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More Than a Building Dedication: The Overdue Recognition of an Air Force Legend

Photo: Anne Pennington, CFAWC



Lieutenant General André Deschamps, Chief of the Air Staff, congratulates and thanks Mr. Doug Annis following the unveiling of a plaque to commemorate the dedication of the CFAWC building in honour of Air Marshal Clare L. Annis, O.B.E., CD. The dedication ceremony was held in Trenton, ON, on Friday, Sept 17th.

By Major Isabelle Robitaille
CFAWC

On Friday September 17, Lieutenant-General (LGen) André Deschamps, Chief of the Air Staff, officially dedicated the new Canadian Forces Aerospace Warfare Centre (CFAWC) building in honour of Air Marshal (AM) Clare L. Annis, O.B.E., CD in front of a small, but important gathering of members of the Annis family and of military and civilian members.

As the commemorative plaque was being unveiled, all in attendance were that much more aware and touched by the event they were witnessing, having had the privilege moments prior to hear Mr. Doug Annis, eldest son of AM Annis, candidly, honestly and with obvious love and respect talk about the man who was being honoured on that very special day.

Mr. Annis, a retired officer himself, spoke on behalf of his two brothers and entire extended family. He shared tales of multiple moves, heated debates, and of great respect for a man who he says truly portrayed the characteristic of a senior officer both on and off duty. A bright, dedicated man, who used his vast experiences, be it

what he had learned in operations during World War II or through his various positions of Command, as the foundation of his recommendations to ensure the continuous development of the Air Force.

This portrayal of AM Annis had been previously echoed by LGen Deschamps, who pointed out to all in attendance that although AM Annis may not have been well-known to Canadians, he was truly a legend in Air Force circles. "Air Marshal Annis was a Canadian hero," he said, "a visionary and thinker who came by his passion for Air Force doctrine honestly."

During the ceremony, LGen Deschamps took the opportunity to also recognize and thank CFAWC Honorary Colonel (HCol), Christopher Terry, for taking the initiative to invite several former Commanders of Air Command – including General Paul Manson, LGen Bill Carr and LGen Larry Ashley – to get together informally and identify AM Annis as the perfect fit to be associated with this unit through this building dedication. "At a time in our society where everything seems focused on the here and now, and corporate memory is sometimes short, I am heartened to see that in the Air Force we still

Cont'd on page 2

Ceremony Marks the 70th Anniversary of the Battle of Britain

By: Capt Jennifer Jones
With files from: Joanna Calder and Holly Bridges

A contingent of 32 Canadian Forces members from 8 Wing/CFB Trenton gathered at 413 Wing on Sunday, September 19 to commemorate the 70th Anniversary of the Battle of Britain.

From July to October 1940: the Royal Air Force fended off four months of concentrated air attacks by the Nazi Luftwaffe. By the end of October, the British airmen had successfully maintained air control over southeast England and the English Channel, and dashed Hitler's goal of invading Great Britain forever. Although aerial attacks on London and other cities by bombers and by V-1 and V-2 rockets continued throughout the war, they were aimed at breaking the morale of the British people rather than preparing for an all-out invasion. More than 100 Canadian pilots fought in the Battle

of Britain, and many more worked long hard hours as ground crew, keeping the pilots and their planes flying. A Royal Canadian Air Force squadron – No. 1 (Canadian) Squadron (now known as 401 Squadron) – fought with their British comrades. Many other Canadians were members of Royal Air Force squadrons, including one squadron that contained so many Canadians that it was known as 242 "All-Canadian" Squadron.

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton was the Reviewing Officer for the brief but poignant Trenton ceremony. At the close of the ceremony bugler played the traditional last post and a minute of silence and piper's lament followed as those in attendance took the time to remember those heroic individuals who helped coin the famous phrase: "Never was so much owed by so many to so few," first uttered by Winston Churchill in August 1940.

More photos on page 6



Photo: Capt Jennifer Jones, Public Affairs

Captain Brad Wood of 426 Squadron and members of the 8 Wing contingent at 413 Wing's annual Battle of Britain Parade, bow their heads in prayer to remember the brave men and women who fought in the famous air campaign.



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Cont'd from pg 1 : Recognition of an Air Force Legend



Photo: MCpl L. Geneau, 8 Wing Imaging

Dignitaries in attendance cut the cake at the CFAWC building dedication. (L-R) Colonel Derek Joyce, Lieutenant-General André Deschamps, Mr. Doug Annis and Brigadier-General Rick Pitre.

have people who know enough, remember enough and care enough, to honour those who came before us in perpetuity" he said as everyone in attendance nodded in agreement.

Col Derek Joyce, Commanding Officer CFAWC echoed LGen Deschamps' view of Air Marshal Annis as a true visionary. He mentioned how Air Marshal Annis' way

of thinking was still relevant today and is completely in line with the Canadian Forces Aerospace Warfare Centre's mission of ensuring the evolution of Canadian Aerospace Power.

This is actually why, Col. Joyce said, that he truly believes that his unit could not have hoped to find a better person to dedicate its new

building to. "Air Marshall Annis was selected not only in recognition of his exemplary career achievement as an RCAF officer," he said, "but mainly in light of his strong beliefs in the need for the Air Force to prepare for the future". Col Joyce added that Air Marshall Annis' understanding decades ago of the importance to focus not only on Air Force-specific requirements, but also on the need to operate in a Joint environment were completely aligned with what CFAWC strives to achieve today: a strong, innovative Air Force within a Joint CF environment.

Overall, the Air Marshal Clare L. Annis Building Dedication ceremony is one that will be remembered by all in attendance for years to come not only as a very personal, emotion-filled event, but also as an historical day. Indeed, a special day where the Air Force pledged to continue to realize Air Marshall Annis' vision of a better prepared Air Force for the future and one that will forever mark the long overdue recognition of a great man by his own, in front of his own.



Photo: Submitted

Portrait of Air Marshal Clare L. Annis, O.B.E., CD.



Photo: MCpl L. Geneau, 8 Wing Imaging

Lieutenant General André Deschamps, Chief of the Air Staff, presents a letter from the Minister of National Defence to Mr. Doug Annis.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Welcome to Wing Supply Clothing Stores 2.0

In order to provide an increased level of service to 8 Wing personnel, Clothing Stores has been redesigned. The new counter will enable staff to serve customers in a more efficient manner.

Clothing Stores normal hours of operation are: Monday to Thursday 09:00 - 15:00hrs and Fridays 08:00 - 12:00hrs. We provide services to Cadets, Reserves and Regular Force members of the Army, Navy and Air Force. Consisting of 12 personnel, 5 military and 7 civilian, the Section serves both the daily requirements and the short notice emergencies that are often seen with deploying forces. Clothing Stores is located on the main floor of Bldg 162 at 46 Portage Dr and is accessed via the centre south door. We also have a tailor shop consisting of one experienced and dedicated seamstress who ensures proper fitting, alterations, sewing on of rank, insignia, etc. The tailor shop is open Monday to Friday 08:00 to 15:00hrs.

Please refer to the Wing Supply website for additional information:
http://trenton.mil.ca/8WingUnitsLogisticsEngineering/WSUP/clot_eng.asp

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SAREX 2010 is Under Way in Whitehorse

By: Capt. Alex Cadieux
SAREX 2010 Public
Affairs

For the first time ever, the National Search and Rescue Exercise (SAREX) is being held in Whitehorse, Yukon, from 20 to 25 September 2010. This major exercise, organized by 19 Wing Comox B.C., involves Canadian Forces search and rescue aircraft and roughly 200 personnel from across the country in a week of training and competition.

“Each year, search and rescue personnel save hundreds of lives across Canada,” said the Honourable Peter MacKay, Minister of National Defence. “With exercises like these, we ensure the Canadian search and rescue system works and that it enhances our ability to perform from coast to coast, especially in remote areas such as the Canadian North, where other forms of help are not necessarily readily available.”

“Exercising SAR techniques and procedures is a daily occurrence for all Canadian

Forces SAR units,” said Colonel Michel Lalumière, 19 Wing Commander. “But the National SAREX is crucial for search and rescue practitioners to standardize and evaluate SAR procedures. It is also a chance to conduct large-scale SAR scenarios, this year for the first time in a strategic location: the Canadian North.”

The National SAREX also provides a unique opportunity for Canadian Forces SAR units to work with regional and local SAR and emergency organizations.

“The Canadian SAR system relies on our ability to work efficiently with organizations outside of the Canadian Forces,” said Col Lalumière. “The SAREX will strengthen our relationship with the Yukon Emergency Measures Organization, the regional Civil Air Search and Rescue Association and our American partners, enhancing our capability to conduct search and rescue operations in that region.”

Among the participants will be some of the Canada’s most elite air-

men and airwomen: search and rescue technicians, commonly known as “SAR techs”. They are trained in advanced trauma life-support, land and sea survival, and specialized rescue techniques, including Arctic rescue, parachuting, diving, mountain-climbing and rappelling.

This year SAREX will include the participation from SAR units from the United States Coast Guard from Alaska, the United States Air Force from Florida and Oregon, and a group of observers from Europe.

For more information, visit the SAREX 2010 website at <http://www.airforce.force.gc.ca/sarex/>



Photo: Canadian Forces Combat Camera
A Search and Rescue Technician coasts in on his parachute during the jump accuracy competition at SAREX 2010 in Whitehorse.

SAREX 2010 Débute à Whitehorse

Par le capt Alex Cadieux
Affaires publiques SAREX
2010

Pour la première fois, l'exercice national de recherche et de sauvetage (SAREX) se tient à Whitehorse (Yukon), du 20 au 25 septembre 2010. Cet exercice d'envergure, organisé par la 19e Escadre Comox (Colombie-Britannique), impliquera la participation d'aéronefs de recherche et de sauvetage des Forces canadiennes et de quelque 200 militaires de tous les coins du pays, qui participeront à une semaine d'entraînement et de compétition.

« Chaque année, ces hommes et ces femmes sauvent des centaines de vies à l'échelle du pays », a déclaré l'honorable Peter MacKay, ministre de la Défense nationale. « Grâce à ce type

d'exercice, nous assurons l'efficacité du système canadien de recherche et de sauvetage (SAR) et nous améliorons notre capacité d'intervention d'un océan à l'autre, surtout dans les régions éloignées, notamment dans le Nord canadien, là où d'autres formes d'aide ne sont pas nécessairement disponibles rapidement. »

« La mise en pratique des techniques et procédures SAR fait partie du quotidien de toutes les unités SAR des Forces canadiennes », a expliqué le colonel Michel Lalumière, commandant de la 19e Escadre. « Toutefois, le SAREX est essentiel, car il permet aux spécialistes de la recherche et du sauvetage de normaliser et d'évaluer leurs procédures. Il leur donne également la possibilité de mettre en œuvre un scénario SAR à grande échelle et, pour la première fois cette année, il se déroulera dans un endroit stratégique : le Nord canadien. »

Par ailleurs, le SAREX national représente une occasion unique pour les unités SAR des Forces canadiennes de travailler avec les organismes régionaux et locaux chargés de recherche et de sauvetage et des secours.

« Le système SAR canadien dépend de notre capacité à collaborer efficacement avec des organismes qui ne sont pas intégrés aux Forces

canadiennes », souligne le col Lalumière. « Le SAREX favorisera le renforcement de nos relations avec l'Organisation des mesures d'urgence du Yukon, l'Association civile de recherche et de sauvetage aériens de la région et nos partenaires américains, et contribuera ainsi à l'amélioration de notre capacité à mener des opérations de recherche et de sauvetage dans la région. »

On comptera parmi les participants certains des membres les plus reconnus de l'aviation, à savoir les techniciens en recherche et en sauvetage, mieux connus sous le nom de « Tech SAR ». Ils ont suivi un entraînement sur les soins avancés de réanimation traumatologique, sur la survie sur terre et en mer ainsi que sur les techniques spécialisées de sauvetage, notamment le sauvetage dans l'Arctique, le parachutisme, la plongée, l'alpinisme et la descente en rappel.

Cette année, des unités SAR de la Garde côtière américaine de l'Alaska et de la Force aérienne des États Unis de la Floride et de l'Oregon ainsi qu'un groupe d'observateurs d'Europe participeront au SAREX.

Pour en savoir plus, rendez vous sur le site Web du SAREX 2010, à <http://www.forceaerienne.forces.gc.ca/sarex/index-fra.asp>

Search & Rescue Update



Submitted by: Warrant Officer Keith Ball
424 Squadron Operations

424 Squadron had three callouts this past week. The CC130 Hercules and CH146 Griffon were first up, tasked to look for three persons in the water (PIW) near Oswego, NY. Both crews searched their assigned areas but were stood down when the PIW's were located 16 miles south.

Next mission was for the CC130, asked to investigate a PLB (personal locator beacon) 30 miles West of Wawa, Ont. The “Herc” crew honed in on the signal and found one person in a kayak and another in the water holding on to a kayak. The position was relayed to a US Coast Guard helicopter who had joined the search. When the helo arrived, the persons were hoisted on board and taken to Wawa.

The next tasking was again for the Hercules. They were sent to a point five miles South of Toronto Island to investigate reports of a vessel on fire. When they arrived on scene, they could find no one in distress. The crew released and continued with their training day.

Until Next Week Stay Safe

Missions for 2010: 152 Missions for Sept: 8 Persons rescued: 11

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- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
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- Please label all disks and hard copies with article name, contact person and phone numbers, date.
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Letter of Thanks

From the United Way Committee
 The Wing Commander's Annual Charity Golf Tournament has once again proven to be a success. With 129 participants this year approximately \$11,563.00 has been raised.

As organizer I would like to thank all the volunteers and sponsors that have supported this golf tournament from 2002 to present date. Special thanks to our main sponsors, Loraday Environmental, Snap On Industrial, Labatt's, Wilson Sports, Waterford Wedgewood & Royal Doulton, Ping Canada and RBC Mobile Mortgage Specialist T. Legault-Davies for the \$10,000.00 hole-in-one. Donations for prizes and hole Sponsors have been provided by the following corporations in the surrounding area, Stak Fitness, Tomasso's Restaurant, Golden Valley Restaurant, Four Season Sports, Sysco, Simcoe Office, Advantage Fitness, Wolesey, Alpine Hotel, Continental Fitness, Frost Automotive, Twin City Rentals, Lansing Express, Tim Hortons Cobourg, Airborne System Canada, Grand & Toy, Staples Advatage, Timberwolf Gallery, Gymcon, Clearwater Design. Swish, Allstate Axis Pharmacy Oshawa, Phazar Electric, Bird Construction, Dufferin Construction, Peak Construction, MKR Cabinets, State Farm C Webb Herrington Automotive, Marchants Sports, Rexall Pharmacy, NAPA, Xerox, MJ Express, CEP Local 975 ERB Transport, H.D. Rolf the Jeweller and Eldorado Investments.

Without the continuous support of these sponsors this event would not be the success it has proven to be over the years. Volunteers are valued and appreciated to help an ongoing cause and without them this event would not be possible. We thank the following: Marsha Hilts, Tracey Blair, Capt Doan, WO Du-Perre, Lt Riutta, WO Riutta, Dave Butt and Tony Moreau. Finally thanks to all those who have donated their time in the organization, preparation, and contributions in support of the 2010 Wing Commander's Annual Golf Tournament.

It is with mixed emotions that I am retiring and moving on to the next stage of my life venture as I pass on the torch to Darrin Whaley.

I would like to take this opportunity to thank all of 8 Wing/CFB Trenton for their continuous support in regards to the Wing Commander's Charity Golf Tournament and for every day of my military and civilian career. I salute all those who I have had the pleasure of serving and serving with.

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From Far and Wide

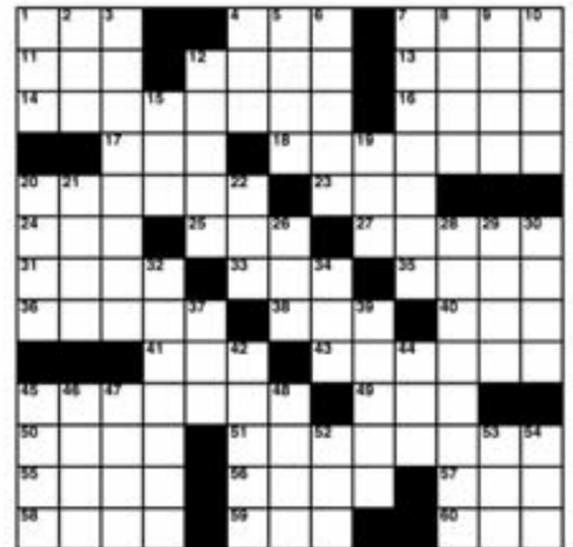
By Bernice Rosella and James Kilner

ACROSS

- 1 Mornings, for short
- 4 Find fault
- 7 If not
- 11 Mary _____, Ronnie Hawkins hit
- 12 Stretched auto
- 13 Isn't well
- 14 Cockney
- 16 Car part
- 17 Calendar ref.
- 18 Enactment
- 20 Elephant driver
- 23 Colour
- 24 Caliph
- 25 Foxy
- 27 Classify
- 31 Alley
- 33 Corp. big wig
- 35 Young or Lumsden
- 36 Security interests
- 38 Arbitrageur, abbr.
- 40 Roll, in a way
- 41 The _____ Arctic (our near north)
- 43 Niagara region, Our _____ Belt
- 45 Environment
- 49 Rent
- 50 Eye part
- 51 Manitoba, Our _____ Province,
- 55 Shekels
- 56 Ancient Greek city
- 57 Contested an election
- 58 Ballard and Innis, familiarly
- 59 Japanese monetary unit
- 60 Resort

DOWN

- 1 Each
- 2 Cow call



- 3 British Columbia's _____ Coast
- 4 Peg
- 5 Souls to Serge
- 6 Our great white _____
- 7 Quebec's _____ Townships
- 8 Stead
- 9 Luth
- 10 This, to Miguel
- 12 _____ Land (British Columbia's Fraser delta)
- 15 Religious belief
- 19 Calendar mo.
- 20 Shopping Centre
- 21 Jai _____
- 22 RN's offering
- 26 _____ verily

- 28 Ventilators
- 29 Liberal leader
- 30 Mediterranean Island
- 32 Joins up
- 34 Sphere
- 37 Boozer
- 39 Modelling material
- 42 Vigils
- 44 Fisher's equipment
- 45 The _____ Arctic (Our far North)
- 46 Region
- 47 Tab
- 48 Prefix for phone or post
- 52 Urge
- 53 Siesta
- 54 Bambi's aunt

See Answers, Page 22



This Week in Contact

1980 – CFB Trenton remembers “The Few” – Sunday 21 September saw over 400 personnel from CFB Trenton on parade in commemoration of the Battle of Britain. The ceremonies commenced in Trenton's Centennial Park. A vigil of Royal Canadian Air Cadets from 173 Trenton Squadron was mounted at the Cenotaph under the command of WO2 S Wilkinson.

1990 – Coping With Family Life – Everybody knew the people in the corner house. Not because it was a fancy place. On the contrary, it was a small home and they lived quietly. Husband and wife both held full time jobs, and the kids pitched in on Saturdays to make ends meet. What made them a memorable family? LAUGHTER! As you walked by their front door, you could hear their joy at being together.

2000 – 8 Wind pilot receives peacekeeping medal – Captain Ghyslain Bergeron, was one of eighty people awarded the Canadian Peacekeeping Service Medal (CPSM) 6 September by Her Excellency The Governor General of Canada at an inaugural ceremony in Ottawa.

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



8 Wing Welcomes Channel Islands C-130J Crew to Trenton

By Capt Carl MacDonald
436 Transport Squadron

Over the course of the last two years, 436 Squadron (Sqn) has achieved the monumental task of maintaining legacy CC-130 Hercules missions in support of operations in Afghanistan while making the important transition to the C-130J fleet, but these ongoing accomplishments are only possible thanks to the ongoing commitment of our American counterparts.

436 Sqn has been very fortunate to have made many acquaintances in the United States military, in particular in the men and women of the 115th Airlift Squadron based out of the 146th Airlift Wing at Channel Islands Air National Guard (ANG) Station, California.

Since April 2009, both air and ground crew from 436 Sqn have been conducting currency training with this Sqn following completion of their initial training in Little Rock, Arkansas.

"This group of dedicated reservists have been instrumental in helping our crews remain current on the C-130J as well as helping us gain valuable experience while we develop our own procedures," said Lieutenant Colonel (LCol) Colin Keiver, Commanding Officer, 436 Sqn. "The 115th experienced the same transition from H model to J model CC-130 Hercules aircraft years ago so their first hand accounts of what is involved in making such a transition are invaluable to us."

Earlier this summer, some senior staff members of 8 Wing/CFB Trenton and 436 Sqn had the opportunity to visit the 115th tactical airlift and fire-



Photo: MCpl James Carrey, 8 Wing Imaging

Members of the 115th Airlift Squadron (146th Airlift Wing), Channel Islands Air National Guard Station, California gather with Col Dave Cochrane, Commander, 8 Wing Trenton and members of 436 Sqn for a group photo in front of a Canadian CC-130J and American C-130J Hercules aircraft.

fighting Sqn in California, taking advantage of the opportunity to see their facilities and how they conduct their own operations.

During that visit Colonel Cochrane extended the invitation to the Operations Group Commander, United States Air Force (USAF) Colonel Gregory Jones, to come view the progress we had made in our program, an offer he promptly accepted on behalf of his unit. True to their word, on Sept 16, 8 Wing proudly hosted a 10-member crew from Channel Islands for

a whirlwind four-day tour of 436 Sqn and the local area. Just off the plane after an eight hour flight, U.S. ANG members smiled as they were warmly welcomed by members of 436 Sqn at a social event held in their honour at the WO & Sgt's mess.

The following day the Sqns flew a joint mission in the 8 Wing tactical training area which left them impressed with the vastness of our airspace which allows 8 Wing to conduct very realistic training.

Following the flight, Col (USAF)

Jones presented Col Cochrane with a gift from his unit, expressing his wishes to continue this ongoing friendship.

As many crewmembers were visiting Canada for the first time, many took advantage of their time here to take in some of the local history and culture, touring Kingston and Toronto. The crew returned home after a whirlwind four days.

"We hope to see them again soon and continue this important camaraderie and exchange of ideas," added LCol Keiver.

Burma Theatre Exhibit Dedicated at the Canadian Warplane Heritage Museum

Colonel Dave Cochrane, Commander 8 Wing/CFB Trenton, 8 Wing Chief Warrant Officer Kevin West and members of 436 Sqn were invited to the Canadian Warplane Heritage Museum in Hamilton, Ont. on Sept. 12 for the dedication of the Burma Theatre, a new exhibit that aims to tell the story of 436 and 435 Squadron aircrew participation in World War II's Burma Campaign, commonly referred to as the "Forgotten War."



Colonel Dave Cochrane (left), Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer, tour the Burma exhibit at the Canadian Warplane Heritage Museum.



Photos: Cpl Drew Deics, 8 Wing Imaging

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, addresses the audience during the opening of the Burma exhibit.

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Cont'd from Pg 1: Battle of Britain Anniversary



Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton and Reviewing Officer for the Battle of Britain parade, accepts the general salute from the parade commander, Mr. Tommy Thomas.



In his capacity as Reviewing Officer at the 413 Wing Battle of Britain Parade, Colonel Dave Cochrane salutes the parade during the ceremonial march past.



Photos by: Capt Jennifer Jones, Public Affairs

Padre Sid Horne from 413 Wing reads the famous Pilot Officer Gillespie Magee poem "High Flight" during the 70th Anniversary ceremony of the Battle of Britain.



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Stroller-fitness

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 (45 minutes) Tuesdays and Thursdays from 11 to 11:45 am starting from the RecPlex September 21 to November 4 (7 weeks) \$42 military community \$56 general public Drop-in fee space permitting \$4 for military community with ID \$5 for general public.

New: Tai Chi

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

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

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

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

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

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

Cardio and Strength

Cardio and strength takes 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.

Yoga classes

This class involves the synchronization of breath with a progressive series of postures and stretches. In this relaxed atmosphere, these postures lead to an improved circulation and a strong, yet relaxed body and mind. Enjoy a few moments for yourself.

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

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

Drop-in fee option available, space permitting, at a cost of \$4 for military community members with ID, and \$5 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 from 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.

Evening Aquafit: RecPlex

Tuesdays & Thursdays Tuesday September 28 Thursday December 2 (10 weeks) 7:00 – 8:00 pm *deep water class in main pool *Participants will wear a buoyant belt and do not need to know how to swim. \$50 military community \$60, general public, drop-in fee (space permitting) \$4/class military community with ID \$5/class general public.

Morning Aquafit: RecPlex

Mondays, Wednesdays, Fridays - Monday Sept 27 – Friday Dec 17 (no classes Monday October 11 for Thanksgiving) (12 weeks)

2 Classes to Choose From

Class 1 7:30 – 8:20 am. Class will alternate between main pool and warm-up pool.

Class 2* 8:30 – 9:20 am. Deep water class in the main pool.

*Participants will wear a buoyant belt and do not need to know how to swim.

\$85 Military community, \$90 general public, \$3 or \$4 drop-in fee space permitting. A maximum of 15 passes per class will be sold. Register at RecPlex.

Tae Kwon Do for youth

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

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

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

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

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

New: Tae Kwon Do class

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

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

This class is open to participants ages 14 years and older. The 60 minute

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

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

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

Intersection Floor Hockey

The I/S Floor Hockey organizational meeting is scheduled for 1000 hrs on Wednesday, October 13, 2010 in The Gymnasium conference room.

The League is open to Canadian Forces military, DND and NPF full-time employees and contract full-time employees. Interested unit sports reps and executives are to attend subject meeting in

preparation for the 2010/2011 Floor Hockey Season.

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

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

I/S Indoor Soccer League

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

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

There will be a meeting held on 1000 hrs, on October 14, and all interested team reps or players are asked to join.

Games will be held on Tuesday evenings from 1800 hrs to 2200 hrs. Joining the league is easy - bring in a whole team or join individually!

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

Intersection Noon Hour Volleyball League Meeting

The I/S Noon Hour Volleyball League organizational meeting is scheduled for 1000 hrs, on Wednesday, October 13, in The Gymnasium conference room.

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

Interested unit sports reps and players are to attend subject meeting in preparation for the 2010/2011 season.

The league will play at The Gymnasium Mondays and Wednesdays at noon.

For more information contact the Military Sports Coordinator, Dan Cormier, at local 3373 or via email.

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FITNESS & HEALTH PROMOTION



Breathe your way to relaxation

Submitted by Health Promotion

The following three-part breath exercise can help you to relax and breathe deeply.

It can be done anytime you are feeling overwhelmed or can't sleep and is portable enough to do anywhere such as at your desk or in your car.

Begin by focusing on your breathing and notice your pattern of inhalation and exhalation. Then begin to inhale deeply through the nose.

On each inhale, fill the belly up with your breath. Expand the belly with air like a balloon.

On each exhale, expel all the air out from the belly through your nose. Draw the navel back towards your spine to make sure that the belly is empty of air.

Repeat this deep belly breathing for about five breaths.

On the next inhale, fill the belly up with air as described above. Then when the belly is full, draw in a little more breath and let that air expand into the rib cage causing the ribs to widen



Photo: sxc.hu

apart.

On the exhale, let the air go first from the rib cage, letting the ribs slide closer together, and then from the belly, drawing the navel back towards the spine.

Repeat this deep breathing into the belly and rib cage for about five breaths.

On the next inhale, fill the belly and rib cage

up with air as described above. Then draw in just a little more air and let it fill the upper chest.

On the exhale, let the breath go first from the upper chest, then from the rib cage, letting the ribs slide closer together.

Finally, let the air go from the belly, drawing the navel back towards the spine.

Continue for about 10

breaths at your own pace, eventually coming to let the three parts of the breath happen smoothly without pausing.

Three-part breathing can be done anytime throughout the day when you feel tension building.

Two or three full breaths can help you get centred, relaxed and better able to cope with the situation at hand.

Respiration et relaxation

L'exercice de respiration en trois étapes ci-après peut vous aider à relaxer et à respirer profondément.

Vous pouvez le faire lorsque vous vous sentez dépassé par les événements ou si vous n'arrivez pas à dormir.

Il est simple au point où vous pouvez le faire n'importe où, par exemple à votre bureau ou dans votre voiture.

En premier lieu, concentrez-vous sur votre respiration et déterminez votre habitude d'inspiration et d'expiration. Ensuite, commencez à inspirer profondément par le nez.

À chaque inspiration, remplissez votre ventre d'air. Augmentez le volume du ventre comme pour un ballon.

À chaque expiration, expulsez tout l'air de votre ventre par le nez. Poussez le nombril vers la colonne vertébrale afin de vous assurer que votre ventre ne contient plus d'air.

Répétez environ cinq fois cette respiration du ventre profonde.

À la prochaine inspiration, remplissez le ventre d'air comme ci-dessus. Puis, une fois que le ventre est plein, inspirez un peu plus d'air et laissez l'air pénétrer dans la cage thoracique, ce qui écarte les côtes les unes des autres.

À l'expiration, laissez sortir l'air de la cage thoracique en premier, afin que les côtes se rapprochent, puis du ventre en ramenant le nombril vers la colonne vertébrale.

Répétez environ cinq fois cette respiration profonde dans le ventre et la cage thoracique.

À la prochaine inspiration, remplissez d'air le ventre et la cage thoracique comme ci-dessus.

Ensuite, faites entrer un peu plus d'air et remplissez ainsi la partie supérieure du thorax.

À l'expiration, faites d'abord sortir l'air de la partie supérieure du thorax, puis de la cage thoracique, afin que les côtes se rapprochent. Enfin, laissez sortir l'air du ventre en rentrant le nombril vers la colonne vertébrale.

Poursuivez pendant environ 10 respirations à votre propre rythme, de sorte qu'en fin de compte les trois parties de la respiration se produisent en douceur, sans pause.

La respiration en trois parties peut être faite à n'importe quel moment de la journée lorsque vous sentez la tension grimper.

Deux ou trois respirations complètes peuvent vous aider à vous concentrer, à vous relaxer et à mieux composer avec la situation du moment.



8 Wing Health Promotion ~ 177 Hercules St., Bldg 119
 Phone: x3768
 Email: healthpromotionTrenton@forces.gc.ca
 Health Promotion Administrative Assistant:
Leslie Bedore
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Visit healthpromotion.cfbtrenton.com to learn more about the programs and services offered by your 8 Wing Health Promotion team.

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Missing Quebec plane passengers found alive

By: David Elias
1 Canadian Air Division Public Affairs

An August day that was supposed to be filled with fishing, wilderness and relaxation was literally turned upside down when a pontoon plane carrying two people capsized while landing on Lac Klemka, a few hundred kilometres northeast of Chicoutimi, in eastern Quebec.

The plane's pilot and only passenger escaped from the aircraft, made their way to shore and, over two long days, trekked 20 kilometres through dense bush until they found an unoccupied cabin where they signalled for help.

After having been missing for 48 hours, the pair was spotted by Canadian Forces (CF) search and rescue crews tasked by the Joint Rescue Coordination Centre in Trenton, Ontario. The Centre received a call the morning of Monday, August 30 and in less than a half hour, a CC130 Hercules aircraft was the first Canadian Forces aircraft dispatched to the region.

Three private aircraft in the area also quickly joined the search thanks to assistance from Sauvetage et recherche aériens du Québec (SERABEC), Québec's civilian volunteer air search and rescue association.

By the afternoon of Tuesday, August 31 a dedicated Search Headquarters was in the process of being established at Saint Honoré, Québec, near Chicoutimi and additional Canadian Forces aircraft had been assigned to the search, including three CH-146 Griffon search and rescue helicopters and a second CC130 Hercules aircraft.

Additional air crews had also assembled so that searching could take place around the clock. The size of the search area was roughly 2,200 square nautical miles and, despite some pockets of impenetrable weather, visibility was otherwise favourable.

The stranded pilot did not file a flight plan through the Flight Information System, and no emergency locating transmitter (ELT) signal has been picked up.

Late on Tuesday, at approxi-

mately 8:40 p.m. the missing people were located north of Lac Klemka by a CH146 Griffon from 8 Wing/CFB Trenton. The dusk-like conditions allowed the search crew to detect the distress signals with night-vision goggles.

"They rigged a light to a car battery they'd found in the cabin and used that to signal us," said Sgt. Chad Hildebrandt a SAR-Tech from 424 Squadron who was on the rescue helicopter. "We landed about 500 meters away and rain started pouring down, so we couldn't leave until it cleared. We stayed in the cabin, provided survival food that we carry with us, and assessed their condition."

Even after the rain let up, darkness made the wet, rocky journey back to the helicopter next to impossible. A CC130 Hercules was still in the area and dropped flares to illuminate the path.

The rescued individuals appeared to be in good health and, after boarding the helicopter, they were transported to a nearby hospital as a precaution.

Au Québec, les occupants d'un hydravion sont retrouvés vivants

Par David Elias
Affaires publiques de la 1re
Division aérienne

Un jour d'août parfait pour pêcher et se relaxer en pleine nature a été complètement bouleversé lorsqu'un hydravion transportant deux personnes a chaviré au moment d'amerrir sur le lac Klemka, qui se situe à quelques centaines de kilomètres au nord est de Chicoutimi, dans l'est du Québec.

Le pilote de l'avion et le seul passager sont parvenus à sortir de l'hydravion, à atteindre la rive et, après deux longues journées pendant lesquelles ils ont parcouru vingt kilomètres dans une végétation dense, ils ont trouvé un chalet inoccupé où ils ont pu signaler leur position.

Après avoir été portées disparues pendant 48 heures, les deux personnes ont été localisées par les équipes de recherche et sauvetage des Forces canadiennes (FC) ayant été dépêchées par le Centre conjoint de coordination des opérations de sauvetage de Trenton, en Ontario. Le centre a reçu un appel dans la matinée du lundi 30 août et, moins d'une demi heure plus tard, un avion CC130 Hercules était envoyé dans la région. C'était le premier avion des Forces canadiennes à être envoyé là bas.

Trois avions privés qui se trouvaient dans la région se sont rapidement joints aux recherches grâce à l'aide de l'organisme Sauvetage et recherche aériens du Québec (SERABEC), une association bénévole civile de recherche et sauvetage du Québec.

Le mardi 31 août, en après midi, on procédait à la mise sur pied d'un quartier général de recherche spécial, à Saint Honoré, près de Chicoutimi, au Québec. De plus, des aéronefs supplémentaires des Forces canadiennes ont été envoyés afin de pendre part aux recherches, y compris trois hélicoptères de recherche et sauvetage CH146 Griffon et un deuxième avion CC130 Hercules.

D'autres équipages d'aéronef ont également été formés afin que les recherches se déroulent 24 h sur 24. La superficie de la zone de recherche était d'environ 2 200 milles marins carrés et, malgré quelques zones de mauvais temps, la visibilité était bonne en général.

Le pilote en détresse n'avait pas inscrit son plan de vol dans le système d'information de vol et aucun signal d'émetteur de localisation d'urgence (ELT) n'avait été capté.

Les personnes disparues ont été localisées au nord du lac Klemka par un hélicoptère CH146 Griffon de la 8e Escadre Trenton

le mardi 31 août en fin de journée, vers 20 h 40. Dans la semi-obscurité, les équipes de recherche ont pu détecter les signaux de détresse à l'aide de lunettes de vision nocturne.

« Ils avaient fixé une lampe à une batterie de voiture qu'ils avaient trouvée dans le chalet afin que nous les repérions », a déclaré le Sgt Chad Hildebrandt, un Tech SAR du 424e Escadron qui se trouvait à bord de l'hélicoptère de sauvetage. « Nous avons atterri à environ 500 mètres du chalet. Une pluie torrentielle s'est ensuite mise à tomber. Nous ne pouvions pas repartir avant la fin de l'averse. Nous sommes restés à l'intérieur du chalet, où nous avons offert la nourriture de survie que nous transportions aux personnes retrouvées en plus d'évaluer l'état de ces dernières. »

Même après l'averse, le retour à l'hélicoptère a été extrêmement difficile en raison de l'obscurité et du sol mouillé et rocheux. Un avion CC130 Hercules encore dans la région larguait des fusées éclairantes afin d'éclairer le chemin menant à l'hélicoptère.

Les personnes secourues semblaient en bonne santé et, après avoir pris place dans l'hélicoptère, elles ont été transportées dans un hôpital à proximité par mesure de précaution.

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The BOXTOP Olympics: (A Team Canada Story)

By: Warrant Officer Roger Watson
Physician Assistant, CFS Alert

It was a frosty September afternoon in Alert with the temperature hovering around -18° C when some highly motivated and energetic Canadians destined for greatness boarded a CC130 Hercules. Next stop? Thule Air Force Base (AFB) - BOXTOP Olympics!

We, the Frozen Chosen, who inhabit the most northern settlement in the world (much to the chagrin of our Thule competitors who try to share the title), take our sports and entertainment seriously. For three days every year during Op BOXTOP, 15 people from both Canadian Forces Station (CFS) Alert and Thule AFB square off in a sporting competition with one objective in mind – the BOXTOP Olympic Trophy (and of course, the bragging rights that come with it.)

The 2010 event kicked off with opening ceremonies in the Thule AFB gymnasium on Friday, September 17. Immediately following the National anthems, address by Thule's Base Commander, and sportsmanlike handshakes, smiles were dropped, courtesies were dismissed and the showdown began!

First stop, the lanes for ten-pin bowling. Admittedly as a team, our knowledge of bowling lacked but how hard could it be? Just roll the ball down the lane, right? Wrong! Had game scores relied on gutter balls, the blow to Canada may have been lessened but alas, the abysmal score achieved meant only one thing: Team Thule 1, Canada 0.

After a brief period of fun and festivities and it was time to get serious! Next up, a 5 km run across the frozen tundra. Eight runners from each team were selected for the chilly trot. Leading the Canadian runners was Commanding Officer, Maj Brent Hoddinott who made it clear that he would not settle for anything less than first place. He did not disappoint. With an impressive 19 minute 58 second finish he commanded first place. Team Thule 1, Canada 1.

The time came to take things to the court! Two, twenty-minute halves would determine the next victor. We were fit, trained and riding on an adrenaline high from our previous win, but our boasting would be short-lived. Team Thule had serious skills and unleashed a secret weapon, Staff Sergeant Antonio Aruaje. Thirty points down by halftime, every attempt at redemption was made, including a motivational speech that would have made Tony Robbins proud. Team Canada did manage to regain *some* pride in the second period, but on the final click of the clock, the numbers on the scoreboard no

longer mattered. Team Thule 2, Canada 1.

It was a quiet flight to CFS Alert Saturday afternoon, but it was time to continue the battle on home turf. An overconfident Team Thule seemed to be in good spirits. True to the CFS Alert hosting tradition, the two teams gathered together in the Igloo Gardens for a spectacular meal prepared by Jeff Church and his staff. *Our trap was set.*

Time for a game of ball hockey on ice covered with a hard layer of snow, standard ball hockey rules apply. Looks of determination and pride were written on every Canadian's face prompting Team Thule's organizer to utter, "Your guys aren't going to hurt us are they?" This was our game, on our turf and we were going to win. The best I could do was put forth a friendly Canadian smile and say back, smugly, "it's okay we all know first aid." A sea of red and white flags was at the ready as the ceremonial ball was dropped. Needless to say... we crushed them! Team Thule 2, Canada 2.

With the score tied up it was time to tip the scales with the help of the obstacle course. Twenty stations were set up and military skills or experience would be of no help. The concept of the course was entirely based on viewing entertainment for those watching. With looks of utter confusion visible across the room, and voices mumbling, "what the heck?" the whistle sounded. Master Corporal Troy Hicks commanded Team Canada and pushed his people hard. It paid off. Team Thule 2, Canada 3.

We were one game ahead and two were left. One more win would give us the required number of wins to gain possession of the trophy. With strategies adopted from the Hollywood movie Dodgeball the game of blind volleyball began. Team Thule came out strong and was hungry for the win but they would be left starving. Victory!

No sense in stopping now though. The final event, a dodgeball game that could have potentially been quite painful was thankfully now just a formality. Had our success depended on this final event, the coveted trophy would have made the trip back to Greenland. Team Thule was well organized and prepared. A "best of five" never surpassed three games as we ate Thulean dust.

A brief closing ceremony and slide show served as a quick reminder of the real reasons behind the annual event. This yearly challenge is held in a spirit of friendship, congeniality and international camaraderie that is second-to-none amongst individuals from four nations who share a common bond.

All defy the grueling elements of the Arctic polar region over two continents to experience something few will ever have the opportunity to.



Four nations were represented at the BOXTOP Olympics: Canada, Denmark, the United States of America and Greenland.



BOXTOP Olympians gather for a group photo around the coveted BOXTOP Olympic trophy at the CFS Alert auditorium. The trophy was awarded to Team Canada following a full three days of back-to-back sporting events held at Thule AFB and CFS Alert.



After two events at Thule AFB, BOXTOP Olympians travelled to CFS Alert to finish the competition. Outdoor ball hockey was the first of three events held in Alert.



Photos by Cpl Alaric Henry

A BOXTOP Olympian completes one of the stages of the fourth event of the competition, an obstacle course, hosted by CFS Alert.

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Don't take your hearing for granted



Submitted by Wing General Safety Office

If you are getting used to being in a noisy workplace, chances are you are destroying your hearing. Becoming accustomed to loud noise is a sign you are suffering a hearing loss.

The unfortunate thing about losing your hearing is that the condition is irreversible. Loud noise permanently damages the sensitive inner ear. You could be wearing a hearing aid before you know it.

To give you an idea of how loud noise can affect your hearing, a regular conversation measures around 60 decibels, which is how sound is measured. A drill might register at twice this, causing actual pain to ears.

You may not realize your hearing loss because the process happens subtly, depending on the loudness and duration of the noise as

well as your exposure to it. You may not be aware until it's too late.

Hearing loss may be starting to set in when you notice that sounds start to seem muffled, or you experience ringing in your ears.

You can measure whether or not you are experiencing hearing loss by getting annual hearing tests, often provided by an employer.

You're probably familiar with the audiometer, the device used for this. You wear headphones and identify the volume and pitch of tones.

The most obvious method to reduce workplace hearing loss is to remove or reduce noise. Locations with hazardous noise levels can be identified with sound surveys.

Noise can be reduced by altering machinery and placing noise limit specifications on new equipment. Other aids include enclosures, which muffle equipment sound or protect employees from excess noise.

Even with such precautions, you should wear hearing protection devices at all times.

Earplugs are inserted

into the ears and can be made of disposable foam, reusable plastic, or are mounted on a headpiece or a cord.

Formable foam plugs expand in the ear to provide a custom fit. Keep them clean and throw them away if they harden or do not expand.

Premolded plugs fit the ear and come in a variety of sizes. Usually attached to a cord, these kinds of plugs generally last several months but should be kept clean and replaced if damaged.

Earmuffs are filled with liquid or foam, and have hard cups with soft, plastic cushions sealing around the ears. They generally provide the most sound protection.

The kind of ear protection you wear will depend on the kind of job you have and the kind of noise you are exposed to. A professional will help you choose the right kind.

Protecting your hearing is not hard to do whether you wear protective devices or reduce noise levels in the workplace. Just make sure you take the proper steps...or the next thing you hear may be nothing at all!

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P11746 4X4! Navigation! 20" Alloy wheels! Pwr heated leather memory seats! Pwr sunroof! Chrome box rails! 5.3L-V8, Crew cab, short bed, tonneau cover, bed liner, trailer hitch, chrome step bars, wood grain trim, flex fuel, dual climate control, steering wheel controls, factory remote start, OnStar, tilt, air, cruise, satellite radio, TV/DVD, pwr locks, windows, mirrors, keyless entry, 80,000kms.

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P11757 Z71, 4X4! Pwr heated leather memory seats! Pwr sunroof! 20" Alloy wheels! 5.3L-V8, Crew cab, short bed with bed liner, trailer hitch, chrome step bars, park air, factory remote start, wood grain trim, dual climate controls, traction control, steering wheel controls, OnStar, pwr pedals, air, cruise, tilt, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, only 45,000kms.

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T1760 4X4! Pwr Sunroof! Pwr heated leather memory seats! 20" Alloy wheels! 5.3L-V8, Crew cab, short bed, trailer hitch, chrome step bars, flex fuel, wood grain trim, park air, factory remote start, steering wheel controls, dual climate control, traction control, OnStar, air, tilt, cruise, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 80,000kms.

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P11828 4X4! 20" Alloy wheels! Integrated brake controller! 5.3L-V8, Extended cab, short bed, bed liner, rear sliding window, flex fuel, factory remote start, steering wheel controls, traction control, dual climate control, OnStar, air, tilt, cruise, satellite radio, CD, pwr windows, mirrors, locks, keyless entry, only 48,000kms.

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07 GMC SIERRA 1500 SLE



Payments Include EVERYTHING!

P11693 4X4! 20" Alloy wheels! 5.3L-V8, Extended cab, short bed, bed liner, factory remote start, trailer hitch, OnStar, steering wheel controls, dual climate control, tilt, cruise, air, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 41,000kms.

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10 FORD F150 XLT



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D11632 4X4! Alloy wheels! 4.6L-V8, Crew cab, short bed, air, tilt, cruise, steering wheel controls, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 31,000kms!

\$26,995

07 GMC CANYON SLE



Payments Include EVERYTHING!

T1785 Z71, 4X4! Chrome wheels! 3.7L-V6, Crew cab, bed liner, trailer hitch, chrome step bars, cruise, tilt, air, satellite radio, CD/MP3, pwr mirrors, locks, windows, keyless entry, 77,000kms.

\$18,495

07 GMC SIERRA SLT



Payments Include EVERYTHING!

T1803 4X4! 20" Alloy wheels! Pwr sunroof! Pwr heated leather memory seats! 5.3L-V8, Crew cab, short bed, bed liner, trailer hitch, chrome step bars, pwr rear sliding windows, wood grain trim, OnStar, dual climate control, steering wheel controls, satellite radio, CD, traction control, pwr mirrors, windows, locks, keyless entry, 58,000kms.

\$27,695

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Payments Include EVERYTHING!

P11052 4X4! Pwr heated leather seats! Pwr sunroof! 20" Alloy wheels! 5.3L-V8, Crew cab, short bed with bed liner, trailer hitch, wood grain trim, flex fuel, park air, pwr pedals, factory remote start, OnStar, steering wheel controls, traction control, air, air, cruise, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, only 25,000kms!

\$28,995

07 GMC SIERRA 1500 SLT



Payments Include EVERYTHING!

P11825 4X4! Pwr sunroof! Pwr heated leather memory seats! 20" Alloy wheels! 5.3L-V8, Crew cab, short bed, tonneau cover, bed liner, trailer hitch, chrome step bars, OnStar, wood grain trim, park air, pwr pedals, steering wheel controls, tilt, air, cruise, satellite radio, TV/DVD, pwr locks, mirrors, windows, keyless entry, 45,000kms.

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08 GMC SIERRA 1500 SLT



Payments Include EVERYTHING!

T1588 4X4! 20" Alloy wheels! Pwr heated leather memory seats! Pwr sunroof! 5.3L-V8, Crew cab, short bed, tonneau cover, chrome step bars, trailer hitch, flex fuel, steering wheel controls, dual climate control, OnStar, cruise, air, tilt, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, 72,000kms.

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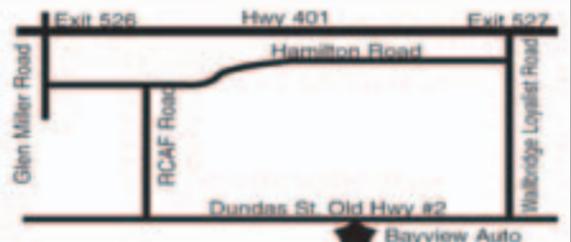
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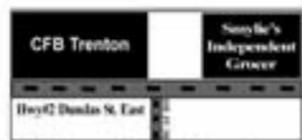


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Seeking Post Secondary and Non-Graduate Mentor Applications

The YMCA Federal Public Sector Youth Internship Program has been renewed for five years which is a testament to the great job all of our Mentors are doing. We are presently seeking individuals who work in the Federal Public Sector to volunteer to mentor an intern for employment experience. We are recruiting mentors in the Belleville and Trenton area as well as in the Lindsay and Peterborough area. We are also recruiting in the Durham Region, including Ajax, Whitby, Pickering and Oshawa.

We have positions available for: High School graduates for six-month internship and Non-Graduates for nine-month internship. Please have a look at our website for more information on Mentoring an intern, or contact: Elaine Power at 613.392.2811 Ext 3834 or via email to power.ea1@forces.gc.ca; or Liz Semark at 613.392.2811 Ext 7640.

Please visit our website at: <http://www.canada.fpsyip.com> If you would like to apply for an intern, please fill out the RFI (Request for Internship) application (found online), along with a description of the internship. Please fax applications to 613.965.3733. Thank you.

Auto Hobby Club (AHC)

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

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

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

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

National Air Force Museum of Canada to Dedicate Ad Astra Stones -15th Annual Ceremony



The Ad Astra Stone Dedication Ceremony will be dedicating all the new Ad Astra stones in the RCAF Memorial Airpark on Saturday, September 25, 2010. The ceremony will begin promptly at 2:00 p.m. The RCAF Memorial Airpark is located at 220 RCAF Rd (building 132). For more information please contact: Barb Neri, NAFMC Public Relations, (613) 965-4643. Email: publicrelations@airforcemuseum.ca

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Belleville Bulls Puck Drop

**Sat. Oct. 2, 2-5pm
Yardmen Arena**

Easter Seals families are invited to view the game from the Community Suite sponsored by Medigas, and there will be an opportunity to "chuck-a-puck" for a donation to Easter Seals during the game.

Everyone is welcome. The cost per ticket is \$15.75 for an adult and \$9.25 for a child 12 and under. Game tickets can be purchased in person at the Yardmen Arena or by phone at 613-966-8338 ext. 3885



DOVE REAL BEAUTY WORKSHOP

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Young Girls Between the Ages 8 - 13
(Young person must be accompanied by a female mentor age 18 yrs +)

DATE: Friday, October 1st, 2010
TIME: 1:00 pm - 4:30 pm (with a light meal provided, between 1:00 - 2:00)
PLACE: MFRC Bistro

To register or for more information please contact:
Prevention, Support, & Intervention Coordinator, Christa, at 613-955-0902 or christa@linkslearning.ca
Children's Deployment Coordinator, Kelly at 613-392-2811 x 4132 or kelly.triggs@forces.gc.ca





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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.linkslearning.ca to learn more.



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Nadiya's Zodiac Starcast

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

September 26 - October 2

Theme of the week: The serious tone of the week quickly gives way to bigger and better accomplishments. Just when we find reality bites, inspiration turns up and tastes very sweet. The time is changeable and encouraging. We will be most successful when we surrender what we can't control and trust our instincts. It will be a great week, enjoy!

ARIES (March 21-April 19): You've been generous with the big picture in mind. You know your compassion, if seemingly quiet, has been filling the bank of good karma. You are now ready to make a large withdrawal. People are there for you and bring rewards your way.

TAURUS (April 20-May 20): Where they once brought you a sense of predictability, a key habit now feels increasingly like a burden. It is a sign that you are ready for change. You know it will be a lot of work and possibly invite moments you dread. The effort is worth it nonetheless.

GEMINI (May 21-June 20): You feel a rising sense of independence. You are feeling the need to trust yourself and go your own way. Think through the changes you want to make. You can start a new course of action, but you don't need to be dramatic about it.

CANCER (June 21-July 22): Most people are genuinely kind. They don't like to be confrontational or bring information to your attention that would disturb you. Remember that now as you prepare to interact within new surroundings. You will be treated well. Return the niceties

LEO (July 23-Aug. 22): The drama of surprises can enliven you or drain you. Much depends on your approach. It is a changeable time with quick surprises in store. Leave a sticky on your dashboard reminding you to enjoy the ride.

VIRGO (Aug. 23-Sept. 22): Branch out. Stretch your limbs. Try that new thing you've been intrigued by but afraid to experiment with. You can definitely grasp it quicker than you are giving yourself credit for and will have a lot of fun in the process.

LIBRA (Sept. 23-Oct. 22): You can eradicate your regrets in a quick instant. You are presented with a moment that feels vaguely like one you have lived before, but it is your responses that are different. You will realize how much you have changed after a moment of reflection.

SCORPIO (Oct. 23-Nov. 21): You've felt strongly about a situation but have been hesitant to throw in your two cents. Trust that impulse now, as you feel the desire to overcome any shyness and put your nose in where it may not be welcome. You can say what you need to with subtlety and respect.

SAGITTARIUS (Nov. 22-Dec. 21): People show us they are worthy of our inner most thoughts through long demonstrated trust. Your friendships are changing. You see who has proven their dedication and who has changed too much to be relied on. Events lead to more genuine interactions.

CAPRICORN (Dec. 22-Jan. 19): Exploit a slight compliment from a higher up to the maximum advantage and you could find a reality check. You'll find the opportunity you had hoped for if strategically put your feelers out and use it as a moment of acknowledgement for your contribution.

AQUARIUS (Jan. 20-Feb. 18): Your insecurities could get the better of you. We all have things that we feel less confident about, but your willingness to try counts for a lot. Show yourself and improvise. You have a lot to be proud of. Turn up the volume and shine bright.

PISCES (Feb. 19-March 20): Reality is a bitter pill to swallow. However, it is also empowering. Once you know what actually is real, you can know where you are heading. Welcome the truth and accept what you have cultivated to this point. You are about to bounce off from this place to higher realms.

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- 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**.

DOG COMPLEX BY DAVE JOHNSON

IN A WAY GILGAMISH'S ISLAND REPRESENTS MY OWN STRUGGLE TO BREAK FREE OF THE DOG STEREOTYPE.

THEY ALWAYS MAKE A PLAN TO GET OFF THE ISLAND, BUT IT ALWAYS GETS MESSED UP.

I TRY AND BE MORE THAN A DOG, BUT SOMETHING ALWAYS HAPPENS THAT I DON'T EXPECT AND...

SNALSADEP?

HECK YES! I LOVE THESE THINGS!

GINGER & SHADOW BY BARRY CORBETT

SHADOW, WE NEED TO HAVE A LITTLE TALK. YOUR BEHAVIOR IS NOT VERY CAT-LIKE.

WHAT DO YOU MEAN BY THAT?

YOU'RE TOO MUCH THE EAGER BEAVER. YOU'VE GOT TO BE MORE COOL & DISTANT.

WHY, I'M VERY COOL. I ALWAYS... HEY!! YOU SMELL THAT?

OPEN TUNA CAN!! RED ALERT!!

NOW, THIS IS JUST WHAT I'M TALKING ABOUT.

Rules for Duffers

"I don't think you're supposed to do that!"

Stuff!

Do as I say or I'll sue you!!!

Dominant Horses!



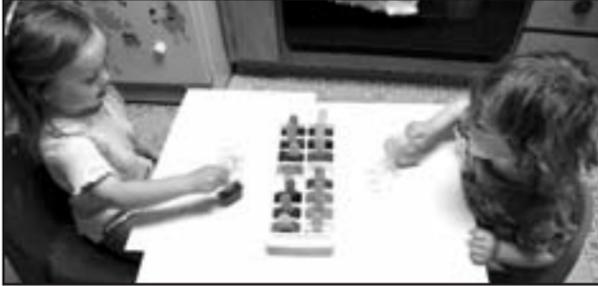
Showcase



FAMILY



Activity: Ice Cube Painting



Have you ever tried painting a picture using tinted ice cubes?

This is a simple art activity that will encourage your child's creativity while you enjoy some Comfort, Play and Teach™ time together!

You will need: Ice cube tray; water; food colouring or powdered paint; paper; tray; smock to protect your child's clothes.

Instructions: Place a sheet of paper onto a tray.

If using ice cubes tinted with food colouring, place one or two onto the paper. Your child can grasp each ice cube and slide them around on the paper, creating patterns as the ice melts.

If using clear ice cubes

and powdered paint, sprinkle two different colours of paint onto the paper so your child can observe what happens as the colours combine.

Comment on the way your child is painting (e.g., "Look at how you are making circles with the ice cubes!") or on the pattern he has created (e.g., "Your picture reminds me of falling snow!").

Enjoy this more with Comfort, Play and Teach™:

Comfort: Let your child know that you admire the artwork she has created. Knowing that you appreciate her efforts will build her self esteem and encourage her to explore

her creativity even further.

Play: Making paintings using ice cubes helps your child to think about creative ways to make designs. What else can you experiment with? Try painting with feathers, pine cones, cotton swabs, crumpled tinfoil or other unusual items.

Teach: Painting with ice cubes introduces science concepts like freezing, melting and colour combining in a way that is simple and fun.

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

All text by Invest in Kids. investinkids.ca

Mealtime.org

Broiled Salmon

with Olive Tomato Vinaigrette

Ingredients:

- 1 can (2 1/4 ounces) sliced black olives, drained
- 1 can (3 ounces) green olives with pimentos, drained and sliced
- 1/4 cup canned tomato paste
- 1/4 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1/4 cup lemon juice
- 1/4 cup water
- 3 pounds salmon fillet, with skin
- 2 teaspoons Italian seasoning
- Non-stick olive oil spray



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

Preparation: Mix black and green olives, tomato paste, olive oil, wine vinegar, lemon juice and water. Set aside; store in refrigerator if kept longer than 4 hours. Heat broiler; position oven rack so salmon will be 5 to 6 inches from heat. Season flesh-side of salmon with seasoning, and spray liberally with oil. Spray broiler pan lightly with olive oil or use foil to minimize cleanup. Start fish flesh-side down; grill until browned, about 5 minutes. Broil, turning once, until fish flakes under gentle pressure. Depending on the thickness of the fillet, this will take anywhere from 5 to 10 minutes more. Slip spatula between skin and flesh of fish. Lift fish onto a cutting board or serving platter; if skin sticks to broiler pan, it can be scraped off later. Spoon olive sauce over salmon and serve. Serves: Eight.

Nutritional Information Per Serving: Calories 400; Total fat 27g; Saturated fat 5g; Cholesterol 100mg; Sodium 450mg; Carbohydrate 3g; Fibre 1g; Protein 34g; Vitamin A 6 per cent DV; Vitamin C 20 per cent DV; Calcium 4 per cent DV; Iron 8 per cent DV. *Daily Value*

WHAT'S THE DIF ?

www.pcartoons.com
PIERRE C. ARSENEAULT



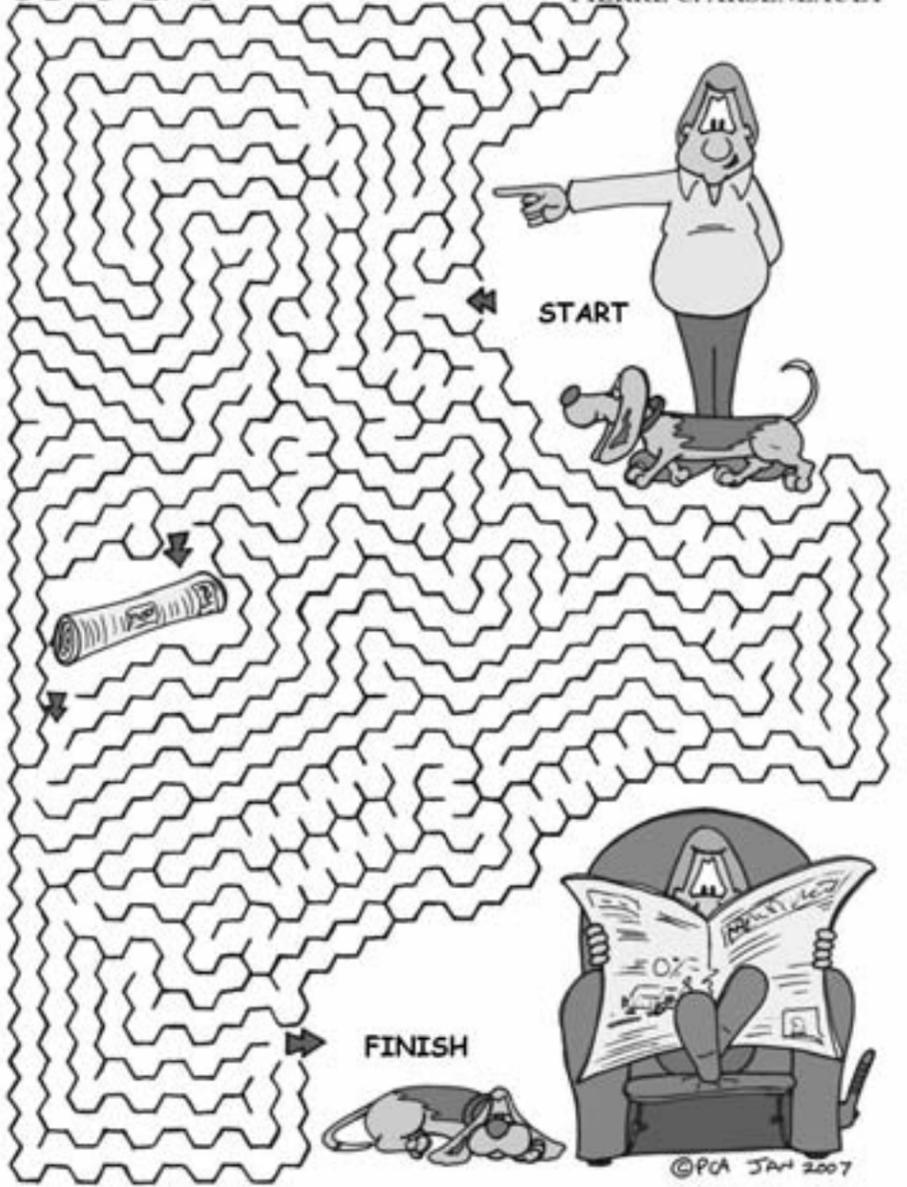
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ANSWERS: 1. HEDGE TRIMMER BLADE 2. SAFETY GLASSES 3. MISSING FENCE BOARD 4. WINDOW 5. SLEEVE 6. ELECTRIC CORD 7. BUSH

DEAD END ?

pcarsent@nb.sympatico.ca
PIERRE C. ARSENEAULT





Support the United Way: Lunch is Served



Photo: 2Lt Sean Hill

LCol Christian Roy, and CWO Jim McKenzie from 426 Squadron served the first Pizza and Pasta charity lunch for United Way.

By: 2Lt Sean Hill
8 Wing United Way Committee
They're back! On September 17

the anticipated return of the Pizza and Pasta charity lunches for the United Way Campaign kicked off. Over 160 people

from across 8 Wing and the Quinte community flocked to the Yukon Galley to support the United Way. For just \$5, they enjoyed meat lovers and vegetarian pizza, caesar salad and a beverage.

The lunches are being held from now until the campaign closes on the December 3.

The menu varies from week to week and could include veggie and meat lovers pizza, lasagna, spaghetti with meat sauce and garlic bread. Meals will be served by community and 8 Wing celebrities including Commanding Officers, unit Chiefs, and United Way Quinte chairman Mark Philbin. For upcoming Pizza and Pasta lunches consult The Contact newspaper, splash page and wing Jumbotron for more info. Come out and support the United Way at 8 Wing Pizza and Pasta charity lunches!

Dîners pizza et pâtes au profit de Centraide

Par le slt Sean Hill
Comité de la campagne de
Centraide de la 8e Escadre

Les fameux dîners pizza et pâtes sont de retour! Le 17 septembre, ces dîners tant attendus au profit de la campagne de Centraide ont recommencé. Plus de 160 personnes de la 8e Escadre et de la collectivité de Quinte se sont alors rassemblées à la foire alimentaire

Yukon Galley afin de contribuer à amasser des fonds pour Centraide. Pour seulement 5 \$, ils ont pu déguster de la pizza végétarienne ou non, salade César et breuvage. Le menu varie d'une semaine à l'autre et proposera entre autres des pizzas aux légumes ou avec viande, lasagne, spaghetti sauce à la viande et pain à l'ail. Le dernier dîner aura lieu à la fin de la campagne le 3 décembre. Ils seront

servis par des personnalités de la 8e Escadre et de la collectivité, comme des commandants, des chefs d'unité ainsi que Mark Philbin, animateur de radio local. Pour en savoir plus sur les dîners à venir, consultez le journal Contact, la page d'accueil et l'écran Jumbotron et venez appuyer en grand nombre la campagne de Centraide lors de ces dîners pizza et pâtes de la 8e Escadre!

Fire Prevention Week October 3 - 9

"Smoke Alarms: A sound you can live with!™"



Complied by:
Adriana Sheahan,

With files from
www.fiprecan.ca

This year Fire Prevention Week takes place from October 3rd through to October 9th, 2010. The theme for this year is "Smoke Alarms: A sound you can live with!™".

Here are a few tips about Smoke alarms, so this year your ready.

Locating/Installing Smoke Alarms

- Read and follow the manufacturer's instructions carefully.
- For best performance, an alarm should be mounted on the ceiling in or near the centre of the room, hall or stairway, and at the head of each stairway leading to an occupied area.
- Optimum location for wall mounts is at least 15 cm (6 inches) from the ceiling but not more than 30 cm (19 inches) from it.
- Avoid installing where the temperature is less than 5°C (41°F) or exceeds 48°C (119°F).
- Keep alarms away from doors and windows.
- Never locate an alarm in front of an air register, fans or vents.

- Keep alarms at least 60 cm (2 feet) from any corner.
- Don't recess an alarm.
- Smoke alarms in rooms with ceiling slopes greater than 30 cm (one foot) rise per 2.4 m (eight feet) horizontally should be located on the high side of the room.
- Avoid locating an alarm at the peak of an "A" frame type ceiling.
- Never paint a smoke alarm.
- Keep alarms 60 to 90 cm (two to three feet) away from light fixtures.

When having an alarm connected into the electrical wiring system of a house you should:

- Use a qualified electrical contractor.
- Never install the alarm in the electrical circuit except at the main panel. Alarms must also never be installed in a circuit connected to an on/off switch.
- Check the alarm when installation is complete.

Mark your calendar: Testing & Cleaning

Test your smoke alarm monthly and clean it every six months. Mark it on your calendar so that you don't forget. Things to remember when testing your smoke alarm:

- Ensure that power is being transmitted to the alarm and that it will

activate in the presence of smoke.

- Test your smoke alarm by pressing the test button.
- Even alarms with a pilot light that indicate power is being transmitted, should be tested regularly.
- Battery-operated smoke alarms will warn you when batteries need replacing. Despite this, make it a habit to change the batteries yearly.
- When you've been away from home for a few days, check your alarm on your return to ensure it is working properly.
- Remember, your smoke alarm can't protect you if the batteries have been removed or a plug has been disconnected.
- The lifespan of a typical smoke alarm is about 10 years, but some models last as little as 5 years.
- To clean the alarm, open the cover and gently vacuum the interior of it. Frequently, the alarm will sound while the unit is being cleaned.

Smoke alarms are the first line of defence against a deadly fire. The sound of a smoke alarm is your warning to leave the building. By developing a fire escape plan and practicing it often, you will be prepared to react correctly if a fire strikes. (Source: Fire Prevention Canada)



Join the 8 Wing Martial Arts Club!

We offer complete courses up to 6th degree Black Belt in Jiu Jitsu, Karate, Tai Chi, Self Defence and BJJ. Programs available for children and adults. Membership fees starts as low as \$30 a month.

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Dîner Pizza et Pâtes

**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)
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)

Open to everyone
Cost: \$5.00 minimum donation at the door
Coût: cotisation minimale de 5 \$

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

Afin de soutenir: La Campagne de charité en milieu de travail du gouvernement du Canada & Centraide Canada - Quinte

It's Back The 2010 GCWCC EME Trailer Raffle!

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

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

For More Information Please Contact
MCpl Giles @ Loc 2328

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

Les billets sont seulement 5\$ pour chacun ou 3 pour 10\$ et peuvent être achetés à l'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. Elle est aussi dotée d'un coffre utilitaire, une béquille réglable et un attelage de 2 po.

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



Chaplain Services



8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre

**WING CHAPLAIN SERVICES****SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE**

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

Unit Chaplains – aumôniers d'unités

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

As support staff - comme personnel de soutien

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

WORSHIP SERVICES

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

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

Chapel Life Co-ordinator

Father Robert Lavoie

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 11h30

Sunday Mass at 1015hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 1015 hrs and coffee

3ième dimanche messe bilingue: 10h15 et café

Confession - Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday –1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

St. Clement Astra (P)

Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 900hrs

Holy Communion:

1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

SACRAMENT OF BAPTISM

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

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

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

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

SACREMENT DU BAPTÊME

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

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

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

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

Planning to get married?

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

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

Vous planifiez de vous marier?

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

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

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

CHAPLAIN EMERGENCY FUND

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

FONDS D'URGENCE DES AUMÔNIERS

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

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New J-model transport aircraft lands at CFS Alert

Photo: Maj Brent Hoddinott, CFS Alert



By: Air Force Internal Communications

The new CC130J Hercules and its crew from 436 (Transport) Squadron of 8 Wing Trenton, Ont., landed at Canadian Forces Station Alert for the first time on September 20, 2010. The aircraft participated in a regular re-supply mission and also transported two drums of hazardous waste out of the North.

Of the 17 new J-models, purchased by the Canadian Forces from Lockheed Martin, three have been delivered since June 2010 and two more are expected by the end of this year.

CFS Alert maintains signals intelligence facilities to support Canadian military operations. Signals intelligence is conducted remotely, using the equipment and facilities located at CFS Alert. It is located on the northern tip of Ellesmere Island, Nunavut, and is the most northerly inhabited location in the world.

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Country Charm Plan Number 6-3-351

Country charm characterizes the exterior of this attractive three-bedroom home, which ideally would take advantage of a rear view. An unusual fence-style railing with timber posts surrounds a spacious wrap-around veranda. Casual wicker furniture would turn this space into an inviting indoor/outdoor room to enjoy from spring through fall.

The interior is planned for informal living, with a spacious two-storey great room that's large enough to accommodate family activities with ease.

The gas fireplace provides warmth and a cosy focus for the cooler months and, when the weather is warm, french doors open to the extensive veranda.

The kitchen has a central work island and overlooks the dining nook.

The large number of windows all around ensures an abundance of natural light.

A door from the laundry room opens to a covered porch at the rear, with steps down to the back garden.

Bedroom No. 3 is placed on the main floor, next to a three-piece bathroom.

Upstairs in the sleeping area, the master suite is a luxurious retreat, with french doors that open to a private sun deck. Enhancing the ensuite bathroom are a sloped ceiling and a soaker tub. Bedroom No. 2 also has access to this bathroom.

This home measures 50 feet wide and 47 feet, 6 inches deep, for a total of 1,568 square feet of living space.



Plans for design 6-3-351 are available for \$649 (set of 5), \$730 (set of 8) and \$777 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$50.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T (where applicable) to both the plan price and Priority charges. Our 42ND Edition of the Home Plan Catalogue containing over 300 plans is available for \$3.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and

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Une fierté militaire familiale – les frères Daigle

Par le sgt Patrice Daigle
Transport et génie électrique et mécanique
de la 8e Escadre

Nous sommes quatre frères d'une famille de 10 enfants qui avons fait de la vie militaire une tradition familiale.

Je me suis enrôlé le premier en juillet 1984 comme mécanicien suivi de Stéphane en mai 1985 qui s'est joint au 12e Régiment blindé du Canada (12e RBC).

Trois ans plus tard, Éric s'est enrôlé comme fantassin au 22e Régiment d'infanterie du Canada. François a joint Stéphane au 12e RBC plus tard, en juillet 2002.

Bien que nous revêtions tous l'uniforme vert de l'armée de terre, nos carrières nous ont menés vers différents domaines. Stéphane fut le premier à être déployé en mission à Chypre en 1990 pendant qu'Éric et moi participions aux opérations militaires lors de la crise d'Oka, au Québec.

Pour une rare occasion, nous avons eu la chance de nous retrouver sur un chemin commun.

En 1993, Stéphane, Éric et moi nous sommes retrouvés en Bosnie sur la ROTO 1. C'était sûrement une des rares fois de l'histoire des Forces canadiennes que trois frères se retrouvaient sur le même contingent simultanément.

Personnellement, j'ai été muté à Edmonton (en Alberta) pendant 10 ans. J'ai été en mission à la Station des Forces canadiennes Alert pendant six mois en 1997/98 suivi de mon déploiement en Bosnie en 2003/04. Transféré à Trenton avec l'Équipe d'intervention en cas de catastrophe (DART) à mon retour, j'ai eu la chance d'être déployé au Sri Lanka lors du tsunami en janvier 2005 puis au Pakistan la même année suite au tremblement de terre, suivi d'une mission à Chypre et au Liban en juillet 2006.

Suite à son déploiement à Chypre en 1990 et en



Quatre des membres de la famille Daigle sont en service actif avec les Forces canadiennes. (De gauche à droite) -Le sergent Patrice Daigle, l'adjudant-maitre Stéphane Daigle, l'adjudant Éric Daigle et le caporal François Daigle.

Bosnie en 1993, Stéphane est retourné en Bosnie en 1995 (Bosnie ONU) et en 1999 (Bosnie OTAN). Par la suite, en 2002 il a été muté à la BFC Gagetown à l'école de l'arme blindé jusqu'en 2006 et en 2008 est retourné au 12e RBC à Valcartier, Qué. Stéphane est présentement adjudant-maitre à l'Escadron et il se prépare pour son deuxième déploiement en Afghanistan sous peu.

Éric est retourné en Bosnie et en Croatie en 1993

et 1995 respectivement. L'Haïti suivait en 1997 et en 2003, il a été muté à l'école d'infanterie de la BFC Gagetown jusqu'en 2007. Par la suite, il est retourné au 2e Bataillon à Valcartier et a été déployé en Afghanistan en 2009 comme adjoint de peloton. Éric est maintenant de retour à Valcartier où il travaille comme adjudant à partir de la Citadelle de Québec.

François, le plus récent enrôlé, est caporal à l'école de l'arme blindé de la BFC Gagetown depuis 2007.



TRENTON Military Family Resource Centre



MFRC-EVENTS & INFORMATION

"Partner's Away" Wednesday Night Out 6-8pm
September 29 - Dinner Out

Oct 6 - SPA Night Foot soak and scrub with Arbonne
Oct 13 - 10 Thinking Errors in Communication

Please call ahead to reserve Eve: 965-3595 or Kelly: ext. 4532

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, Oct 3rd, 11am-3 pm Siskin Centre



Game Vouchers available
at MFRC Reception
\$13.00 under 12 - \$8.75
Opening Game – Sept. 25 vs Kingston

The Afghanistan360° multimedia exhibit is currently touring the country and will be on display at a variety of public events. Showcasing Canada's six priorities and three signature projects through a myriad of visuals, short videos and narrative, its purpose is to inform Canadians about Canada's role in Afghanistan

MFRC – 3 to 11 October



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



CFRM-Événements et Information

"Conjoint au loin" Sortie du mercredi 18h à 20h
Le 29 sept: Sortie souper

Le 6 oct: Soirée Spa Bain de pieds et « scrub » avec Arbonne
Le 13 oct : 10 erreurs de pensée en communication

Réserver à l'avance Eve: 965-3595 ou Kelly: poste 4532



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Coupons rabais au CFRM bureau d'accueil

13.00\$ moins 12 - 8.75\$

Partie d'ouverture – le 25 sept vs Kingston



L'exposition multimédia Afghanistan360 se promène à travers le pays et sera présentée lors de différents événements publics. Le but de cette exposition est d'informer les Canadiens sur le rôle du Canada en Afghanistan en présentant 6 priorités et trois projets déjà engagés à l'aide de courts vidéos, d'une myriade de présentations visuelles et de commentaires.

CFRM - le 3 octobre jusqu'au 11 octobre



Pour information additionnelle
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Gorgeous, newly renovated 2 bedroom, 2 bathroom condo for rent in McNabb Towers in downtown Belleville. Great view of downtown Belleville (across the street from the Empire Theatre) and the Moira River. New laminate flooring and newly painted with custom blinds throughout. Includes underground parking and water. Available December 1, 2010. \$1300/month. Please contact Bree at 613-922-8942 or ricketts_breanne@hotmail.com for details.

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email: exe.apts@sympatico.ca

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Crossword Answers

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|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| L | O | U | | L | I | M | O | | A | I | L | S |
| L | O | N | D | O | N | E | R | | S | E | A | T |
| | | S | A | T | | S | T | A | T | U | T | E |
| M | A | H | O | U | T | | H | U | E | | | |
| A | L | I | | S | L | Y | | G | R | A | D | E |
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| H | A | L | S | | S | E | N | | S | P | A | |

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Sprucing up your home on a budget



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

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

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

“There are many attractive features to today’s resilient sheet flooring. It offers superior style and durability, while also being a great value,” said Gary Finseth, Tarkett Residential marketing director.

“This means homeowners can spend less time worrying about their floors and enjoy the extra time for their day-to-day living.

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

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

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

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

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

Find more information online at www.tarketta.com or call toll-free 1-800-367-8275.

Fall is best for feeding your lawn

(NC)—Wait a minute. Isn’t fall when lawns start to shut down? Why fertilize then? Fall conditions are great for lawns as this is the time when grass roots start to store nutrients for the winter. A fall feeding helps build strong roots and protects the lawn from winter stress, so you’ll have a healthier lawn next year.

Your best bet is to feed once in early fall, around Labour Day, and once more about 6 to 8 weeks later, around Halloween. Scotts Turf Builder Wintercare lawn fertilizer is formulated to deliver the nutrients grass needs to get through the winter and come up strong the following year.

...and forget about raking and bagging
A recent study done at Michigan State University shows that you can forget about raking, blowing, and bagging leaves. Instead, just mulch them with your lawn mower and feed your lawn with a nitrogen rich lawn fertilizer like Scotts Turf Builder WinterCare. It’ll save you work, improve your soil, and add nutrients. Here’s how to do it.

Chop those Leaves with your Mower
Take the grass catcher off your mower and mow over the leaves on your lawn. You want to reduce your leaf clutter to dime-size pieces. Once the leaf bits settle in, microbes and worms get to work recycling them.

Any kind of rotary-action mower will do the job, and any kind of leaves can be chopped up. With several passes of your mower, you can mulch up to 18 inches of leaf clutter.

Feed your Lawn to Speed Up the Process

Microbes do a better job recycling carbon from leaves when they have nitrogen. Scotts Turf Builder WinterCare can help break down your mulched leaves faster. So your grass will grow better, and your microbes will work harder, when you feed your lawn after mulching those leaves.

See Great Results in the Spring

When spring arrives, you’ll notice something. The leaf litter you mulched up in the fall will have disappeared. Your rake will look dusty and neglected. And your grass will look greener than ever.

Mulching: a Better Use of Resources

When you rake your leaves, it costs you. Your local taxes pay for trucks to sweep up your leaves or pick up your leaf bags, which often end up in landfills. If you burn leaves, you’re just sending up clouds of carbon into the atmosphere. Mulching leaves simply recycles a natural resource, giving you richer soil for free.

More information about healthy lawn maintenance can be found online at www.scotts.ca.

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