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## 8 Wing proud to support United Way

By 2Lt Charles Bellavance

Col Sean Friday and CWO Sandor Gyuk are proud to support the United Way campaign by signing their donation form in the presence of co-chairs Maj Catherine Marchetti and Maj Bill Snyder.

In the United Way of Quinte, CFB Trenton is the third most important contributor and last year's campaign brought in over \$145,000 through one-time donations and pay deduction contributions. 8 Wing is proud to be able to give back to the community for the support it was given through the years.

This year's campaign features the Maurice Rollins Leadership Challenge Fund. This local business owner and philanthropist will match any first time donation of \$1000 or more to the United Way of Quinte. Thus, by becoming a new leadership donor, a donor doubles the impact of their gift.

There are many ways to participate in the United Way campaign... fill out a donation form or participate in the many events such as the pizza/pasta lunches, dress down Fridays, and in November the four-on-four hockey tournaments, the jail and bail and more.



## Afghanistan Repatriation Memorial campaign needs continued support

By Ross Lees

As things quieten down for the Canadian Forces in Afghanistan, Quinte West Mayor John Williams hopes people won't forget to continue to support the Afghanistan Repatriation Memorial through donations.

The \$1.5 million memorial is slated to be built in Bain Park in Trenton and will contain the names of soldiers killed while serving in Afghanistan.

Money continues to come in for the memorial, with Trenton Legion Branch 110 just making a \$2,000 and the Pioneer gas station at 130 Dundas St. in Trenton about to make a \$10,000 donation.

The Canadian Mint is also about to launch a Highway of Heroes coin with some of the proceeds from coin sales to go to the Afghanistan Repatriation Memorial, according to Williams. The coin launch is to take place at 2:30 p.m. on Oct. 31 at the Quinte West office.

"The Highway of Heroes coin launch is impor-



Photo from the Afghanistan Repatriation Memorial website

A concept drawing of the proposed Afghanistan Repatriation Memorial in Bain Park.

tant for a number of reasons," Williams told The Contact. "If the coins sell out, a lot of money will be coming to the memorial, but it will also help to

get the message about the memorial out across the country, again."

Cont'd on page 12



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# Free Canada Post services to deployed members of Canadian Forces

By Ross Lees

Canada Post Corporation is extending its offer to provide free "letter mail" service until Dec. 31, 2012 to deployed members of the Canadian Forces serving on missions overseas and away from their family and friends.

In addition, from Oct. 17, 2011 to January 13, 2012 Canada Post Corporation will again offer free "regular parcel" service to Canadian Forces members deployed away from family and friends to the following three Canadian Forces Bases, where parcels will be forwarded through the Canadian Forces Postal Service: all PO box numbers, Station Forces Halifax, NS B3K 5X5; all PO box numbers, Station Forces Victoria, BC, V9A 7N2; all PO box numbers, Station Forces Belleville, ON K8N 5W6.

Oversize parcels are not acceptable; the maximum weight is 20 kilograms.

An international parcel air/surface CP72 shipping label (43-074-172) provided by the Post Office must be completed and affixed to the item.

For further questions please contact the Canadian Forces Postal Unit website [FAQ.trenton.mil.ca/CF-PUv2/faq/index\\_e.asp](http://FAQ.trenton.mil.ca/CF-PUv2/faq/index_e.asp)

It is just one more service Canadian Forces Postal Unit Trenton Mail Operations section will perform along with the many services they already provide. In fact, CFPU Trenton has just been nominated to receive the Canadian Expeditionary Force Command (CEFCOM) coin for making a substantial contribution to the morale of Canadian deployed troops. The Canadian Forces Postal

Unit Mail Operations section located at 8 Wing Trenton has shipped a total of 125,857 bags of mail (equivalent to 2,102,565 kg) to CF operations worldwide.

The nomination comes during a significant anniversary for the Canadian Services Postal Unit, now celebrating their 100th anniversary.

"It's a huge celebration for us," stated MWO Tim Miller of CFPU Trenton Mail Operations section. "It's the first of its kind in the Logistics branch."

Miller said it was on May 3, 1911 the Canadian Forces Postal Service was first formed as part of the Canadian Militia.

"The Postal Corps eventually became the CF Postal Service," Miller noted. "We essentially do the same thing today as we did in 1911, we just use more modern technology today."



Photo: Ross Lees

MWO Tim Miller (right) of CFPU Trenton Mail Operations section exchanges information with Sgt Carlo Gagnon at the ASTRA Military Post Office serving 8 Wing Trenton.

## Services postaux gratuits offerts aux membres déployés des Forces canadiennes

Jusqu'au 31 décembre 2012, Postes Canada est heureux d'offrir le service gratuit d'envoi de "lettres" expédiées aux membres des Forces canadiennes déployés en mission à l'étranger loin de leurs familles et proches.

De plus, du 17 octobre 2011 au 13 janvier 2012, Postes Canada offrira de nouveau, aux trois bases militaires ci-dessous, le service gratuit d'envoi de "colis standard" expédiés aux militaires déployés loin de leurs familles

et proches. Les colis seront acheminés par l'intermédiaire du système postal des Forces canadiennes : tous les numéros de casier postal, succ. Forces Halifax, N-É B3K 5X5; tous les numéros de casier postal, succ. Forces Victoria, C-B V9A 7N2; tous les numéros de casier postal, succ. Forces Belleville, ON K8N 5W6

Les colis surdimensionnés ne sont pas admissibles. Le poids maximum des colis est de 20 kg. Une

déclaration en douane CP72 du service de colis par voie internationale aérienne ou de surface (43-074-172) fournie par votre Bureau de poste doit être remplie et apposée sur l'envoi.

Pour toute question additionnelle vous pouvez contacter les personnes ressources ci-dessous ou consulter le site web de l'Unité postale des Forces canadiennes : [trenton.mil.ca/lodger/CFPUv2/faq/index\\_f.asp](http://trenton.mil.ca/lodger/CFPUv2/faq/index_f.asp)

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Flyer prices effective from Friday, October 28 to Thursday, November 3, 2011.

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Pictured left to right are 24 CF Health Services Centre staff Ms Jan Rogers (Clinical Svcs Manager), Ms Elaine Burke (Pharmacist), Maj Bill Swales (Wing Surgeon), Ms Cathy Yeager (Quality Improvement Manager), Lt Terry Wyn (Community Health Nurse).

## Don't Hold Back theme of Canadian Patient Safety Week

By Cathy Yeager  
Quality Improvement Manager  
24 CF H Svcs C

"Don't hold back!" is the theme of Canadian Patient Safety Week scheduled for Oct. 31 to Nov. 4, 2011. Twenty-four CF Health Services Centre supports Canadian Patient Safety Week promoted all across the Canadian civilian health care system through the Canadian Patient Safety Institute (CPSI).

Canadian Patient Safety Week emphasizes that "good health care starts with good communication." As most people realize, communication is the key to the success of any relationship. It is no different in the health care world and realistically, it could be one of the most important relationships you have with someone outside of your family circle.

Information from the CPSI will be available to you at 24 CF Health Services Centre during Patient Safety Week. We recommend you read some of the information available, which provides tips on how to get the most out of your visit at any health care facility. It is emphasized in three important ways - ask questions, listen closely, talk openly.

Don't ever be shy or hold back with your physician or health care provider, listen carefully and ask questions if you have them.

The staff at 24 CF Health Services Centre strive to provide excellent and safe quality care. If you ever have a concern regarding your visit at our clinic, or you wish to provide a compliment for one of our staff members, please ensure you complete one of our 'comment cards' or you can contact our Quality Improvement Manager, Ms Cathy Yeager at extension 4305 or via email.

Be a part of Rick Hansen's journey.  
Cheer on the people who are making a difference in your community.  
Visit [RickHansenRelay.com](http://RickHansenRelay.com) for information.

Come out and show your support for the 25<sup>th</sup> Anniversary Rick Hansen Relay on Tuesday November 1st. Members of the CFB Trenton community, Capt Tracy-Lynn McNeil, Sgt Duane Bryson and Mathieu St-Amant are the three participants who will run with the Rick Hansen Medal north on RCAF road from the intersection at Hwy 2. The run begins at approximately 11:30 a.m. and short ceremony with the Man in Motion himself will follow in the atrium of the National Air Force Museum of Canada.

Faites partie du périple de Rick Hansen.  
Encouragez les gens qui font une différence dans votre collectivité.  
Consultez [RickHansenRelay.com](http://RickHansenRelay.com) pour obtenir des renseignements.

Venez et montrez votre soutien pour le Relais du 25<sup>e</sup> anniversaire Rick Hansen mardi, le 1<sup>er</sup> novembre. La Capt Tracy-Lynn McNeil, Sgt Duane Bryson et Mathieu St-Amant sont les trois participants qui courront avec la médaille Rick Hansen en direction nord sur la route de RCAF de l'intersection avec la Hwy 2. La course commence vers 11h30 et il y aura une courte cérémonie qui suivra dans l'atrium du Musée National de la Force aérienne du Canada avec M. Rick Hansen.

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# Wing Logistics and Engineering Picture of the Week



**"End Ex!"** Two words every soldier wants to hear after an exercise. The Mission Support Flight (MSF) trained at CFD Mountain View for a period of approximately two weeks to hone their field craft skills and better prepare them for any deployments that may arise. The end of the field training aspect did not mean that everyone got to go home and return to their respective work areas. All the equipment had to be cleaned, serviced and repacked for future exercises and this can take considerable time to accomplish. As you can see, tents were laid out, inspected for damage, cleaned and later hung to dry before they were folded, marked and packed away for later use. All equipment used during exercise Mountain Star went through this process.

## Welcome to the 1500 km Club MWO Curtis



Photo: Capt Pat Thibault

**MWO E.J.J. Curtis is acknowledged for running 1609 km in less than six months. CFS Alert's fitness program is designed to encourage all people working on the station to keep or increase their level of fitness during their time here. CFS Alert is a unit of 8 Wing Trenton, under Wing Logistics and Engineering.**

### 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.

The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies.

In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Sean Friday, CD, Wing Commander, 8 Wing/CFB Trenton.

The CONTACT is produced weekly under a Publication Service Agreement with The Independent (Brighton & Trent Hills), a division of Metroland Media Group.

#### 8 Wing Personnel

**Publisher:** Col Sean Friday

**Proprietor:** Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

**Public Affairs, Internal Comms:** Lt Christopher Daniel

**Translator/Proofreader:** Warrant Officer Louise Fagan

**PSP Manager:** John Snyder

#### The Independent (Metroland) Staff

**General Manager:** Ron Prins 613-475-0255 ext:214

**News and Feature Content:** Ross Lees 613-392-2811 ext:3976

**Advertising Sales:** Rick Fraser 613-392-2811 ext:7008

**Advertising Production:** Kristen Ryan 905-579-4400 ext:2272

**Bookkeeper:** Benita Stansel 613-475-0255 ext:202

**Circulation:** Kathy Morgan 613-475-0255 ext:210

21 Meade St, P.O. Box 1030

Brighton, ON K0K 1H0

CANADA

**SUBSCRIPTIONS:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

### Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about 8 Wing/CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos.

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.

- Do not include clip-art or graphics within your typed pages. Additional graphics/ logos may be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.

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

- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction. Jpeg-Maximum (8X10), 300 dpi

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

- ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 pm PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

### A Military Community Newspaper

The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



**The Contact ~Wing Headquarters**  
**Building Annex, 8Wing / CFB Trenton**  
**PO Box 1000, Station Forces, ASTRA, ON, K0K 3W0**



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

### Wondering where to find The Contact?

**Check out the new drop boxes located around the PMQs.**

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- Corner of McGill & Rivers
- Corner of St. Hubert & Borden
- Outside of Marc Garneau

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# Honours & Awards

## Canadian Forces Decoration



WO David Cameron



WO Joe Kiah



Sgt Paul Graham

## General Service Medal



Mr. Keith Dyer



Mr. Mario Brule



## Canadian Peacekeeping Service Medal

Cpl Denis Marcila

## Operational Service Medal



Cpl Timothy O'Leary



Cpl Tommy Venasse



## Civilian Employee of the Quarter

Mrs. Sherry Morrow

## General Campaign Star



Sgt Gerald Lefebvre



MCpl Paul Adams



## Service Person of the Quarter

Sgt Karen Falle

## General Campaign Star



Cpl Desrochers



Cpl Simpkins



## Wing Commanders Commendation

MCpl Dawn Brown

## Wing Commanders Commendation



Sgt Chris Zevebergen



WO Maria Vidotto



Sgt Terry Gough

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Photos: Ross Lees



## Trenton Golden Hawks serve United Way pasta lunch

Members of the Trenton Golden Hawks Ontario Provincial Junior Hockey team served at the United Way pasta lunch at the Yukon Galley Oct. 21. Kent Macpherson (foreground), Miles McLean (centre), and Andrew Parks initially get some pointers from Sgt Reine Desforge, then they begin serving the many supporters of the tasty United Way event.



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# Fitness & Health

## Standard First Aid Instructor update clinic

This clinic is to bring all LSS instructors into the new 2010 first aid protocols. No LSS instructor can teach the new protocols until they attend this clinic; all must attend before September 2013. This clinic is for all LSS first aid instructors/trainers, and all LSS lifesaving instructors/trainers  
Monday, Oct. 31 from 4:30 p.m. to 8:30 p.m. \$5 plus HST for military community, \$10 plus HST for general public.

## Standard First Aid with CPR 'C' / AED with new 2010 protocols

The 16-hour Standard First Aid course provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid such as: medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Lifesaving Society Standard First Aid is recognized by the Workplace Safety and Insurance Board and the Ontario Health Regulation and is one of the prerequisites to the National Lifeguard Service (NLS) course. Saturday, Oct. 29 from 9 a.m. to 5 p.m. and Sunday, Oct. 30 from 9 a.m. to 5 p.m. \$90 plus HST for military community, \$100 plus HST for general public (manual included).

## 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

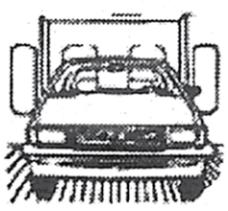
	Military Community	General Public
1 night/wk	\$55 + HST	\$65 + HST
2 nights/wk	\$70 + HST	\$80 + HST
3 nights/wk	\$85 + HST	\$95 + HST

## 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!  
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\* Fitness \* Teamwork  
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Cost  
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\$ 85 + HST - General Public

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**New Franco-Phare executive - Front row left to right; Pierre Soucy (secretary), Véronique Tessier (Vice-President), Danielle Vaillant (President), Christine Turcotte (Treasurer). Back row left to right, board members Gérald Desjardins, Esther Coté, Mona Lévesque, Sonia Néron.**

submitted photo

# Franco-Phare experiencing financial difficulties

By Ross Lees

The newly appointed executive of Franco-Phare will face some serious challenges during their term of office.

In the past, Franco-Phare received a Trillium Foundation grant which allowed them to rent an office in Trenton and hire a person to operate the office. This year, to this point, that grant has been refused and Franco-Phare is now making arrangements to move from the downtown office into newly appointed president Danielle Vaillant's home.

"We were refused the Trillium Foundation grant this year although we are in the process of applying for another grant from the Trillium Foundation," Vaillant told *The*

*Contact* this week. "We had to move out of the downtown office because the rent was just too much and we had to find a way to reduce our costs."

The new executive consists of Vaillant, Vice-President Véronique Tessier, Pierre Soucy (Secretary), Christine Turcotte (Treasurer), and board members Gérald Desjardins, Esther Coté, Mona Lévesque, and Sonia Néron.

Vaillant and her executive will strive to keep the organization running despite the financial challenges facing them.

"We have all new executive members, so that is new blood with new ideas," Vaillant said.

While they have been able to stay in contact with a few people, they welcome any input or suggestions from those who have supported Franco-Phare in the past or would now like to become involved. Franco-Phare can be contacted by calling 613-964-5828 or through the website at [www.franco-phare.ca](http://www.franco-phare.ca)

The organization plans to have a Halloween booth at the arena, they hope to be able to continue with the murder mysteries which have proven popular in the past, and they plan to continue with the St. Jean Baptiste day celebrations.

"Running a non-profit organization is always a struggle," Vaillant noted, adding, "but it is also always rewarding."

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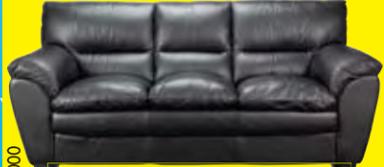
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# Carbon monoxide and its relationship with you and your family

The following excerpt is From About Your House - General Series Canada Mortgage and Housing Corporation [www.cmhc-schl.gc.ca/en/co/maho/yohoyohe/inaiqu.002.cfm](http://www.cmhc-schl.gc.ca/en/co/maho/yohoyohe/inaiqu.002.cfm)

The presence of carbon monoxide (CO) in our homes is dangerous. So, how can you protect your family from carbon monoxide? How do you choose the right CO detector for your home? The first step is to make sure that carbon monoxide never enters your home. The second step is to install at least one CO detector in your house.

This About Your House answers often-asked questions about carbon monoxide to help you make the right decision to make your home safe.

What is carbon monoxide?

Carbon monoxide (CO) is a colourless and odourless gas. Because you can't see, taste or smell it, it can affect you or your family before you even know it's there. Even at low levels of exposure, carbon monoxide can cause serious health problems. CO is harmful because it will rapidly accumulate in the blood, depleting the ability of blood to carry oxygen.

Where does carbon monoxide come from?

Carbon monoxide is a common by-product of the combustion (burning) of fossil fuels. Most fuel-burning equipment (natural gas, propane and oil), if properly installed and maintained, produces little CO. The by-products of combustion

are usually safely vented to the outside. However, if anything disrupts the venting process (such as a bird's nest in the chimney) or results in a shortage of oxygen to the burner, CO production can quickly rise to dangerous levels.

The burning of wood, kerosene, coal and charcoal produce CO. Gasoline engines produce CO. CO production is at a maximum during the start up of a cold engine. Starting, then idling, your car or gas mower in the garage can be dangerous. The fumes that contain CO can enter a home through connecting walls or doorways and can quickly rise to dangerous levels.

How can I eliminate sources of CO in my home?

The most important step you can take to eliminate the possibility of CO poisoning is to ensure that CO never has an opportunity to enter your home. This is your first line of defence.

- Have a qualified technician inspect and clean fuel-burning appliances yearly, before the cold weather sets in, to ensure they are in good working order.
- Have a qualified technician inspect chimneys and vents yearly for cracks, blockages (e.g., bird's nests, twigs, old mortar), corrosion or holes.
- Check fireplaces for closed or blocked flues.
- Check with a qualified technician before enclosing heating and hot water equipment in a smaller room, to ensure there is adequate air for proper

combustion.

- If you have a powerful kitchen exhaust fan or downdraft cooktop, have a qualified technician check that its operation does not pull fumes back down the chimney.
- Never use propane or natural gas stove tops or ovens to heat your home.
- Never start a vehicle in a closed garage; open the garage doors first. Pull the car out immediately onto the driveway, then close the garage door to prevent exhaust fumes from being drawn into the house.
- Do not use a remote automobile starter when the car is in the garage; even if the garage doors are open.
- Never operate propane, natural gas or charcoal barbecue grills indoors or in an attached garage.
- Avoid the use of a kerosene space heater indoors or in a garage. If its use is unavoidable provide combustion air by opening a window while operating. Refuel outside after the unit has cooled.
- Never run a lawnmower, snowblower, or any gasoline-powered tool such as a whipper-snipper or pressure washer inside a garage or house.
- The use of fossil fuels for refrigeration, cooking, heat, and light inside tents, trailers, and motor homes can be very dangerous. Be sure that all equipment is properly vented to the outside and use electric or battery-powered equipment where possible.

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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](mailto: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!**

Description / notice (French) 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.

**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.

**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.

**Oct. 28 - Dress down Friday for Halloween**

On Friday, Oct. 28, you can pay an additional \$2 in order to wear a costume to work. Units will judge for the best costume and winners will have their picture put in The Contact. The conditions for the costumes are as follows: tasteful, does not interfere with work (safety first), does not create a hazard to themselves nor anyone else, does not create a FOD hazard for those working on aircraft equipment

**Oct. 26 - Trenton Seniors Club Tea and Bake Sale**

Trenton Seniors Club 105 is hosting a tea and bake sale on Oct. 29. Cost is \$2 entry fee which includes door prize draws or \$5 which includes entry fee + door prize draws and Tea room. There will be bake table, craft table, woodcraft, white elephant table, a quilt draw, plus door prizes.

**Oct. 28 & 29, 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.

**Oct. 29 - Tea room and market sale**

Grace United Church Friendship Group, Trenton is hosting a tea room and market sale, Saturday, Oct. 29, from 9 a.m. to 3 p.m. Enjoy a cup of tea and delicious sweets for \$2 and browse through unique handmade items made by local craftspeople - knitting/sewing, baked goods, edible fruit creations, silk screening, lanterns, jewellery, cards, woodcrafts and more.

**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 Campaigne 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.

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Cont'd from page 1

"We're trying to keep the national campaign alive," Williams added. "It is an opportunity for people to support the memorial."

Williams makes it clear no government money is being sought for the memorial.

"This is strictly a grassroots campaign, a way for people to help the families of fallen soldiers put a memorial together," he said.

Approximately \$200,000 has been raised, so far, Williams stated.

In another effort to keep the national campaign alive, Williams is contacting the Canadian president of the Legion to try to organize a campaign through the Legions across Canada.

"We're trying to get them to help," he noted.

To make a donation, go to [www.afghanistanmemorial.ca](http://www.afghanistanmemorial.ca) or call 613-392-0370. Cheques should be made payable to the Afghanistan Repatriation Memorial Fund, PO Box 490, Trenton ON K8V 5R6.



(Right) Quinte West Mayor John Williams was pleased to accept a \$2,000 cheque recently from Royal Canadian Legion Branch 110 president Gary Newman to go towards the Afghanistan Repatriation Memorial Fund.

# Horoscope

WEEK OF OCTOBER 23 TO OCTOBER 29, 2011

**BIRTHDAYS THIS WEEK:** OCTOBER 26 – HILARY RODHAM CLINTON • OCTOBER 27 – JOHN CLEESE



**ARIES**  
You feel radiant, and you are very self-confident. You bring a lot of joie de vivre to the people close to you. This is really satisfying for you, as you sense you are truly loved.



**TAURUS**  
The planet Uranus causes you to experience situations that you did not expect. You will be capable of facing up to them with a lot of willpower. Have confidence in your abilities.



**GEMINI**  
You are in a lucky phase of your life. You will experience several things that will teach you to better manage your financial life, and the outcome will surprise you. Everything will be great for you.



**CANCER**  
You are drawn to certain people with whom you have had conflicts in the past. You will be able to work out past difficulties, which will bring you happiness.



**LEO**  
You are very determined, and this drive is very useful to you at the moment. You respect yourself, and you won't make any concessions that would be unworthy of you.



**VIRGO**  
This week leaves you vulnerable to feelings of jealousy. Likewise, certain people envy what you are able to do on a professional level. Don't give in to feelings of sadness.



**LIBRA**  
The Moon allows you to understand what other people are experiencing and makes you see everything with great intensity. You feel a lot of empathy for others. All this surprises you.



**SCORPIO**  
The planet Jupiter causes you to think about the past. You no longer know if you should return to certain situations. Think seriously before doing anything.



**SAGITTARIUS**  
You are in a lucky phase of your life. You feel much loved, and you can achieve some exceptional things. Be aware of this and live it to the fullest. Everything will seem wonderful to you.



**CAPRICORN**  
The planet Mercury causes you to want to hear from others how they feel about you. Asking for explanations will help you to feel more secure, but don't allow yourself to be deluded.



**AQUARIUS**  
You are coming to the end of a phase during which you contributed a lot to your work life. It is essential, now, to think about what you want to accomplish in the long term.



**PISCES**  
You are capable of standing up for your rights. The planet Mars brings you a lot of inner conflict. You are in a phase of maturity and independence, which will bring you some very good things.

## CROSSWORD

**ACROSS**

1. Roster
5. Dateless
9. Scots landowner
14. Black, in poems
15. Balance
16. Help to pay for
17. Dagger
18. Tea choice
19. Make angry
20. Wasp
22. Satchel
23. Native mineral
26. So long, in Soho
27. Wear
28. Pip
32. Straightforward
34. Having little money
36. During the time that
37. Hearing-related
38. Disinclined
40. Down yards
41. True-to-life
42. Have courage
44. Within \_\_\_\_ (sound range)
46. Filled with fear
49. Locker room oration
52. Kitty builder
53. Style
57. Sooner, to a bard
58. Responsible
60. Crazy
61. Surreptitious one
63. Nothing
64. Broken-limb support
66. Convey orally
67. Frigid
68. Pinnacle
70. By birth
71. A la \_\_\_\_
73. Oblique
75. Rather than
78. Wedding site
79. Right of north
83. Docket
84. Duty
85. Money exchange fee
86. Sonata section, often

1	2	3	4	5	6	7	8	9	10	11	12	13		
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83							84				85			
86							87					88		

**DOWN**

1. Rosy color
2. Kimono sash
3. Rocky hill
4. Egyptian symbol
5. Redolence
6. Disassemble
7. Gobs
8. Command to oxen
9. Eye of a camera
10. Anew
11. "Cybill" role
12. Cloth scrap
13. Pigment
15. Herring
16. College official
21. No RX needed
22. Accurate
23. Garlic feature
24. Holy procedure
25. Silk from Assam
27. Hart's mate
29. Essence
30. Mock butter
31. Camper's dwelling
33. Elaborate display
35. Including everything
36. "The Way We \_\_\_\_"
39. Rice wine
42. Pastrami purveyor
43. With suspicion
45. Baiting leader
47. Pedestrian's sign
48. Not flexible
49. Termite, e.g.
50. Coastal bird
51. Orange rind
54. Cut of meat
55. Teenage woe
56. Log
59. Purchase
62. Praline nut
64. Learned
65. Animal's enclosure
67. Theory
69. Metallic sound
72. Mass calendar
73. Certain choir member
74. Wild duck
75. "Cheers" setting
76. Conscious being
77. Swamp
78. Fire remains
80. Previously
81. Bro or sis
82. Also



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## Card Making

If you enjoy paper crafts 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 register.* \$5 supply fee paid at class. Extra kits available. Nov. 16, 2011 – Card making – Celebrating Christmas with images that reflect the joy of the season!

## La création de cartes

Si vous aimez le bricolage et appréciez les cartes faites maison, joignez-vous 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 – Célébrer Noël avec des images qui reflètent les joies de la saison.



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**Kyle Brodie helps to hand out Good Food Boxes at the Military Family Resource Centre, which has partnered with the Community Development Council of Quinte to distribute the "Good Food Boxes." Boxes may be pre-ordered monthly for a purchase of \$10, \$15, or \$5 for a fruit bag. The volume of orders determines negotiation for produce. The next order will be placed on Tuesday, Nov. 8 at MFRC reception, for pickup Nov. 16.**

# Home of the Week

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## Plan No: 2-3-720

For more floor plans, visit [www.jenish.com](http://www.jenish.com)

A turreted upstairs room and a roundel window lend the exterior of this two storey, three-bedroom family home a touch of Victorian elegance. Inside, however, everything is as up-to-date as a contemporary family could wish.

Entry is through a covered porch and into a compact foyer. A coat closet is situated on the right, just past the door to the den, which includes a closet and could serve as a spare bedroom or home office. The rest of the ground floor is unfinished, although a three-piece bathroom has been roughed in, and could be used as an in-law suite or extra sleeping space.

Up a flight of stairs is the main floor — really the second floor. To the left is a combined great room-dining area. The great room features a bayed-out area under the turret and a fireplace, while the dining area has an optional built-in buffet.

The family cook will appreciate the kitchen's L-shaped counter configuration, capacious pantry and work island with seating for snacks and casual meals. The kitchen also enjoys access to a covered deck, the perfect spot for the barbecue, and a

sundeck beyond. Under the sundeck is a covered patio accessible from the ground floor.

On the other side of the main floor are the bedrooms. The master suite is reached from the stairway through an angled corridor flanked by two walk-in closets. The ensuite features a soaker tub and a corner shower stall.

Two more bedrooms enjoy easy access to a sky lit bathroom, which encloses the linen closet. A laundry room is nearby.

Jutting out over the two-car garage is an unfinished rec room with a vaulted ceiling. This would make an ideal spot for the youngest members of the family to entertain friends, play music and surf the Web.

The home's exterior is finished in wood siding, with shingles accenting the garage gable. Along with painted trim, there are stone accents and two columns with decorative capitals and stone bases.

This home measures 41 feet wide and 56 feet, seven inches deep, for a total of 1,531 square feet.

- |                                                                     |                                                                                                                       |
|---------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
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| Bldg #365<br>91 Namao Dr. E<br>Trenton ON<br>K8V 1C5                | Capt Gerson Flor, Lutheran<br>Local 3180                                                                              |
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| Wing Chaplain:<br>Major Tracy Graf, Baptist<br>Local 2314           | Capt Allan L Lynk, United Church, CLC<br>Local 3286                                                                   |
| Unit Chaplains:                                                     | Padre Jim Craig, Baptist, COC<br>Local 2490                                                                           |
| Capt Alex Varga, RC Priest<br>Local 3665                            | Natalie Rochefort, Administrative Assistant<br>Local 4593                                                             |
| Capt Blair Ross, Anglican<br>Local 7121                             | Mass Times: Roman Catholic<br>Daily at noon<br>11:30 a.m. -<br>English<br>9 a.m. - French<br>Protestant<br>10:15 a.m. |
| Capt Chinedu Chukwu, RC Priest<br>Local 3487                        |                                                                                                                       |

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# Contact Sports

## 8 Wing Martial Arts Club ready to teach you martial arts, self defense

By Ross Lees

If you're interested in martial arts training, you very definitely want to contact 8 Wing Martial Arts Club, no matter your age.

In their main dojo in building 32 (north entrance), the club offers complete courses up to sixth degree black belt in Japanese jiu jitsu, karate, tai chi and self defense with varying membership packages to fit everyone's needs. Gary Hollman at 613-392-2811 ext. 3543 can supply additional information or you can visit the club's website at [www.snowtiger-martialarts.com](http://www.snowtiger-martialarts.com).

At the Officer's Mess dojo, the club offers Brazilian jiu jitsu with instructor Jason Chin-Leung able to give more information by contacting him at 613-392-6221 or by visiting the website at [www.salvosabjj.com](http://www.salvosabjj.com)

Anyone in the military, their dependants (as young as four years old for karate and jiu jitsu) and associate members can join. Cost varies from \$30 for a military membership (single) and \$45 membership for a military family to a drop-in rate of \$10 (single) or \$20 family rate.

Most classes for karate, jiu jitsu and tai chi take place on Tuesdays and Thursdays, self defense takes place Wednesday evenings from 7 to 9 p.m.,

Grappling and conditioning takes place on Monday nights from 6 to 8 p.m., basic karate and jiu jitsu takes place Saturday mornings from 9:30 a.m. to 11 a.m., and adult Brazilian jiu jitsu takes place Tuesday and Thursdays from 7 to 9 p.m.

If this article has peaked your interest, the club welcomes you to come out for a free tryout or to contact the numbers above for further information.



**NHL**  
The Noon Hour Hockey Leagues is off and running with four teams fighting for top honour. The NHL had their opening game on Monday, Oct. 17 with Fit & Sports director Mr. Dave Rothermund and League President Cpl Willy Kaufman dropping the ceremonial puck. The Fit & Sports Flt would like to take this opportunity to thank the executive committee President Cpl Willy Kaufman, and Vice President WO Bryan Frank for volunteering their time. Good luck, have fun and play fair.



**WHL**  
The 2011 - 2012 Wing Hockey League is off and running with 17 teams that will be divided into two divisions. The teams consist of the Apostles, 436 Sqn # 1, 424 Sqn # 1, ATC, WTISS, WCE, 429 Sqn, W Sup, TEME, 424 Sqn # 2, 437 Sqn/2 AMS, CJIRU, CFLAWC, 436 Sqn # 2, CJIRU # 2, and 8 AMS. The Apostles competed against 436 Sqn # 2 in the first game on Sunday, Oct. 23. The Military Sports co-ordinator Mr. Dan Cormier conducted the official drop of the puck. The Fit & Sports Flt would like to take this opportunity to thank the executive Committee President Pte Brent Welles and Vice President MCpl Eric Robichaud for volunteering their time. Good luck, have fun and play fair.

## 2011 / 2012 Intersection Noon Hour Volleyball League meeting

The I/S Noon Hour Volleyball League organisational meeting is scheduled for 10 a.m. on Wednesday, Nov. 9 in the gymnasium conference room. The league is open to CF military, DND, NPF and contract, full time employees. Interested unit sports representatives and players are to attend the meeting in preparation for the 2011 / 2012 season. The league will play at the gymnasium Mondays and Wednesdays at noon. For more information contact the Military Sports Co-ordinator Mr. Dan Cormier by e-mail or at loc 3373.

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## Crossword Answers

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



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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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 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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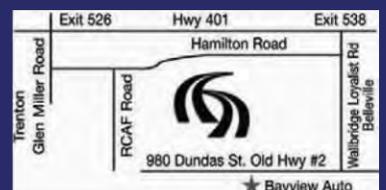
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