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• Volume 46 Issue Number 45 •

Wing Commander's Message of Remembrance



A Message from Colonel Sean Friday



Today we honour our Canadian Forces veterans past and present, and the sacrifices they have made and continue to make for our country.

Whether during the two world wars, the Korean War, the Balkans, or more recently in Afghanistan, Libya and other parts of the world, our veterans have fought to maintain the freedoms we enjoy, to bring peace to people in far-away lands, and to ensure a better future for all Canadians.

We remember the courage and valour of 650,000 Canadians who joined the First World War against the forces of then imperial Germany and Austria-Hungary. More than 66,000 Canadians died and many more were wounded. Let us reflect on their sacrifice and triumph, including at Beaumont-Hamel, where the Newfoundland Regiment fought with incredible valour at the cost of a great many lives.

During the Second World War, Canadians fought in almost every theatre of operations in Hong Kong, Ceylon and Burma; Sicily and Italy and at sea in the Mediterranean and all across the North Atlantic Ocean; and finally in Northwest Europe. More than a million Canadian servicemen and women volunteered for active duty and, tragically, 42,000 died.

We remember those who served in Korea with the United Nations, and mariners who served on Canadian merchant ships during these periods. Altogether, more than 26,000 Canadians served in the Korean War, and another 7,000 served between the signing of the Armistice and the end of 1995. Canadian casualties numbered over 1,500, including 516 who made the ultimate sacrifice. The Canadian contribution in the Korean War marked a new stage in the country's development as a nation.

More than 125,000 Canadian Forces members have served in dozens of international peace missions to more than 35 countries over the past six decades. Let us honour their commitment, which has earned Canada a world-wide reputation as a country that supports and protects peace.

Today, members of Canada's full-time Regular Force, supported by members of the Reserve Force, contribute in many ways – both at home and abroad. Vigilantly patrolling our borders, they are continually at the ready to defend Canada.

In Afghanistan, we have now moved to a new



phase – with a focus on preparing the Afghan National Security Forces to lead security operations across the country by the end of 2014. Our troops work hard to help secure a future of hope and opportunity for the people of Afghanistan. In particular, I would like to congratulate the efforts of Task Force Canuck and all parts of the air mobility team for their outstanding 10-year commitment to helping the people of Afghanistan attain security, stability and the opportunity for a prosperous future.

In the proud tradition of those that have gone before us, our airmen and airwomen have carried the torch with dedication and determination; most recently in Op MOBILE, the NATO-led effort to protect civilians from oppression in Libya; and in

Op JAGUAR, the Government of Canada initiative to assist the people of Jamaica in providing search, rescue, and medical evacuation support during the heavy hurricane season.

Let us also pause in a moment of silence to remember our fallen Search and Rescue Technician, Sergeant Janick Gilbert, who gave his life so that others may live. His courage and commitment were of the highest standard and his bravery and dedication stands as an example to us all. He is a true Canadian hero and his sacrifice shall never be forgotten.

I encourage everyone to commemorate the past, celebrate today, and commit to the future. Part of that future commitment is remembering, so that the legacy of our veterans shall live forever.



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8 Wing hosts heroes' welcome for Op MOBILE troops

By Lt Christopher Daniel,
Wing Public Affairs Officer

It was late Friday night. The main lounge of CFB Trenton's passenger terminal was filled with joy and excitement as families welcomed their airmen and airwomen with a big hug.

"It's so nice to be home," said Master Corporal William Bown, who just came back from deployment on Operation MOBILE. "It's been a great honour to have been part of this mission." "We're so proud of him," said MCpl Bown's mother-in-law, a local resident of Trenton, "and we're thankful to the Canadian Forces for all their support while he was away."

The troops flew back from mission onboard 437 Squadron's CC-150 Polaris aircraft.

Along with families, Parliamentary Secretary for National Defence Chris Alexander, Commander of the Royal Canadian Air Force Lieutenant-General André Deschamps, and 8 Wing Commander Colonel Sean Friday were at the passenger terminal to give heroes' welcomes to the 129 personnel who were coming back through CFB Trenton from Op MOBILE, Canada's contribution to the NATO-led mission to protect civilians in Libya.

"The deployment of Canadian Forces under Operation MOBILE demonstrated Canada's commitment to international security and cooperation, and to the protection of innocent civilians," said Parliamentary Secretary Alexander. "I congratulate the personnel involved in the operation for their dedication and for their courage."

Lieutenant-General Deschamps congratulated the troops for a job well-done.

"Your professionalism brings great credit to



Photo: Lt Christopher Daniel

Troops coming back from Op MOBILE receive a warm welcome from the Honourable Chris Alexander, LGen André Deschamps, Col Sean Friday, CWO Sandor Gyuk, and other members of 8 Wing Trenton.

Canada," said LGen Deschamps as he addressed the troops. "You worked together as a strong team to protect innocent civilians against an oppressive regime."

Operation MOBILE was the Canadian Forces' participation in Operation UNIFIED PROTEC-

TOR, the NATO-led effort to impose on Libya the arms embargo and no-fly zone authorized in U.N. Security Council Resolution 1973 of March 17, 2011, which called on the international community to protect civilians and civilian-populated areas in Libya.



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Honours & Awards

8AMS Promotion



MCpl Broczowski is promoted from Cpl to MCpl on Oct. 5 with Maj. Eberts and MWO Foster making the presentation.



MCpl Penny is promoted from Cpl to MCpl on Oct. 19 with Lt Khan and MWO Foster, making the presentation.



MCpl Yaksich (promoted from Cpl to MCpl) Sept. 27, 2011 with Lt Hardy making the presentation.



Sgt Lewis is promoted from MCpl to Sgt on Oct. 25 with CWO Muehlgassner and MWO Foster making the presentation.

Sacrifice Medal



Wing commander Col Sean Friday presents the Sacrifice Medal to Corporal William Boyle

Promotions



MWO Rick Barrett receives his promotion from LCol Colin Keiver, CO of 436 (T) Sqn.



Pte(T) Stewart Manderson receives a promotion to that rank, presented by Maj K.A. Heinzel, OC Log.

The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

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

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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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- Please label all disks and hard copies with article name, contact person and phone numbers, date.

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Photo: MCpl Shilo Adamson

After a medical evacuation flight from Montego Bay, a Jamaican soldier and a Task Force Jamaica air crew transfer the patient from their CH-146 Griffon helicopter to a waiting ambulance.

Après une évacuation sanitaire aérienne à partir de Montego Bay, un militaire jamaïcain et un équipage aérien de la Force opérationnelle en Jamaïque transfèrent le patient de leur hélicoptère CH146 Griffon à une ambulance en attente.

Operation JAGUAR passes the 200 mark

More than 200 sorties flown; assistance provided after heavy rains

By Capt Steve Dieter

The first half of October was incredibly busy for Task Force Jamaica; the team reached a new milestone and completed our first weather-related mission since our deployment in mid-August.

During the weekend of Oct. 15–16, while most Jamaicans were enjoying a long weekend culminating in National Heroes' Day (celebrated annually on the third Monday in October), the helicopter crews of Task Force Jamaica completed their 200th mission and flew a night rescue mission in support of the Jamaica Defence Force.

"With the heavy rains of Saturday morning (Oct. 15), we exercised due diligence in ordering a second crew to be ready in case a call was received from the Jamaica Defence Force," said Major Fred Eidt, Deputy Commander of Task Force Jamaica. "As it turned out, we needed to deploy only one crew, but it was to help rescue Jamaicans trapped as a result of the steady rainfall."

The heavy rain forecast for the weekend — some 59 mm fell on Saturday and Sunday — caused the Jamaican government to issue a flash-flood warning for the low-lying and flood-prone areas of the island's eastern and central parishes. On Sunday evening, the Jamaica Defence Force received a call for help: several people, including a pregnant woman, were cut off at Hordley Cross in the parish of St. Thomas.

"When we arrived on scene, our Jamaica Defence Force colleagues were already evacuating some of those trapped," said Captain Martin Canuel, aircraft commander of the responding CH-146 Griffon helicopter. "We were able to lift

six people into our helicopter by double-hoist, which is when an individual is hoisted along with a search-and-rescue technician."

The Jamaica Defence Force and Task Force Jamaica brought a total of 12 people to the safety of St. Thomas Technical High School in nearby Duckenfield.

The search-and-rescue callout — Task Force Jamaica's 14th sortie in support of the Jamaica Defence Force — came on the heels of the Task Force's 200th flight, a search-and-rescue force-generation mission flown over Jamaica on Friday, Oct. 14.

Only a week before, Task Force Jamaica hosted a visit by Lieutenant-General Stuart Beare, commander of Canadian Expeditionary Force Command, and the CEFCOM Command Chief Warrant Officer, CWO Jorma Hamalainen, who arrived with Commander's and Command Chief's Coins for four members of Task Force Jamaica. Master Corporal Alain Proulx of 19 Wing Comox and Corporal Charley Fabre of 439 Combat Support Squadron at 3 Wing Bagotville received the Commander's Coin, and Capt Kendra Bencun of 439 Squadron received the Command Chief's Coin. Sergeant Bruno Lapointe of 424 Training and Rescue Squadron at 8 Wing Trenton has already returned to his home unit, so he will receive the Command Chief's Coin there.

Operation JAGUAR continues, so Task Force Jamaica will mark Remembrance Day in Kingston while conducting flying operations and essential search-and-rescue force-generation training. We expect to redeploy to Canada in late November.

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L'opération Jaguar passe le cap des 200

Plus de 200 sorties aériennes ont été effectuées et de l'aide a été offerte après des pluies diluvienues

Par le Capitaine Steve Dieter

La première moitié du mois d'octobre a été extrêmement occupée pour la Force opérationnelle en Jamaïque. En effet, l'équipe a atteint un nouveau jalon et a mené sa première mission liée aux conditions climatiques depuis son déploiement à la mi-août.

Pendant la longue fin de semaine du 15 et du 16 octobre, pendant que les Jamaïcains profitaient du congé de la Journée nationale des héros (célébrée chaque année le troisième lundi d'octobre), les équipages des hélicoptères de la Force opérationnelle en Jamaïque ont effectué leur 200e mission et ont mené une mission aérienne de sauvetage nocturne en soutien à la Force de défense de la Jamaïque.

Avec les pluies diluvienues du samedi matin (le 15 octobre), nous avons fait preuve de diligence raisonnable en ordonnant à un second équipage de se tenir prêt en cas d'appel de la Force de défense de la Jamaïque », explique le Major Fred Eidt, commandant-adjoint de la Force opérationnelle en Jamaïque. « Finalement, nous n'avons eu besoin de déployer qu'un seul équipage, mais c'était pour venir en aide aux Jamaïcains piégés par les pluies abondantes. »

Les fortes chutes de pluie pendant la fin de semaine (environ 59 mm samedi et dimanche) ont poussé le gouvernement jamaïcain à émettre un avertissement de crue éclair pour les zones de faible altitude et inondables dans les paroisses de l'Est et du centre de l'île. Dimanche soir, la Force de défense de la Jamaïque a reçu un appel à l'aide : plusieurs personnes, dont une femme enceinte, étaient prises à Hordley Cross, dans la paroisse de Saint-Thomas.

À notre arrivée sur les lieux, nos collègues de la Force de défense de la Jamaïque s'affairaient déjà à évacuer certaines des personnes piégées », raconte le Capitaine Martin Canuel, commandant de l'hélicoptère CH146 Griffon dépêché pour intervenir. « Nous avons pu faire embarquer

six personnes dans notre hélicoptère en employant le procédé du hissage double, c'est-à-dire que chaque personne était hissée en compagnie d'un technicien en recherche et sauvetage. »

En tout, la Force de défense de la Jamaïque et la Force opérationnelle en Jamaïque ont emmené douze personnes en sécurité à l'école secondaire technique Saint-Thomas, située tout près, à Duck-enfield.

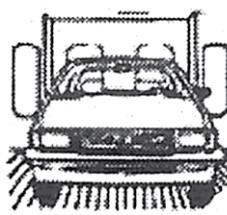
L'appel de recherche et sauvetage (la quatorzième sortie de la Force opérationnelle en Jamaïque en soutien à la Force de défense de la Jamaïque) est arrivé immédiatement après le 200e vol de la Force opérationnelle, une mission de mise sur pied d'une force de recherche et sauvetage qui s'est déroulée au-dessus de la Jamaïque le vendredi 14 octobre.

Une semaine auparavant seulement, la Force opérationnelle en Jamaïque a eu la visite du Lieutenant-général Stuart Beare, Commandant du Commandement de la Force expéditionnaire du Canada, et de l'Adjudic Jorma Hamalainen, adjudant-chef du COMFEC, qui sont arrivés avec des pièces du Commandant et de l'Adjudant-chef pour quatre membres de la Force opérationnelle en Jamaïque. Le Caporal-chef Alain Proulx, de la 19e Escadre Comox et le Caporal Charley Fabre, du 439e Escadron de soutien au combat à la 3e Escadre Bagotville ont reçu la pièce du Commandant, et le Capt Kendra Bencun, du 439e Escadron, a reçu la pièce de l'Adjudant-chef du Commandement. Comme le Sergent Bruno Lapointe, du 424e Escadron de transport et de sauvetage de la 8e Escadre Trenton, était déjà retourné à son unité d'appartenance, c'est là qu'il recevra la pièce de l'Adjudant-chef du Commandement.

L'opération *Jaguar* se poursuit, alors la Force opérationnelle en Jamaïque célébrera le jour du Souvenir à Kingston tout en menant des opérations de vol et de l'instruction essentielle en matière de mise sur pied d'une force de recherche et sauvetage. Nous prévoyons être redéployés au Canada à la fin novembre.

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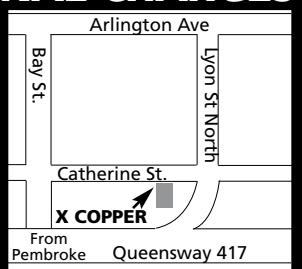
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Wing Logistics and Engineering Picture of the Week



Leafs have lunch at the Yukon Galley

The Yukon Galley staff recently had the privilege of cooking for the Toronto Maple Leafs, who were in town training for a few days. The presence of the Leafs at the galley provided much excitement for the diners and staff alike. The team at Wing Food Services (WFS) was overwhelmed and extremely pleased with the courtesy shown by the Maple Leafs. Various members of the kitchen staff were able to get pictures taken with their favorite hockey players, also receiving personalized autographs. The Leafs were very appreciative of the fine meal served to them and took the time to personally thank the staff. WFS wishes the Toronto Maple Leafs all the best during the season. Go Leafs go! Back row is Colby Armstrong, Jay Rosehill, Tim Connolly, John-Micheal Liles and Jake Gardiner. Front row is Sonya Guthrie, Jimmy Wong, Stephen Zabaneh and Darrel Gibbs.

Reasons for working safely

In order to deliberately do something, day after day, you have to have a reason. You eat three meals every day because you need food to live. You sleep eight hours or so every night because you need the rest. You go to work every day because you need the money.

Have you ever stopped and examined your reasons for working safely? Maybe you go along with safety regulations just because the law says to. Or maybe it's because your shift can win an award for so many accident-free days. If you stop and think about it, however, you have better reasons than those.

Here are some examples which we all might be able to relate to:

- You want to be able to continue working, to support yourself and your family comfortably. There's probably a considerable difference between what you make on the job and what you would collect on compensation or leave or social assistance.
- You don't like pain, but who does? Some accidents result in months of pain and a long stay in a hospital bed. With some injuries, the pain never goes away.
- Who wants scars? Other accidents leave permanent disfigurement or dismemberment. There is only so much a plastic surgeon can do.
- You like being able to play sports and do other physical activities. Becoming disabled in an accident could mean the end of skiing, baseball, swimming, bicycling, and even those weekend hunting or fishing trips.
- You like your brain just the way it is. A head injury could change your ability to enjoy a simple conver-

sation, read a magazine or even understand a television show the way you do now.

- Who doesn't want to enjoy their life with their family? A trauma such as a workplace accident can cause significant family changes.

- You want to stick around and be able to help your children grow up. You want to teach them to play ball and watch them graduate. And who doesn't want to be able to play with their grandchildren someday?

- You have plans and hopes for the future. We all have goals -like going back to school or retiring where the weather is perfect. Maybe this job is just a temporary step on your way to a fine career. It would be a shame to have it all end tomorrow afternoon.

- And who doesn't like the feeling of being alive and healthy?

A workplace accident can change everything in an instant. Instead of going home tonight to your normal life, you could be going into a hospital and starting months of painful therapy. When you think about how much is resting on your shoulders, working safely is certainly worth it.

Working safely is really a small price to pay for being able to improve your life. Taking care to wear your personal protective equipment, to report hazards and to follow safe work procedures is really no trouble at all, when you consider what could be lost if you don't.

Everyone has his or her own reasons for working safely. This list is just to give you something to think about. What are your reasons for working safely?

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Two generations working at Kandahar Airfield

By Capt Evan Carty

For the first time in more than four years, Warrant (WO) Terry Smith Senior and Corporal (Cpl) Terry Smith Junior are calling the same place 'home', albeit temporarily.

Cpl Smith is posted to 436 Transport Squadron, in Trenton ON, and is currently working with the Tactical Airlift Unit at Kandahar Airfield (KAF) in southern Afghanistan

His father, WO Smith is posted to 413 Squadron, Greenwood NS, and is attached to NATO headquarters, Kandahar. WO Smith joined the Armed Forces hoping to become an aircraft technician. "I was told my math wasn't strong enough, so I chose Traffic Tech." WO Smith eventually advanced to the Loadmaster trade on the CC130 legacy fleet.

Cpl Smith, wanting to follow in his father's footsteps, approached the Forces in 2006. "The recruiter told me that my math marks weren't good enough for Traffic Tech, but I could become an aircraft technician," Cpl Smith said, with an ironic grin.

Father and son are making the most of the opportunity and, during their off duty hours, can frequently be found in each other's company, often

with a Timmie's coffee in hand.

The only unit of the Air Wing that remains in operation is the Tactical Airlift Unit (TAU), which will continue flying operations in theatre until the mid-November 2011 time-frame. The TAU provides air logistical support, vice combat support, to ISAF through the transport of personnel, equipment and supplies as part of the Inter-Theatre Airlift System (ITAS) in support of ISAF's mission and the closure of Operation ATHENA and the stand-up of Op ATTENTION.

The Mission Transition Task Force is responsible to conduct mission closure of Operation ATHENA in order to enable the Canadian Forces to transition to subsequent operations as directed by the Government of Canada.



Photo: Corporal Patrick Drouin

Clarifications : Peer support email addresses appeared incorrectly in last week's article. They should have read Robyn.May@osiss.ca and DeeLeroy@osiss.ca. The new Franco-Phare telephone number is 965-5828, not 964-5828 as was published in a recent issue of The Contact.

A father and son team currently deployed to Kandahar Airfield are WO Terry Smith, Sr (right), member of the Mission Transition Task Force (MTTF) Headquarters (HQ) and his son Cpl Terry Smith Jr., taken at the unveiling of the station Kandahar sign at the Tactical Airlift Unit (TAU) on Oct. 18.



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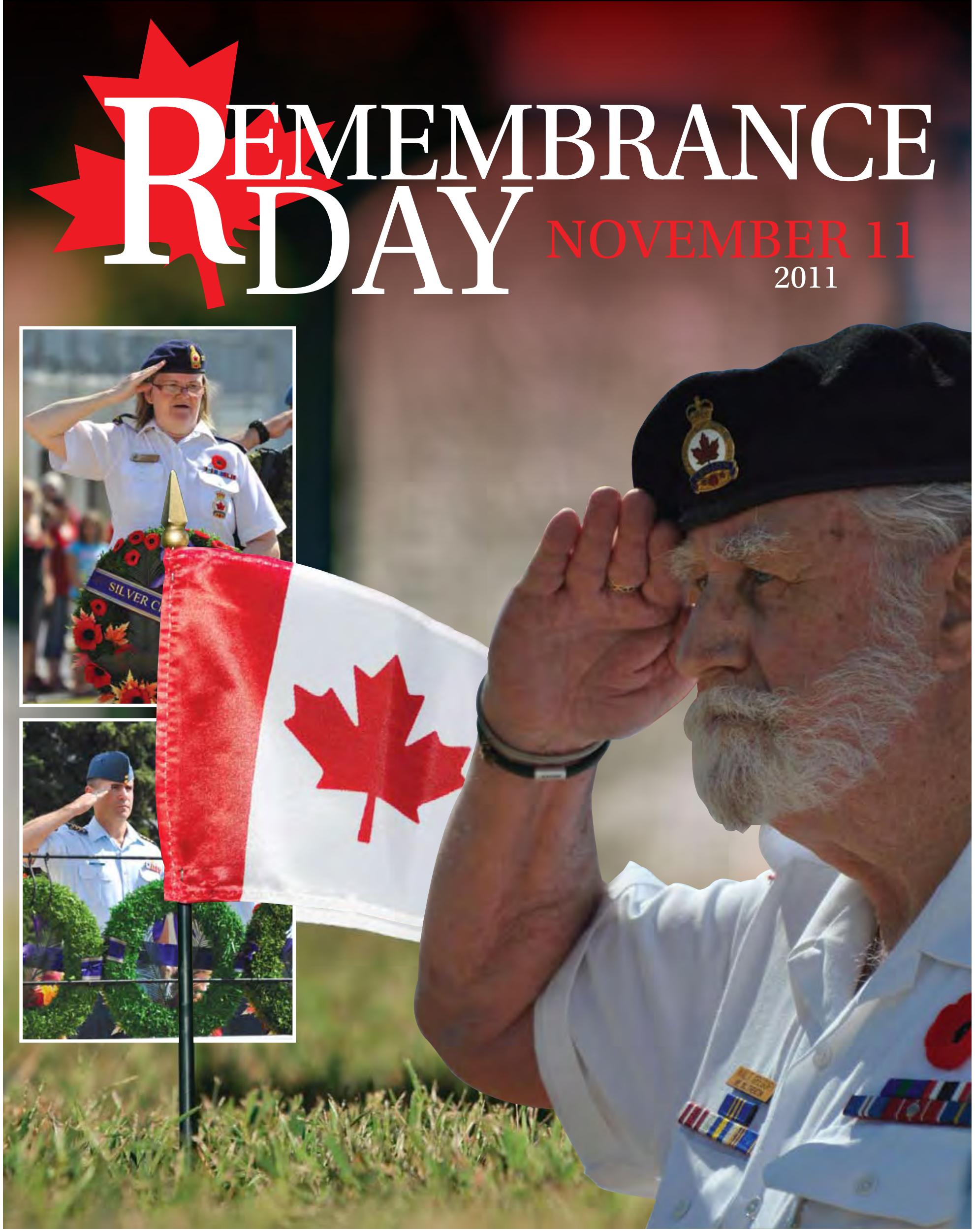
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Message du commandant de l'Escadre



Message du Colonel Sean Friday

Aujourd'hui, nous rendons hommage aux anciens combattants des Forces canadiennes, d'hier et d'aujourd'hui, pour le sacrifice qu'ils ont consenti et qu'il continuent de consentir au nom de notre pays.

Durant les deux guerres mondiales, la guerre de Corée, dans les Balkans, ou plus récemment en Afghanistan, en Libye et ailleurs dans le monde, nos anciens combattants se sont battus afin de protéger les libertés dont nous bénéficiions, d'apporter la paix à des gens vivant dans des contrées lointaines et d'assurer un avenir meilleur à tous les Canadiens.

Nous nous souvenons du courage et de la bravoure des 650 000 Canadiens qui ont participé à la Première Guerre mondiale contre les forces de l'Empire allemand et de l'Autriche-Hongrie. Plus de 66 000 Canadiens ont péri et plus encore ont été blessés. Pensons à leurs sacrifices et à leurs triomphes, notamment ceux de Beaumont-Hamel, où le Newfoundland Regiment a combattu fort vaillamment, au prix de nombreuses vies.

Pendant la Seconde Guerre mondiale, les Canadiens ont combattu dans presque tous les théâtres d'opérations — à Hong Kong, au Ceylan et en Birmanie, en Sicile, en Italie et sur la Méditerranée, partout dans l'océan Atlantique Nord et, enfin, dans le nord-ouest de l'Europe. Plus d'un million de militaires canadiens, hommes et femmes, se sont portés volontaires pour un service actif, dont 42 000 ont malheureusement péri.

Nous nous souvenons aussi de ceux qui ont servi en Corée pour les Nations Unies ainsi que des marins qui ont servi à bord des navires marchands canadiens durant la même période. En tout, plus de 26 000 Canadiens ont servi pendant la guerre de Corée, et 7 000 autres l'ont fait entre la signature de l'armistice et la fin de 1995. Plus de 1 500 Canadiens ont été blessés, dont 516 ont fait le sacrifice ultime. La contribution du Canada pendant la guerre de Corée a marqué une nouvelle étape de l'édition du pays en tant que nation.

Plus de 125 000 membres des Forces canadiennes ont servi lors de dizaines de missions de paix internationales dans plus de 35 pays au cours des 60 dernières années. Rendons hommage à leur engagement qui a valu au Canada, sur la scène mondiale, la réputation de pays qui soutient et protège la paix.

Aujourd'hui, les membres à temps plein de la Force régulière, appuyés par les membres de la Réserve, apportent leur contribution de nombreuses façons, tant au pays qu'à l'étranger. Patrouillant sur nos frontières avec vigilance, ils sont toujours prêts à défendre le Canada.

En Afghanistan, nous sommes maintenant dans une nouvelle phase, dans le cadre de laquelle nous nous efforçons de former les Forces de sécurité nationales afghanes afin qu'elles puissent diriger les opérations



de sécurité à l'échelle du pays d'ici la fin de 2014. Nos militaires déploient de grands efforts pour garantir un avenir meilleur au peuple afghan. Je tiens à féliciter tout particulièrement les membres de la Force opérationnelle Canuck et tous les éléments de l'équipe de la mobilité aérienne pour le dévouement dont ils ont fait preuve durant 10 ans afin d'aider la population de l'Afghanistan à atteindre ses objectifs de sécurité et de stabilité et de lui donner ainsi la possibilité d'un avenir prospère.

Dans la fière tradition de ceux qui nous ont précédés, nos aviateurs et aviatices ont porté le flambeau avec dévouement et résolution : tout récemment dans le cadre de l'Op Mobile, effort dirigé par l'OTAN visant à protéger les civils contre l'oppression régnant en Libye, et au cours de l'Op Jaguar, initiative du gouvernement du Canada servant à venir en aide aux Jamaïcains en

leur fournissant le soutien nécessaire pour les opérations de recherche, de sauvetage et d'évacuation sanitaire pendant la difficile saison des ouragans.

Observons une minute de silence à la mémoire du Sergent Janick Gilbert, notre technicien en recherche et sauvetage qui a donné sa vie pour que d'autres puissent vivre. Son courage et sa détermination étaient exceptionnels, tandis que sa bravoure et son dévouement peuvent nous servir d'exemple à tous. C'est un véritable héros canadien dont le sacrifice ne doit jamais tomber dans l'oubli.

Je vous encourage tous à commémorer le passé, à célébrer le présent et à vous engager pour l'avenir. C'est en partie en se souvenant que l'on s'engage pour l'avenir et que l'on garde toujours vivant l'héritage de nos anciens combattants.



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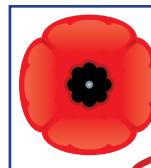
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Make remembrance more than something you feel - make it something you do

Veterans Affairs Canada

Each year, from Nov. 5 to 11, Canadians join together to celebrate Veterans' Week and this year is no different.

During this week, hundreds of commemorative ceremonies and events will take place across the country to recognize the achievements of our veterans and honour those who made the ultimate sacrifice.

This Veterans' Week, take the remembrance challenge. There are many ways to show that you remember and honour our Veterans:

- Pin a poppy above your heart.
- Attend the local Remembrance Day ceremony.
- Talk to a friend or relative who has just returned home from Afghanistan or who served in other areas of conflict.
- Listen to veterans talk about their experiences.
- Create a mashup and share it on the YouTube Channel <<http://www.youtube.com/user/VeteransAffairsCa>>.
- Visit the Veterans Affairs Canada Facebook fan page <<http://www.facebook.com/CanadaRemembers>>, write on our wall and share how you remember.
- Follow Veterans Affairs Canada on Twitter <http://twitter.com/VeteransENG_CA> and tweet about how you remember.
- Change your Facebook profile picture to a poppy.
- Blog, tweet or update your Facebook status about the importance of remembrance.

Above all, we must vow never to forget. However you choose to remember, be sure to share with everyone you know. Together, it is our duty to pass on the legacy and keep the memories of our Canadian Veterans alive.

Faites des activités du Souvenir plus que quelque chose qui vous touche - faites-en partie.

Anciens Combattants Canada

Au Canada, du 5 au 11 novembre de chaque année, les gens célèbrent la Semaine des anciens combattants. Cette année encore, ils assisteront aux centaines de cérémonies organisées au pays.

Ils rendront hommage aux anciens combattants pour tout ce qu'ils ont fait et honoreront la mémoire de ceux et celles qui ont consenti le sacrifice ultime.

Cette année encore, ils assisteront aux centaines de cérémonies organisées au pays. Ils rendront hommage aux anciens combattants et aux vétérans pour tout ce qu'ils ont fait et honoreront la mémoire de ceux et celles qui ont consenti le sacrifice ultime.

Cette année, durant la Semaine des anciens combattants, relevez le défi du Souvenir. Faites des activités du Souvenir plus que quelque chose qui vous touche, faites-en partie. Il y a bien des façons de montrer que vous vous souvenez des anciens combattants et que vous leur rendez hommage. En voici quelques-unes :

- Épinglez un coquelicot au-dessus de votre cœur.
- Assitez à une cérémonie du jour du Souvenir organisée près de chez vous.
- Parlez à un ami ou à un parent qui revient de l'Afghanistan ou qui a servi dans d'autres zones de conflit.
- Écoutez un ancien combattant parler de ses expériences
- Créez un mixage et envoyez-le à YouTube Lien externe, Ouvre dans une nouvelle fenêtre <<http://www.youtube.com/AnciensCombattants>>
- Visitez notre page des fervents dans Facebook Lien externe, Ouvre dans une nouvelle fenêtre <<http://www.facebook.com/LeCanadasouvient>>, écrivez un message sur notre mur et faites savoir aux autres comment vous vous souvenez.
- Suivez-nous et commentez sur le Souvenir dans Twitter Lien externe, Ouvre dans une nouvelle fenêtre <http://twitter.com/VeteransFR_CA> .
- Changez votre photo dans Facebook par un coquelicot.
- Bloguez, utilisez votre compte Twitter ou votre statut d'usager dans Facebook pour expliquer l'importance de se souvenir.

Mais avant tout, il faut promettre de ne jamais oublier. Qu'importe le moyen que vous choisirez pour montrer que vous vous souvenez, faites-le savoir à vos amis, à vos proches ou à vos collègues. Ensemble, transmettons cet héritage et perpétuons le souvenir de nos anciens combattants et de nos vétérans. C'est notre devoir.



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Project North Star fascinated by Halifax restoration



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The volunteers from Project North Star took the opportunity to look at all the nooks and crannies of the Halifax at the Trenton National Air Force Museum of Canada.

By Ross Lees

Project North Star is envious of the National Air Force Museum of Canada (NAFMC) and its restored Halifax.

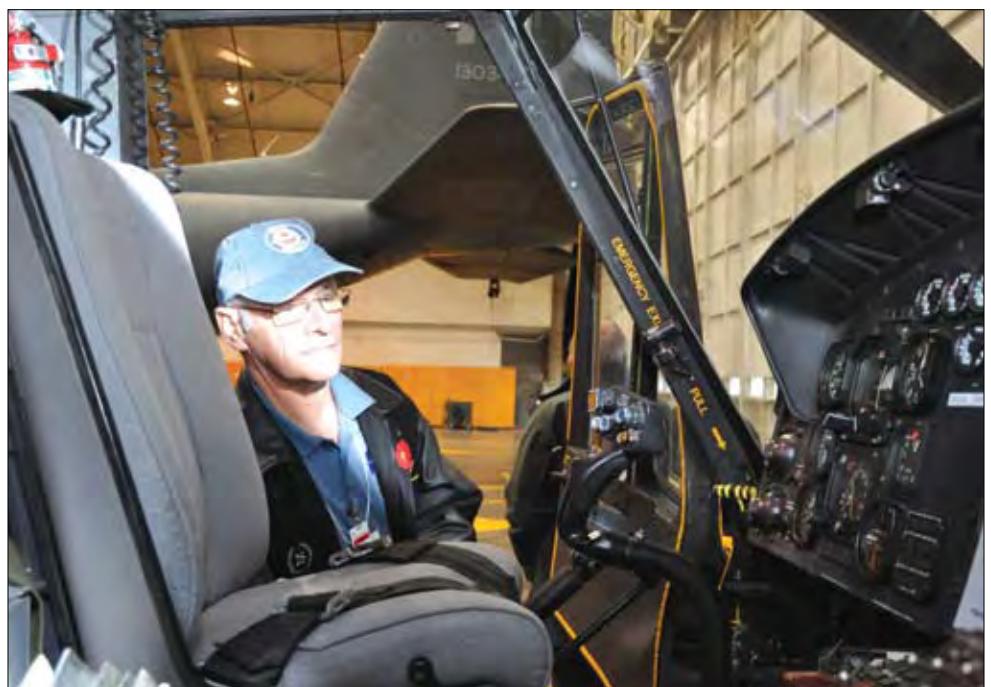
Project North Star is a group of volunteers working to restore the Royal Canadian Air Force (RCAF) North Star 17515 displayed at the Canada Aviation and Space Museum in Ottawa. This North Star is the last remaining specimen of a total of 71 built by Canadair Ltd.

A group of the volunteers involved in Project North Star visited 424 Sqn on Nov. 4 to get a better understanding of what 424 Sqn does and to view the facilities on the base, including the National Air Force Museum of Canada and its prized project – the restored

Halifax.

At least some of the volunteers have military backgrounds and some even had connections to CFB Trenton. Austin Timmins retired as a Colonel in the CAF and flew as a navigator in Korea with 424 Sqn Thunderbirds. He served a stint as commanding officer of Trenton's Operational Training Unit Squadron. Bruce Gemmill retired as a Lt Col in the CAF in signals and was operations officer at CFB Alert. He also served in Trenton for a short period of time. John Tasseron retired from the CAF as a Warrant Officer and was involved in airframe/engine maintenance. Ed Hogan was in the RCAF maintenance and went on to fly the S-61 helicopter. Ted

Cont'd on page 13



Project North Star membership secretary Bruce Gemmill gets a closeup look at a Griffon cockpit.



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LEST WE FORGET



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N'OUBLIONS JAMAIS





SAR Tech MCpl Steve Delage describes some of the tools of the trade for the Project North Star volunteers.

Cont'd from page 12

Devey was an electrical officer in "RCN and was a WW II veteran. Bill Hough fought on Juno Beach.

Taken on a tour of Search and Rescue and given a brief on the posture of 424 Squadron, the volunteers were enthralled by the people and the aircraft involved in searching for and rescuing those in need. Given an opportunity to ask questions, they sought answers to why there was no search and rescue facility in the north, what LCol J.J. Roy, CO 424 Sqn. preferred as a replacement search and rescue aircraft, and the training process and qualifications of a search and rescue pilot.

LCol Roy gave his opinion on all of the questions and was frank about when he signs the qualification papers of a search and rescue pilot.

"When I sign those papers, I'm thinking about putting my family in that plane in any kind of weather conditions," he said. "When you play on the edge, you need the guys who are focused and trained to do the job."

LCol Roy said after the briefing he was glad to see Project North Stars healthy interest. "They know about aviation and over the years, they have built a passion which shows through," he told *The Contact*.

It was, however, the NAFMC which was re-served as the pinnacle of the visit. Released with-

in the structure, the volunteers began looking in every nook and cranny of the Halifax to see how this restoration had been accomplished. They also were excited to see a picture of a North Star on display and many of them gathered around it to discuss the various problems and possible solutions they faced with their restoration.

Gemmill, the membership secretary of Project North Star, called the tour "great" and added, "It was good to talk together with people in the same business but with different challenges." He felt other members of the group would welcome another opportunity to do a similar tour.

Richard Lodge, President of Project North Star, used to work for Rolls Royce and confessed to always having a fascination with aircraft. "It was a fascinating day and is all about camaraderie," he noted.

Button said a lot of the volunteers have specific skills they bring to the project, but others have never really worked on aircraft. The volunteers work on the aircraft during a regular 9-5 day, which has resulted in a problem for his group. While they have younger people interested in becoming involved in the project, they often can't because they work during those hours.

"They would like to come in in the evening or on the weekend," Button explained. "We would like to be able to get them involved so we can pass on the skills of our volunteers."



Loadmaster Lead Sgt Chad Ingram answers questions from Roger button and Richard Lodge, the president of the North Star project.

Project North Star: Dedicated to history and restoration

The Royal Canadian Air Force (RCAF) North Star 17515 proudly displayed at the Canada Aviation and Space Museum is the world's last remaining specimen of a total of 71 built by Canadair Ltd.

Prior to the end of World War II, Trans-Canada Airlines (TCA) and the RCAF had a requirement for a long-range transport for their overseas service. TCA had originally introduced this service with converted Lancaster bombers. The Canadian government decided that Canadair Ltd., a new company formed in Montreal, should take up the challenge of building the aircraft.

Of the 71 North Stars built there were 20 for TCA, 24 for the RCAF, 22 for British Overseas Airways Corporation named the Argonaut, four for Canadian Pacific Airlines and one specifically modified C-5 North Star for the RCAF with Pratt and Whitney R-2800 radial engines for VIP flights. Other than the 24 for the RCAF, the remaining aircraft were pressurized.

In order to pressurize these aircraft, a modified DC-6 aircraft fuselage was substituted for the original DC-4 based North Star. Since this pressurized fuselage was also heavier, the DC-6 landing gear was also added to it. All North Stars, except the C-5 VIP aircraft, were equipped with four powerful 12 cylinder inline Rolls Royce Merlin 622 engines, which gave a 35 mph speed advantage over radial engines.

The North Star served as a reliable and versatile workhorse for the RCAF. The museum's unique specimen, RCAF 17515, was manufactured in 1948. Over the years, this aircraft was active in vital roles including northern re-supply, research, training, humanitarian operations, United Nations worldwide operations, and in support of Canada's NATO operations in Europe. In addition, this particular aircraft flew in the famous and highly successful "Operation HAWK" airlift of supplies and personnel during the 1950-53 Korean War.

17515 was acquired by the museum in 1966. A full-fledged conservation, restoration and preservation program was started in 2003. This restoration continues today with museum experts closely supervising a team of 30 enthusiastic volunteers, all proud members of Project North Star.

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We Remember





Capt Claude Courcelles, 426 Sqn Unit Public Affairs Officer, front left, poses for a picture with 401 Wing President Donald Duthie, back left, and Air Cadet LAC Travis Ray James Madill in the cockpit of the 426 Squadron simulator.

Veterans simulate flying at 426 Squadron

By Ross Lees

It was a thrill of a lifetime for the veterans of the Air Force Association 401 Wing, Cobourg when they came to 426 Squadron at CFB Trenton Tuesday to go through the squadron's flight simulator.

The veterans, guests of the squadron and the base, were delighted for the opportunity to fly the huge computer-generated simulator. And members of the squadron were equally pleased to have them visit during Veteran's Week so they could help pay tribute to the men and women who had answered their country's call in the past.

426 Squadron Commander LCol Christian Roy said, "We are embracing the future to remember our

past," in welcoming the guests to the squadron. "But enough about the future, this is all about the past. This is Remembrance Week and it's all about you."

LCol Roy said this Remembrance Week was especially poignant for members of CFB/ 8 Wing Trenton and his squadron since they had just had to deal with two military deaths – SAR Tech Sgt Janick Gilbert and MCpl Byron Greff.

But once again, he reverted from the present to the past. "Without your sacrifices, we wouldn't be doing what we are right now. When the going gets tough, we always think about you veterans."

With those sombre words of welcome, LCol Roy jumped to the fun part of the day, talking about the use

of the simulator to train aircrew and telling his visitors he hoped they would have fun on their large training aid.

Senior simulator instructor Gerry Favre perhaps said it best as he waited for their guests to arrive. After updating the journalists present about the simulator, he said, "It's a lot of fun to have the chance to have these guys come through."

The group of 17 people was made up of 12 veterans – one a former pilot and others members of aircrew – four cadets and a Loyalist College student.

According to Favre, the simulator has been at the base since 1985 and was modified in 1999-2000 with

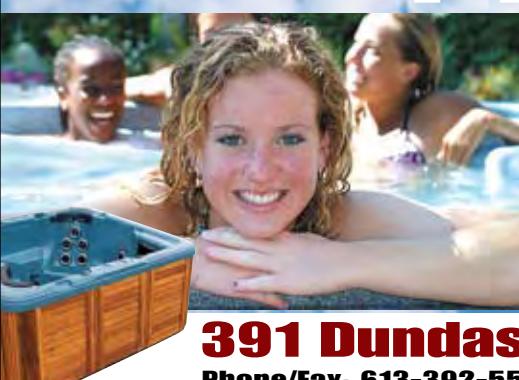
Cont'd on page 15

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Cont'd from page 14

new avionics and other upgrades.

"It's amazing," he stated. "The reliability is exceptional. It's phenomenal! The life of this simulator is equivalent to four times the life of one of our C-130s," he noted proudly.

Visiting veterans quickly found out how much fun it could be to train on a simulator which makes flying remarkably realistic. They were actually given the opportunity to get in the pilot's seat and fly the simulator with a little bit of expert advice from the co-pilot's seat by Capt Courcelles.

Valerie Taylor, a 401 Wing member, was perhaps the most vocal of all the veterans. As she lifted off a remarkably realistic runway, she couldn't help exclaiming, "Oh my God, I'm flying. Oh God, I'm flying."

Once she had completed her flight and exchanged high fives with Capt Claude Courcelles, the Unit Public Affairs Officer for 426 Squadron, she raced out to her fellow veterans outside the simulator and yelled, "I did it! I flew it."

When she had finally calmed down a little bit, she took a moment to make some comments to The Contact.

"I'm so grateful to them for letting us do this," she said. "It is so much fun. You talk about a thrill of a lifetime, this is it!"

Taylor felt every young person should have a chance to use the simulator, that it should be a teaching tool in all the schools. She said it would be a good counterbalance to the war games many students play incessantly.

"It would show them it's (military life) is not all killing like their games," she said.

"It's used for transporting stuff and good things, not just killing someone all the time. That's not the way it is, not the goal of the military at all."

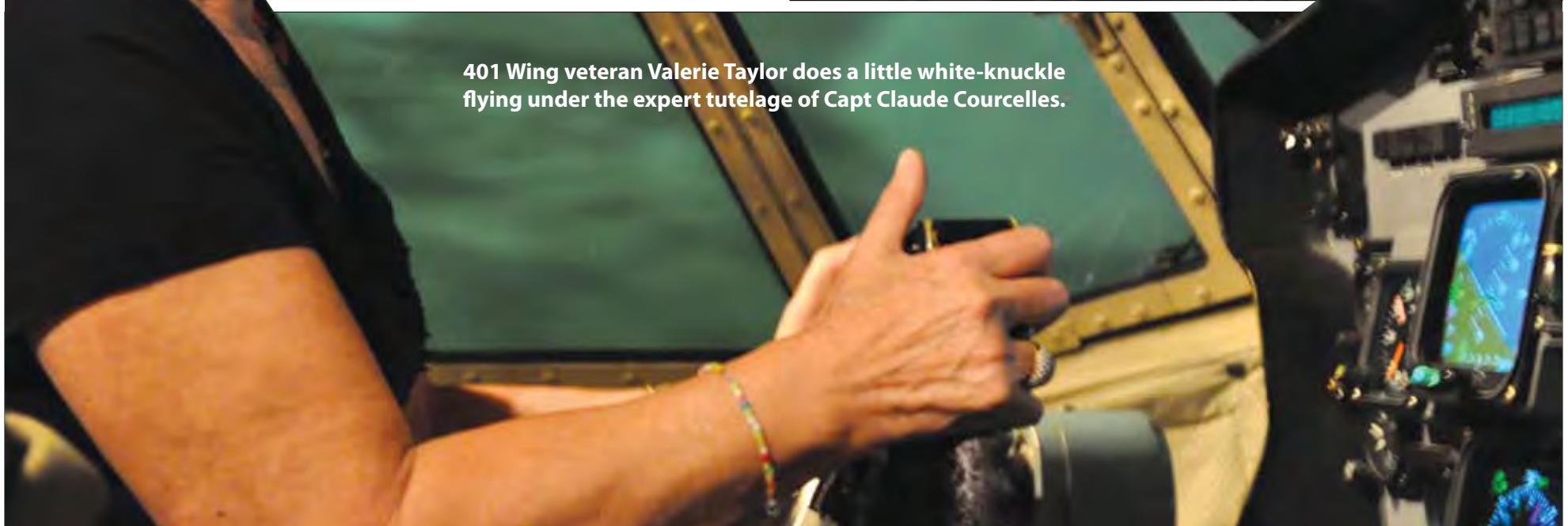
401 Wing President Donald Duthie said the veterans welcomed the invitation from Capt Courcelles – also a member of 401 Wing – and jumped at the chance to experience the simulator.

"It's the most realistic you'll ever get short of an actual aircraft," he said. "You feel every bump of the runway, every climb, every buck. It simulates what you would find in the real world," noting the simulators had come a long way from those back in World War II.

401 Wing visitors were pictured with their 426 Squadron hosts in front of the squadron simulator.



401 Wing veteran Valerie Taylor does a little white-knuckle flying under the expert tutelage of Capt Claude Courcelles.



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424 Squadron Creates Trust Fund for the Children of Sergeant Janick Gilbert

By Lt. A.N. McKinley

Members of 424 Squadron have banded together to create a trust fund for the children of Sergeant Janick Gilbert. The 34-year-old Search and Rescue Technician from Baie Comeau, QC perished during a rescue mission in the Arctic earlier this month. A ramp ceremony was held at CFB/8 Wing Trenton and a military funeral was held at CFB Valcartier this past Saturday; but the military community wants to do more for his family.

Members of 424 Squadron therefore have decided to create a trust fund for Sgt Gilbert's two children. Capt Jeffrey McIsaac is accepting donations on behalf of the squadron and managing the account.

"I've been chosen to open the account and run it," says Capt McIsaac. "Despite the fact that I didn't know him well, it still touches home."

Donations will be accepted until March 31, 2012 at which time a member of the Gilbert family will take over the management of the fund.

"The goal is in support of the kids RESPs" said Capt McIsaac.

Cheques can be made out to the "Gilbert Family Trust" and please re-



member to include a return address as a charitable donation receipt will be issued. Please forward your donation to:

Captain Jeffrey McIsaac
Hercules Flight
424 T&R Squadron Trenton
PO Box 1000 Station Forces
Astra, ON, Canada, K0K 3W0
Tel: 613-392-2811 (ext 3520)

Le 424e Escadron crée un fonds en fiducie à l'intention des enfants du Sergent Janick Gilbert

Par le Lt A. N. McKinley

Des membres du 424^e Escadron ont uni leurs efforts en vue de créer un fonds en fiducie à l'intention des enfants du Sergent Janick Gilbert. Au début du mois, le technicien en recherche et sauvetage de 34 ans, originaire de Baie-Comeau (Québec), a perdu la vie au cours d'une mission de sauvetage en Arctique. Une cérémonie d'adieu a eu lieu à la BFC/8^e Escadre Trenton, et les funérailles militaires se sont déroulées à la BFC Valcartier samedi dernier. Toutefois, la collectivité militaire voulait faire davantage pour la famille du Sergent Gilbert.

Les membres du 424^e Escadron ont donc décidé de créer un fonds en fiducie à l'intention de ses deux enfants. Le Capt Jeffrey McIsaac recueille les dons au nom de l'escadron et gère le compte.

On m'a choisi pour ouvrir le compte et m'en occuper, explique le Capt McIsaac. Et même si je ne connaissais pas

beaucoup le Sgt Gilbert, cela me touche.

Il sera possible de verser des dons jusqu'au 31 mars 2012, date à partir de laquelle un membre de la famille Gilbert prendra en charge la gestion du fonds.

Le fonds vise à financer les régimes enregistrés d'épargne-études des enfants », a ajouté le Capt McIsaac.

Si vous désirez faire un don, veuillez faire votre chèque à l'ordre du « Fonds de la famille Gilbert » et indiquer votre adresse afin d'obtenir un reçu pour don de bienfaisance. Nous vous prions de faire parvenir votre don à l'adresse suivante :

Capitaine Jeffrey McIsaac
Escadrille Hercules
424^e Escadron de transport et de sauvetage Trenton
C.P. 1000, succ. Forces
Astra (Ontario) K0K 3W0 Canada
Téléphone : 613-392-2811, poste 3520

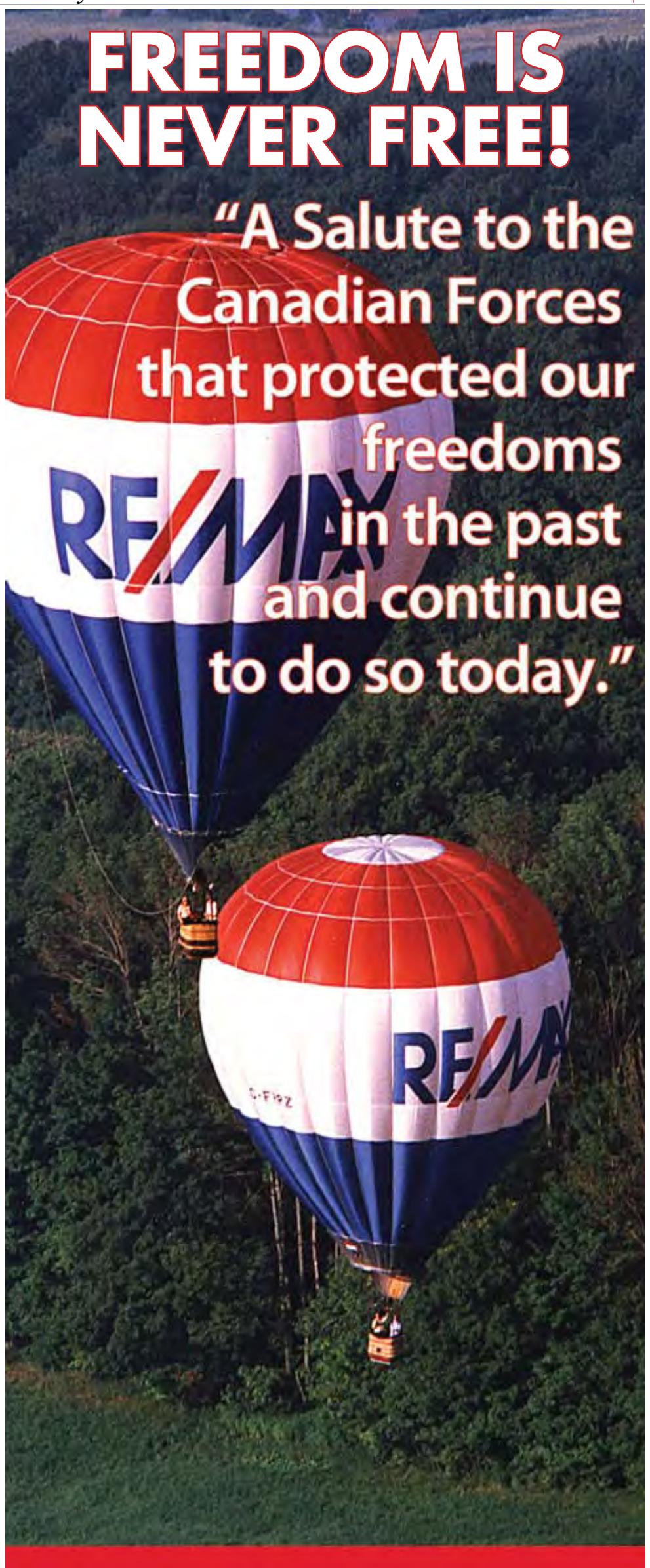


Please join us again this year as we join together on November 11th,
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Enabling' in the Canadian Forces

Source: Strengthening the Forces, Health Promotion

We've all heard the saying that it takes a village to raise a child. In many cases, the same could be said about those addicted to alcohol and/or other drugs. This refers to the "community" of enablers that almost inevitably surrounds each addict.

'Enabling' is making alcohol or other drug use possible or easier for the user. The user's parents or spouse might deny that a problem exists; friends might rationalize the user's behaviour (e.g., he/she is under a lot of stress right now); co-workers could cover up for the user by fixing mistakes they made as a result of their drug or alcohol use. It could be many things. But what does this mean for the CF? What forms does enabling take in a military context?

Covering up is the most prominent form of enabling in the CF. Often, CF members will cover up for their colleagues in a well-intentioned but ill-advised attempt to protect them from

discharge or to protect a friendship with the individual. For example, a person may go out at lunch and have two or three beers, but upon their return to work, none of their colleagues or supervisors says anything about it, despite an obvious decline in the member's job performance (studies show that alcohol/drug use can reduce the user's productivity by 25 per cent). Although the co-worker and supervisor may think they're protecting their colleague, they are actually putting them, as well as anybody who works with them (including themselves) in danger. Accidents happen, but they happen much more frequently when drugs or alcohol are involved. In fact, studies show that up to 47 per cent of all people who die in a workplace accident had alcohol in their bloodstreams at the time of the accident.

If we wish to send a caring message to our members about alcohol and/or other drug use problems, we have to start by changing our attitudes and practices in this regard. Cover-

ing up for a colleague's alcohol and/or other drug use, despite good intentions, does not really support the user and can in fact create an unsafe workplace. CF policies regarding alcohol and/or other drug use exist and it is important for us to know what they are and how we can better support a person who has a problem. The best thing you can do for a colleague who may have an alcohol and/or other drug-related problem is to address the issue with a caring attitude and take necessary steps as outlined in the appropriate policies. If you are in a supervisory role, you need to know the policies and the services available. If you are concerned about a colleague, you need to educate yourself on alcohol and/or other drug use. Supervisory training and alcohol and other drugs training is available - check for the course time on your base. The important thing is to act now before it is too late.

Let's be a village that nurtures not 'enablers.'

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La complicité au sein des Forces canadiennes

Nous avons déjà entendu dire qu'il faut un village pour élever un enfant. Bien souvent, on peut dire la même chose des alcooliques ou des toxicomanes. Je fais référence à la «collectivité» de facilitateurs qui entourent presque inévitablement tous les toxicomanes.

Être complice», c'est rendre l'alcool ou la drogue plus accessible au consommateur. Les parents ou le conjoint du consommateur peuvent nier l'existence du problème; les amis peuvent rationaliser le comportement du consommateur (p. ex., il subit beaucoup de stress en ce moment); les collègues de travail peuvent couvrir le consommateur en réparant les erreurs qu'il commet par suite de sa consommation de drogue ou d'alcool. La complicité peut prendre bien des formes. Mais qu'en est-il au sein des FC? Quelles sont les formes que prend la complicité dans un contexte militaire?

La dissimulation est la forme de complicité la plus répandue dans les FC. Souvent, les militaires vont couvrir leur collègue dans une tentative bien intentionnée mais malavisée de les préserver d'une libération ou pour protéger

leur amitié avec l'individu. Par exemple, un militaire peut sortir dîner et prendre deux ou trois bières, mais à son retour au travail, ni ses collègues ni ses superviseurs ne passent de commentaires malgré une chute évidente du rendement du militaire (des études démontrent que la consommation d'alcool ou de drogue peut réduire la productivité de 25 p. 100). Même si les collègues et les superviseurs croient protéger le militaire, ce qu'ils font en réalité, c'est mettre celui-ci et ses collègues de travail (y compris eux-mêmes) en danger. Il y a des accidents qui se produisent beaucoup plus fréquemment lorsque des drogues ou de l'alcool sont en cause. De fait, des études démontrent que jusqu'à 47 p. 100 des gens qui meurent au travail avaient de l'alcool dans le sang au moment de l'accident.

Si nous voulons envoyer un message bienveillant à nos militaires concernant les problèmes de consommation d'alcool et de drogue, nous devons commencer par changer notre attitude et nos pratiques en la matière. Dissimuler la consommation d'alcool ou de drogue d'un collègue, malgré de bonnes

intentions, ne l'aide nullement et, de fait, peut créer un milieu de travail non sécuritaire. Les FC se sont dotées de politiques concernant la consommation d'alcool et de drogues, et il est important que nous les connaissions et que nous sachions comment mieux soutenir la personne qui a un problème. Ce que l'on peut faire de mieux pour un collègue qui a un problème de consommation d'alcool ou de drogue, c'est d'aborder la question avec bienveillance et de prendre les mesures nécessaires qui sont décrites dans les politiques pertinentes. Si vous assumez des fonctions de supervision, vous devez connaître les politiques ainsi que les services offerts. Si vous êtes préoccupé par un collègue, vous devez en apprendre sur la consommation abusive d'alcool et des autres drogues. L'on offre de la formation pour les superviseurs ainsi que sur l'alcool et les autres drogues - vérifiez les cours offerts à votre base. L'important, c'est d'agir avant qu'il ne soit trop tard.

Soyons un village qui soigne et qui évite la complicité en matière de drogues et d'alcool.

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First Aid Instructor

Lifesaving Society First Aid Instructor - This course will enable individuals to teach Standard First Aid with CPR "C". If you wish to purchase the 2010 First aid award guide \$25 plus HST. Pre-requisites: Standard First Aid with CPR "C", Lifesaving instructors, Advanced instructors. There is a pre-course assignment that is due on the first day of this course. – Nov. 18, 19. Friday: 5:30 p.m. to 8:30 p.m. Saturday: 11 a.m. to 3 p.m. \$100 plus HST for military community. \$120 plus HST for general public.

AED Course

New AED course - The four-hour Automated External Defibrillation (AED) course provides knowledge of how the heart works and what goes wrong when defibrillation is required. Participants learn when and how to operate an automated external defibrillator including AED maintenance, data management and reporting protocols required following an incident. Prerequisite: Standard first aid with CPR "C"; CPR "A" or higher. Saturday, Nov. 19 from 3:30 to 7 p.m. \$55 plus HST for military community. \$65 plus HST for general public.

Examiner Standard Clinic (ESC)

Lifesaving Society Examiner Standard Clinic (ESC) - This course is aimed for experienced instructors who would like to become an Examiner. Pre-requisite: Lifesaving instructor certification. Saturday, Nov. 12 from 10 a.m. to 3 p.m. \$30 plus HST for military community. \$40 plus HST for general public.

Lifesaving Society Advanced Instructor Course

This course is aimed at experienced instructors looking to become a specialized instructor. (This is a pre-requisite in becoming a first aid instructor, NLS instructor and or Instructor trainer.) Sunday, Nov. 13 from 10 a.m. to 3 p.m. Pre-requisite: Lifesaving Instructor certification. \$50 plus HST for military community. \$60 plus HST for general public .

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.

Community Recreation Fitness Classes

Tai Chi - Tuesdays – 8 to 9 p.m. at the RecPlex. Nov. 8 to Dec. 13 (six weeks). \$30 plus HST for military community. \$39 plus HST for general public.

Tae Kwon Do (ages 12 and up)

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

Zumba (60 minutes)

Wednesdays from 5:45 to 6:45 p.m.

at the South Side Gym. Oct. 26 to Dec. 14.

\$36 for military community or drop-in: \$5/class.

\$43.20 dor general public or drop-in: \$6/class.

Boot Camp Fitness -

Thursdays - 9:30 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).

1 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.

RV Compound

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

Stay tuned to the Splash page for more information or go to www.cfcommunitygateway.com for details.

Shinny Hockey for Kids at RCAF Flyers Arena

| | | |
|---------------|-----------|-------------|
| Tyke/Novice | Sunday | 3 to 4 p.m. |
| Atom | Tuesday | 4 to 5 p.m. |
| PeeWee | Wednesday | 4 to 5 p.m. |
| Bantam/Midget | Friday | 7 to 8 p.m. |

Full CSA hockey gear required. \$3 for military community, \$4 for general public.

Family Skating at RCAF Flyers Arena

Saturday and Sunday from 1 to 3 p.m.

Free for military personnel with ID.

Free for CRA members.

\$1 for military community non-members.

\$2 for general public.

Rec Swimming at the RecPlex

Monday, Wednesday, Friday evenings from 6 to 8 p.m. Saturday 1 to 3 p.m. and 5:30 to 8 p.m. Sunday 1 to 3 p.m.

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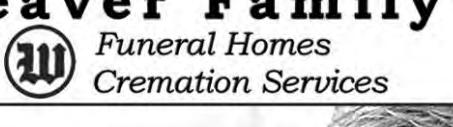
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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area.

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 cfccontactnewspaper@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 defending a cause? 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!

Avez vous 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.

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.

Nov. 14 - Blood donor Clinic

The next blood donor clinic will be held at Yukon Galley, 75 Yukon Road, Astra on Monday, Nov. 14 from 10 a.m. to 2:30 p.m. Call 1-888 2 Donate to book an appointment.
<http://healthpromotion.cfbtrenton.com>

Collect de sang

Parce que vous pouvez sauver des vies... Yukon Galley, 75 Yukon Road, Astra, lundi, 14 novembre, 2011, 10 h à 2:30 h. Téléphone au 1 866 JE DONNE pour prendre rendez-vous.
<http://healthpromotion.cfbtrenton.com>

Ombudsman coming to CFB Trenton

The Office of the Ombudsman was created in 1998 to increase openness and transparency in the Canadian Forces and the Department of National Defence, and to ensure the fair treatment

of concerns raised by Canadian Forces members, departmental employees and their families. Town halls are scheduled and open to all interested in attending (seating limited to 120). Location is the Air Warfare Center theatre. Note that no electronic devices are permitted to be in your possession in the building. An ombudsman intake officer will be available after each town hall to receive individual complaints.

Nov. 29 Civilian Staff 1:15 - 2:45 p.m.

Nov. 30 Jnr NCOs 1:15-2:45 p.m.

Dec. 1 SNCOs 8:30-10 a.m.

Dec. 1 Officers 10:30 a.m.-12 noon

Dec. 1 Families 6:30-7:30 p.m. (location Wing Chapel)

Ombudsman a été créé en 1998 pour favoriser l'ouverture d'esprit et la transparence au sein des Forces canadiennes et du ministère de la Défense nationale, en plus d'assurer un traitement équitable des problèmes soulevés par les membres des Forces canadiennes, les employés du Ministère et leur famille.

Des assemblées publiques sont prévues à l'amphithéâtre du Centre de la guerre aérienne et toutes les personnes intéressées peuvent y assister (le nombre de places est limité à 120). Prenez note que vous ne pouvez avoir en votre possession aucun dispositif électronique dans le Centre de la guerre aérienne. Un agent du bureau de l'Ombudsman sera à votre disposition après chacune des assemblées publiques pour accueillir les plaintes individuelles.

29 novembre 2011 Personnel civil de 13 h 15 à 14 h 45

30 novembre 2011 Sous-officiers subalternes de 13 h 15 à 14 h 45

1er décembre 2011 Sous-officiers supérieurs de 8 30 h à 10 h
1er décembre 2011 Officiers de 10 h 30 à 12 h
1er décembre 2011 Familles de 18 h 30 à 19 h 30 (à la chapelle de l'escadre)

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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New on-line directory aims to help Quinte area parents

Quinte area parents can look forward to finding a wide range of information a lot easier.

Why?

The Quinte Family Resource Guide is now on-line. The website is a directory designed to provide useful information and connection points that families in the Quinte region need to navigate their busy lives.

The Quinte Family Resource Guide is the brainchild of Belleville resident, Cara Hunter "because it was something my own family could definitely use."

She adds, "I had to refer to several different sources to find the information

I was looking for just to enroll my children in sports and dance lessons. It was frustrating and time consuming."

After speaking with other Quinte parents, Hunter learned that she was not alone. In researching the directory categories, she discovered many groups and organizations that she never knew existed were here.

Hunter hopes that families in the area will use the directory and discover that they have many more options than they may realize. Having all the information in one place will help families make their decisions quicker and easier.

"Which is great, especially when you

have a young family and time is at a premium," Hunter said.

The directory covers categories such as dance and music lessons, family support, health and safety, pregnancy and childbirth, party venues, sports organizations and many more choices. Businesses and organizations are encouraged to list their information and post their community events. The website also features a blog written by Cara Hunter and guest writers that takes a fun and creative approach to parenting topics.

You can visit the directory at <http://www.QuinteFamily.com>.

Blood donor Clinic

The next blood donor clinic will be held at Yukon Galley, 75 Yukon Road, Astra on Monday, Nov. 14 from 10 a.m. to 2:30 p.m. Call 1-888 2 Donate to book an appointment.

<http://healthpromotion.cfbtrenton.com>

Collect de sang

Parce que vous pouvez sauver des vies...Yukon Galley, 75 Yukon Road, Astra, lundi, 14 novembre, 2011, 10 h à 2:30 h. Téléphone au 1 866 JE DONNE pour prendre rendez-vous.

<http://healthpromotion.cfbtrenton.com>

Horoscope

WEEK OF NOVEMBER 6 TO NOVEMBER 11, 2011

BIRTHDAYS THIS WEEK: NOVEMBER 6 – ETHAN HAWKE • NOVEMBER 7 – JONI MITCHELL



ARIES

Expect to react rapidly: you are in a period where everything is very demanding. It all makes sense to you, though, especially at work.



TAURUS

You want to embellish everything around you. This week, you are truly capable of making life more pleasant, for yourself and for others.



GEMINI

Saturn causes you to start feeling more detached from things that previously seemed complicated. You know more clearly what and what you are not responsible for.



CANCER

This week brings a lot of new understanding about your love life. The influence of Jupiter is such that you will be asked to discuss some money matters.



LEO

You love how creative you are; you can do some exceptional things. This gives you a real feeling of self-confidence and you feel a great inner strength.



VIRGO

You are coming to the end of a difficult phase. You are starting to live in a better way and to realize just how much you are capable of loving others. You have some good friendships in your life. Continue in this way.



LIBRA

You are in a phase where you can better defend yourself. Your imagination and inspiration will help you make your life more wonderful.



SCORPIO

The North Node (the moon's ascending node) brings you things you had not expected. This is very good for you. Fear nothing and remain unwavering in everything you undertake.



SAGITTARIUS

You are in a phase that brings you strong emotions. You feel reborn. Everything in your life could become really wonderful. Have faith in yourself.



CAPRICORN

You like to give moral support to your friends when they are in need of you; continue to make yourself available to them. You are heading towards professional situations where you will be able to command more respect.



AQUARIUS

This week brings you a great deal of intellectual strength. You are able to engage in discussions with firmness and assert your ideas in an animated way. This is really great for you.



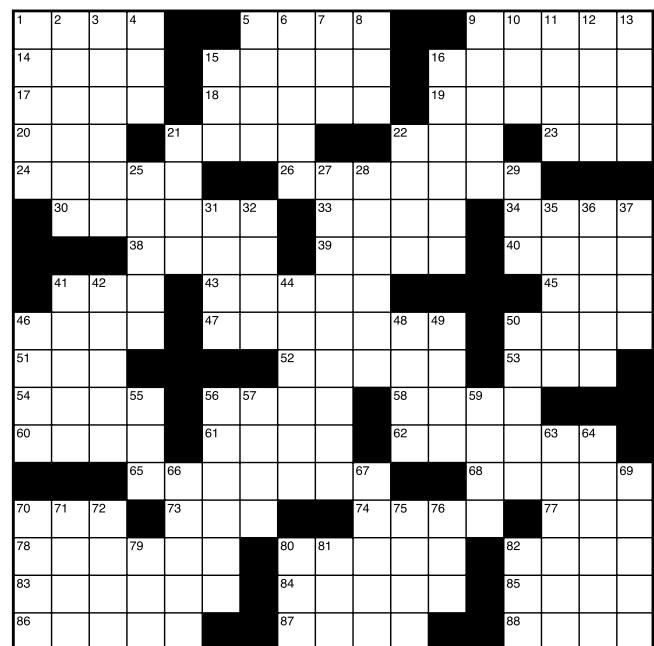
PISCES

Planet Earth endows you with the quality of loyalty, which you will bring to all your experiences this week. You want to act nobly in everything you undertake. You enjoy experiencing personal growth in a number of ways.

CROSSWORD

ACROSS

- Unfit for farming
- Urban air problem
- Roman Catholic brother
- Fork prong
- Clearing
- Reddish brown pigment
- Unpunctual
- Jury group
- Torment
- Pub order
- Cut wood
- Yang's counterpart
- Have bills
- Barber's sharpener
- Appendixes
- At the location
- Letter from Greece
- Little bird
- News brief
- Contaminate
- Put on cargo
- Ripen, as cheese
- Battery type
- Swimsuit section
- Tavern drink
- Bead of water
- Corn tassel
- Keats's vessel
- Broccoli shoot
- A few
- Former Italian dough
- Ballet exercise
- Movie unit
- Salacious look
- Silver, in alchemy
- Hose
- Figurative description
- Light meal
- Owns
- Frozen water
- Border
- Ecru
- Intrude
- Kind of tire
- Thick mud
- Farm machine



84. 24- gold

85. Circle's kin

86. Log

87. " it Romantic?"

88. Loan

32. Eastern bigwig

35. Red-breasted bird

36. More than prompt

37. Minn. neighbor

41. High nest

42. Species

44. Trigonometric function

46. Male bovine

48. Turn a penny

49. Card number three

50. Boutique

55. Indian-fabric worm

56. Glacial deposit

57. Winter Olympics event

59. Otherwise

63. Indigenous

64. Beetle

66. Pennypincher

67. Long

69. Prepared for knighthood

70. Engage

71. Prayer response

72. Minor dispute

75. Doggone it!

76. Obtain

79. Ajar, in poetry

80. "Aspen Extreme" prop

81. Dance step

82. Stylish

DOWN

- Volume of charts
- Bridge in Venice
- Young doctor
- Sandra ____
- Type of salad with mayo
- Heavenly food
- Solemn lyric poem
- Hair cream
- Maniac
- Legal matter
- " the Night"
- All over again
- Very uncommon
- Student's concern: abbr.
- ____ column
- Roast holder
- Abominable Snowman
- Basketry material
- Vanish
- Draw
- Hole piercer
- Baby-sit



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Card making

If you enjoy papercrafts and appreciate handmade cards join us for an evening of card making at the MFRC at 6:30 p.m. Be sure to register and I look forward to seeing you there!

Call Therese - 613-394-0441 to Nov. 24, 11 a.m. to 2 p.m., Base Chapel

\$5 supply fee paid at class. Extra kits available.

Nov. 16, 2011 - Cardmaking - Celebrating Christmas with images that reflect the joy of the season!

Dec. 7, 2011 - Cardmaking - Special greetings of thanks for the many blessings of the season!

La création de cartes

Si vous aimez le bricolage et appréciez les cartes faites maison, joignez-nous pour une session de création de cartes au CRFM à 18h30. Inscrivez-vous, j'ai hâte de vous rencontrer !

Communiquez avec Therese au 613-394-0441 pour vous inscrire. Des frais de \$5 payables à la session sont demandés pour couvrir les frais des fournitures. Des ensembles supplémentaires de matériel sont disponibles.

16 novembre 2011 - Célébrez Noël avec des images qui reflètent les joies de la saison.

7 décembre 2011 - Des souhaits spéciaux de remerciements pour les bienfaits de la saison

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. 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

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Employment Café - Winter

Join Petra Blain and Melissa Cranston from the elearnnetwork.ca/reseuelearning.ca as they help upgrade basic literacy/workplace skills, completing high school, learn a new trade, or earn a college diploma or university degree without leaving the community possible. This session will provide an overview of their offerings with the main focus on free e-channel on-line live courses, offered by the Literacy Council and PARO Centre business related workshops.

Date: Thursday, Dec. 8, 2011 Time: 10 a.m. to 12 p.m.

Location: Trenton MFRC No cost

Register by: Friday, Dec. 2, 2011

Participants will be accepted on a first come, first serve basis as space is limited! Registration required Come and enjoy a coffee/tea and chat. To register for more information contact Elizabeth.nicholas@forces.gc.ca 613-392-2811 local 3852

Home of the Week

Your Building Renovation Experts



Plan No: 1-2-595

A two-way wood fireplace that will cast a cozy glow not only into the spacious great room, but the kitchen too — that's just one of the innovative touches that make this charming two-bedroom cottage a delight.

At just under 2,000 square feet, not counting an unfinished basement, this compact design offers a roomy master bedroom with an ensuite that includes a soaker tub, a walk-in shower and double basins. Sliding doors in the bedroom lead to a covered deck, which also enjoys access from the great room and dining area — a perfect spot for the barbecue.

The covered entry is tucked beneath an overhang that offers protection from the elements. With a small porch to the left, it leads into a foyer. A stairway to the unfinished basement is on the left, and directly ahead is the great room.

The great room features a half-wall that opens up the foyer,

giving those entering the home a view through to the back garden. A compact dining area is adjacent to the kitchen, where a central island and generous counter space will make for a contented cook.

A second bedroom has its own bathroom, as well as an extra-wide window sill. Generous amounts of storage include a pantry, linen closet and two coat closets. One coat closet, off the laundry room, would be ideal for off-season garments and gear.

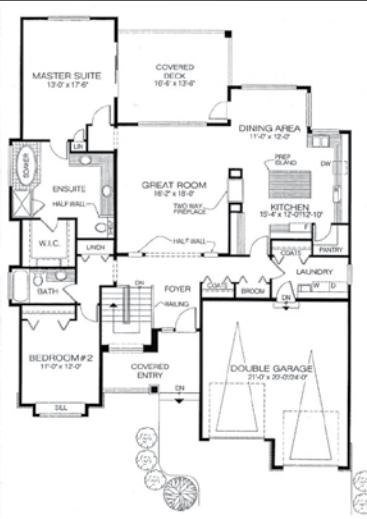
In the double garage, space for a workshop will please the do-it-yourselfer. Thanks to a door leading from the garage to the laundry room, the latter can double as a mudroom.

The exterior features shingled gables, painted trim and narrow wood siding, as well as stone accents, lending the home a charming country look.

This house is 48 feet wide and 66 feet deep, with 1827 square feet of finished living space. Plans include an unfinished basement.

For more floor plans, visit

www.jenish.com



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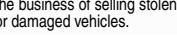


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A Wing Personnel Selection Office Announcement

Royal Military College of Canada

Division of Continuing Studies

OPME Residential Courses/Winter 2012

HIE 208 - Canadian Military History

HIE 275 - Survey of Technology, Society and Warfare

POE 206 - The CF and Modern Society: Civics, Politics and International relations

PSE 402 - Leadership and Ethics

When: 16 January - 30 March 2012 Where: 8 Wing Trenton

To Register: NLT 21 November 2011

1. Complete the on-site OPME Application Form found at the following web address: www.opme.forces.gc.ca/pub/forms/ResApp.pdf
2. Send your completed form by fax to: 613-965-7353. If you cannot send it by fax please contact 613-392-2811 ext 3615 or CSN 827-3615.
3. All Regular Force officers will be given priority, followed by Reserve Force officers and non-commissioned members.
4. Applications by non Regular Force officers will be prioritized and successful applicants will be notified during the week of 9 December 2011.
5. Students can expect to spend 9 to 12 hours per week to studying per course.

For more information on this course, contact Lt(N) Heather Ryan at CSN: 827-3615 heather.ryan@forces.gc.ca.

Additional information

The above OPME courses are offered in English and are also available, by Distance Learning (DL). Students wishing to attend the residential course to be held from 16 January – 30 March 2012 must complete a PLAR with RMC through the RMC website (www.opme.forces.gc.ca/pro-ser/plar-eefa-eng-asp). Only students who have completed their PLAR prior to enrolling on this residential course will be considered for registration.

This is to solicit names only with the caveat that the programme will run pending instructor availability.

Une annonce de l'Office de Sélection du Personnel d'Escadre

Collège militaire royal du Canada

Division des études permanentes

PEMPO programme résidentiel / hiver 2012

HIE 208 - Canadian Military History

HIE 275 – Survey of Technology, Society and Warfare

POE 206 – The CF and Modern Society:

Civics, Politics and International relations

PSE 402 – Leadership and Ethics

Quand: 16 janvier - 30 mars 2012 Où: 8e Escadre Trenton

Pour s'inscrire: au plus tard le 21 novembre 2011

1. Remplissez le formulaire pour les PEMPO en salle de classe à l'adresse web suivante: www.opme.forces.gc.ca/pub/forms/ResApp.pdf
2. Envoyez votre formulaire dûment rempli par télécopieur au: 613-965-7353. Si vous ne pouvez pas l'envoyer par télécopieur s'il vous plaît contactez 613-392-2811, poste 3615 ou CSN 827-3615.
3. Officiers de la Force régulière en attente de formation seront prioritaires, suivis par les Officiers des Forces Réserve.
4. Les demandes par les Officiers non- Force seront priorisés et les candidats retenus seront avisés au cours de la semaine du 9 décembre 2011.
5. Les étudiants peuvent s'attendre à passer 9 à 12 heures par semaine à l'étude par cours.

Pour plus d'informations sur ces cours, contactez Lt(N) Heather Ryan au CSN: 827-3615 heather.ryan@forces.gc.ca.

Informations additionnelle

Les cours du PEMPO ci-dessus sont offerts en anglais et sont également disponibles, par l'apprentissage à distance. Les étudiants qui souhaitent suivre les cours qui se tiendront du 16 janvier – 30 mars 2012 doivent remplir une EFA avec CMR sur le site Web du CMR (<http://www.opme.forces.gc.ca/pro-ser/plar-eefa-eng-asp>).

Seuls les étudiants qui ont terminé leur EFA avant de s'inscrire à ce cours résidentiels seront considérés pour inscription.

Cette annonce a le but de solliciter les noms des membres intéresser à suivre le programme. L'exécution du programme est dépendant sur la disponibilité des instructeurs.

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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.

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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.

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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.

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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.

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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.

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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.

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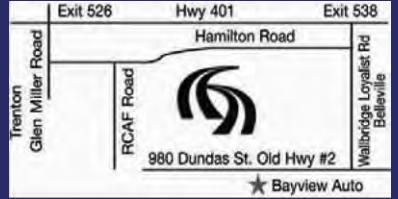
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