded with DVD and leather seating. 77,000kms. \$12,878 \$38.63 Weekly <small>36 mths @ 5.74% o.a.c.</small>	10 JEEP GRAND CHEROKEE LAREDO  V6, leather, sunroof, power everything, reverse sensing, loaded, factory warranty. 33,963kms. \$27,995 \$83.99 Weekly <small>36 mths @ 5.74% o.a.c.</small>	07 FORD EDGE SEL  V6, Panoramic roof, navigation, loaded, fresh off lease, factory warranty. 35,611kms. \$23,968 \$72.00 Weekly <small>36 mths @ 5.74% o.a.c.</small>	10 FORD EXPEDITION  V8, Eddie Bauer, 6 passenger, leather, loaded, factory warranty. 25,611kms. \$39,888 \$160.00 Weekly <small>36 mths @ 5.74% o.a.c.</small>	08 DODGE CALIBER SXT  4 cyl, auto, air, pwr windows, pwr, locks, factory warranty. 40,187kms. \$11,995 \$35.96 Weekly <small>36 mths @ 5.74% o.a.c.</small>
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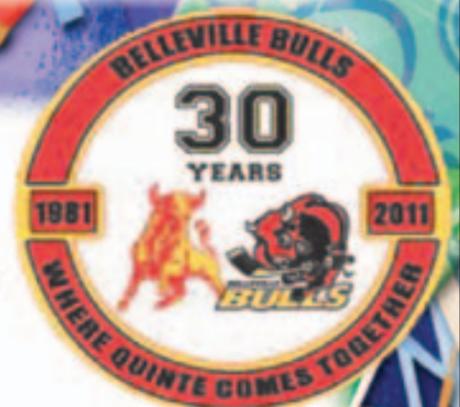
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