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Remembering Sergeant Janick Gilbert

A SAR Tech who gave his life so that others may live

By Lt Christopher Daniel,
Wing Public Affairs Officer
"Janick lived by what the search
and rescue community believes
in and exemplified the meaning
of rescue."

These were the words of
8 Wing Commander Colonel
Sean Friday when he spoke of
Sergeant Janick Gilbert, who
lost his life while participating
in a rescue mission near Ig-
loolik (Hall Bay), Nunavut on
the evening of Thursday, Oct.
27.

Sergeant Gilbert was a
SAR tech with 424 Transport
and Rescue Squadron and a
dedicated member of the Ca-
nadian Forces for 13 years be-
fore he died.

For Lieutenant-Colonel
Joel Roy, Commanding Officer
of 424 Squadron, Sgt Gilbert
was a dedicated and cherished
member of the 424 Tiger fam-
ily.

"The 424 Squadron Tigers
are mourning the loss of a great
SAR tech and a great friend,"
said LCol Roy. "He encour-
aged cohesion amongst all unit
members regardless of rank,
occupation or background and
he loved his family more than
anything."

According to a fellow SAR
tech, Master Warrant Officer
Gilles Tremblay, Sgt Gilbert
is respected by all and will be
remembered as a devoted hus-
band, exceptional father, and a
professional SAR tech.

"Janick was a brilliant op-
erator with years of experience,"
said MWO Tremblay. "He im-
pressed me with his dedication
and strong work ethic. We will
sorely miss him in the SAR
community."

424 SAR tech Sgt Chad
Hildebrandt will never for-
get Sgt Gilbert's humour. "His
laughter and positive outlook in
life are only some of the many
positive attributes that were so
cherished by the Tiger family
and those who knew him at 8
Wing," said Sgt Hildebrandt.

"On behalf of all the 424
Tigers, I extend my heartfelt
condolences to the family and
friends of Sgt Gilbert," said
LCol Roy. "We are privileged
to have known him and prom-
ise to honour his memory for-
ever."

Sergeant Janick Gilbert
was a courageous airman who
persevered through adversity
and gave his life "that others
may live."



Sgt Janick Gilbert – SAR Tech



Wing Commander's Message

A Message from Colonel Sean Friday

8 Wing Team,

By now, most of you will have learned that our 8 Wing family is grieving the loss of Sgt Janick Gilbert from 424 Squadron. Janick gave selflessly of himself in the success-

ful rescue of two Canadians in distress. His courage and commitment were of the highest standard and his bravery and dedication stands as an example to us all. Janick is a true Canadian hero and his sacrifice will never be forgotten.

As we, together, close ranks to support the 424 Squadron team and, most importantly, Janick's wife and their two children, we must all ensure that our level of support

is equally exemplary. I have been tremendously proud of the care, professionalism and dedication with which you have responded in support of Janick and his family.

I would ask that you continue to expend every effort to ensure the highest degree of compassion and assistance is provided to Sgt Gilbert's family and to 424 Squadron.

I know you all join me in expressing our most sincere condolences to Janick's loved ones.

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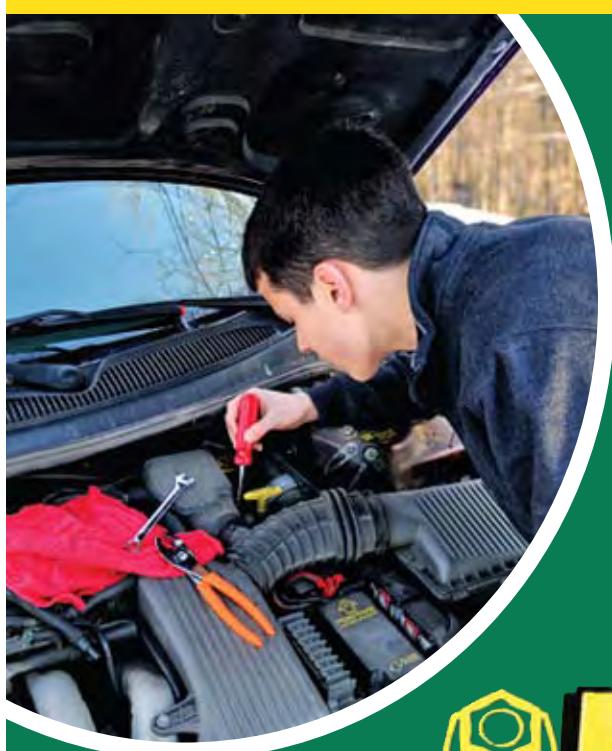


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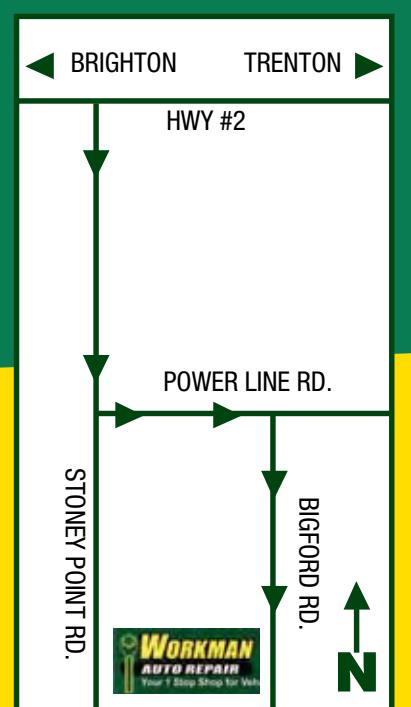


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Another sad day at CFB Trenton

By Lt. A.N. McKinley

Another sad day at CFB Trenton, as the body of MCpl Byron Greff returned from Afghanistan. Just two days earlier, members of 8 Wing were in the same place mourning the loss of Sgt Janick Gilbert, a 424 Sqn Sar Tech who perished while on a mission in the Arctic.

Friends and family lined the tarmac along with Governor General David Johnston, Minister of Defence Peter MacKay and Chief of Defence Staff Gen. Walt Natynczyk. All had come to pay their respects

along with a contingent of mourning military personnel.

No words were spoken but the grief was evident as Lindsay Raphael said goodbye to her husband. Even more touching was the pat Keller, their six year old son gave to his mother - a gesture showing maturity beyond his years - as she wiped away her tears.

The sun was setting and the temperature dropped as the convoy of vehicles departed down the Highway of Heroes, which was once again lined with supporters, who also were suffering in silence.

Peer support is near at hand

For centuries, soldiers have been horrified by what they've seen, what they've done and what they couldn't do. The horrors played continuously in their minds as nightmares, and flashbacks interfered with their daily lives. The sounds, the smells, and the images would not go away. Nothing helped.

Injuries caused by operational stress and trauma have always been a part of warfare and military service but they are not always caused by war, or enemy weapons. These wounds can happen anywhere. They can not be seen but they are very real. They injure the mind and spirit and they can be fatal.

In 2001, the Department of National Defence and Veterans Affairs Canada joined forces to create The Centre and the Operational Stress Injury Social Support (OSISS) program. While each work to help soldiers and their families, the main mission of OSISS is to provide local peer support, facilitate support groups for psychologically injured soldiers and families, educate military and civilian organizations on the emotional and physical difficulties associated with an operational stress injury (OSI), and

reduce the stigma attached to mental illness.

An OSI is any persistent psychological difficulty resulting from operation duties performed by members of the Canadian Forces. The term, OSI, describes a host of psychological problems including anxiety, major depression, alcohol or substance abuse and post traumatic stress disorder (PTSD) amongst others.

The effect of trauma on the human mind is well documented from the dawn of civilization. As far back as the 16th century, military doctors have described the psychological effects of nervousness, depression, nightmares and disturbed sleep resulting from war. It was only due to the vast number of psychological injuries from World War I that military doctors were forced to confront and establish treatment and rehabilitation of operation stress injuries. However, the stigma of mental illness is sometimes so strong that military members and their families are often unwilling to admit they are injured, which can often affect the peer's work and home environment.

Due to Canada's involvement in numerous areas of conflict, internation-

al disaster relief and aid to civil power, thousands of military members and veterans have been injured. Some have experienced the brutality of World War II, Korea, Rwanda and Afghanistan, while others have experienced tragedies on home soil. The 1998 ice storm, the recovery of Swissair Flight 111 and the Saguenay flood are but a few of the events that involved Canadian Forces members.

From the initial complement of four Peer Support Coordinators (PSC), OSISS has grown to 23 PSCs who assist CF members and veterans and 16 PSCs who are responsible to family members of CF members and veterans affected by an OSI. The military/veterans PSCs have previously served in the CF and have been diagnosed with an OSI, while family PSCs have lived with a military member or veteran that has an OSI. The PSCs truly know and appreciate the difficulties, struggles and stigma peers encounter because they've experienced them personally.

Whether military/veteran or family PSC, they are responsible for organizing

Cont'd on page 16

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Earlier this week, CFS Alert held a ceremony to commemorate the victims of the crash of BOXTOP Flight 22 which happened on Oct. 28, 1991.

Photo: Pte S. Krosse

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We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work.

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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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- Articles must include author's full name, unit and phone number.

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Rick Hansen inspires base rocked by tragedy

25th anniversary relay shows how much attitudes have changed



Rick Hansen's team Nov 4: Rick Hansen celebrates his 25th Anniversary Rick Hansen Relay with team members Mathieu St. Amant of Ecole secondaire Marc-Garneau (left), Sgt Duane Bryson from 424 Sqn., Capt Tracy-Lynn McNeill of 2 Air Mov. Sqn. at the National Air Force Museum of Canada in Trenton Tuesday.

By Ross Lees

Twenty-five years later, Rick Hansen has lost none of his charisma or appeal - it is just more refined.

As he conducts his 25th anniversary Rick Hansen Relay, he makes sure to take all the time necessary to speak to and sign autographs for all who approach him - and many people do, young and old.

While Hansen's Man in Motion World Tour in 1985 inspired a collective shift in consciousness in the belief of the potential of people with disabilities when barriers are removed, his 2011 relay is awakening similar emotions and awareness in a whole new generation of Canadians.

Facing a large crowd of young people from several local schools, Hansen told the students he had originally done his Man in Motion tour to "hopefully have a profound impact around the world. Now I just want to keep going because the future is bright. You are the ultimate difference makers," he told the young listeners.

Hansen told the young people to never give up on their hopes and dreams, recalling a couple of instances in his Man in Motion tour when he wanted to quit. One was in China.

"There were a couple of moments when I thought about quitting, but I was surrounded by my team and by the love and encouragement of all Canadians," he noted, which kept him going. Two years, two months and two days after his tour began, he finished having wheeled more than 40,000 km through 34 countries, raising \$26 million for spinal cord injuries (SCI) and research and accessibility issues.

Hansen's life changed dramatically at the age of 15 when he was in a car crash and sustained a spinal cord injury and was told he would never walk again.

Instead of just spending the rest of his life sitting in a wheelchair with its attendant limitations, Hansen went back to his first love - sports. Fuelled by his mantra "anything is possible", he went on to win 19 international wheelchair marathons between 1979 and 1984. He won an outstanding nine gold medals and set nine records at the 1982 Pan American Wheelchair Games. As a Paralympian, he won six gold medals between 1980 and 1984 and he participated in the 1984 Olympic Games, Wheelchair Exhibition.

CFB Trenton Wing Commander Colonel Sean Friday said it was good to have an inspirational man like Rick Hansen at CFB Trenton at the same time as two young soldiers - SAR Tech Sgt Janick Gilbert and MCpl Byron Garth Greff - were being honoured for giving the ultimate sacrifice to aid others.

Col Friday expressed pride in the three medal bearers representing the military community.

"These three individuals were chosen to represent our wing and our community because they exhibit the qualities of leadership and determination Mr. Hansen showed us 25 years ago and

continues to show today. Now, on his second cross-Canada tour, he reaffirms the qualities of leadership, physical fitness and determination and reminding us of what we as individuals are capable of," he stated.

Injured soldiers are now able to come back to a society which offers "more accessibility and inclusivity" partly because of the Rick Hansen Foundation, Col Friday pointed out.

"You inspired Canadians and people around the world with the Man in Motion tour. Your 26-month-long journey covering 34 countries not only raised money for research but more importantly, awareness about spinal cord injuries and began the very difficult task of changing perceptions everywhere. Ultimately, it helped to bring about a world where all people are provided equal access and opportunity," Col Friday said.

Hansen was quick to acknowledge the sacrifices of the two military men recently killed performing their duties.

"These individuals who have been serving our country have demonstrated the ultimate representation of what it means to be a difference maker - selfless service, giving everything in pursuit of a better life for others," Hansen said, adding he hoped the community and country would continue to honour and support their families and colleagues.

Hansen expressed great pride in being back at CFB Trenton, especially in front of the many students who turned out at the National Air Force Museum of Canada with the Halifax aircraft as a backdrop.

Hansen told the younger members of his audience about the accident he was in at the age of 15 and how he got back into life through sports, although he barely touched on his many athletic accomplishments. But he spoke to them about wheelchair basketball and its impact on him and another well-known Canadian - Terry Fox.

"It (wheelchair basketball) showed us people not focussing on what they couldn't do, but on what they could do," he said, adding that everyone can be difference makers if they just exploit the potential within themselves.

Hansen spoke highly of the three people who were his team members at CFB Trenton - Capt Tracy-Lynn McNeill of 2 Air Mov. Sqn, Sgt Duane Bryson from 424 Sqn., and Mathieu St. Amant from Ecole secondaire Marc-Garneau. He especially acknowledged St. Amant, noting his incredible potential and amazing talent.

Celebrating the 25th anniversary of his tour was somewhat like the last day of his Man in Motion Tour, Hansen noted. He remembered crossing the finish line of his tour and seeing a sign noting "The End is Just the Beginning." He said he didn't really understand the sign at the time, but now he looks forward to coming back in another 25 years and celebrating the continued change brought about by the people at the museum.

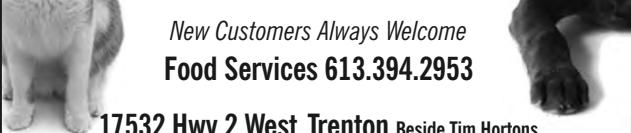
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À la mémoire du Sergent Janick Gilbert

Un Tech SAR qui a donné sa vie pour que d'autres puissent vivre



Par le Lt Christopher Daniel,
Officier des Affaires publiques de
l'Escadre

Janick vivait les valeurs du milieu de la recherche et du sauvetage, et il personnifiait le sauvetage. »

Voilà les mots du commandant de la 8^e Escadre, le Colonel Sean Friday, au sujet du Sergent Janick Gilbert, qui est mort pendant une mission de sauvetage près d'Igloolik (Hall Bay), au Nunavut, le soir du

jeudi 27 octobre.

Le Sergent Gilbert était un Tech SAR du 424^e Escadron de transport et de sauvetage et un membre dévoué des Forces canadiennes, desquelles il faisait partie depuis 13 ans.

Pour le Lieutenant-colonel Joel Roy, le commandant du 424^e Escadron, le Sgt Gilbert était un membre dévoué et bien-aimé de la famille des Tigres du 424^e.

Les Tigres du 424^e Escadron pleurent la mort d'un grand Tech SAR et d'un grand ami, a annoncé le Lcol Roy. Il favorisait la cohésion entre tous les membres de l'unité, peu importe leur grade, leur groupe professionnel ou leur origine, et il chérissait sa famille plus que tout. »

Selon un collègue Tech SAR, l'Adjudant-maître Gilles Tremblay, le Sgt Gilbert était respecté de tous et restera dans leur mémoire comme un mari dévoué, un père exceptionnel et un Tech SAR professionnel.

Janick était un excellent

opérateur qui avait acquis des années d'expérience, a indiqué l'Adjum Tremblay. J'étais impressionné par son dévouement et sa solide éthique professionnelle. Il nous manquera terriblement dans le milieu de la SAR. »

Le Sgt Chad Hildebrandt, Tech SAR du 424^e Escadron, n'oubliera jamais le sens de l'humour du Sgt Gilbert. « Son rire et sa manière de voir la vie sous un angle positif font partie de caractéristiques positives que la famille des Tigres et les membres de la 8^e Escadre qui le connaissaient aimait en lui, a dit le Sgt Hildebrandt.

Au nom de tous les Tigres du 424^e, je tiens à présenter mes profondes condoléances à la famille et aux amis du Sgt Gilbert, a déclaré le Lcol Roy. Nous avons eu le privilège de le connaître et nous promettons d'honorer sa mémoire à jamais. »

Le Sergent Janick Gilbert était un aviateur courageux qui a affronté l'adversité et a donné sa vie pour que « d'autres puissent vivre.

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Message du commandant de l'Escadre

Un message du Colonel Sean Fiday

À l'équipe de la 8^e Escadre :

La plupart d'entre vous ont déjà appris que notre famille de la 8^e Escadre est en deuil de la perte du Sergent Janick Gilbert affecté au 424^e Escadron. Janick s'est donné complètement durant la mission de sauvetage de deux Canadiens en détresse. Son courage et son engagement sont du plus haut standard. Sa bravoure et son dévouement sont un exemple pour nous tous. Janick est un véritable héros canadien et son sacrifice ne sera jamais oublié.

En serrant les rangs, tous ensemble, appuyons

l'équipe du 424^e Escadron et, surtout, la conjointe de Janick et leurs deux enfants. Nous devons nous assurer que notre niveau de soutien est tout aussi exemplaire.

J'ai été extrêmement fier du professionnalisme et du dévouement que vous avez témoigné à la famille de Janick. Je vous demanderais donc de continuer à dispenser tous les efforts possibles pour assurer le plus haut degré de compassion et d'aide à la famille du Sergent Gilbert et au 424^e Escadron.

Joignez-vous tous à moi pour exprimer nos plus sincères condoléances aux proches de Janick.



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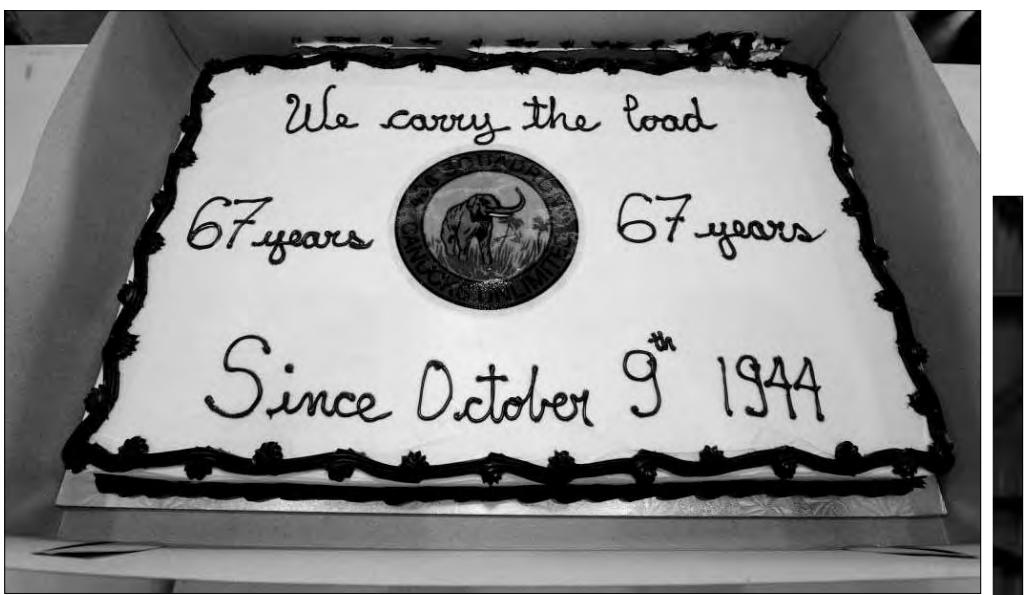
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436 Transport Squadron Celebrates 67th anniversary



Members of 436 (T) Squadron gathered in two bay in 10 Hanger to celebrate the anniversary of the formation of the squadron and to honour some of the squadron members on Oct. 7.

436 (T) Sqn was formed in Gujarat, India on Oct. 9 1944 to aid the allies in their efforts to drive the Japanese out of Burma. They were equipped with the mighty C-47 Dakota aircraft. During the Burma campaign, the squadron flew 36,000 flight hours and airlifted over 29,000 tons of supplies and 15,000 troops. As the cake above indicates, the present day squadron celebrated their 67th anniversary.



As one of the busiest Sqns in today's RCAF, 436 (T) Sqn is very rarely able to gather as a unit and this day was no exception. We did manage to corral a number of personnel to give them their long overdue recognition. Among those recognized were recipients of Commander Commendations, General Service medals, General Campaign Stars and a number of academic achievements. Pictured above are the recipients along with the SCWO and the Commanding Officer of 436 (T) Sqn, LCol Colin Keiver.

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What features should I look for when purchasing a CO detector?

Most carbon monoxide (CO) detectors are designed to give an alarm when CO levels reach a high-level in a short time. However, health agencies advise that long term, low-level exposure are also of concern, especially for the unborn and young children, the elderly and those with a history of heart or respiratory problems (Health Canada, 1989). Detectors that can display both high and low levels are more expensive but they do provide greater accuracy and more information.

Here are some features to consider when purchasing a CO detector:

- Look for a detector that is listed with the Canadian Standards Association (CSA) standard. The logos of the testing agency will be on the product.
- Choose a detector with a memory if you want to monitor long term low-level exposure and short term, high-level exposure. Even though product standards do not allow manufacturers to display low levels of CO, these units monitor and store this information. Peak levels, no matter what the level of concentration, can be viewed by pressing a button.
- Battery-operated units allow detector placement in the most convenient location. However, any battery-operated device requires the user's diligence in replacing worn-out batteries.
- Do not connect plug-in units to an electrical outlet that is controlled by a wall switch.
- No detectors will operate properly forever. Replace them at least every five years, unless the manufacturer specifies a shorter or longer life.
- Eventually, manufacturers may be required to print expiry dates on their

CO detectors. This will ensure that you are purchasing an up-to-date product with a full sensor life.

Where Do I Put A CO Detector?

Most manufacturers specify where you should locate their CO detector. In general, the best place to put the detector is where you will hear it while sleeping. CO is roughly the same weight as air and distributes evenly throughout a room, so a detector can be placed at any height in any location, as long as its alarm can be heard. Additional units could be installed in several other locations around the home, such as a child's bedroom; check the list below before installing.

To avoid both damage to the unit and to reduce false alarms, do not install CO detectors:

in unheated basements, attics or garages

in areas of high humidity where they will be exposed to chemical solvents or cleaners, including hair spray, deodorant sprays, etc.

near vents, flues or chimneys within 2 metres (6 ft.) of heating and cooking appliances

near forced-or unforced-air ventilation openings

within 2 metres (6 ft.) of corners or areas where natural air circulation is low where they can be damaged, such as an outlet in a high traffic area

where directly exposed to the weather. What do I do if I hear the CO detector alarm?

Do not ignore the CO detector's alarm if it sounds. Treat each alarm as serious and respond accordingly.

CO detectors are designed to sound an alarm before a healthy adult would feel any symptoms. Infants, the elderly and

those with respiratory and heart conditions are at particular risk and may react to even low levels of CO poisoning (Health Canada, 1989).

Symptoms of CO Poisoning

Be sure that all members of your family know the symptoms of CO poisoning:

Mild Exposure

Flu-like symptoms such as headache, running nose, sore eyes, etc.

Medium Exposure

Drowsiness, dizziness, vomiting. The sense of disorientation and confusion may make it difficult for some victims to make rational decisions like leaving the home or calling for assistance.

Extreme Exposure

Unconsciousness, brain damage, death
Continued Low-level Exposure to CO

While this may be not lead to observable symptoms, you should still avoid such exposure.

Testing A Carbon Monoxide Detector

Most CO detectors have a test button that should be pressed once a week to confirm that the device is in operation. Detectors with displays can be tested with a known source of CO such as smoke from a cigarette or incense stick. Hold the CO source about 8-10 inches away and watch the digital display respond to the presence of even a small amount of CO. BUT an alarm will most likely not sound with this test.

There are CO detector test kits available, where CO detectors are sold, that provide a vial of high level of CO (1000 ppm) and a plastic tent to house the unit during the test.

For More info:

www.cmhc-schl.gc.ca/en/co/maho/yohohohe/inaiqu/inaiqu_002.cfm



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Photos: Ross Lees



Northumberland Quinte West Member of Parliament Rick Norlock, Major General Doug Langdon (Ret.), Finance Minister Jim Flaherty, Royal Canadian Mint board chairman James B. Love and Quinte West Mayor John Williams applaud the official unveiling of the Highway of Heroes coin Monday.

Highway of Heroes coin unveiled

\$20 from sale of each coin to be shared between Afghanistan Repatriation Memorial and Military Family Fund

By Ross Lees

Those people who turned out no matter the weather to honour Canada's fallen soldiers from Afghanistan have now been officially honoured, along with the families of the military personnel, on the Highway of Heroes coin unveiled at Quinte West Monday afternoon.

James Love, chair of the Royal Canadian Mint, said in opening remarks at the unveiling ceremony the mint was "...proud to have made a coin to remind everyone of the tremendous significance of the Highway of Heroes and those who lined it whenever a fallen hero was brought home."

Even as the coin was being unveiled, another fallen Canadian soldier was about to be honoured on that very same Highway of Heroes. Master Cpl Byron Greff was killed Saturday in a suicide bombing in Kabul and his body was returning to CFB Trenton at 5 p.m. Tuesday.

The \$10 silver coin will do more than its share to commemorate the fallen soldiers killed in Afghanistan.

The coin portrays an overpass on the highway from the viewpoint of the motorcades, 157 of which have carried caskets through the throngs of people paying respects. These very people are depicted on the coin on the bridge draped in Canadian flags. A fire truck and ambulance are also parked on the bridge and the Memorial Cross is engraved on the top left hand side of the coin.

Finance Minister Jim Flaherty, minister responsible for the mint, announced \$20 from the sale of each coin will be split between the Afghanistan Repatriation Memorial and the Military Families Fund. If the coin sells out, \$500,000 will be split between the two funds.

"It is important we encourage people to continue to support the Canadian Forces," Flaherty noted.

Those words were important as several family members of fallen soldiers attended the unveiling ceremony.

Cathy Bulger, whose son Nicholas was killed on July 3, 2009, told report-

ers, "This is significant for all the mothers of fallen soldiers who have driven down the Highway of Heroes. To see people standing on bridges is both an emotional and heart warming sight for us."

Co-designed by Major Carl Gauthier, who works in the military's directorate of honours and recognition at national defence headquarters in Ottawa, and senior engraver at the mint Stan Witten, the design of the coin was not easily arrived at, according to Maj Gauthier.

"It was difficult because we didn't have a monument like the Vimy Memorial to work with," he said. This is a very human moment about the spontaneous coming together of ordinary Canadians. This is what families (of fallen soldiers) look at. The overpass is a very important symbol. We didn't want to depict the loss, but the families and the people, young and old, paying their respects."

Quinte West Mayor John Williams paid tribute to all of the people who decided themselves to begin honouring the fallen soldiers with their presence along the Highway of Heroes.

"Nobody told them to do this," he said. "All of the people decided to do it themselves."

Williams also paid tribute to Sun Media journalist Pete Fisher, the man behind the grassroots campaign to mint the coin.

"Thanks for all you've done, Pete," he said.

Williams followed up that statement by presenting a Highway of Heroes coin to each of the family members present, including Jo-Anne McLaren, whose son Robert was killed on Dec. 5, 2008; Mark Freeman, whose son Michael was killed Dec. 26, 2008, and Cathy Bulger.

Williams also noted repatriation ceremonies had become a fact of life in Quinte West.

"We live it and we feel it and it's important that we never forget it. This coin will help with that remembrance as will the memorial wall."

Only 25,000 coins are to be minted and each will sell for \$69.95.



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Wing Logistics and Engineering Picture of the Week



The EME flag is being raised at the start of Ex MOUNTAIN STAR. It was taken in Mountain View during the MSF Exersize from Sept. 27 to Oct. 9. In the picture, from left to right is Cpl LeBlanc, Cpl Young, MCpl Gorman and Cpl Grondin.

Healthy eating, physical activity and attitude the tools you need for a better lifestyle

Health Promotion at 8 Wing Trenton is pleased to offer a Weight Wellness Program beginning Nov. 10 and running for six weeks on Thursdays from 8:30 a.m. to 10:30 a.m.

This six-week lifestyle program will educate participants on the concept of nutrition, lifestyle and managing weight and will provide great resources in the field of physical activity, label reading, nutrition and behaviour change.

For those interested in making a healthy change, please join us with the industry's most sound information delivered on the south side at 177 Hercules, Health Promotion Classroom at 8 Wing Trenton.

To register please contact Isabelle Demers at local 3768.

This program is available to members of the CF and to the greater DND community.

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Officers' Mess hosts Halloween party

The Officers' Mess recently hosted the annual Halloween party, which was well-represented by all 8 Wing squadrons and units. There was live performance by a local band and everyone was well-costumed for the night. Party organizers LCol Andy Cook and wife Tracy did a great job in making sure that everybody enjoyed the evening. The annual Halloween party is one of the many events that the Officers' Mess hosts to provide an avenue for 8 Wing officers and friends to get together and foster camaraderie.

Lt Chris Daniel, Capt Pierre Muscat-Drago, Matt Walsh, and Lt David Janssen



LCol Andy Cook and wife Tracy with Hon Col John Smiley and wife Angela.

PMQ families enjoy Trick or Treat

(Right) Firefighter Corporal Adam Ryckman and family enjoyed trick-or-treating in the PMQs. Their lawn was well-decorated, which was appreciated by military families in the neighborhood. They also prepared a lot of goodies that brought smiles to kids yelling "Happy Halloween!"



Photos: Lt Christopher Daniel

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2011 Model Year Clearout



Ena Newman of Trenton Legion Branch 110 helps MCpl Marc Lalancette fill out his Legion membership form as he also received a ball cap and Support the Troops pin and bookmark. Newman was also selling Candlelight Tribute candles to those who wished to purchase them for the Candlelight Tribute ceremony at the Cenotaph in Trenton on Nov. 10.

Legion, 8 Wing give mutual support

By Ross Lees

Trenton Legion Branch 110 is making it very easy for the military to support them, while they in return are supporting troops who have served in Afghanistan.

Ena Newman of the Legion had a booth set up at the Yukon Galley Oct. 27 where they were selling candles to military members for a minimum donation of \$5. The candles would be used Nov. 10 at the Legion's Candlelight Tribute ceremony beginning at 7 p.m. at the Legion.

"A lot of people here on the base buy candles and take part in the ceremony, so we thought we would make it easier for them," Newman told The Contact.

The booth will return to Yukon Galley on Nov. 3 and 8.

The display had a two-fold raison d'être, however. Members of the military that had served in Afghanistan were also being given a camouflaged ball cap, a Support the Troops pin and bookmark, plus a one year Legion membership at large.

"It's just our way of showing support for the troops," Newman noted.

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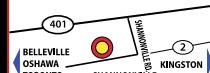
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Applebee's salutes veterans, CF with free Remembrance Day meal

In what has become a neighbourhood tradition, the Belleville Applebee's restaurant will thank our nation's veterans and active duty Canadian Forces personnel by inviting them to their neighbourhood Applebee's located at 265 North Front St. for a free meal on Remembrance Day.

Since Applebee's first began thanking the Canadian military three years ago with a free meal, restaurants have served thousands of Canadian Forces members from coast to coast on their day of remembrance and respect.

Applebee's Canada is also launching an on-line and in-restaurant 'Neighbours Thanking Neighbours' campaign for 2011. On-line thank you messages can be shared through the Applebee's Canada Facebook page and Applebee's guests are invited to write messages of thanks to their neighbourhood heroes, on in-restaurant 'Thank You Wall Posters', starting Nov. 1, 2011.

"Remembrance Day is so important to Canadians," said Brian Simowitz, regional general manager – Canada. "We want to offer veterans and active duty Canadian Forces a great meal and an opportunity to connect with fellow service men and women to share stories, meet up with old friends and make new ones. Serving those who serve our country is a true honour. We're looking for-

ward to hosting our heroes again this year."

Veterans and active duty military will need to provide proof of service, which includes a permanent ID card for active personnel, temporary ID card for reservists, veteran's card, photograph in uniform or join us in uniform.

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Museum volunteers have many stories to tell

"Doing a hard water landing of a Sea King will get your attention"

By Ross Lees

Mike Muzzeral, a former Sea King navigator, is a volunteer at the National Air Force Museum of Canada in Trenton at least partly because he hasn't learned to say "no".

After a little more probing, it becomes clear there are actually several reasons, perhaps top on that list is the fact Muzzeral would like to eventually see a Sea King helicopter parked in the display field at the local museum.

Connected to at least two other aircraft already in that field, it is the Sea King he is most closely associated with and which gave him one of his more exciting moments in his 37-year military career.

While thousands of people watched Prince William recently do a practice landing of the Sea King on water, Muzzeral had the experience at full throttle, so to speak.

Muzzeral and a crew were flying a Sea King in East Timor when they suddenly lost power in an engine while just 60 feet above the water. Despite the fact the pilot is trained and skilled in this type of situation, Muzzeral said a Sea King hitting the water from 60 feet up "makes a much bigger splash."

"It got my attention," he understates with a slight smile. "Believe me, under those conditions, the splash goes a lot higher."

Fortunately, they landed in a very calm harbour beside a ship, he recalls. Moments after the "controlled landing" and after a lot of "huffing and puffing," the engine was restarted immediately and the helicopter was flown two miles to shore where it was landed safely.

A maintenance crew then spent two weeks tearing the aircraft apart trying to figure out what went wrong. Once they solved the problem, it was put back together and went back into service.

Others might question the safety of the Sea King after having survived an incident like that, but not Muzzeral.

When asked if he would call the Sea King reliable, Muzzeral replies, "Reliable, but it took a lot of work." He is of course referring to maintenance work, noting maintenance crews were invaluable in getting the aircraft to do all the things the military wanted it to do. But he does not question the reliability of the aircraft, mentioning it is still in service today and is about to celebrate 50 years in service.

"It glides like a rock but it is a safe plane and is still a workhorse," he told *The Contact*. "Remember, it was pounded on deck to land (on ships) and it was constantly exposed to salt water, which is why it required a lot of maintenance and care to keep it going. We just had to learn its idiosyncrasies."

In defending the safety of the Sea King, he brings another strong argument to the helicopter's defence.

"That aircraft was asked to do everything from submarine warfare to surface and subsurface surveillance and control,"

he noted. As time and the task required of the helicopter changed, the craft has been slowly updated to adjust to its role.

Having retired in 2009, Muzzeral liked the idea of volunteering at the National Air Force Museum of Canada. He began volunteering in the spring of 2009, looking on the rich history contained in the museum as an opportunity to learn more.

"I knew they needed help here, so I thought I might be able to supply some help," he stated.

In once a week, he has now been seconded into the education program where he teaches the theory of flight and flight safety and tries to make science interesting to students or anyone who will listen.

Also a member of the board of volunteers for the Royal Air Force Memorial Foundation, Muzzeral says he just can't say no.

"I see it as an opportunity to give back a little to the community of which I am a new member and, some day, I'd like to see a Sea King out there eventually," he says, nodding toward the display field of the museum.

Throughout his long and varied career, which included shipping the first Sea Kings by ship through the Panama Canal to Vancouver to establish an antisubmarine squadron on the west coast, Muzzeral had 2,000 hours in the Sea King, 700 hours in the Hercules and 21 hours in the Dakota.

Apart from the fact there is a rich air history in the National Air Force Museum of Canada at CFB Trenton, there is also a rich untold history amongst the volunteers at the museum. Take an opportunity sometime soon to visit the museum and hear some of these first-hand stories from a museum volunteer.

Executive Director of the National Air Force Museum of Canada Chris Colton told *The Contact* they have approximately 100 volunteers working at the museum, but they are always looking for more.

"We have a variety of interesting areas to work in," Colton stated "from briefing people on Air Force history to education briefing programs, from cash registers to power drills. They can work with their heads or their hands," he added.

Former military navigator and present day National Air Force Museum of Canada volunteer Mike Muzzeral is seen here with a model of the Sea King helicopter at the CFB Trenton museum.

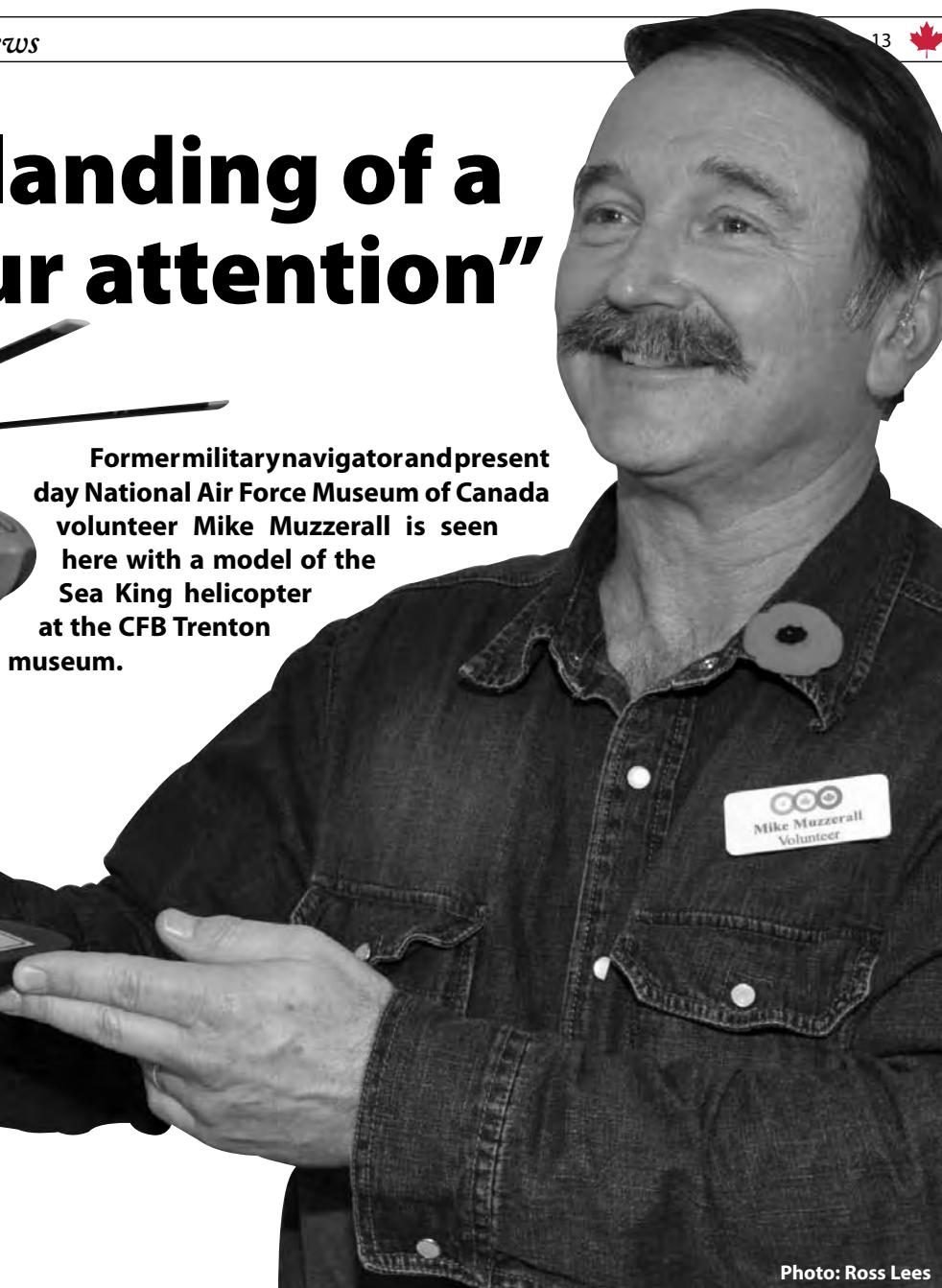
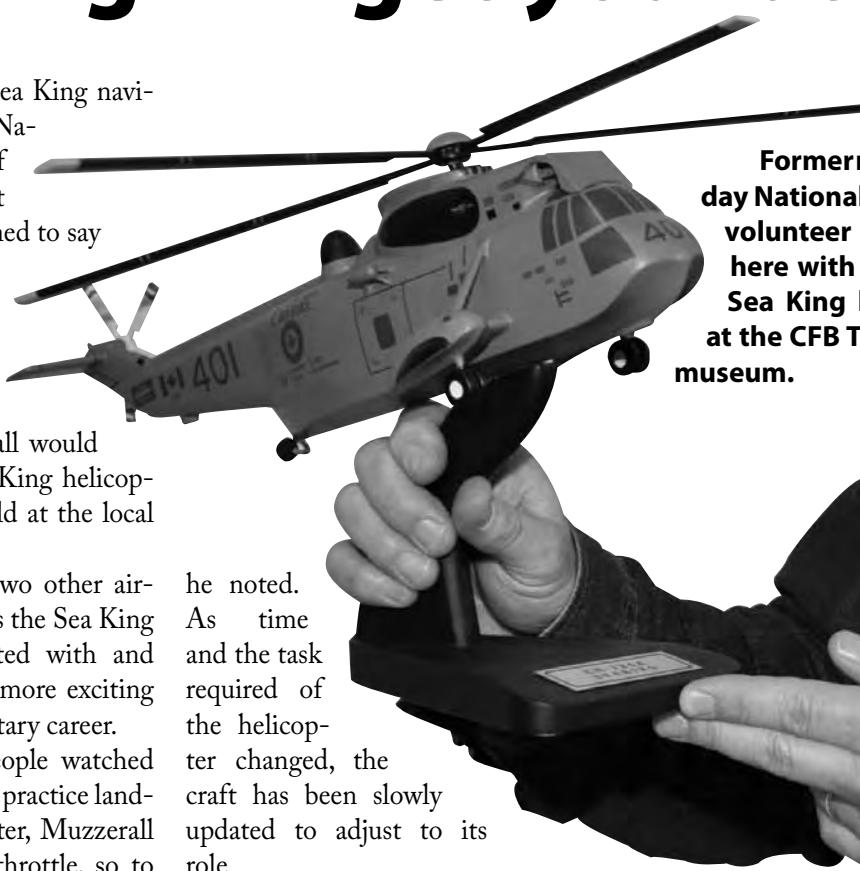


Photo: Ross Lees



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Fitness & Health



NLS Instructor Course

Course date: Friday, Nov. 25 – 6 p.m. to 9 p.m.; Saturday, Nov. 26 – 10 a.m. to 5 p.m.; Sunday, Nov. 27 – 10 a.m. to 5 p.m.

Recommended: Bronze Cross Examiner, FA Instructors/examiners, experience with assisting on a NLS course an asset. Material required: Canadian Lifesaving Manual (CLSM), Canadian First Aid Manual (CFAM), NLS Pac (includes DVD, Award Guide, Guide to Ontario Public Pool Regulation) Materials are not included but will be required to complete pre-course assessment. \$175 plus HST for military community, \$200 plus HST for general public. Contact info: craig.jenner@forces.gc.ca or 613-392-2811 ext 3348.

Bronze Cross and Standard First-Aid

Emphasis is placed on the candidate's ability to respond to a variety of aquatic emergencies using principles of teamwork and emergency procedures. Bronze Cross is a prerequisite for NLS. Candidates pre-requisite: Bronze Medallion plus Emergency First Aid.

Date: Nov. 4th, 5, 6, 18, 19 and 20.

Fridays 6 p.m. to 9 p.m.

Saturdays 1 p.m. to 6 p.m.

Sundays 9 a.m. to 5 p.m.

\$150 for military community,

\$170 for general public

Manual fee extra if required. (Manual used is the same as Bronze Medallion)

Community Recreation Fitness Classes

Zumba (60 minutes) Tuesdays

9:30 a.m. to 10:30 a.m. at the RecPlex with Becky . Oct. 18 to Dec. 20 (10 weeks).

AND Wednesdays from 6 p.m. to 7 p.m. at the South Side Gym . Oct. 19 to Dec. 21 (10 weeks).

\$45 for military community or drop-in: \$5/class. \$54 for general public or drop-in: \$6/class.

Zumbatonic (Zumba for Kids!) (50 minutes)

From 5 p.m. to 5:50 p.m. at the RecPlex .

Oct. 19 to Dec. 7 (8 weeks).

Designed for kids aged 4 to 12 years.

\$28 for military community or drop-in: \$4/class.

\$35 for general public or drop-in: \$5/class .

Boot Camp Fitness - Thursdays from 9:30 a.m. to 10:30 a.m. at the RecPlex or outside (weather permitting). Oct. 13 to Dec. 15 (10 weeks).

\$45 for military community or drop-in: \$5/class.

\$54 for general public or drop-in: \$6/class.

Exploring Yoga with Nancy (75 minutes) – 1p.m. to 2:15 p.m. at the RecPlex.

Oct. 12 to Dec. 14 (10 weeks). \$63 for military community or drop-in: \$7/class. \$81 for general

public or drop-in: \$9/class.

Tae Kwon Do (ages 12 and up)

Wednesdays from 6:30 a.m. to 8 p.m. at the RecPlex, Oct. 5 to Dec. 7 (10 weeks).

RV Compound

The new compound is being constructed on Lawrence Drive in the MQs. Construction is delayed and the new date of occupancy is estimated at Dec. 1, 2011. Rental rates will be between \$10 to \$15/month.

Youth Aquatic Club

For Youth 8 to 16 years of age .

** Program has been revised Mondays, Wednesdays, Fridays 4:45 to 6 p.m.

Sept. 26 to Dec. 16, 2011

Does your child have the basics of swimming? Are you looking for a change from traditional lessons? Youth Aquatic Club is for you. Participants will improve their endurance and fitness level, receive stroke correction and learn competitive swimming skills all while having tons of fun. In this club there is no pass or fail, participants will work toward their own goals and challenge their own personal bests. **Participants will receive a written progress report during the session. In order to accommodate everyone's busy schedule, kids can join the club for one, two or three nights per week. Focusing on fitness and fun! Kids must be able to swim two lengths of the main pool in order to join the club.

Cost

Military Community	General Public	
1 night/wk	\$55 + HST	\$65 + HST
2 nights/wk	\$70 + HST	\$80 + HST
3 nights/wk	\$85 + HST	\$95 + HST

Junior Lifeguard Club

For kids 8 to 15 years of age

Sept. 26 to Dec. 5, 2011

Mondays- 6 p.m. to 7 p.m.

Serious fun!

* Swimming Skills * Leadership

* Lifesaving Knowledge * Lifesaving Skills

* Fitness * Teamwork

* Community Education * Special Events

If you can swim one length of the main pool and tread water for two minutes....this club is for you!

Cost

\$ 75 + HST – Military Community

\$ 85 + HST – General Public

Remembering at the RecPlex

All afternoon and evening programs at the RecPlex will run as per normal from 1 p.m. to 8:30 p.m.



SANTA PAWS IS COMING TO KNOTS "N" TANGLES!

Book your Pets' Groom to look their best at our All-Day Spa. Our Staff will pamper your pet while you take care of your Holiday errands!

Pet and Family Portraits by Second Glance Photography

Sessions will take place at the KNT Spa on November 21st.

Book now, space is limited.

Portraits will be ready for Holiday Gift Giving.

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The Quinte Home Builders' Associations' 2011 Parade of Homes was a chance for local builders to open their doors and show the pride we take in "Building a Greater Quinte" HILDENHOMES was honored to take home the Award of Excellence for Best Overall under \$400,000 for Kingfisher Cove.

Thank-you Quinte.

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The Legion Service Bureau Network serves Veterans, members of the CF, RCMP, and their families by representing their interests with Veterans Affairs Canada and the Veterans Review and Appeal Board for disability benefits under the Pension Act or the New Veterans Charter.

The Legion's professional service officers are mandated by legislation to provide representation, advocacy and financial assistance **FREE OF CHARGE**, Legion member or not.

Call Toll Free at 1-877-534-4666

www.LEGION.ca



Image: Department of National Defence

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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Each event should be typed out in the format of those below. Please do not send posters.

Looking for Volunteers!

Are you interested in causes? CFB Trenton is looking for both military and civilian personnel interested in participating in the base's employment equity advisory group that champions persons with disabilities, visible minorities, women, and aboriginals. Our mission is to help close the employment gaps which exist across DND among these four groups. To do this we need individuals interested in organizing events for the nationally recognized commemorative days of these designated groups and to participate in recruiting initiatives among youth. For more information, you may contact Major Brenda Tucker at local 3672.

Bénévoles recherchés!

Avezvous à cœur de défendre des causes? La BFC Trenton est à la recherche de militaires et d'employés civils qui souhaitent participer au groupe consultatif sur l'équité en matière d'emploi de la base, lequel défend les droits des personnes handicapées, des membres des minorités visibles, des femmes et des Autochtones. Nous avons pour mission de combler les écarts qui persistent à l'échelle du MDN en ce qui concerne l'emploi au sein de ces quatre groupes. Pour y parvenir, nous avons besoin de personnes désireuses d'organiser des activités dans le cadre des journées nationales consacrées à ces groupes désignés et prêtes à participer à des initiatives de recrutement visant les jeunes. Pour en savoir plus, n'hésitez

pas à communiquer avec le Major Brenda Tucker, au poste 3672.

Oct. 17 – Nov. 10 – Candle Sales

For Veterans Candlelight Tribute Ceremony. Candles are available for a minimum donation of \$5 each from Trenton Legion Branch 110.

Nov. 4 & 5 – Annual Legion Poppy Campaign

Legion members and volunteers will be at retail outlets in Trenton with poppies. Please give generously and remember the money is used to help our veterans.

Nov. 5 – Officer's Mess Harvest Candlelight Dinner

A Harvest Candlelight Dinner will be held at the Officer's Mess on Saturday, Nov. 5. Live music will be featured, cocktails are served at 6:30 p.m. and dinner begins at 7 p.m. Dress is semi-formal. Cost for member couples is \$55 and \$60 for guest couples. Menu for the evening consists of butternut squash soup, fall green salad with almonds, roast pork with mustard sauce, rosemary mashed potatoes, medley of seasonal vegetables, rolls and butter, frozen tartufo dessert, coffee and tea. Those interested in attending are asked to RSVP to Karen Campagne no later than Oct. 28 at local 2205. A seven-day cancellation notice is required.

Nov. 6 – Veterans church service and parade

St. Andrew's Presbyterian Church, 16 Marmora Street, Trenton, ON. Parade will form up in the Liquidation

Parking Lot at 10 a.m. and parade to St. Andrew's Presbyterian Church for 10:30 a.m. service.

Nov. 7 – Soup and Sandwich

Wooler United Church Soup and Sandwich on Nov. 7 from 11:30 a.m. to 1 p.m. Cost \$7 per person.

Nov. 9 – 8 Wing Officer's Mess Ladies Club

8 Wing Officer's Mess Ladies Club is hosting their annual Charity Night Nov. 9 at 6:30 p.m. in the upper lounge of the Officer's Mess. Admission: Members and invited guests of members \$10 or an item for the auction. Light refreshments served. For more information, call Kim at 613-962-2718.

Nov. 10, Veterans Candlelight Tribute Ceremony

At the Cenotaph in Trenton. Everyone is asked to be at the Branch for 6:30 p.m. to form up. Ceremony will begin at 7 p.m.

Nov. 11, Remembrance Day Ceremony

At the Cenotaph in Trenton. Parade will form up behind Legion Branch 110 at 10:30 a.m. and parade to the Cenotaph at 10:45 a.m.

Nov. 11, Remembrance Day Ceremony

Light Lunch at Branch 110 and entertainment in the lounge.

Nov. 11, Remembrance Day Dinner

At the auditorium in Legion Branch

110. Tickets: \$18 each. Guest Speaker: Comrade Gordon Moore, 1st Vice President, Dominion Command.

Dec. 3 & 4 – Christmas Model Railroad Show

Quinte's 16th Annual Model Railroad Show will take place in Belleville on Dec. 3 and 4. The display will be set up at Quinte Secondary School at 45 College St. West, and will feature 11,000 square feet of vendors and displays. Sales of and expert advice on model railroading. Christmas gifts for young and old. Door prizes. Admission \$5 for adults, \$4 for seniors and students, \$3 for children. Family rate is \$10. Sponsored by the Belleville and Brighton Model Railroad Clubs. For further information, contact Rick Potter at 613-398-7260, email – rickp@reach.net or Barry Todhunter at 613-475-5189, email – barrytodhunter@sympatico.ca

Volunteers Needed

The Community Recreation Association is seeking enthusiastic individuals to volunteer with shinny hockey games and the family skates. The schedule is as follows: Tyke/Novice: Sunday – 3 p.m. to 4 p.m.; Atom: Tuesday – 4 p.m. to 5 p.m.; PeeWee: Wednesday – 4 p.m. to 5 p.m.; Bantam/Midget: Friday – 7 p.m. to 8 p.m.

Rules are in effect with no parents on the ice except for the volunteers in charge.

Family Skate: Saturday and Sunday – 1 p.m. to 3 p.m. Please contact Meghan Gibson at 5230 if interested.

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(in honour of Remembrance Day)

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2011 – 2012 Canadian Forces Sports Regional and National Championship Schedule

SPORTS	REGIONAL DATE	BASE	NATIONAL DATE	BASE
Bowling	24 – 27 Nov 11	Borden	N/A	
Curling	22 – 25 Jan 12	Kingston	N/A	
Basketball	4 – 8 Mar 12	Petawawa	14 – 20 Apr 12	Borden
Hockey (Men)	12 – 16 Feb 12	Trenton	10 – 16 Mar 12	Borden
Hockey (Old Timers)	29 Jan – 3 Feb 12	Petawawa	3 – 9 Mar 12	Borden
Hockey (Women)	19 – 24 Feb 12	Kingston	24 – 30 Mar 12	Borden
Volleyball (M/F)	8 – 11 Mar 12	Petawawa	21 – 25 Apr 12	Borden
Badminton/Squash	2 – 5 Mar 12	North Bay	5 – 11 May 12	Borden
Running/Marathon	N/A		25 – 27 May 12	Ottawa
Swimming (RDC)	TBC 12		30 Mar – 1 Apr 12	Etobicoke
Ball Hockey	TBC 12	Petawawa	11 – 17 Aug 12	Borden
Slo-Pitch Men's	TBC 12	Borden	8 – 12 Sep 12	Borden
Slo-Pitch Women's	TBC 12	North Bay	8 – 12 Sep 12	Borden
Golf	TBC 12	Meaford	25 – 30 Aug 12	Borden
Soccer (M/F)	TBC 12	Petawawa	15 – 21 Sep 12	Borden

Cont'd from page 3

support groups and peer outings which are meant to foster social relationships, camaraderie, and a sense of purpose, as well as education. PSCs also provide one-to-one support; conduct educational briefings; and work in conjunction with various military and civilian organizations in meeting the needs of the peer. The PSCs' job is to listen without judgement, assess what resources or individuals can provide assistance; and informally refer the peer to the appropriate resources. All interactions with PSCs are held in private and all information is kept confidential.

The military/veteran PSC for the Trenton area is Robyn May who can be contacted at 613-392-2811 local 5060, or 613-242-

9689 (cell) or by e-mailing Robyn.May@osis.ca or Robyn.May@forces.gc.ca.

The family PSC for the Trenton area is Dee Leroy, who can be contacted at 613-392-2811 local 5058 or 613-242-0317 (cell) or by emailing to Dee.Leroy@osis.ca or Dee.Leroy@forces.gc.ca

The OSISS office is located in the Integrated Personnel Support Centre (IPSC) at 123 Yukon Ave, room 5 (basement).

Military/veterans group meets every second Wednesday at the MFRC portables and the family groups meet the first and third Tuesday of the month at the MFRC Annex at 9 Namao Dr.

For further information on the OSISS program, visit the website at www.osiss.ca or call The Centre at 1-800-883-6094.

Horoscope

WEEK OF OCTOBER 30 TO NOVEMBER 5, 2011

BIRTHDAYS THIS WEEK: NOVEMBER 2 – K.D. LANG • NOVEMBER 5 – BRYAN ADAMS



ARIES

This isn't a time to joke about your feelings. Take them seriously and enjoy thinking about what is important to you. You are heading towards great inner clarity.



TAURUS

You might go on a trip during which you will learn many things. Even if you stay at home, you will acquire some new knowledge that pertains to your work.



GEMINI

You feel a great deal of respect for yourself and for your work. Jupiter has you in a phase during which several things can improve. You can be confident that everything will turn out well.



CANCER

You find yourself thinking a lot about the past. On the one hand, you need people to be frank with you, but on the other, you sense that some people just don't see things as you do.



LEO

You are becoming closer to certain people who were very important to you in the past. Your friendship with them was a wonderful experience for you, and you remember it with fondness.



VIRGO

You can't quite figure out how to organize certain financial matters. Soon everything will become easier for you and you will feel better. Just don't panic: you will be able to move through this peacefully.



LIBRA

Pluto causes your plans to be delayed for the time being. Things are not happening as you had expected, but remember that this is only a temporary situation.



SCORPIO

You must put some order into your work. You find yourself wanting things to be easier, but don't worry: you will find answers to things you previously thought had no solution.



SAGITTARIUS

This week your ideas bring you luck. Venus causes you to feel truly understood by those whom you take into your confidence. This is great for you.



CAPRICORN

You no longer know if you want to continue living where you are now. You are very hesitant at the moment, especially concerning some people in your entourage. This is worrying you a lot.



AQUARIUS

You have great hopes. You love being useful to others, and service will soon bring you a great deal of satisfaction. You bring good fortune to others.



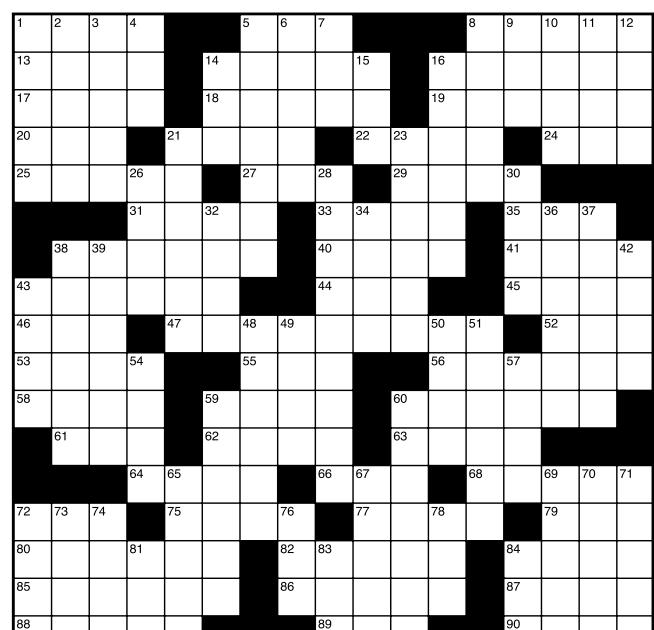
PISCES

This week you feel in great shape. You have a good chance of success, especially if you are in a period of change. It feels good to trust yourself.

CROSSWORD

ACROSS

- 1. Squabble
- 5. Form of jazz
- 8. African republic
- 13. Precious carving material
- 14. Sensational
- 16. Prayer
- 17. Prophetic event
- 18. Make happy
- 19. Complain
- 20. Split
- 21. Marine bird
- 22. Pacific goose
- 24. Tippler
- 25. Impede
- 27. Verve
- 29. Manufactured
- 31. Striped candy shape
- 33. Aid a wrongdoer
- 35. Dusky cuckoo
- 38. Nonmetallic element
- 40. Dry
- 41. Tut's place
- 43. Small knot
- 44. Hang down
- 45. Giant wrestler
- 46. Common tree
- 47. Secret wedding
- 52. Six-shooter
- 53. Lost control
- 55. Indian flat bread
- 56. Debonair
- 58. Tree swing?
- 59. Group
- 60. Theorize
- 61. Sniggler's quarry
- 62. Architectural curve
- 63. Fix
- 64. Relieve
- 65. Blame
- 66. Leave off
- 67. Man of Steel's symbol
- 68. Limber
- 69. Tiny amount
- 70. Flight
- 71. Say from memory
- 72. Unevenly worn
- 73. Newspaper section
- 74. Holiday tune
- 75. "____ You in the Morning"
- 76. "____ Gotta Be Me"
- 77. Aussie hopper
- 78. Shag or plush, e.g.



DOWN

- 1. Sea inlet
- 2. Nettle's cousin
- 3. Highly skilled
- 4. Wish
- 5. Relief-pitchers' place
- 6. Papal vestment
- 7. Cherry seed
- 8. Selfishness
- 9. Shoot from the ____
- 10. Tag-sale caveat
- 11. Words to a toddler
- 12. Dill herb
- 14. Romanian coin
- 15. Animal's burrow
- 16. Fancy
- 21. Pin-up girl
- 23. Come forth
- 26. Lace hue, often
- 28. Rider
- 30. Vittles
- 32. Holiday tune
- 34. Balance ____
- 36. Sugar-paste candy
- 37. Exempt
- 38. Shepherd dog
- 39. Esteem
- 42. Skeleton member
- 43. Bird's shelter
- 48. Asian wild ass
- 49. Section of glass
- 50. In the buff
- 51. Ditch
- 54. Proofreader's mark
- 57. Expressed
- 59. Apostle's teachings
- 60. Deadlock
- 65. Autumn flower
- 67. Embellish
- 69. Unaccompanied
- 70. Glossy fabric
- 71. Effuse
- 72. Hence
- 73. Vaccines
- 74. Jazzy singing
- 76. Evergreen
- 78. "____ You in the Morning"
- 81. "____ Gotta Be Me"
- 83. Aussie hopper
- 84. Shag or plush, e.g.



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Fridays drop-off childcare

9 a.m. to 4 p.m.
0-6 years
Registration is Monday for the following Friday.
\$5 per hour, \$4 for additional siblings

This pre-registered program offers support to parents from the daily stresses of caring for young children. Care is provided in a safe, stimulating environment. You can leave your child for one hour or all day. Take a break and take advantage of this great service. Quiet time is offered at 1 p.m. for those children who need that afternoon nap. Parents must supply all snacks and lunch. Friday drop-off booking will be on Mondays starting at 1 p.m. at 613-965-3575.

Les vendredis Halte-garderie

de 9h à 16h
0-6 ans
Les inscriptions doivent être faites le lundi pour le vendredi suivant.
5,00\$ l'heure, 4,00\$ pour enfant additionnel (frères et soeurs)

Ce programme (pour lequel l'inscription à l'avance est nécessaire) offre du soutien aux parents qui font face au stress quotidien relié aux soins de jeunes enfants. Notre service est offert dans un endroit sécuritaire et stimulant. Vous pouvez nous laisser votre enfant pendant une heure ou toute la journée si vous le désirez. Offrez-vous un répit et profitez de ce merveilleux service! Une sieste est prévue à 13h pour les enfants qui en ont besoin. On vous demande d'apporter le dîner et toutes les collations de votre enfant.

Les inscriptions pour le vendredi suivant devront être faites le lundi à compter de 13h au 613-965-3575.

Jeudis Francofun

0-6 ans – 9h à 11h30
(Financé par les Centre de la petite enfance de l'Ontario)
Programme gratuit qui, par l'entremise de votre participation, contribuera au bien-être parental et à celui de vos enfants de 0 à 6 ans, de 9h à 11h30
Jeux libres, bricolages, activités d'apprentissage, ressources.

Support group for Women

A place for women to discuss issues regarding sexual abuse or assault in a supportive and comfortable environment.
Build friendships, support and healing in your life.

Trenton Military Family Resource Centre



Confidential and free.

For more information contact Ashlee Allen, Violence against Women counsellor, aallen3@cogeco.net or 613-955-8891. Childcare available.

Groupe de soutien pour femmes

Un endroit où les femmes peuvent discuter des enjeux par rapport aux agressions sexuelles, dans un environnement confortable où elles peuvent trouver du soutien. Établissez des amitiés, du soutien et la route vers la guérison dans votre vie.

Confidentiel et gratuit.

Pour plus d'information contactez Ashlee Allen, Intervenante au programme de Violence envers les femmes. aallen3@cogeco.net ou 613-955-8891. Service de garde disponible.

Last Taste of India before Christmas

Nov. 24, 11 a.m. to 2 p.m., Base Chapel

Tandoori chicken, vegetable fried rice, potatoes and pea curry, Indian coconut fudge and bottled water. If interested, please register with Andrea at 613-392-1811 ext. 2382 by Nov. 18. Cost is \$10 at the door.

Dernier Goût de l'Inde avant Noël

Le 24 novembre, de 11h à 14h, Chapelle de la base

Poulet tandoori, riz frit aux légumes, curry de pommes de terre et pois, fudge coco indiens et bouteille d'eau.

Si vous êtes intéressé, s'il vous plaît contactez Andrea au 613-392-2811 poste 2382 avant le 18 novembre. Le coût est de 10\$ à la porte.

United Weigh for United Way



The Trenton Military Family Resource Centre developed a unique fundraiser to raise money for the 8 Wing annual United Way campaign with a start date on Oct. 3. The cost to enter was \$20 per person with 40 per cent of the collected monies going to the team with the greatest percentage of weight loss over the eight week period and the 8 Wing United Way campaign benefits with the other 60 per cent of the total collected. The weigh out date is Thursday, Dec. 1 – at the Postal Unit.

Home of the Week Your Building Renovation Experts



Plan No: 3-3-360

This attractive three-bedroom, split-level home features plenty of space for expansion in an unfinished portion of the ground floor, with most of the living space on the second floor to take advantage of a view.

Several steps lead up to a covered entry and into a high-ceilinged foyer with a coat closet to the right. Directly ahead is a double stairway, one leading to the ground floor's third bedroom and adjoining bath, and the other leading up to the great room on the main (or second) floor.

The open-plan great room and dining room look out to the front garden. Natural light will flood into both rooms, thanks to large windows, and the dining area enjoys access to an L-shaped deck with a covered portion that will make year-round grilling a pleasure. The great room includes an extra-wide window sill and gas fireplace.

The kitchen, separated from the dining area by a prep island, features plenty of counter space in a U-shaped configuration, as



For more floor plans, visit www.jenish.com

well as a double sink set at an angle with windows on both sides. A spacious pantry is located near the prep island. The kitchen also enjoys access to a covered patio with steps down to the back garden.

The master suite overlooks the back garden for privacy, and includes a generous walk-in closet. The ensuite features double sinks and a shower stall, as well as a soaker tub with a tiled surround and its own window.

The nearby linen closet will serve both the master bedroom and second bedroom, which has its own three-piece bathroom. Across the corridor is the laundry room.

The tandem garage is roomy enough for three vehicles, or two plus a workshop.

This home's exterior finishes include wooden shingles and brick on the upper and lower façade, as well as painted trim and decorative woodwork, for a charming arts-and-crafts look.

The home measures 44 feet wide and 47 feet deep, for a total of 1,973 square feet.

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P13658 16" Alloy wheels! 5 Speed manual transmission, hatchback, steering wheel controls, tilt, air, cruise, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, only 46,000kms.

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\$10,495
\$95.89 biweekly
60 mths @ 6.99%
0 DOWN +HST

PD13653 Pwr sunroof! 16" Alloy wheels! 5 Speed manual transmission, steering wheel controls, tilt, air, cruise, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 78,000kms.

08 MAZDA 3

\$11,995
\$94.36 biweekly
72 mths @ 6.99%
0 DOWN +HST

PD13814 15" Alloy wheels! 5 Speed manual transmission, 4 dr, air, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 45,000kms.

07 MAZDA 3 TOURING EDITION

\$10,495
\$95.89 biweekly
60 mths @ 6.99%
0 DOWN +HST

P13651 Pwr sunroof! 16" Alloy wheels! 5 Speed, manual transmission, steering wheel controls, tilt, air, cruise, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 82,000kms.

08 VOLKSWAGEN GOLF CITY

\$12,495
\$98.29 biweekly
72 mths @ 6.99%
0 DOWN +HST

D13684 Pwr sunroof! Black! Heated seats! 15" Alloy wheels! 5 Speed, manual transmission, Bluetooth ready, cruise, tilt, air, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 51,000kms.

07 VOLKSWAGEN GOLF CITY

\$10,995
\$100.46 biweekly
60 mths @ 6.99%
0 DOWN +HST

P13255 Manual transmission, 4 cyl, 4 dr, air, tilt, AM/FM/CD, only 44,000kms!

07 VOLKSWAGEN JETTA

\$11,995
\$109.60 biweekly
60 mths @ 6.99%
0 DOWN +HST

P13631 Pwr heated leather seats! Pwr sunroof! Black! 16" Alloy wheels! 5 Speed, manual transmission, cruise, tilt, air, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 94,000kms.

07 MAZDA 3

\$13,495
\$123.30 biweekly
60 mths @ 6.99%
0 DOWN +HST

P13654 Heated leather seats! Pwr sunroof! 17" Alloy wheels! 5 Speed manual transmission, steering wheel controls, hatchback, cruise, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 66,000kms.

08 VOLKSWAGEN JETTA CITY

\$12,495
\$98.29 biweekly
72 mths @ 6.99%
0 DOWN +HST

P13606 Black! 15" Alloy wheels! 5 Speed, manual transmission, 4 dr, air, tilt, cruise, AM/FM/CD/MP3, pwr windows, mirrors, locks, keyless entry, 76,000kms.

07 VOLKSWAGEN PASSAT

\$12,995
\$118.73 biweekly
60 mths @ 6.99%
0 DOWN +HST

13333 2.0LT-turbo! Pwr sunroof! Heated seats! Automatic, 4 cyl, 4 dr, tilt, air, cruise, AM/FM/CD/MP3, pwr mirrors, locks, windows, keyless entry, 100,000kms.

07 MAZDA 3

\$12,995
\$118.73 biweekly
60 mths @ 6.99%
0 DOWN +HST

PD13692 Pwr sunroof! Charcoal grey! Heated seats! 17" Alloy wheels! 5 Speed, manual transmission, 4 dr, hatchback, steering wheel controls, cruise, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 59,000kms.

07 MAZDA 3

\$13,995
\$127.87 biweekly
60 mths @ 6.99%
0 DOWN +HST

PD13579 Pwr sunroof! Heated leather seats! 17" Alloy wheels! 5 Speed, manual transmission, hatchback, steering wheel controls, cruise, tilt, air, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 52,000kms.

08 VOLKSWAGEN JETTA CITY

\$12,495
\$98.29 biweekly
72 mths @ 6.99%
0 DOWN +HST

13687 16" Alloy wheels! Heated seats! Automatic, 4 cyl, sedan, tilt, air, cruise, AM/FM/CD/MP3, pwr mirrors, locks, windows, keyless entry, 77,000kms.

08 MAZDA 3

\$13,995
\$110.09 biweekly
72 mths @ 6.99%
0 DOWN +HST

PD13772 Pwr sunroof! Heated seats! 17" Alloy wheels! 5 Speed, manual transmission, 4 cyl, 4 dr, hatchback, steering wheel controls, air, cruise, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 82,000kms.

07 MAZDA 5

\$11,995
\$109.60 biweekly
60 mths @ 6.99%
0 DOWN +HST

PD13583 Pwr sunroof! Rear sliding doors! 16" Alloy wheels! Heated seats! Automatic, 4 cyl, 4 dr, hatchback, tilt, cruise, air, steering wheel controls, AM/FM, pwr locks, windows, mirrors, keyless entry, 100,000kms.

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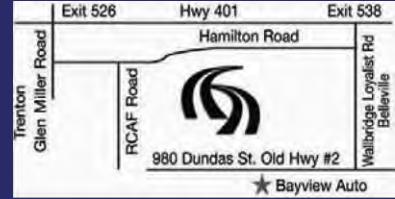
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