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September 17, 2010 Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 45 Issue Number 35 •

Frozen chosen treated to another Air Force first at CFS Alert

by Major Brent Hoddinott
Commanding Officer,
CFS Alert

Shaking and baking, rocking and rolling, twisting and shouting.

No matter how you describe it, everyone and everything at Canadian Forces Station (CFS) Alert was in various states of movement on Saturday, September 11, 2010 as a CC150 Polaris tanker out of 8 Wing/CFB Trenton and two CF18 Hornets from 3 Wing Bagotville descended out of the brightest, bluest arctic sky seen over CFS Alert in months.

This short air-to-air refuelling exercise had been in the works for a little while but recently delayed due to inclement weather.

It was just after lunch when the words "Alert Radio, This is Husky 5 with chicks in tow" were heard over the radio.

Following that check-

in, the trio descended out of 19,000 feet and lined up for a north to south run down the center of Alert's runway.

With air-to-air refuelling hoses dangling from the Polaris' wings and two CF18s trailing behind, the three visitors conducted multiple passes of the small station at the top of the world.

Every camera on station was pointed skywards, but memory cards reached maximum capacity very quickly.

Corporal Alaric Henry said, "I had gigabytes of space on my memory card, so I just kept snapping photos - before I knew it, I had taken over 1500 shots."

After a while though, most put their cameras down so they could see it live and take it all in.

"I've never seen these planes before and would never have expected to see them here over the skies of Alert," said Dan Mikkonen, a civilian contractor at CFS



Photo: MWO Hank Coffin

A CC150 Polaris (tanker) from 437 Squadron flies over Canadian Forces Station Alert on Friday, September 10, as two CF18 Hornets from 425 Squadron, 3 Wing Bagotville fly in refuelling formation with it.

Alert.

Prior to beginning their long flight back home to Bagotville, the pair of CF18 Hornets operating under

the call sign "Lark Eleven" set up for a Visual Flight Rules approach onto Runway 23 True at CFS Alert.

With their landing gear extended, the pair flew over the runway then quickly tucked their gear back in, throttled up and treated

onlookers to a vertical climb right over the station

"Just awesome," added Mikkonen. "So great, it gave me goosebumps!"

Looking up: Northern lights shine on Canada's Air Force

by Lt(N) David Lavallee,
1 Canadian Air Division

With the eyes of the world turning to the Arctic, the "midnight sun" wasn't the only thing shining in the North this summer.

Your Air Force, as part of its ongoing responsibility to exercise Canadian sovereignty, has demonstrated increased capabilities to support, sustain, monitor and execute arctic activities.

The most recent example came on September 11, 2010, when two CF18 Hornet fighter jets from 3 Wing Bagotville, accompanied by a CC150T Polaris air-to-air refuelling tanker from 8 Wing Trenton over flew Canadian Forces Station (CFS) Alert in Nunavut, for the first time. This event demonstrated our capability to support fighters operating at the far reaches of Canadian territory and to meet Canada's commitments to defend the airspace of Canada and the U.S. under the North American Aerospace Defense

Command agreement.

"We will continue to refine Air Force capabilities in the North in support of Canadian government priorities and Canadian Forces operations," said Lieutenant-General André Deschamps, Chief of the Air Staff and Commander of Canada's Air Force. "With great respect for the harsh arctic environment, we will become more efficient in delivering airlift, sustainment, monitoring, and disaster-response in the North making the most of our new capabilities and accumulated experience."

Earlier this year, CFS Alert witnessed the first most northerly landing of the CC177 Globemaster III in April 14, and with that capability proven, benefited from CC177's bulk during one of the station's critical annual re-supply operations in August.

The Air Force then executed one of the world's most northerly rescues when on April 15, when Australian adventurer Tom Smitheringale, who had fallen into arctic waters during a solo mission to the North

Pole, was rescued by two search-and-rescue technicians (SAR Techs). A CC138 Twin Otter aircraft, a chartered Sikorsky S61 helicopter from Victoria Island Helicopter and the two SAR Techs who had been operating out of CFS Alert for the annual northern operation Nunavut, spotted and retrieved the adventurer from an ice pan about 200 kilometres north of Alert, on Ellesmere Island.

The CC130J Hercules aircraft, first delivered to the Air Force in June, then participated in the Operation Nanook conducted this year out of Resolute Bay, NT in August alongside other air frames such as CH146 Griffon helicopters and the CP140 Aurora long range patrol aircraft. Op Nanook is a sovereignty operation conducted annually by the Canadian Forces in the North, demonstrating and enhancing the Canadian Forces' ability to operate alongside our government partners in the arctic environment.

Canada's Air Force maintains a permanent presence in Canada's North at CFS Alert,

which is the most northerly permanently-inhabited settlement on Earth and provides support to Environment Canada and Arctic researchers, maintains signals intelligence facilities, and geo-location and High Frequency and Direction Finding facilities to support search and rescue and other operations. Further, 440 Transport Squadron is co-located with Canada Command's Joint Task Force North in Yellowknife, NWT and operates four CC138 Twin Otter aircraft that conduct such tasks as airlift, utility and liaison flights in the Yukon, Northwest Territories and Nunavut.

The Air Force's increasingly robust capability to operate in the North will continue to be tested and demonstrated in the coming months and years. The next Air Force exercise in the North takes place from September 20 to 24, when the annual major search-and-rescue exercise testing the individual skills of our CF SAR Techs will be held in Whitehorse, YT, its most northerly location so far.

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426 Squadron's Veterans reunite at 8 Wing

by Capt Jean Houde and Cpl Rob Fleming

Cast your imagination back to January 1943 during the Second World War when 426 Thunderbird Squadron came to life as an operational bomber squadron effectively flying dangerous missions over enemy territory.

Sadly, many of its members suffered extremely short careers. Through numerous refinements spanning over seven decades, 426 Squadron boasts a rich and diverse heritage which is rekindled with a reunion every second year. In keeping with this tradition, the 426 (T) Thunderbirds Association rolled into town on August 17, 2010 from all corners of Canada and even the UK to partake in a flurry of activities.

Things started off that evening with a Meet and Greet at Baker Island where over 130 Association members with their spouses, along with dozens of currently serving members enjoyed a succulent steak BBQ provided by the gourmet chefs of 426 Squadron.

The next day, Lieutenant-Colonel Roy, CO 426 (T) Squadron, gave a mass briefing covering current operations and future activities, as well as Safety Systems and CC130H Operational Flight Simulator tours. Another round of barbecue satisfied all hungry appetites while an informal review of the Association's website was presented in Blanchard Hall.

The next morning, Association members took care of business at their general meeting. The highlight was Cpl Fleming's profoundly moving description of the late Sergeant K.W. Tutton at the unveiling of a shadow box containing the Memorial Cross, wrist-watch, original pilot's wings and other memorabilia of this Thunderbird who perished on a bombing mission in Feb '43 with the entire crew of W/C Blanchard's Wellington bomber.

The afternoon was spent on a local wine tour and golfing activities, wrapping up the day with a festive banquet at the Air Force Museum under the wings of the completely restored Halifax bomber. There were many enlightening conversations including Lieutenant-General (Ret'd) Bill Carr's humorous address to the audience. Happy couples waltzed and jitterbugged to a live band late into the night.

Under clear skies and spectacular weather, the 426 Squadron cairn rededication service was held at the Air Force Museum Friday morning, followed by the unveiling of the Korean War exhibit.

This was particularly significant due to the Thunderbirds' participation in the Korean Airlift, named Op HAWK. Several Association members attending were veterans of that four year operation and participated in the ribbon-cutting ceremony.

Of special interest at this reunion was the attendance of Group Captain W.H. "Bill" Swetman, DSO, DFC, who was third Commanding Officer of 426 Squadron during the Second World War.

Having received his pilot's wings in May '41, Sergeant Swetman joined 405 Sqn flying Wellington bombers and after completing a full tour, was promot-



LCol Roy, CO 426 Sqn, temporarily relinquishes command to G/C Bill Swetman, who was CO from August 1943 to April 1944.

ed to Pilot Officer in Feb '42.

A magnificent airman, Bill was awarded the Distinguished Flying Cross. He joined 426 Squadron in the spring of '43 as a Squadron Leader during the unit's conversion to heavy bombers. His two predecessors, W/C Blanchard and W/C Crooks, both perished during combat. He was Deputy CO when Crooks was lost during the Thunderbirds' first raid flying Lancaster Bombers, and he was told by the Chief of the Air Force that he would be promoted provided that he survived the following ten days!

Obviously he did and was promoted CO 426 Squadron at age of only 23. During this second tour, he flew perilous missions, including six to Berlin, leading the Thunderbirds on a succession of devastating raids. At the end of his second tour, Bill was awarded the Distinguished Service Order, and became CO of 4 Bomber and Gunnery School at Fingal, ON.

LCol Roy was in awe as G/C Swetman sat in his office, temporarily holding the reins of the Squadron as he masterfully did over 66 years ago. This colourful gentleman is simply full of life and has an eternal spark in his eye whenever you engage him in conversation. It was a true pleasure to meet him as well as all past and present members of the 426 Sqn family.

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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Assisting with the load security on one of two tractor trailer's is Corporal Max Brisson. The two vehicles are heading to Wainwright, Alberta, which will be on the road for 10 days. This will allow valuable lessons for one of the trainees who will later attempt to qualify on this vehicle.

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De-icing capabilities tested at Canadian Forces Station Alert



Photo: Submitted

On August 24, 2010, Canadian Base Operators conducted their company's first ever aircraft de-icing at Canadian Forces Station (CFS) Alert. The capability received Operational Airworthiness Approval in October 2009 by BGen Thuen, DComd Msn Support; however, until today, there was never a need. Who knew the capability would be tested in August!

Joining forces, having fun and raising money all for a great cause

by MCpl Myles Martin, 8 Wing CFJHQ Detachment (DART)

During the weekend of August 20 to 22, members of the Canadian Forces Joint Headquarters Detachment – Disaster Assistance Response Team (CFJHQ Det (DART)) and 8 Air Maintenance Squadron (8 AMS) joined forces to raise funds for the Big Brothers Big Sisters of Quinte organization.

For the second year in a row, Air Force technicians teamed up with Electrical and Mechanical Engineering (EME) technicians during the Big Brothers Big Sisters Ribfest at West Zwick's Park in Belleville to create an innovative and challeng-

ing "kiddie commando" obstacle course for children from the local area to enjoy.

This year's event also included the addition of a Multi Purpose Engineer Vehicle (MPEV) static display which drew many curious onlookers. Questions were abundant and many of the children had the opportunity to have their picture taken in the driver seat.

A robust backhoe and front-end loader, the impressive MPEV is globally deployable, able to operate in extreme conditions, and operates at speeds up to 100 km/h.

Despite uncooperative weather conditions consisting of intermittent downpours and drizzle, the military portion of the event successfully raised

more than \$500.00 for this deserving cause. Overall, the 2010 Ribfest raised \$26,000.00.

Comments such as: "Who is having more fun the adults or the children?", "Boy are you soaked!" and "Make sure you get them wet," could be widely heard during the event.

The smiling faces at the end of the course made all the hard work put in by military members and their families well worth the effort.

Over two years, military organizers have raised over \$1400.00 for this charity, a testament to the tremendous teamwork of all the volunteers dedicated to making a difference in the lives of these young people.

Big Brothers Big Sisters of



Photo credit: MCpl Myles Martin

A "kiddie commando" obstacle course and static Multi Purpose Engineer Vehicle were set up by members of CFJHQ, 8 AMS and their families at West Zwick's Park for the Big Brothers Big Sisters (Quinte) Ribfest 2010.

Canada (BBBSC) is the leading child and youth serving organization and aims to provide future leaders with the highest quality, volunteer based mentor-

ing programs across the country. For over 96 years, the Big Brothers Big Sisters program has provided a friend where one is needed.

Search & Rescue UPDATE

424 Squadron had five callouts this past week.

The Hercules and Griffon were tasked to search for a sinking yacht on Lake Ontario. The Hercules located the Yacht and confirmed that an OPP boat was on scene. The Hercules and Griffon were then tasked to search the area of the boat for a possible person in the water. The Hercules and Griffon both searched and found nothing so they returned to base.



The Hercules was tasked for an ELT on Soudas Bay. Once on scene the ELT was erratic and seemed to be coming from the USA. RCC authorized the Hercules to proceed into the USA and once near Farnborn, NY the spotter noticed a crashed aircraft in a field. The crash was reported to USA Rescue Coordination Centre and the Hercules was stood down.

The Griffon was then tasked to search for a PIW near Dunnville, ON. The area was searched and nothing was found so the Griffon was stood down.

The Hercules was tasked to search for an ELT beacon near Bagotville. The ELT was homed to two small aircraft showing no signs of distress so SER-ABEC was notified and the ELT was turned off with no further incident.

The Griffon was tasked to search for an overdue kayaker in Gananoque. The area was searched with negative results and the Griffon was stood down. Until next week, stay safe!

Missions for 2010: 146 Missions for Aug: 19 Persons rescued: 7

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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.**

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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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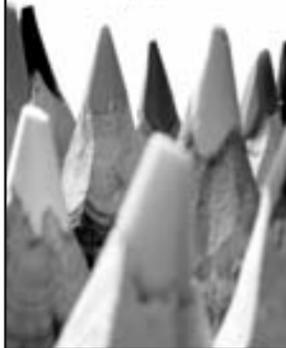
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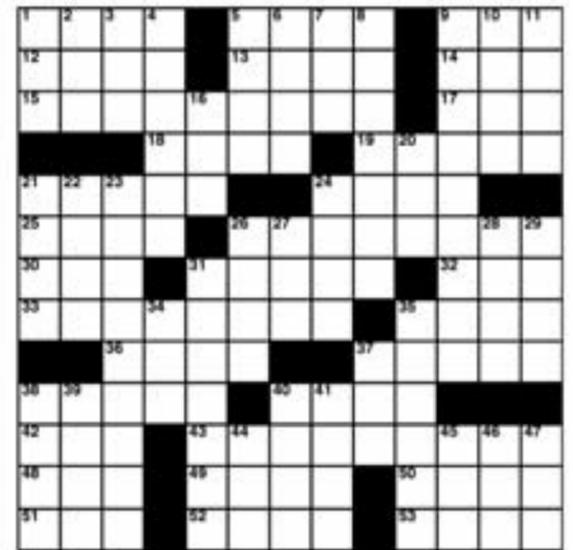
By Bernice Rosella and James Kilner

ACROSS

- Word Perfect home town
- Counterfoil
- Common prefix
- Hold on there
- Rabbit
- Weave
- Lonestar beeves
- Rear
- Nacelles
- Cake to die for
- Luke warm
- College bldg.
- Jai _____
- Anne Murray hit or a feathered friend
- Golf score between bogey and birdie
- Happiness
- Indian city
- Eland
- Group of wolves
- Reprobate
- They're sometimes as good as nods
- Aplomb
- For men only party
- Weird
- Travelled
- Small boat
- Away from the wind
- Sorry about that
- Ace
- Limber
- Night to Normand

DOWN

- Pussycat's pal or a feathered friend
- Greek letter
- Soul to Serge
- British warship or a fine feathered friend



- Fitted with brogues
- Sailors
- Vessel
- Awards
- Alberta hiking trail or a fine feathered friend
- Kon Tiki was one
- Suffix denoting small
- Mason's mortar carrier
- Globe
- Bark cloth
- Spunk
- TV family or feathered friend
- A bit of medicine
- Blackthorn
- A wee dram
- Music genre

- Shoes for men
- Toronto baseballer, or a fine feathered friend
- Vessel
- Goddess of the dawn
- Scammer's delight or a fine feathered friend
- Anemic
- Kelly cartoon character
- Norse god
- Litigant
- Tamarack
- Palm leaf paper
- Not me
- Prefix for Centre or gram
- Daylight saving arrangement, abbr.

See Answers, Page 22



This Week in Contact

1980 – 437 Sqn Boeings return – Boeing 707s of 437 'T' Sqn commenced operations from CFB Trenton on 15 September concluding a three month deployment to CFB Ottawa. The return is two weeks ahead of schedule following the early completion of runway repairs by McFarland Construction of Belleville.

1990 – Quality of Working Life – Five years ago, DND committed itself to a Quality of Working Life program for its people. Since then, those responsible for the program have been beaver away at selling it to management, selling it to the unions, selling it to the employees themselves.

2000 – Construction boom at 8 Wing – The quality of life for about 2,500 military personnel and their dependents will improve dramatically as construction activity tops a whopping \$20 million this year.

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



Wing Commander's Golf Tournament kicks off United Way Campaign

Photos: Cpl Precious Carandang, 8 Wing Imaging



Above: Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton tees off, officially launching the Wing Commander's charity golf tournament, which was also the kick off for the 2010 Government of Canada Workplace Charitable Campaign.

Top right: Mr. Mark Philbin (left), co-chairman of the GCWCC/United Way Quinte West, presents a plaque to Col Dave Cochrane, Commander, 8 Wing/CFB Trenton in recognition of 8 Wing's ongoing support to the United Way campaign.

Bottom right: Col Dave Cochrane accepts a cheque on behalf of the 8 Wing GCWCC from Mr. Peter Laurimer of Loriday Environmental Products Ltd., the tournament's largest sponsor.

Below: CWO Kevin West, Col Dave Cochrane, Mr. Mark Philbin and event sponsor Tracey Legault-Davis of RBC.

Bottom left: Col Dave Cochrane and CWO Kevin West buy United Way Mega 50/50 tickets #1 and #2 from MWO Jim White (center).

by 2Lt Sean Hill, United Way Public Relations Coordinator

The Wing Commander's Annual Charity Golf Tournament was held on September 9, and kicked off the 2010 Government of Canada Workplace Charitable Campaign (GCWCC).

The golf tournament is always a popular one, as it is one of the highest revenue generating events on the base, in support of the United Way.

Every golfer walked off the fairway with a smile on their face as a testament to the fun and excitement the tournament brought, as well as the knowledge

that they helped support a worthy cause.

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, enjoyed 18 holes, teeing off with radio personality Mark Philbin, who is also this year's campaign chair for the United Way of Quinte.

This golf tournament was a great way to open the campaign as 34 teams teed off throughout the day, raising over \$ 10,000 for the United Way of Quinte.

For upcoming events and raffles, click on the United Way Campaign website on the center of the 8 Wing's splash page and join your coworkers, subordinates and supervisors to help support the cause!



GOVERNMENT OF CANADA WORKPLACE CHARITABLE CAMPAIGN

Submitted by 2Lt Sean Hill

The Wing Commander's Annual Charity Golf tournament marks the official opening of this year's campaign.

This year, 8 Wing/CFB Trenton marks 19 years of raising money in support of the United Way of Quinte and since 1991 has raised over \$980,000.

The 2009 GCWCC was a record breaking year with \$131,169.96 raised. The goal for the 2010 campaign is to achieve 100 per cent canvassing of 8 Wing/CFB Trenton, that is, to give every person the chance to give.

If you didn't get a chance to bring out your clubs, the golf tournament was one of many events planned. The campaign includes 8 Wing and community events, raffles, tournaments and luncheons. Some of the much anticipated events include the Wing Commander's Challenge, Jail and Bail, Slo-pitch Softball tournament and the Mike Hamilton Memorial 4-on-4 hockey tournament.

The campaign wraps up on December 3, with the Mega 50/50 draw and the EME Trailer raffle winners being declared.

The United Way of Quinte is non-profit, registered charity that works in partnership with community organizations and 16 health partners to help improve the health of all Canadians. They support 45

charities and 80 programs in the Hastings and Price Edward counties.

The executive committee for this year's GCWCC held a couple meetings with all the unit reps and were treated with guest speakers, whose first hand accounts demonstrated how the United Way benefit them and people like them in similar situations. The executive community would like to thank Anna Stratti-Morrison from the Canadian Hearing society who gave her presentation in sign language.

Also, special thank you to Tracy Robertson from the Huntington Society of Canada, who bravely and emotionally shared her story about life with her husband who has this terrible disease.

Finally, Brigadier-General (Ret'd) Jeffrey Brace President of this area's Canadian Cancer Society who, after beating cancer twice, was able to share his organization's vision and benefits to the community.

According to United Way, headquartered in Belleville, one in three people in our community directly benefit from these programs. Throughout this year's campaign help someone improve their life by participating in the events, raffle and luncheons and remember every donation makes a difference. Be generous and support a worthy cause.



2011 CF National Running Championship

The 2011 Canadian Forces Running Championship will run in conjunction with the National Capital Race Weekend in Ottawa on May 11.

Categories are as follows: Under 19; 20 to 24 years; 25 to 29 years; 30 to 34 years; 35 to 39 years; 40 to 44 years; 45 to 49 years; 50 to 54 years; 55 years and over.

Races are as follows: 5 Km; 10 Km; Half Marathon; Marathon.

To be eligible, all participants must be a member of the Regular Forces, Class B or C Reserve.

Each region is limited to 25 runners, provided they meet the qualifying times.

Personnel who do not meet the qualifying standards may still participate but won't qualify for temporary duty status.

The qualifying times listed below are the minimum times that must have been achieved on a certified course within 14 months prior to race day.

Proof of time must be forwarded to Military Sports Coordinator, Dan Cormier, no later than March 1, 2011.

Under 19 - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:00. Female: Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 22:00.

20 to 24 years old - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:00.

18:30. Female: Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 24:00.

25 to 29 years old - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:30. Female: Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 24:00.

30 to 34 years old - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 19:00. Female: Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 25:00.

35 to 39 years old - Male: Marathon, 3:30:00; Half Marathon, 1:40:00; 10 km, 45:00; 5 km, 22:00. Female: Marathon, 3:45:00; Half Marathon, 1:50:00; 10 km, 50:00; 5 km, 27:00.

40 to 44 years old - Male: Marathon, 3:30:00; Half Marathon, 1:40:00; 10 km, 45:00; 5 km, 22:00. Female: Marathon, 3:45:00; Half Marathon, 1:55:00; 10 km, 51:00; 5 km, 27:00.

45 to 49 years old - Male: Marathon, 3:45:00; Half Marathon, 1:48:00; 10 km, 45:00; 5 km, 25:00. Female: Marathon, 4:00:00; Half Marathon, 1:58:00; 10 km, 53:00; 5 km - 30:00.

50 to 54 years old - Male: Marathon, 3:40:00; Half Marathon, 1:53:00; 10 km, 50:00; 5 km, 30:00. Female: Marathon, 4:00:00; Half Marathon, 2:05:00; 10 km, 58:00; 5 km, 35:00.

55 years old and over - Male: Marathon, 4:30:00; Half Marathon, 1:55:00; 10 km, 55:00; 5 km, 35:00. Female: Marathon, 4:45:00; Half Marathon, 2:20:00; 10 km, 65:00; 5 km, 45:00.

2010 /2011 NHL Season

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

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

The start of Noon Hour Hockey League (NHL) is scheduled to commence on Monday, October 4, 2010 and will play during the noon hour at a cost \$80.00 per player.

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

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

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

8 Wing/CFB Trenton Masters Swim Team

The 8 Wing/CFB Trenton Masters Swim Team is looking for members.

If you are a Canadian Forces member or a Class A and B Reservist in the area who: can swim two to three lengths of the pool, enjoys swimming, swims for fitness or cross-training, or wants

to improve stroke technique then Masters Swimming is for you.

Practices will be held Monday, Wednesday and Friday mornings at the RecPlex from 0600 to 0720 hrs.

Hope to see you at the pool! For more information contact 2Lt Jewett at local 7265.

Astra Lanes Tuesday Mixed Bowling League

Do you enjoy getting out in a fun social environment?

Do you occasionally curse, sometimes make an inappropriate comment, like the occasional cold beverage and enjoy Five Pin Bowling.

If you do, we have a league for

you. It's the Astra Lanes Tuesday Mixed Bowling League; it is a friendly non-competitive environment.

It's not expensive, \$10 for three games including shoe rental. Open to military and non-military.

Geared to young adults

through to retired individuals, couples are welcome. The season has started and we still need bowlers.

Please call 613-392-2811 ext 3305 for additional details

Note: Pyramid One is at \$1,000 and Pyramid Two is almost \$500.



Photo: sxc.hu

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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.

Group Power: Excellent workout

This 55-minute strength-training class followed by 15-minutes of stretching and relaxation 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 lev-

els to incorporate varying experience and capabilities.

Classes will take place on Wednesdays, from July 7 to September 1, 2010 (for a total of nine weeks), from 6 to 7:10 p.m. at the South Side Gym.

Cost is \$30 plus HST for military community members, and \$35 plus HST for the general public. Drop-in fee, space permitting: \$4 for military community with ID, and \$5 for the general public.

Tae Kwon Do

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 (for a total of 14 weeks).

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

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

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

Fall 2010 Red Cross Swim Lessons

Registration for all will continue until the first class.

PSP Facility Memberships

All memberships for the use of the RecPlex, Gym and Arena expired on 31 August. Members are required to renew their membership at the RecPlex.

For rates, visit

www.cfcommunitygateway.com

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: Yoga

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.

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.

New: Tai Chi classes

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.

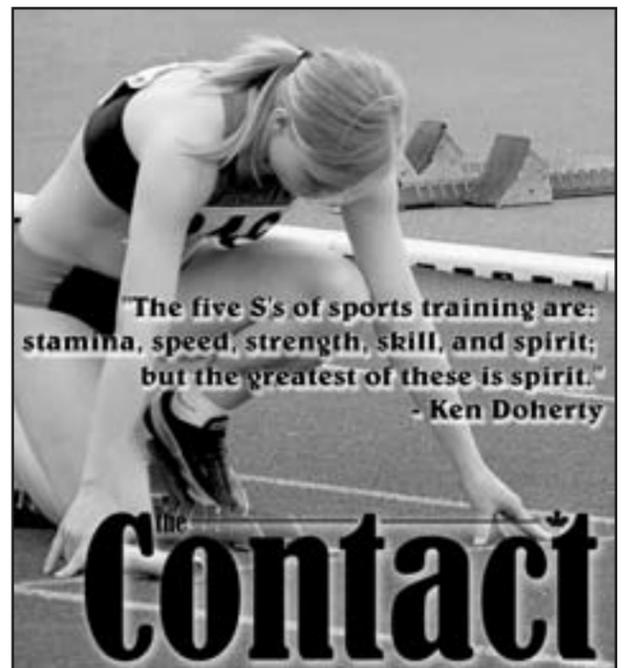
Tai Chi will take place

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, 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.



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FITNESS & HEALTH PROMOTION



De-clutter to de-stress: Managing your work area

Your work area looks like a battlefield and the tension builds. You can't find the report you need and stress levels increase.

It's time to find order in the chaos to help you feel organized and stay focused.

It's time to manage some of your work place stress by managing the clutter.

To determine what items and documents you really need to keep, ask yourself these questions.

What do you use it for? When will you need it? Will you really need it in the future? Will you actually ever use it? Why do you have it? Does anyone else need it? Do you really want it? Is it yours?

When you have answered these questions truthfully, use these tips to help you organize your cluttered space, and work stress free.

Throw it out. If it is outdated, not yours, you don't need it, or if it's broken, throw it away!

Old magazines, journals, papers, old soft-



Photo: sxc.hu

ware, broken pens can all be tossed.

Make a junk pile. If you have a pile for these items such as unopened mail, memos not pertaining to you, or something you will never read, keep them in one pile.

This will create extra room in your workspace for important things, or even a place for your desk to shine through.

Make a "hot" pile. This pile should contain

all of your high priority items to keep them from mixing in with clutter.

Store your items. File away documents that do not need attention for easy reference and less clutter. Store whatever possible in your filing cabinets and company storage areas.

Utilize the computer. Input events and meetings in a calendar on the computer, type up a To-Do List and any other

loose papers. This can eliminate many post-its and reminder papers that are creating clutter in your work space.

Once you clear the clutter, make sure to keep up with these tips so you do not fall back into messy habits.

You will feel more organized and less stressed with a clutter-free work environment.

Adapted from eni BalanceWorks

Rangement : outil d'atténuation du stress

Votre lieu de travail ressemble à un champ de bataille et la tension grimpe.

Vous ne trouvez pas le rapport dont vous avez besoin et le stress augmente.

Vous devez mettre l'ordre dans ce chaos pour avoir un sentiment d'organisation et de concentration. Vous devez réduire le stress lié au travail en réglant le problème d'encombrement.

Pour déterminer les éléments et les documents que vous devez conserver, posez-vous ces questions.

À quoi me sert-il? À quel moment est-ce que j'en ai besoin? Vais-je vraiment en avoir besoin? Vais-je vraiment l'utiliser? Pourquoi l'ai-je en ma possession? Quelqu'un d'autre en a-t-il besoin? Est-ce que je le veux vraiment? M'appartient-il vraiment?

Une fois que vous avez répondu à ces questions en toute sincérité, servez-vous des conseils formulés

pour vous aider à organiser votre espace encombré et à éliminer le stress.

Mettez-le au rebut. S'il est désuet, s'il n'est pas à vous, si vous n'en avez pas besoin ou s'il est en mauvais état, jetez-le! Les vieux magazines, les revues, les journaux, les anciens logiciels et les stylos qui ne fonctionnent plus peuvent tous être mis au rebut.

Mettez ensemble les éléments inutiles. Si vous disposez d'éléments de la sorte, par exemple du courrier non ouvert, des notes qui ne se rapportent pas à vous ou un document que vous ne lirez jamais, mettez-les en un même endroit. Vous disposerez ainsi d'espace dans votre lieu de travail pour des éléments importants ou même des espaces libres sur votre bureau.

Réunissez les éléments importants. Il s'agit des éléments présentant une priorité élevée qui ne doivent pas se retrouver avec les

éléments inutiles.

Rangez vos éléments. Classez les documents dont vous n'avez pas à vous occuper afin de pouvoir les consulter facilement et de réduire l'encombrement. Rangez tout ce que vous pouvez dans vos classeurs et dans les lieux d'entreposage de la compagnie.

Utilisez l'ordinateur. Entrez les événements et les réunions dans un calendrier informatisé, dressez la liste des choses à faire et des documents isolés. Vous pouvez ainsi éliminer de nombreux papillons adhésifs qui encombreront votre lieu de travail.

Une fois que vous avez dégagé l'encombrement, continuez à agir de la sorte afin de ne pas recréer le chaos qui prévalait. Vous vous sentirez mieux organisé et moins stressé grâce au peu d'encombrement à votre lieu de travail.

Adapté d'eni BalanceWorks

Did You Know?

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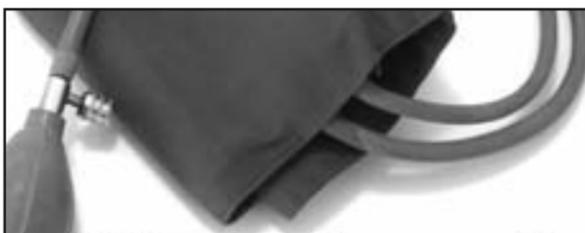
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ANNUAL WING COMMANDER'S HEALTH AND FITNESS CHALLENGE

The Annual Wing Commander's Health and Fitness Challenge is scheduled for Friday, September 23.

Start recruiting your teams of eight for this annual fun fitness day. For more information contact Lisa at local 3328.

Tour de Force 2010 fundraiser stops by 8 Wing/CFB Trenton

Compiled by Capt Jennifer Jones, with files from Amanda Marchment, Canada Company

Cyclists from Canada Company on the second leg of their Tour de Force initiative stopped by the 8 Wing/CFB Trenton Recreation Center on Saturday, September 11, 2010 to participate in a pick-up game of ball hockey with four members of the Belleville Bulls Hockey Team.

8 Wing/CFB Trenton was one of six military units visited by the Tour de Force during the six day journey.

The North American Van Lines Tour de Force is raising money to support the military and their families by providing funding for programs such as Camps for Kids of Deployed Soldiers and the Canada Company Scholarship Fund.

The unique seven-day marathon challenge in support of Canada Company, a charitable business group, kicked off at the Air Canada Centre in Toronto on Friday, September 10 and ended on September 16, in Montreal, Québec.

The Tour de Force was divided into seven 85 km

stages, each of which concluded with community celebrations in locations throughout Ontario and Quebec.

Canada Company is a federally registered charity created in 2006 which brings community leaders from across Canada together to support Canadian soldiers in the work that they do at home and abroad.

The organization is apolitical and is an advocate for Canadians who serve, or wish to serve, in the Canadian Forces – regular and reserve – and their families, ensuring that they receive the widest possible support, recognition and care.



Visit canadacompany.ca/TourdeForce to learn more.



Above: Colonel Dave Cochrane (right), Commander, 8 Wing/CFB Trenton, and Mrs Sherri Cochrane chat with Mr. Kevin Devereux, Vice President, Canada, North American Van Lines, following the Tour de Force's arrival at 8 Wing/CFB Trenton.

Below: Cyclists from Canada Company and members of the Belleville Bulls Hockey Team pose for a group photo with Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton prior to enjoying a pick up game of ball hockey at the South side gymnasium on base.



Photos: Captain Jennifer Jones, 8 Wing PAO

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Jake Gaudaur Veteran's Award trophy unveiled

by Capt Tony Pepin
Honour Guard Commander

On August 20, I had the privilege of leading a nearly fifty person Honour Guard to Toronto in support of the unveiling of the Jake Gaudaur Veteran's award trophy, which is part of Veterans Affairs Canada's 2010 Veterans' tribute with the Canadian Football League (CFL).

This trophy is to be presented, beginning this season, to the CFL player who embodies the attributes of, strength, perseverance, comradeship, courage, and contribution to community.

Mr. Gaudaur, who passed away in 2006, had long ties with the Air Force as he was an RCAF pilot and a flight instructor during the Second World War. While in the RCAF, he was also a valued member of the RCAF football league.

Upon his release following the Second World War, he dedicated much of his time to football and became the longest serving commissioner of the CFL.

As stated by Mr. Mark Cochon, Commissioner of



Photo: Marilyn Lawson, Royal Canadian Legion Branch 10

A group photo taken during the unveiling and dedication of the Jake Gaudaur Veterans' Trophy on August 20, 2010.

the CFL, "The goal of the Jake Gaudaur Veterans Award is to honour the sacrifices made by Canadian Veterans in a respectful and significant way. We want to shine a spotlight on the contributions of the men and women who have given us their youth, their spirit, their talents, and, too often, their lives.

Jake Gaudaur was a Canadian hero. His story embodies the historical link between the CFL and Veterans."

Mr. Gaudaur's daughter, Ms. Jackie Gaudaur, addressed the audience speaking of her father's attributes, beliefs and loves. She stated that aside from his love for his family, Mr. Gaudaur had two main

loves; his love to his country and his love for football.

Being part of this historic event was extremely exciting to all of us. We all stood with the outmost admiration for Mr. Gaudaur's accomplishments and unwavering dedication to each and every endeavour he took on.

By dint of their pride and professionalism, each and

every woman and man who made up the Honour Guard, made the family, the veterans who were in attendance, the Minister of Veterans Affairs, the CFL commissioner, and the Wing extremely proud.

We will without a doubt, all be watching closely when this award is presented for the first time at the end of this CFL season.

Dévoilement du Trophée des anciens combattants Jake-Gaudaur

par Capitaine Tony Pepin
Commandant de la garde d'honneur

Le 20 août, j'ai eu le privilège de diriger une garde d'honneur d'environ 50 membres qui s'est rendue à Toronto pour soutenir le dévoilement du trophée Jake Gaudaur, dans le cadre de l'hommage rendu aux anciens combattants par Anciens Combattants Canada et la Ligue canadienne de football en 2010.

Ce trophée sera décerné à l'issue de la saison 2010 au joueur de la LCF qui sera reconnu pour sa force, sa persévérance, son esprit de camaraderie, son courage et sa contribution à la collectivité.

M. Gaudaur, qui est décédé en 2006, entretenait des liens de longue date avec la Force aérienne, étant donné qu'il a été pilote de l'Aviation royale du Canada (ARC) ainsi qu'instructeur de vol pendant la Seconde Guerre mondiale. Pendant qu'il était dans

les Forces armées, il a été un membre important de la ligue de football de l'ARC. Après la Seconde Guerre mondiale, il est retourné à la vie civile et a consacré la plupart de son temps au football devenant ainsi le plus ancien commissaire de la Ligue canadienne de football.

Comme l'a dit M. Mark Cochon, commissaire actuel de la LCF : « Le prix des anciens combattants Jake Gaudaur veut honorer les sacrifices des anciens combattants canadiens de manières respectueuse et significative.

Nous voulons mettre en lumière les contributions de ces hommes et de ces femmes qui nous ont donné leur jeunesse, leur bravoure, leurs talents et, trop souvent, leur vie. Jake Gaudaur est un héros canadien. Son histoire illustre le lien historique entre la LCF et les anciens combattants. »

Dans son allocution, la fille de M. Gaudaur, Mme Jackie Gaudaur, a cité les qualités de son père, ses

croances et ses attachements. Elle a dit qu'en plus de l'amour qu'il vouait à sa famille, M. Gaudaur était très attaché à son pays et au football.

Participer à cet événement historique a été une expérience exceptionnelle pour nous tous. Nous étions tous très admiratifs des réalisations de M. Gaudaur et de son dévouement inconditionnel à toutes ses entreprises.

De par leur fierté et leur professionnalisme, chaque femme et chaque homme, membre de cette garde d'honneur, ont fait la fierté des invités, de la famille de M. Gaudaur, des anciens combattants, du ministre des Anciens Combattants, du commissaire de la LCF et de l'escadre.

Il est clair que nous suivrons tous de près le moment où ce trophée sera décerné pour la première fois, à la fin de cette saison de la Ligue canadienne de football.

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NEW AIRCRAFT FIREFIGHTING TRAINER

Photo: Cpl Drew Deics, 8 Wing Imaging



Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and 8 Wing Chief Warrant Officer Kevin West spent some time working with the 8 Wing Fire Department this past week. Col Cochrane and CWO West battled the blaze inside of the new aircraft rescue firefighting trainer, with CWO West manning the nozzle, with Col Cochrane backing him up as rescue.

Learn to lift the right way

Submitted by Wing General Safety Office

When faced with the job of lifting something, there are only two ways to handle the task: the wrong way and the right way.

By doing it the wrong way, you could strain your back. In fact, you could injure it so seriously that lifting could be a major problem for the rest of your life.

By doing it the right way, you will not only get the job done, but you will save your back.

The wrong way to lift is to bend forward from the waist or extend your upper body.

Also, you should never attempt to lift something too heavy without help from another person or a mechanical device.

The right way to lift is easy. Just follow the steps:

1. Look at what you have to lift. Is it too heavy or awkward to do it alone? Do you need help?

2. Where do you have to move your load? Is the path clear? Is the floor slippery? Where do you have to set it down? Take measures to ensure that your route is safe and clear.

3. Approach the load as

closely as possible and place your feet about shoulder-width apart and with your back straight, bend your knees.

4. Heave ho! Lift your load by using the strong muscles in your legs and thighs for support rather than your back muscles.

5. Turn by moving your feet rather than your waist.

6. Proceed carefully with your load, making sure you can see over the top.

When you put your load down, follow the same procedure of spreading your legs and bending your knees, keeping your back straight.

Make sure you don't crush your hands when you put the load down.

Some lifts are more complicated. Use a ladder or a stepladder when you have to place a load higher than your shoulders such as on a high shelf.

Don't strain your arms upwards. They may not be strong enough and the strain will be felt on your back.

Put the load down on the edge of the shelf and push it into place.

For those lifts that require more strength than you have yourself, enlist

the help of someone else or use a mechanical device.

When you're lifting a load with other people, choose one person to be the lift leader.

Each person should use correct lifting techniques.

The lift leader is responsible for telling everyone when to lift, guiding them on their route, and telling them when and where to put it down.

When you are carrying a long object with another person, make sure you have plenty of room for the task, that both of you are on the same side of the load and in step.

You may choose to use a mechanical device such as a hand truck to help you with a heavy load.

If you have to move a series of loads such as many boxes, consider carrying lighter loads, such as one box at a time, rather than fewer heavier loads, such as several stacked boxes.

It may take a little longer but you'll be doing your back a favor.

Lifting the right way is simple. You'll get the job done easily and won't end up flat on your back.

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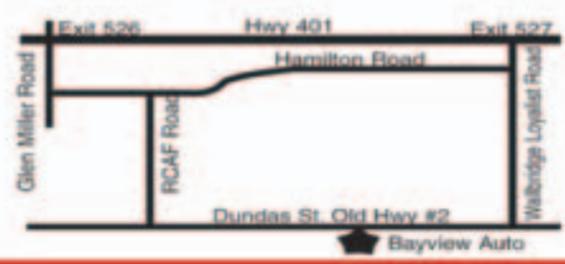
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Payments Include EVERYTHING!	<p>06 PONTIAC G6</p>  <p>P11617 Alloy wheels! Automatic, 6 cyl, 4 dr, factory remote start, steering wheel controls, tilt, air, cruise, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 65,000kms.</p> <p>\$9,495</p>	Payments Include EVERYTHING!	<p>08 PONTIAC PURSUIT</p>  <p>P11826 Pwr sunroof! Alloy wheels! Automatic, 4 cyl, 2 dr, cruise, tilt, air, steering wheel controls, satellite radio, CD, pwr locks, mirrors, windows, keyless entry, only 19,000kms!!!</p> <p>\$11,995</p>	Payments Include EVERYTHING!	<p>07 PONTIAC VIBE</p>  <p>PD11792 Automatic, 4 cyl, 4 dr, tilt, air, cruise, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 52,000kms.</p> <p>\$12,295</p>	Payments Include EVERYTHING!	<p>08 DODGE CALIBER SRT</p>  <p>11572 Turbo charged! Pwr sunroof! Leather trim seats! Manual transmission! Alloy wheels! U-connect compatible, steering wheel controls, air, cruise, tilt, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, only 34,000kms!</p> <p>\$19,995</p>
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Le tournoi de golf du commandant de l'Escadre donne le coup d'envoi à la Campagne de charité de 2010

par SLt Sean Hill



M. Mark Philbin, président de la campagne centraide (Quinte) est sur terte de départ lors du tournoi de golf annuel centraide du commandant.

Le tournoi de golf annuel du commandant de l'Escadre a eu lieu le 9 septembre 2010 et a donné le coup d'envoi à la Campagne de charité en milieu de travail du gouvernement du Canada de 2010.

Ce tournoi obtient toujours beaucoup de succès et est donc rapidement devenu l'un des événements qui permet

d'amasser le plus de fonds pour Centraide sur la base.

Chaque golfeur a quitté le terrain le sourire aux lèvres, signe du plaisir qu'ils ont eu pendant le tournoi tout en contribuant à une bonne cause. Le commandant de l'Escadre, le Col Dave Cochrane, a joué un 18 trous et a frappé le coup de départ avec l'animateur de radio Mark Philbin, président de la Campagne de Centraide de Quinte cette année.

La Campagne a bien démarré lorsque 34 équipes ont pris le départ durant la journée afin d'amasser environ 10,000 \$ pour cette campagne. Pour connaître les événements et tirages à venir, cliquez sur le lien de la Campagne Centraide au centre de la page d'accueil de la 8^e Escadre et joignez-vous à vos collègues, à vos subalternes et à vos superviseurs pour contribuer à cette cause.



Photos: Submitted

Le capitaine Tom Doan aime le concours de coups roulés au tournoi de golf annuel du commandant de l'escadre tenu lors de la campagne annuelle de centraide.

LA CAMPAGNE DE CHARITÉ EN MILIEU DE TRAVAIL DU GOUVERNEMENT DU CANADA



par SLt Sean Hill
CCMTGC, Coordonnateur des relations publiques

Le tournoi de golf de charité annuel du commandant de l'Escadre marque le début officiel de la Campagne de cette année.

Il s'agit de la 19^e année que la 8^e Escadre Trenton amasse des fonds pour l'organisation Centraide de Quinte et depuis 1991, nous avons amassé plus de 980 000 \$.

La Campagne de charité de 2009 a obtenu des résultats record en permettant d'amasser 131 169,96 \$. Cette année, notre objectif est de solliciter tous les membres du personnel de la 8^e Escadre, c'est-à-dire de donner à tous la chance de faire un don. La Campagne regroupe les événements, tirages, tournois et dîners organisés par la 8^e Escadre et

par la collectivité.

Si vous n'avez pas eu l'occasion de prendre part au tournoi de golf du commandant de l'Escadre, vous pourrez participer à l'un des nombreux autres événements prévus, dont l'activité incarceration et caution, le tournoi de balle lente et le tournoi de hockey commémoratif quatre contre quatre de Mike Hamilton.

La Campagne se terminera le 3 décembre par le tirage moitié-moitié et par l'annonce des gagnants du tirage d'une remorque par le GEM.

L'organisation Centraide de Quinte est un organisme de bienfaisance enregistré sans but lucratif qui travaille en partenariat avec des organismes communautaires et 16 partenaires du domaine de la santé afin d'améliorer la santé et le bien-être de tous les Canadiens. Ils viennent en aide à 45 organismes de bienfaisance et à 80 programmes des comtés de Hastings et de Prince Edward.

Cette année, le comité exécutif de la Campagne de charité a organisé des séances de formation pour tous les représentants de l'unité et a appris directement de la part des conférenciers invités de la région comment Centraide leur est venu en

aide et a aidé d'autres personnes dans la même situation qu'eux. Le comité exécutif tient à remercier Anna Stratti-Morrison de la Société canadienne de l'ouïe, qui a présenté son exposé en langage des signes, et remercie tout spécialement Tracy Robertson de la Société Huntington du Canada, qui a courageusement et avec grande émotion parlé de sa vie avec son mari, qui souffre de la terrible maladie de Huntington.

Finalement, merci au Brigadier-général (à la retraite) Jeffrey Brace, président de la Société canadienne du cancer de cette région, qui a vaincu le cancer à deux reprises et qui est venu expliquer comment cette organisation vient en aide à la collectivité.

Selon les responsables de l'organisation de Centraide de Quinte, dont l'administration se trouve à Belleville, une personne sur trois de notre collectivité bénéficie directement de ces nombreux programmes, entre autres. Dans le cadre de la Campagne de cette année, contribuez à améliorer la qualité de vie de quelqu'un en participant aux événements, aux tirages et aux différents repas organisés et n'oubliez pas que chaque don compte.

Soutenez généreusement cette grande cause.

It's Back The 2010 GCWCC EME Trailer Raffle!

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

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

For More Information Please Contact MCpl Giles @ Loc 2328

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

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

Ceci est votre chance de gagner une remorque utilitaire de qualité tout en contribuant à soutenir une bonne cause!

La remorque dispose d'un pont de 5'x9' muni d'un essieu de 3500lbs et des pneus de 15 po.

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Community Events

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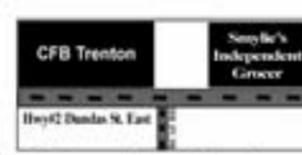


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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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



To celebrate the bountiful apple harvest at the height of the apple harvesting season Brighton celebrates its annual Applefest festival in the last full weekend of September.

Events include BBQ's, entertainment, children's activities, dances, a street fair, car show, arts and crafts, and a parade.

Come out & Enjoy the Family Event!

See www.applefest.reach.net for complete event details.

Quinte Autumn Fest Weekend 2010
Presented by The Other Side Media Group

kicking off on Sat. Sept. 25, 11am until Sunday Sept. 26
Rain or Shine.

THE TWO-DAY FREE ADMISSION family fun festival is at
Dewe's Independent Grocers, 400 Dundas St E. Belleville.

The weekend's highlights will include Live Musicial Entertainment, Belly Dancers, Huge BBQ, Corn Roast, prizes, NEW THIS YEAR... Family Stage Shows, Exhibits/vendors displays & much more!

Plus on Sunday Sept. 26th Please join us for our 2nd annual Quinte Gospel/Blues Concert.

Exhibitors/Vendors, Volunteers still wanted please call 613-967-2369 or E-Mail For More Info. jeremytylerdavis@yahoo.ca or *www.jeremytdavis.com

The Fundraising BBQ Is In Support Of The Other Side Media Group Quinte's non-profit media promoting people making a difference. Please bring your donations for the Gleaners Food Bank or The Quinte Humane Society.



Pennies for Pets could use your help!

The Quinte Humane Society is accepting all change in the Pennies for Pets Campaign. They will count it, roll it and even pick it up. You can also drop off your pennies and change at the shelter at 527 Avonlough Road or call 613-968-4673.

 **Everything for Baby to Kids to You**
Consignment Sale
Brought to you by the Trenton MFRC

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.
Cash Sales Only - NO DEBIT!

Line Dancing Classes

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

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

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

Tout pour bébé, les jeunes et vous. La Vente de consigne
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!

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

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

Auto Hobby Club (AHC)

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

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

Hours of operation: Mon - Thurs from 6-7:30 p.m.; Sat from 9 - 11 a.m. Hoist bays \$20 a day, body shop bay \$10. Always looking to recruit new members and club attendants. Contact Sgt Lafleurat local 3623.

Give the Gift of Life Walk Volunteers Needed
The Kidney Foundation Of Canada

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

Links to Learning Reading Program

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





FAMILY



Activity: Dino Dominoes



Making and playing games like Dominoes is a fun and creative way to spend an afternoon together.

This simple Comfort, Play and Teach™ activity is one you will enjoy again and again!

You will need: Several pieces of cardboard or bristol board, cut into rectangles; permanent marker; ruler; and dinosaur stickers

Instructions: Using a ruler and the permanent marker, draw a straight line width-wise across the middle of each piece of cardboard.

You and your child can place dinosaur stickers on each side of the line, up to

six.

For example, one half of the cardboard might have only one dinosaur sticker. The other might have four.

Once you have created enough dominoes, you can play a matching game with them. Give each player an equal number of dominoes.

Take turns arranging them so that the ends with only one sticker are touching, and ends with six stickers are touching etc.

Point to each dinosaur and count aloud to help your child to select a domino with the identical number of dinosaurs.

Continue laying down dominoes until there are none left.

Enjoy this more with Comfort, Play and Teach™:

COMFORT

Encourage your child's efforts to count independently. Say, "You counted to

six all by yourself!" or "Thank you for finding the domino with three dinosaurs on it." He will be proud of his developing abilities.

PLAY

Enjoying a game together is a fun and easy way to help your child practice important social skills like taking turns and giving another person encouragement.

TEACH

Looking at and pointing to the stickers will enable your child to strengthen thinking skills like matching and counting. She will see that a number stays the same, whether there are six T-Rex stickers or six triceratops stickers.

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

All text by Invest in Kids. investinkids.ca

Meatime.org Chicken Marinara

Here's how to turn a plain plate of spaghetti into a great meal. By adding four ounces of chicken breast, you up the amount of protein from about 10 grams per serving to 46 grams.

As is, the recipe delivers more than one cup of vegetables, but serve it with a side salad and you can fit in more nutrient-rich vegetables.



Ingredients:

- 1 tablespoon olive oil
- 1 large skinless, boneless chicken breast half (about 8 ounces), cut in 1-inch chunks
- 1 can (14 1/2 ounces) crushed or chopped Italian-style tomatoes
- 1/2 cup canned mixed vegetables, drained
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 2 cups freshly-cooked spaghetti

Preparation Time: 5 minutes **Cook Time:** 20 minutes

Preparation: Heat the olive oil in a medium skillet over medium-high heat. Add the chicken, and brown on both sides. Reduce the heat to medium; add the tomatoes, mixed vegetables, garlic powder and pepper. Cover and simmer for 10 minutes until the chicken is cooked through. Serve over hot spaghetti. Serves: Two

Nutritional Information Per Serving: Calories 480; Total fat 10g; Cholesterol 65mg; Sodium 760mg; Carbohydrate 59g; Fibre 5g; Protein 36g

WHAT'S THE DIF ?

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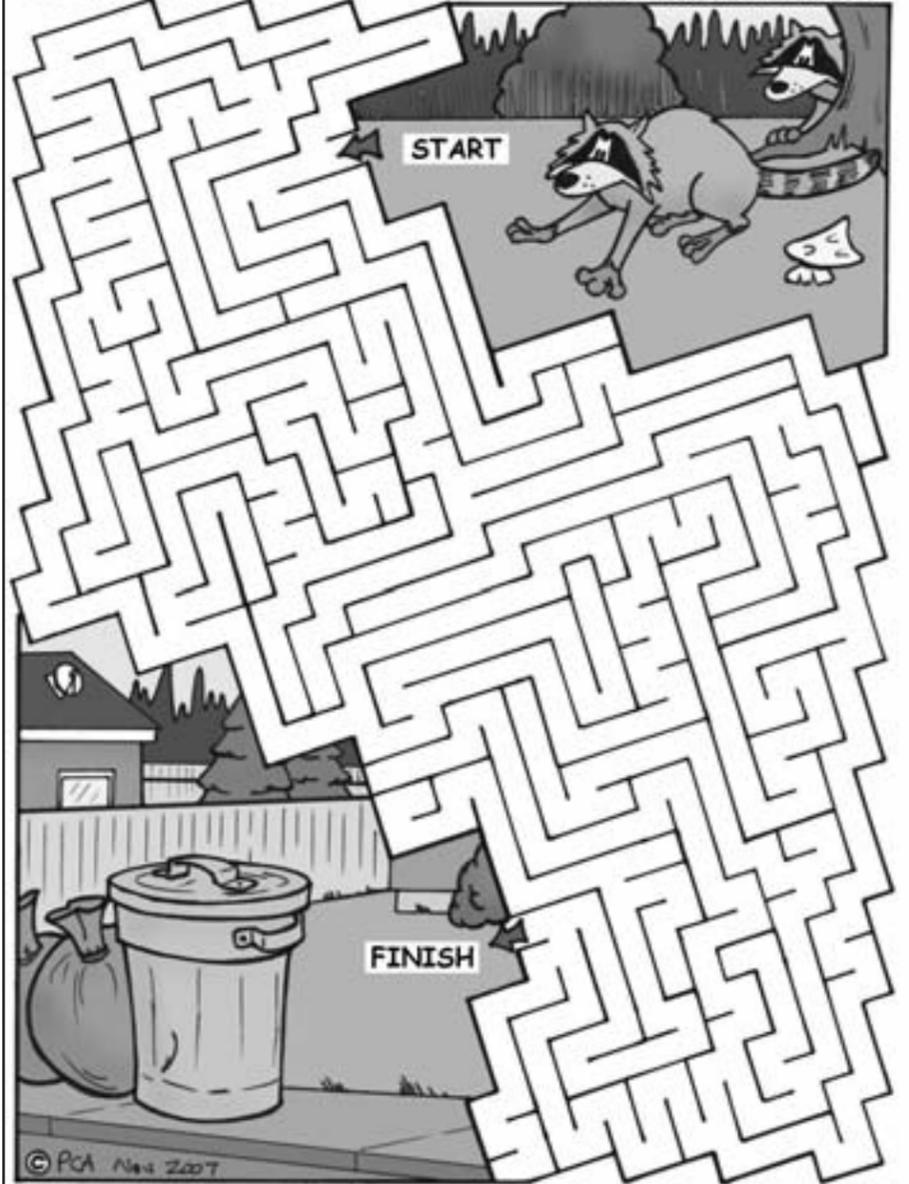
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ANSWERS: 1. PURSE 2. MAN'S FINGERS 3. PAINTING 4. LAMP 5. WOMAN'S BELT 6. WINDOW ON RIGHT 7. GLASS

DEAD END ?

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September 19 – September 25

Theme of the week: Happy Autumn Equinox! There is also a full Moon in Aries! The sky suggests the need for equilibrium, and at least one moment that feels especially emotional. Each of us will experience a fortunate turn where we need it most. It will be a great week, enjoy!

ARIES (March 21-April 19): For one of the most passionate signs, you may surprise yourself by your own intensity this week. Your truest desires and deepest fears come to light, and you gain clarity in the process. Use it to decide what you really want and go for it with all your heart.

TAURUS (April 20-May 20): There is a balance now between getting lots of rest with particularly vivid dreams, and using your days to go for gold. A lovely development could have you celebrating the realization of a wish. Your dreams will reveal if you are on the right track.

GEMINI (May 21-June 20): Your friends are calling, and you are only too happy to respond. Spend some time connecting with the intention of supporting and inspiring each other. There is also a lovely career victory that finally comes through now that your dues have been paid.

CANCER (June 21-July 22): The hard earned victory is more important than the quick score. You have learned this recently and are now prepared for something bigger. A quick moment takes your message to the masses and has you soar towards your destiny.

LEO (July 23-Aug. 22): You find yourself pontificating and may even surprise yourself by how committed you are to what you believe. It's great to have values, but be mindful when preaching to the choir. Long-standing financial matters conclude. The resolution is more favorable than anticipated.

VIRGO (Aug. 23-Sept. 22): Are you ready for a change? Even if things seem much better than they have been in a while, you recognize the need for a shake up. The opportunity to secure a power deal has your emotions swell in gratitude. An alliance you thought was predictable brings you greater happiness.

LIBRA (Sept. 23-Oct. 22): You are more supported and loved than you have previously known. Even when partners challenge you, they can also bring out your best. You are gearing to make a big change to the patterns that interweave your day. Living in a way that demonstrates great care allows more love all around.

SCORPIO (Oct. 23-Nov. 21): Your health is in focus now. There is no major cause of concern. Any issues that come up are designed to point the way to how you can take better care of yourself. Place the greatest value on yourself. Your instincts are high and end the week feeling like you won the lottery.

SAGITTARIUS (Nov. 22-Dec. 21): Your sign is highly independent and prizes your freedom. Sometimes, the most insidious things can get in the way of true liberation. Where you have felt held back, you are prepared to be bold and state your emancipation. You are deeply changed by your declaration.

CAPRICORN (Dec. 22-Jan. 19): What matters most to you, in the privacy of your own soul, comes forward this week. You are drawn to contemplation. Take the break you want most. In the space of your own thoughts, you find clarity and make formerly allusive connections that create forward momentum.

AQUARIUS (Jan. 20-Feb. 18): You have uncovered bold talents. You might as well use them to your advantage. You master schmoozing now, and have the power to get needed allies on your side. You have been working very hard. Now, with a bit of a push, your income begins a significant upturn.

PISCES (Feb. 19-March 20): It's a big, beautiful, wonderful week. Events transpire that garner memories of a lifetime. You celebrate a new beginning, and it is brighter and bigger than you could have expected. Take a chance. The stars are on your side to make a miracle happen.



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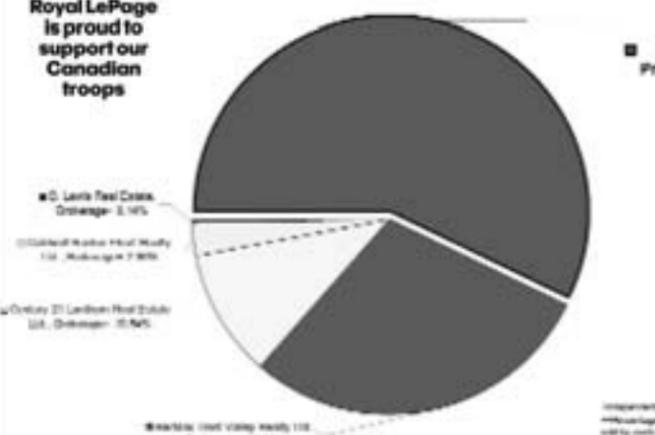
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- Our Trenton office is the closest real estate office in proximity to the Base
- Proud financial supporter of the National Air Force Museum of Canada
- Please visit our new display at the CANEX

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

GINGER & SHADOW BY BARRY CORBETT









Rules for Duffers

www.cartoonwebsite.com

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Stuff!

Copyright © 2005 E.L. Cheney



Support the United Way with these great events!

Some great events are being held here at 8 Wing/CFB Trenton. Partake in the enjoyment of having your friend arrested with 'Jail and Bail', of course after you have had your belly filled with the delicious Pizza/Pasta lunch! What a great way to work off your lunch other than playing some great games of hockey in the 4-on-4 tournament! All of these events go to a wonderful cause, helping out others in need. Let's all do our part!



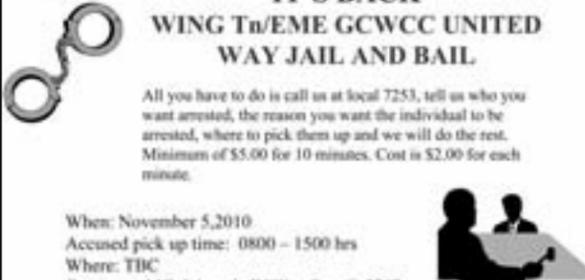
JAIL AND BAIL

IT'S BACK

WING Tn/EME GCWCC UNITED WAY JAIL AND BAIL

All you have to do is call us at local 7253, tell us who you want arrested, the reason you want the individual to be arrested, where to pick them up and we will do the rest. Minimum of \$5.00 for 10 minutes. Cost is \$2.00 for each minute.

When: November 5, 2010
 Accused pick up time: 0800 - 1500 hrs
 Where: TBC
 Contact: MCpl Angela WilliamSon @ 3342 if you have any questions



JAIL AND BAIL

Est de retour

Campagne de charité en milieu de travail du Gouvernement du Canada

Vous n'avez qu'à composer le numéro suivant: 7253. Donnez nous le nom de l'individu que vous désirez mettre en état d'arrêt ainsi que l'endroit ou il travaille et la raison de son arrestation. Nous nous chargerons du reste. Un don de 5\$ pour 10 minutes de détention ou de 2\$ par minute est obligatoire.

Quand: 5 novembre, 2010
 Durée de l'événement: 0800 - 1500 heures
 Personne en charge: Cplc Angela WilliamSon @ 3342 Pour toutes autres questions



8 Wing Trenton Food Services is Hosting PIZZA / PASTA LUNCH

01, 15, 29 October
 12, 26 November, 3 December

A serving of spaghetti, a piece of pizza, garlic bread, Caesar salad and a drink.

When: 11:00 - 13:00 hours
 Where: Yukon Galley (Cadet Dining Area)

Open to everyone
Cost: \$5.00 minimum donation at the door

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



Les Services d'Alimentation de la 8ème Escadre vous accueillent...

Dîner Pizza et Pâtes

01, 15, 29 Octobre,
 12, 26 Novembre, 03 Décembre.

Portion de spaghetti, pointe de pizza, pain à l'ail, salade César, et boisson

Quand: 11:00 - 13:00
Où: Cuisine Yukon Galley
 (salle à manger des cadets)
 Coût: cotisation minimale de 5 \$

Afin de soutenir: La Campagne de charité en milieu de travail du gouvernement du Canada & Centraide Canada - Quinte C'est ouvert à tous!!!



WO MIKE HAMILTON MEMORIAL 4 on 4 Hockey Tournament with Ben Ellis and Friends

25-26 Nov 10 Flyers Arena

8 Players + Goalie Max per team.

Proud to Salute

Those Who Serve

5 Games Guaranteed (based on 12 teams)
 Supported By Labatt Prizes & Awards
 20 Min Games

Limited Space - first come first serve basis
\$240 / Team
 All proceeds benefit the 8 Wg GCWCC Campaign.
 For detailed information / registration
 Contact: MCpl Stenning stenning_js@forces.gc.ca or loc 5026 or Bryan Pearce Loc 4110

CENTENNIAL COLLEGE

ENTREPRENEURSHIP TRAINING PROGRAM

Offered by Centennial College, Centre of Entrepreneurship

You want to start your own business but need guidance on how to do it. You have a great business concept but do not know how to make it a reality. The Centennial College Centre of Entrepreneurship can help you.

We are offering a six-month Entrepreneurship Training program (eight weeks of classroom and four months of one-on-one advising) in Trenton starting in October.

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

Military personnel may be eligible for Skills Completion Program or Vocational Rehabilitation Program funding.



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 58 Polaris Avenue Astra, ON

The future of learning
centennialcollege.ca

Showcase

Showcase



Op Podium Certificates

Front Row (L-R) WO A. Wade (D/TL), Cpl G. Chapman, Cpl A. Nemet, Sgt T. Kennedy, Sgt R. Morgan, MCpl N. Voyer, Cpl C. Byrne, MCpl K. Philip, MCpl J. Doucet, Capt R. Lizotte (Team Leader)

Back Row (L-R) MCpl R. Lyon, Cpl T. Vanasse, MCpl S. Brennan, MCpl A. Bartlette (hidden), MCpl A. Martin, MCpl S. Reid, MCpl A. Rylski, Sgt M. Castillo, Sgt K. Turriff, Cpl D. Carruthers, Sgt B. Pike



MCpl A. Bartlette

received a promotion to that rank, presented by CWO C. Campaigne and Maj C. Blue, CO 8ACCS.



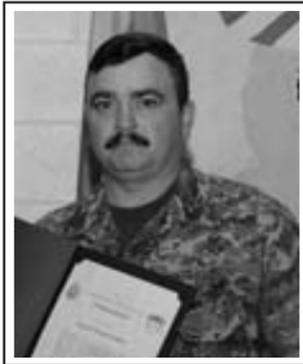
Sgt M. Castillo

received a promotion to that rank, presented by CWO C. Campaigne and Maj C. Blue, CO 8ACCS.



Sgt R. Morgan

received a promotion to that rank, presented by CWO C. Campaigne and Maj C. Blue, CO 8ACCS.



Sgt D. Walker

received the Joint Task Force Haïti Commendation, presented by Maj C. Blue, CO 8ACCS.



Cpl J. Calder

received the Joint Task Force Haïti Commendation, presented by Maj C. Blue, CO 8ACCS.



MCpl K. Philip

received the 10,000 radar approach certificate, presented by Maj C. Blue, CO 8ACCS.



Capt R. Lizotte

received AFOD III Certificate, presented by Maj C. Blue, CO 8ACCS.



MS E. Fontaine

received the Naval Centennial Certificate, presented by LCol J. Roy, CO 424 Sqn.



2Lt J.R. Lachapelle

received a promotion to that rank, presented by SCWO D. Gardner and LCol J. Roy, CO 424 Sqn.



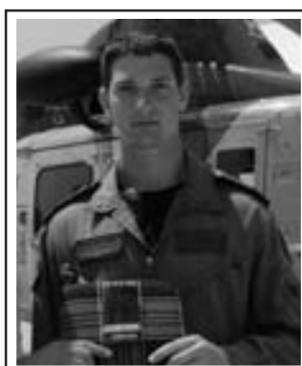
Sgt D. Robison

received a promotion to that rank, presented by SCWO D. Gardner and LCol J Roy, CO 424 Sqn.



WO S. Paul

received a promotion to that rank, presented by SCWO D. Gardner and LCol J. Roy, CO 424 Sqn.



2Lt K. Sawyer

received a promotion to that rank, presented by SCWO D. Gardner and LCol J. Roy, CO 424 Sqn.



Cpl K. Foster

receives a promotion to that rank, presented by Maj J.C.M. Lefebvre, OC Sup & Fds.

Congratulations! Félicitations!



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

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

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

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

Proceeds from the sale will go towards Children & Youth programs

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

Vente de consigne
 Présenté par le CRFM de Trenton
Le samedi 25 septembre 2010
10h à 14h
Au gymnase du RecPlex
 (apportez vos sacs s.v.p.)

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

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

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

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

Argent comptant seulement, pas de débit.

Partner's Away Wednesday Night
6 pm to 7:30pm
 Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.
 September 22nd, **Staging your home**
 September 29th, **Dinner Out**, please reserve ahead

Groupe Partenaires au loin,
le mercredi soir de 18 h à 19h30
 Le service de garde est disponible, toutefois vous devez réserver à l'avance pour que nous puissions prévoir suffisamment de gardiennes pour les enfants.
 22 septembre, **Staging votre maison**
 29 septembre, **Invitation à souper**, svp réservez à l'avance

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

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

2010 Military Family Day
 Hosted by the MFRC in partnership with 8 Wing Firefighters, Health Promotion, PSP and sponsored in part by SISIP
 Fun for all ages
Sunday, October 3rd, 11 am - 3 pm
Siskin Centre Info 613-965-3575

Free Food
Free activities:
 Pony Rides
 Climbing Wall
 Inflatable Structures
 Fortune tellers
 Petting Zoo
 Ring Toss etc...
 Entertainment
 Contest:

"8 Wing Got Talent"
 For youth & youth at heart.
 Advance or day of registrations

"La 8^e Escadre a du talent"
 Pour les jeunes & les jeunes de coeur.
 Inscription au préalable au le jour même

Bouffe gratuite
Activités gratuites:
 Tour de poney
 Mur d'escalade
 Structures gonflables
 Diseuses de bonnes aventures
 Zoo pour enfants
 Lancer de l'anneau, etc...
 Divertissement
 Concours:

Journée pour familles militaires
 présenté par le CRFM en partenariat avec les pompiers de la 8^e Escadre, Promotion de la santé, PSP et parrainé en partie par SISIP
 Du plaisir pour tous les âges
le dimanche 3 octobre de 11h à 15h
Centre Siskin Info 613-965-3575

To know more about Military Discount Program, please visit the MFRC website!!!

If you know of any businesses offering discount to the military, tell them about this program or tell us about them. Thank you!

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

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

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

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

Please... S.V.P.

We play here On joue ici

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

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613-962-3235



Home of the Week



Perfect Fall Do It Yourself Projects

(NC)—As the weather cools down, fall is the perfect time to tackle all those indoor projects that were put off over the summer. Keep your house or condo on trend this season without breaking the bank with a few quick and easy DIY projects.

Refurbish wooden furniture

Spruce up a coffee table, refinish a wardrobe or breathe new life into tired cabinets with a simple to apply stain, like Varathane premium foam stain that is easy to use and avoids messes created by traditional stain products. The non-drip foam stain is thick like whipped cream and can be applied vertically by rubbing onto the surface with a cloth. Be sure to sand and clean the surface thoroughly before applying. The stain is available in popular fall colours like dark walnut and golden pecan.

Spice up accessories

Create a whole new look in your living

spaces by changing the colours of key accessories like vases, mirror frames or even a bookcase. Pick bold, trendy colours like plum or navy blue and choose a no-fuss spray paint like Painter's Touch to ensure a smooth and vibrant finish on any surface.

Create a feature wall

Changing the colour of one wall in a room can change the entire look of the space. Whether you choose to paint or wallpaper, look for dramatic colours or patterns to create an eye-catching look.

Protect your floors

Keep your hardwood floors protected from the wear and tear of every day foot traffic with a protective floor finish like Nano Defence by Varathane. Easy to apply, virtually odourless and clear, this product is a fast-drying floor finish that helps to protect your floors for years to come.

Thank You Belleville, Quinte, "The County" & Eastern Ontario.

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Home of the Week

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Plans for design 7-4-978 are available for \$731 (set of 5), \$820 (set of 8) and \$875 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$50.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T. (where applicable) to both the plan price and Priority charges. Our 42ND Edition of the Home Plan Catalogue containing over 300 plans is available for \$3.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:

HOME PLAN OF THE WEEK
c/o. The Contact
Unit 7, 15243 91 Avenue, Surrey, B.C. V3R 8P8

Or see our web page order form on: www.jenish.com and e-mail your order to: homeplans@jenish.com

CASUAL ELEGANCE Plan Number 7-4-978

The exterior of this four-bedroom family home, with its spacious veranda and many gables, exudes a casual elegance that will complement any neighbourhood. At the heart of this home is the spacious open-plan great-room complex, which opens out through french doors to a large patio overlooking the back garden.

An extra-deep window sill over the kitchen sink provides both a view of the back garden and a place to display collectibles or potted plants. A raised eating bar separates the dining and cooking areas. A built-in buffet in the dining room creates extra serving space, while the kitchen pantry provides always-welcome storage.

Immediately to the right of the foyer, reached through a covered entry, is a den. Also on the main floor are a two-piece powder room and a laundry room, as well as a coat closet and storage space. Above the U-shaped staircase to the second-floor has a sloping ceiling. As well as the bedrooms, this floor includes a large media room with sloping ceilings located over the garage.

The master bedroom overlooks the back garden. The ensuite includes a soaker tub as well as a shower stall. Double basins will ease the morning rush hour. The walk-in closet is spacious enough for even the most fashion-conscious couple's clothing and accessories. The three secondary bedrooms share a bathroom with double sinks and a linen closet.

Exterior finishes include horizontal siding, stone-based wooden pilasters, partly mullioned windows and stone accents flanking the garage door.

This home measures 41 feet wide and 48 feet deep, for a total of 2,492 square feet of living space. An optional basement plan is available.

RENOVATIONS ADDITIONS & NEW CONSTRUCTION

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X3976



Planned base wide power outage

As part of the Electrical Feeder Upgrade project, there will be a base wide power shutdown required to add equipment to the substation.

The planned shutdown will be on: Sunday, September 26, 0800 to 2000 hrs. The scheduled rain date will be

October 02 if necessary.

The start time is fixed, but the end time may vary, depending on the work progress.

Facilities to the west of RCAF Road will not be affected.

OPI: Harry Maroney, local 2915

Panne d'électricité prévue à la base

L'électricité sera arrêté à travers la 8e Escadre afin d'effectuer des changements à la sous-station dans le cadre du projet de modernisation du système d'alimentation électrique.

L'arrêt aura lieu: Le dimanche, 26 septembre de 8h00 à 20h00

(En cas de pluie, si nécessaire: Le 2 octobre). Le travail débutera sans faute à 8h00, par contre l'heure de la fin dépendra du progrès des travaux.

L'infrastructure à l'ouest de RCAF Rd ne sera pas affecté.

BPR: Harry Maroney, poste 2915)

WRITE TO THE TROOPS MORALE BY MESSAGE BOARD!

The men and women of the Canadian Forces have demonstrated time and again that they will rise to any challenge. Let your Canadian Forces members know you appreciate their service by sending a message using the monitored message board available at forces.gc.ca/site/commun/message/index-eng.asp

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

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

ÉCRIVEZ AUX MILITAIRES LE MORAL PAR BABILLARD ÉLECTRONIQUE!

Les hommes et les femmes des Forces canadiennes ont démontré maintes et maintes fois qu'ils sont à la hauteur de tout défi. Faites savoir aux membres des Forces canadiennes que vous appréciez leur service en leur envoyant un message à partir de ce babillard électronique surveillé. forces.gc.ca/site/commun/message/message-add-ajout-fra.asp

Le service de courrier d'encouragement vise à permettre à la famille et aux amis des militaires affectés à une opération déployée des FC de leur envoyer gratuitement des produits de réconfort, plutôt que d'avoir recours à la Société canadienne des postes.

Le courrier d'encouragement peut être déposé au Centre de ressources des familles des militaires de la base ou de l'escadre, salle du courrier ou Bureau de poste militaire.

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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.

Call 613-392-5756 for more information
www.clubmeddbowl.com

Enjoy bowling birthday...reck n' bowl public bowling, with LLBO

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TRENTON Military Family Resource Centre



MFRC-EVENTS & INFORMATION

2010 Military Family Day

Hosted by the MFRC in partnership with 8 Wing Firefighters, Health Promotion, PSP and sponsored in part by SISIP

Fun for all ages
Sunday, October 3rd, 11 am - 3 pm
Siskin Centre



POPS & TOTS
Bilingual Drop In Play Group
Every Thursday 5pm-7pm
Children ages 0-6
Free supper provided
Register at MFRC - 613-965-2442

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



Game Vouchers available at MFRC Reception

\$13.00 under 12 - \$8.75

"Partner's Away" Wednesday Night Out 6-8pm
Please call ahead to reserve Eve: 965-3595 or Kelly: ext. 4532



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



CFRM-Événements et Information

Journée pour familles militaires

présenté par le CFRM en partenariat avec les pompiers de la 8e Escadre, Promotion de la santé, PSP et parrainé en partie par SISIP

Du plaisir pour tous les âges
le dimanche 3 octobre de 11h à 15h
Centre Siskin

Pour les papas et les bambins

Groupe de jeux bilingue
Tous les jeudis 17h-19h
Les enfants 0-6ans
Souper gratuit
Inscrivez au CFRM - 613-965-2442



Groupe pour femmes



Chaque 2e mardi 10:00am-12:00pm
Au annexe du CFRM - 9 Namao
Premier rendez-vous - le 28 septembre

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

Pour plus d'info: [Christa Zappitelli](mailto:Christa.Zappitelli@eogeco.net) czappitelli@eogeco.net 613-955-0902

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



"Conjoint au loin" Sortie du mercredi 18h à 20h
Réserver à l'avance Eve: 965-3595 ou Kelly: poste 4532



Pour information additionnelle
www.TrentonMFRC.CFBTrenton.com
Contactez: Jaimie Corriveau 613-955-8711



Classifieds

Classified

For Classified Information Call
613-392-2811 ext: 3976

business • for sale • wanted • equipment • automobiles • child care • for rent • employment

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MASSAGE
Silver Star Studio
Licensed Oriental Massage
Relaxing Shiatsu
Massage
Open Daily 9am - 9pm
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Across from Quinte Hotel
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NEW & USED REFRIGERATORS
Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees.
Fridges \$100 and up
NEW APPLIANCES
at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from
PAYS CASH
for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices.
Open 7 days a week & evenings. We deliver. We like Base people.
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Comfortline - power group, cruise, air conditioning, panoramic sunroof, balance of factory warranty, finance from 0% (36 months) new car rates apply.
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* On Selected Units
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Mon-Thurs 9am-8pm
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2 bedroom apts. from \$750
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\$925/mth + utils.
1st & last req'd, no pets, no smoking. Available Nov. 1st. 613-962-9883

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3 Mark Crescent, Trenton
Large one bedroom with a den. Bright, spacious, apartments in a quiet neighbourhood of quality homes in Trenton's desirable west end, close to schools and shopping & downtown. Easy highway access and only 10 minutes to CFB Trenton. Well maintained with on-site parking, laundry and a huge yard. Heat & utilities included.
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Beautiful house in Presqu'ile Provincial Park. 2 bedrooms, dream kitchen (IKEA), 7 appliances, hardwood floors. Heating, hot water heater and cooking all with propane. Own well (no chlorine) septic. 2 car parking, small fenced area in the back yard. 2 balcony's and 2 decks. If you are interested in wild life, cross country skiing, swimming, walking, bird watching and fishing then this is the place to be. Need first and last months rent. Work and Bank references required. \$1200/month plus propane & hydro
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10 min. east of CFB Trenton
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No smoking or pets, \$775.00/mo + utilities
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Crossword Answers

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



Improve home resale value with a kitchen reno

(NC)—As more and more homes are being listed for sale in the Canadian real estate market, you may be worried about how your home will stand out in a crowd. If you're waiting for the selling frenzy to die down, that doesn't mean you can't build up the value of your home. Upgrading or renovating key focal points of your house, such as the front entrance, kitchen or bathroom, will ensure that your house puts its best face forward for potential buyers and will provide the best return on investment for your renovation costs.

"There are certain areas of the home that potential buyers focus on, especially areas where they picture their family spending a lot of time," says David Flood, insulation expert at Owens Corning. "Homeowners thinking about selling in the near future want to make sure an area that is front and centre, like a kitchen, is buyer-ready, including adequate insulation, replenished caulking and accents in friendly, neutral tones."

After all, a buyer-ready kitchen doesn't need all brand new appliances; a simple renovation like upgrading kitchen wall insulation will make sure your dining area is warm, comfy and appealing. Replenishing your kitchen insulation with PINK™ FIBERGLAS® insulation will keep your kitchen warm in the winter for family get-togethers. Additionally, QuietZone® acoustic batts will help prevent noisy din-

ners from reaching bedrooms. These vital foundation elements will help make your home cozy, inviting and energy-efficient, cutting back on rising energy bills as the weather cools down.

Even better, PINK™ FIBERGLAS® insulation is made with over 70 per cent** recycled content, the highest in the industry. Completing your home renovation project with eco-friendly materials for more sustainable living is just another reason why home improvements can help increase the resale value of your home.

Government grants are available for energy-efficient renovations, helping to reduce the cost of renovation projects for homeowners. Federal and provincial governments, as well as some energy utilities, offer funding for homeowners who complete energy efficient renovations.

More information on grants and incentives can be found online at www.showmethethegreen.ca. More information about what type of insulation you need is available at www.owenscorning.ca.

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

*** Over 70%* recycled content, based on the average recycled glass content in all Owens Corning fibreglass batts, rolls and unbonded loose fill insulation manufactured in Canada. The colour PINK is a registered trademark of Owens Corning ©2010 Owens Corning. All Rights Reserved.*

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Dir: South of the Village of Wooler.
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8 Lakeview Heights, Brighton
Panoramic View Of Lake Ontario. Hardwood floors on main floor, granite countertops, main floor family room has vaulted ceiling with gas fireplace & granite hearth, heated inground pool, hot tub, professionally landscaped. A "one of a kind" quality home a must see. \$349,900 MLS# 2103341

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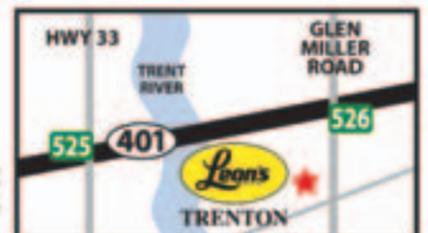


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