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SAR Techs expand capabilities, experience in Jamaica

By Ross Lees

424 Squadron Search and Rescue (SAR) techs are getting the chance to stretch their wings further.

As a key component of Operation JAGUAR in Jamaica, the SAR techs from CFB Trenton are getting an opportunity to do some things they've never done before, namely practice their trade over sea.

Four SAR techs recently completed their first rotation to Jamaica, including Sergeant Rob Coates. Sgt Coates told *The Contact* he felt they had a good initial rotation involving a lot of set up and they are now on standby 24/7.

There to guarantee round-the-clock coverage to satisfy requests for search and rescue and humanitarian assistance from the Jamaican Defence Force, Task Force Jamaica deployed in early August with 56 Canadian Forces members and three CH-146 Griffon helicopters to provide military aviation and search and rescue support to the government of Jamaica and to conduct essential training for Canadian

Forces search and rescue teams.

Both aspects of their mission have now been addressed, according to Sgt Coates. They had conducted two medevacs by the time Sgt Coates and the other SAR techs had returned and they had also been able to get some training accomplished.

"We don't do a lot of medevacs here, although we do some," Sgt Coates said.

As the only available helicopter asset on the island at the moment, Sgt Coates said they end up getting a variety of different types of missions, including humanitarian aid. Rain storms can often mean remote sections of the island in the mountains can be cut off through normal transportation channels, so Task Force Jamaica might be tasked to deliver food to that area.

Typical temperatures during the day at this time of year range into the 30s Celsius and it rains in the afternoon every day, Sgt Coates indicated.

"Doing business down there is just like doing business up here," Sgt Coates said.

Cont'd on page 15



Photo: Sgt Remi Gauthier

424 Squadron SAR Techs take part in the first medevac conducted during Op Jaguar. The SAR Tech on the left with the IV bag is 424 Sqn's MCpl Bruno Robitaille, and the SAR Tech on the right is 424 Sqn's Sgt Rob Coates.

8 Wing duo wins Canadian Forces Safe Driving Championship

By Ross Lees

Sometimes Lady Luck just intervenes to give people a second chance.

That's what she did for Private Yoan Gauthier and Private Tom Bouchard Cusson of 8 Wing Trenton, to get them to the Canadian Forces Safe Driving Championships at Canadian Forces Base Shearwater from Aug. 28 to Sept. 1.

Once she gave them the break, the two drivers took full advantage of their opportunity to win the

championship, the first time since 1989 this trophy has been won by an 8 Wing team.

Having only recently arrived at 8 Wing from CFB Borden from their basic military driving course, the two men were offered the chance to go to the regional competitions in Petawawa. Lady Luck did not seem to be with them at this competition, however, as they placed fifth with only the top three teams qualifying to advance to the national event.

This is where Lady Luck decided to step in. Two of the top three teams could not make it to Shearwa-

ter, so Pte Gauthier and Pte Bouchard Cusson were asked to attend.

They hit the books hard and did everything they could to prepare themselves for the competition, although Lady Luck wasn't finished with them yet. Driving in a strange location like Shearwater took its toll on the competition, with two other teams getting lost on the first day and being disqualified or eliminated from the competition. In fact, Pte Gauthier and Pte Bouchard Cusson narrowly missed being disqualified, as well.

Cont'd on page 2

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Pte Tom Bouchard-Cusson (left) of Montreal and Pte Yoan Gauthier (right) of Geraldton, Ont., are pictured with the Canadian Forces Safe Driving Championship trophy they recently won in Shearwater, Nova Scotia.

Cont'd from page 1

While driving the course, they were forced to make a stop in traffic. As they came to a halt, they heard squealing tires behind them and saw a woman just get stopped in time to avoid running into their vehicle. Had a collision occurred, they would have been disqualified.

With that one little scare out of the way, the men proceeded through the competition unscathed.

On the night the awards were handed out, the two men hoped they had achieved their initial goal of placing in the top five in the competition. They were surprised to see the teams they expected to place second and first actually place third and second. And when their names were announced as the champions, the two men were totally surprised.

"It was a big surprise," Pte Bouchard Cusson told *The Contact* of the announcement.

"Our goal was to place in the top five," Pte Gauthier added.

What surprised them even more was the fact they defeated two-time champions, the team that placed second.

Pte Gauthier and Pte Bouchard Cusson note, however, the competition is not just about driving.

"It also requires a lot of knowledge and is very technical," Pte Gauthier noted. "You have to know about safety, first aid and have a lot of general knowledge of driving and military stuff. We worked hard for it."

The two men have been a team basically since they joined the Canadian Forces.

"Pte Gauthier and Pte Bouchard Cusson completed

their basic training in St. Jean and their trades training in Borden together. They were posted to 8 Wing Transportation and Electronic Mechanical Engineering (TEME) in March of this year and attempted the route discipline event for the first time in July at the Regional Championship in Petawawa," Warrant Officer Bill Feeny told *The Contact*.

WO Feeny indicates the competition is broken down into teams of two - a navigator and a driver. The route discipline event is conducted over a three-day period where the team is required to write a written test, conduct a vehicle readiness test, and plot grids on a map on day one.

For day two, the teams navigate the streets using a map and must perform certain skills such as first aid or answer questions on general knowledge or route observations.

"Day three is similar to day two except they use a route card instead of a map," WO Feeny stated. "All scoring from the three-day event is added together to determine a winner from the 13 teams across the country - three from each region - while the 13th team is the returning champion.

Next year, Pte Gauthier and Pte Bouchard Cusson advance automatically to the national event, although both indicate they will likely take part in the regional event for the practice.

Pte Gauthier indicated they would go back to try to defend their championship. His teammate, Pte Bouchard Cusson, however, takes the much more positive approach.

"We will not try to win, we will win," he laughs.

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<p>2007 PONTIAC MONTANA SV6 FWD Stk# 11064A 3.9L 6 cyl auto, tinted, power steering, brakes, windows, mirror & locks, keyless, 74,910 kms. was \$12,495 \$10,988</p>	<p>2009 JEEP WRANGLER 4X4 UNLIMITED Stk# 11190A Sahara, 3.8L 6 cyl auto, power steering, brakes, windows, mirrors & locks, keyless, alloys, 86,233 kms. was \$23,985 \$22,985</p>	<p>2009 CHEVROLET UPLANDER FWD Stk# 10474A 3.9L 6 cyl auto, tinted, full power, keyless, air, tilt, cruise, alloys, only 32,898 kms. was \$14,988 \$13,988</p>
<p>2008 DODGE RAM 1500 SXT Stk# 11085A HEMI, 4x4, auto, 8 cyl, full power, keyless, air, tilt, cruise, trailer hitch, only 43,783 kms. was \$20,988 \$19,988</p>	<p>2007 DODGE CALIBER SXT Stk# 11129A Auto, pwr windows, pwr door locks, air, speed control, tilt wheel, CD, 41,288 kms. was \$12,985 \$11,985</p>	<p>2007 CHEVROLET SUBURBAN LT Stk# 11269A 8 cyl auto, full power including sunroof, tinted, keyless, leather, alloys! 168,300 kms. was \$20,875 \$19,875</p>
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Photo: Ross Lees

Pte Robin Watchorn (right) and Cpl Crystal Healy exchange some information at the orderly room Friday. Both took advantage of the campaign to make a donation and to wear civilian clothing for Dress Down Fridays.

Dress Down Fridays: a popular United Way contribution tool

By Ross Lees

8 Wing personnel are getting comfortable with donating money to the Government of Canada Workplace Charitable Campaign (GCWCC) or the United Way.

Dress Down Friday's allows personnel to donate two dollars per Friday or \$20 for the duration of the campaign

to be able to come in on Friday dressed in some of their favourite civilian attire.

The GCWCC campaign began at the start of September and continues through until Dec. 1.

Unit canvassers can be contacted for your donation and they will fill out the form for you to receive a charitable receipt for your contribution.



Share your story during Veteran's Week

During Veterans' Week (VW), from Nov. 5 to 11, many Canadians remember and honour those who served our country, as well as those who serve in uniform today.

In support of VW, all current CF members are asked to volunteer their time by giving a presentation at a school or other community organization as part of the 2011 National VW Speakers Program.

Last year, CF members made more than 1,700 VW presentations across Canada, reaching an estimated 500,000 Canadians face-to-face.

Speeches and slide shows will be provided to presenters to assist in preparing presentations.

If you are interested in participating this year, you can apply electronically at the following address: www.forces.gc.ca/site/zzz/spkr-conf/form-eng.asp; or send an email to Lieutenant Christopher Daniel, Wing Public Affairs Officer, at christopher.daniel@forces.gc.ca.

Please note that it is important to ask for approval from your chain of command before registering.

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Adult Leagues

Monday men, Tuesday mix, Wednesday Mix, Thursday Frankford league, Thursday mix, Friday mix, Sunday mix league start bowling at 6:30 p.m.
Tuesday senior league start 1 p.m.,
Tuesday Brighton senior league starts at 4 p.m.,
Wednesday special olympic 4 p.m., Thursday ladies 12:30 p.m.
Friday senior start a 1 p.m.

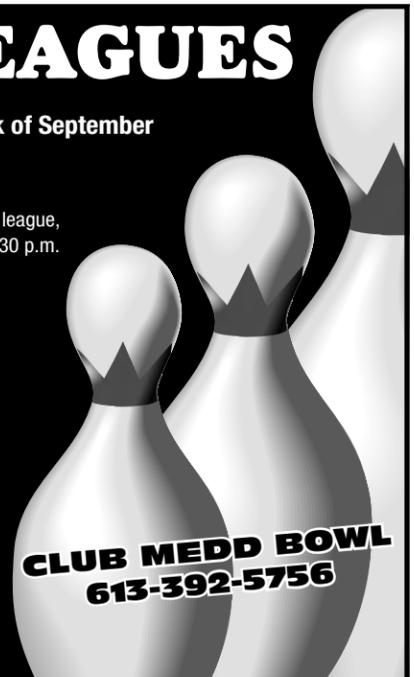
Youth Leagues

Peewee (age 4-7), bantam (age 8-10), junior (age 11-13) and senior league (age 14-18) register at noon - 4 p.m.
September 5th (Labour day) with 2 free games, bowl every Saturday with certified coach, tournament, free banquet & trophies, cash spin wheel prize.

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Wing Logistics & Engineering Picture of the Week



LCol Sean Lewis presides over the Change of Appointment ceremony between outgoing OC of 8 Wing Supply and Food Services Squadron, LCol Michel Lefebvre and incoming OC Maj Karen Heinzl. LCol Lefebvre, recently returned from his tour in Afghanistan and is posted to Ottawa. We at Wing Supl and Fd Svcs wish him and his family all the best and thank him for his leadership during his tenure as OC.

Maj Heinzl comes to us from Germany and now accepts the new challenges of being OC, as the Sqn and 8 Wing Trenton face another busy year ahead. The Sqn welcomes you and your family to Trenton as we face the trials ahead.

Servitium Nulli Secundus

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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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

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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.

- 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.

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Counter-insurgency by other means, one line item at a time

By Major Aaron Lubning

Pallets loaded with 1,901 bags of charcoal briquettes. In Canada, charcoal is for the barbecue, symbol of the lazy days of summer with friends and good times. In largely treeless Afghanistan, it is a primary heating fuel.

Tools, water filters and other small articles - 691 in total. In Canada, they could wait for the next round of yard work. For an Afghan family, they could mean a regular supply of food and clean water.

This batch of 2,592 line items worth about \$71,000 is just the start of the contribution to be made by the Mission Transition Task Force (MTTF) to the continuing counter-insurgency operation in southern Afghanistan. As a parting gift to our Afghan partners as we close down *Operation ATHENA* in Kandahar Province and move on to *Operation ATTENTION*, the training mission centred on Kabul, it is also a small gesture of Canada's enduring commitment to the future of Afghanistan.

We may be closing down and packing up, but that doesn't mean we ignore what goes on in our former battle space. Counter-insurgency is all about changing perceptions to increase support for the Government of Afghanistan and wear away the Taliban support base.

That's a battle we can fight from inside the wire.

As ISAF continues to hand more and more responsibility to Afghan security forces, the average citizen needs to see Afghans helping Afghans. The MTTF is making this happen.

As we close down Kandahar, the Mission Closure Unit of the MTTF identifies material that we cannot sell and cannot take back to Canada. Much of it is useful and valuable in Afghanistan, so it would be wrong to destroy it. The MTTF has found a way to get this material directly to people who need it - and the best part is that they will get it from other Afghans.

The U.S. Army's 7th Sustainment Brigade operates two humanitarian assistance (HA) yards in Afghanistan, one at Bagram Airfield near Kabul, and the other here at Kandahar Airfield. The HA yards have two primary lines of operation. The first program buys goods such as rice, flour and clothing from Afghan suppliers and ships them to ISAF units for distribution to Af-



Photo: Sgt Lance Wade

Kandahar Airfield, Afghanistan; 12 August 2011 — WO Dan Hryhoryshen of MTTF Influence Activities hands over a donation of 46 pallets of charcoal to U.S. Army Staff Sergeant Christopher Breaux at the Humanitarian Assistance yard. WO Hryhoryshen is a Reservist from 11 (Victoria) Field Ambulance.

Aérodrome de Kandahar, en Afghanistan, le 12 août 2011 — L'Adj Dan Hryhoryshen des activités d'influence de la FOTM remet un don de 46 palettes de charbon de bois au Staff Sergeant Christopher Breaux de la U.S. Army à l'installation d'aide humanitaire. L'Adj Hryhoryshen est un réserviste de la 11e Ambulance de Campagne à Victoria. (Numéro de la photo : LK2011-008-003.

ghan organizations that help Afghans in need. The second program, which handles a much wider variety of items, works with international non-governmental organizations that send humanitarian aid supplies to the HA yards in Bagram and Kandahar through the U.S. Army's Civil-Military Operations Center at Camp Arifjan, Kuwait.

By connecting with this second program, the MTTF has found a way to continue the good work of *Operation ATHENA*.

The HA yard program is designed to ensure that Afghan community leaders and aid organizations can access donated materials quickly and efficiently, thus not only putting an Afghan face on ISAF community outreach but also recruiting donated and surplus materiel into the counter-insurgency effort. It has had a major force-multiplier effect by - for example - increasing capabilities of hospitals, clinics, schools and orphanages.

Our relationship with the Kandahar Airfield HA yard means that the MTTF can easily make a "gratuitous transfer" - that is, a free gift - of suitable material in accordance with Canadian government requirements, while achieving knock-on effects in line with

the priorities of Canada's whole-of-government mission in Afghanistan.

Although Canada has no troops or aid workers in the battle space any more to distribute these items, Canadians can be confident that the materiel is reaching people in need through the various Civil-Military Cooperation units and other ISAF groups that work directly with the Afghan people.

The MTTF is not waging the war like previous rotations in Kandahar, but we're building on their achievements and still making a positive difference here even as we close down *Operation ATHENA*. It's a difference that will last by helping to build perceptions that strengthen Afghans' reliance on themselves and their government. In the long term, these changes have the potential for tremendous positive impacts in Afghanistan.

At time of writing, the MTTF had \$200,000 worth of surplus materiel awaiting transfer to the HA yard at Kandahar Airfield. That quantity will increase over the coming months as close-out activities continue.

Maj Aaron Lubning is currently deployed at Kandahar Airfield as the Chief, Influence Activities in the Mission Transition Task Force Headquarters.

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par le Major Aaron Luhnig

Mille neuf cent un sacs de briquettes de charbon chargés sur des palettes. Au Canada, le charbon est utilisé dans les barbecues et rappelle les vacances d'été en compagnie d'amis ainsi que de bons moments. Cependant, pour l'ensemble du territoire dépourvu d'arbres de l'Afghanistan, il s'agit du principal combustible de chauffage.

Six cent quatre-vingt-onze articles, dont des outils, des filtres à eau et d'autres petits objets. Au Canada, ces articles ne seraient utilisés que lors de travaux d'entretien extérieur. Néanmoins, ces articles pourraient permettre d'approvisionner de façon régulière une famille afghane en nourriture et en eau saine.

Ce lot de 2 592 articles, d'une valeur approximative de 71 000 \$, ne constitue que le commencement de la contribution de la Force opérationnelle de transition de la mission (FOTM) à la poursuite de l'opération anti-insurrectionnelle menée dans le Sud de l'Afghanistan. Il s'agit d'un cadeau de départ à l'intention de nos partenaires Afghans alors que nous terminons l'opération *Athena* dans la province de Kandahar et passons à l'opération *Attention*, la mission d'instruction dans la région de Kaboul, ainsi que d'un petit geste confirmant l'engagement continu du Canada envers l'Afghanistan.

L'opération se termine et nous plions peut-être bagages, mais cela ne signifie pas que nous sommes indifférents à ce qui passe dans notre ancien espace de combat. Les mesures anti-insurrectionnelles visent à changer les perceptions afin d'augmenter l'appui envers le gouvernement de l'Afghanistan et de réduire la base de soutien des Talibans.

Il s'agit d'un combat qui peut être mené sans avoir à être sur le terrain.

Tandis que la Force internationale d'assistance à la sécurité (FIAS) délègue de plus en plus de responsabilités aux forces de sécurité afghanes, il faut que le citoyen moyen constate que des Afghans aident d'autres Afghans et c'est notamment ce à quoi travaille la FOTM.

À l'occasion de la fermeture de la mission à Kandahar, l'unité de clôture de mission de la FOTM détermine le matériel qui ne peut être vendu ni être retourné au Canada. La plupart du matériel est utile et précieux en Afghanistan, il serait donc inapproprié de le détruire. La FOTM a trouvé un moyen d'acheminer ce matériel de façon directe à ceux qui en ont besoin et, qui plus est, ces derniers le recevront d'autres Afghans.

La 7^e Sustainment Brigade de la U.S. Army dirige deux installations d'aide humanitaire en Afghanistan, soit une à l'aérodrome de Bagram près de Kaboul et une autre à

l'aérodrome de Kandahar. Les installations d'aide humanitaire ont deux lignes d'opération principales. Le premier programme consiste à acheter des biens, tels que du riz, de la farine et des vêtements, auprès de fournisseurs afghans et à les envoyer aux unités de la FIAS afin qu'ils soient distribués à des organismes afghans qui aident des Afghans dans le besoin. Le second programme, lequel gère un éventail beaucoup plus large d'articles, est mis en œuvre en collaboration avec des organisations non gouvernementales internationales qui envoient des fournitures d'aide humanitaire aux installations de Bagram et de Kandahar par l'entremise du Civil-Military Operations Center de la U.S. Army du Camp Arifjan, au Koweït.

En s'associant à ce second programme, la FOTM a trouvé un moyen de continuer l'œuvre entreprise au cours de l'opération *Athena*.

Le programme d'aide humanitaire vise à faire en sorte que les dirigeants de la communauté afghane et les organismes d'aide puissent avoir rapidement et efficacement accès aux dons de matériel. Ainsi, non seulement on met un visage afghan sur l'action communautaire de la FIAS, mais on emploie également les dons et les surplus de matériel à titre de mesures anti-insurrectionnelles. Le programme a eu un effet multiplicateur de force considérable en augmentant, entre autres, les capacités d'hôpitaux, de cliniques, d'écoles et d'orphelins.

Nos relations avec l'installation d'aide humanitaire de l'aérodrome de Kandahar permettent à la FOTM d'effectuer facilement un « transfert gratuit », soit un cadeau, de matériel qui satisfait aux exigences du gouvernement du Canada tout en entraînant des effets en chaîne conformes aux priorités de la mission pangouvernementale du Canada en Afghanistan.

Bien qu'il ne se trouve plus aucune troupe ni aucun personnel d'aide du Canada dans l'espace de combat pour distribuer ces articles, les Canadiens peuvent être sûrs que les personnes dans le besoin reçoivent le matériel par l'entremise de diverses unités de coopération civilo-militaire et d'autres groupes de la FIAS qui travaillent directement avec la population afghane.

La FOTM n'alimente pas la guerre comme lors des précédentes rotations à Kandahar. Il s'agit plutôt de se fonder sur ses réalisations et de continuer à exercer une influence positive en Afghanistan même si l'opération *Athena* se termine. En contribuant à établir des perceptions qui apprendront aux Afghans à compter davantage sur eux-mêmes et sur leur gouvernement, le changement sera durable. À long terme, ces changements pourraient être très avantageux pour l'Afghanistan.

Au moment de la rédaction du présent document, la FOTM avait un surplus de matériel d'une valeur de 200 000 \$ qui devait être transféré à l'installation d'aide humanitaire de l'aérodrome de Kandahar. La poursuite des activités de clôture de mission fera en sorte que cette quantité sera augmentée au cours des prochains mois.

Le Major Aaron Luhnig est actuellement en déploiement à l'aérodrome de Kandahar en tant que chef-activités d'influence au quartier général de la Force opérationnelle de transition de la mission.

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13746 4X4! Pwr sunroof! Factory remote start! 20" Chrome wheels! 5.7L-V8 Hemi, Crew cab, tonneau cover, chrome step bars, pwr seat, trailer hitch, steering wheel controls, cruise, air, tilt, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, only 43,000kms!

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D13589 4X4! 18" Chrome wheels! Park aid! 5.4L-V8, Crew cab, short bed, chrome step bars, bed liner, trailer hitch, steering wheel controls, key pad entry, tilt, air, cruise, satellite radio, MP3/6 disc changer, pwr mirrors, windows, locks, keyless entry, only 43,000kms.

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PD13241 17" Chrome wheels! 4.6L-V8, Crew cab, short bed, bed liner, trailer hitch, steering wheel controls, cruise, air, tilt, AM/FM/CD/MP3, pwr mirrors, windows, locks, keyless entry, only 46,000kms.

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10 FORD F350 FX4 LARIAT



PAA12669 Navigation! Integrated brake controller! Pwr rear sliding window! Reverse camera! Pwr sunroof! Pwr heated leather memory seats! 20" Alloy wheels! Black! Pwr folding tow mirrors! Factory remote start! 6.4L-V8, Crew cab, short bed, bed liner, chrome step bars, pwr pedals, park aid, key pad entry, dual climate controls, steering wheel controls, woodgrain trim, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, only 39,000kms!

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10 DODGE RAM 3500 LARAMIE



PD12237 4X4, dually! Navigation! Pwr heated leather memory seats front & rear! Integrated brake controller! Park assist! Reverse camera! Pwr sunroof! 6.7L-V6, Crew cab, long bed, rear sliding window, chrome step bars, tow mirrors, trailer hitch, wood grain trim, u-connect compatible, steering wheel controls, factory remote start, dual climate controls, cruise, tilt, air, satellite radio, CD/MP3, pwr locks, windows, mirrors, keyless entry, only 21,000kms!!

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11 FORD F150 SVT RAPTOR



D13024 4X4! Navigation! Pwr heated leather memory seats! Pwr sunroof! Integrated brake control! Reverse camera! Factory remote start! 17" Alloy wheels! 6.2L-V8, Crew cab, short bed, step bars, rear sliding window, trailer hitch, key pad entry, blue tooth, sync, pwr pedals, dual climate controls, traction control, air, cruise, tilt, steering wheel controls, satellite radio, CD, pwr locks, mirrors, windows, keyless entry, only 10,000 miles!

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PD13767 4X4! Pwr heated leather memory seats! 20" Chrome wheels! 5.4L-V8, Crew cab, short bed, bed liner, chrome step bars, trailer hitch, key pad entry, pwr pedals, steering wheel controls, woodgrain trim, air, tilt, cruise, satellite radio, MP3/6 disc changer, pwr locks, windows, mirrors, keyless entry, 69,000kms.

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D13508 4X4! Reverse camera! 5.4L-V8, Crew cab, short bed, chrome step bars, key pad entry, trailer hitch, steering wheel controls, air, tilt, cruise, satellite radio, MP3/6 disc changer, pwr windows, mirrors, locks, keyless entry, only 44,000kms.

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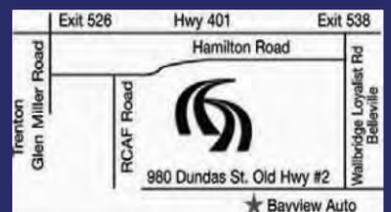
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Photo: Lt Corey Smith

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Phone: (613) 955-0902
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P & FC Walk/Run 2011

On Sept. 24, 2011 at Jane Forrester Park (waterfront trail in Belleville) the Belleville Pregnancy and Family Care Centre will be holding a 2 km walk/run and a 10 km run to support the Centre. The theme is "Journey of Life". Three satellite centres (Picton, Madoc, and Quinte West) will be joining in this fundraiser, bringing people from those regions to join as a united effort to raise awareness and financial support for the each centre. Polish up your sneakers and please consider joining us! Registration begins at 9 a.m. and run/walk start times are at 10 a.m. Following the event there will be refreshments and a barbecue. **Pledge sheets** for the Quinte West Centre can be picked up at the centre, 20 Joseph St., Trenton or online at <http://journeyoflifepfc.blogspot.com>. Please call the Pregnancy and Family Care of Quinte West centre for more information: 613-392-0074.

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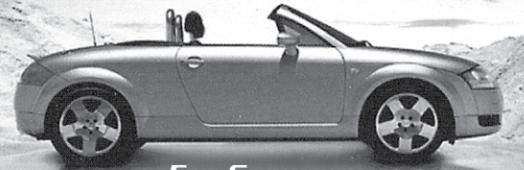


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Energy Drinks: What you need to know

Source: Dietitians of Canada

The term energy drink refers to a unique category of beverages that claim to stimulate and energize the user.

Unlike most food and beverages, energy drinks are regulated as supplements (Natural Health Products). Not all energy drinks that are sold have been evaluated by Health Canada. If the energy drink has a NPN (Natural Health Product Number) on the can, it has been evaluated.

Side effects like rapid heart and increases in blood pressure have been reported. Health Canada cautions that children and pregnant or breastfeeding women should avoid energy drinks. Health Canada also cautions that energy drinks should NOT be mixed with alcohol and no more than 500 mL be consumed in one day.

What is in Energy Drinks and Why?

Caffeine is a stimulant and can be found on energy drink labels listed as Guarana, yerba mate, or caffeine.

Most drinks have 80 mg per 250 mL can (though some have more). This is double that of soft drinks. The amount of caffeine in most energy drinks exceeds recommendations for children. Health Canada suggests no more than 45 mg/day for children 4-6 years, 62.5 mg/day for 7-9 years and 85 mg/day for children 10-12 years. Caffeine can cause nervousness, anxiety, jitteriness, stomach/intestinal upset, rapid heart rate and trouble sleeping in some individuals and withdrawal symptoms such as headache, fatigue, irritability and poor concentration among those who consume it regularly.

Many energy drinks contain the herbs Ginkgo biloba and ginseng. These herbs do not improve sports performance. They can interact with drugs like warfarin and affect blood clotting, so be sure to talk to your doctor if you take these medications.

Taurine is an amino acid-like compound and is found in the diet in meat and dairy products. It is not an essential nutrient and is not part of body proteins like most amino acids. Some

energy drinks claim that taurine makes you more alert but research is not conclusive. Most energy drinks have 1 gram of taurine per 250 mL can. The safety of large doses has not been proven.

Should I Use Energy Drinks During Exercise?

Proper hydration is the main concern during exercise, especially in the heat. The best choices during exercise are water or sports drinks. The high sugar content and carbonation of energy drinks can interfere with hydration which makes them a poor choice for use during exercise.



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Mocktail of the Month Sangria

- 4 oz lemon juice
- 4 oz orange juice
- 32 oz grape juice (white or red)
- 32 oz Schweppes® Club Soda
- orange or lemon slices

Use a blender to mix all the fruit juices. Fill glasses with ice cubes and pour juice mixture until the glasses are half-filled. Fill glasses to the top with Club Soda. Garnish with fruit slices.

Makes 18 servings (4 oz each).

Cocktails non-alcoolisé du mois

Sangria

- 4 oz de jus de citron
- 4 oz de jus d'orange
- 32 oz de jus de raisin (blanc ou rouge)
- 32 oz de Schweppes, club soda
- Rondelles de citron ou d'orange pour décorer

Mettre au mélangeur les jus de fruits. Verser le mélange de jus à la moitié d'un verre garni de quelques glaçons. Complétez avec le club soda et quelques rondelles d'agrumes.

Donne 18 portions de 4 oz.

Home of the Week

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Plan No: 7-3-982

For more floor plans, visit www.jenish.com

Sheet-metal roofing is used to good effect to protect the entry and one dormer of this handsome two-storey home, with a self-contained one-bedroom suite with a separate entrance located over the double garage. The main home has three upstairs bedroom and a main-floor den.

Entry to the main home is through a nine-foot high covered entry, with a veranda to the left, leading to a compact foyer. Beyond the L-shaped stairway to the second floor is a coat closet with a display ledge along one side.

The great room enjoys large windows that look onto the front veranda, as well as a gas fire-place. In the dining-room, another generous window will bring lots of natural light into this space, which is separated by the kitchen by a prep island, allowing the cook to participate in family activities.

The kitchen's double sink looks out to a covered porch at the back of the home. A pantry is situated near the doorway to the porch, making year-round grilling a breeze. A two-piece powder room is located nearby, adjacent to the den and across from the laundry room,

which has access to the garage.

Upstairs, the master suite has a view to the front garden. Built-in shelves in the walk-in closet will be useful. A three-piece ensuite completes the design.

The two secondary bedrooms both look out over the back garden, and share a three-piece bath. Closets for towels and linen are conveniently placed, and a display case just outside the master suite will be ideal for collectibles.

Entry to the upstairs suite is either through the garage or via a side door. A small foyer contains a coat cupboard. A spacious bedroom overlooks the back garden. The living room, dining area and kitchen are open-plan, with the living room occupying a bayed-out area at the front of the home. Both the kitchen and dining rooms have sloped ceilings.

Exterior finishes include board-and-batten in the gables, horizontal siding and painted woodwork, including pilasters with stone bases.

The home measures 40 feet wide and 49 feet deep. The suite contains 592 square feet, with a total of 2233 square feet.

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

Air Cadets wanted

Are you between the ages of 12 and 18? Interested in something new this year? Try Air Cadets! Learn about leadership, citizenship, aviation, survival, military stuff and so much more. No fees to join. 704 Air Force City Squadron, Royal Canadian Air Cadets is located at 11 Buffalo Ave on CFB Trenton and is looking for excited and motivated young people interested in our program. We meet Monday nights from 6 p.m. and 9 p.m. starting on Sept. 12. For more information please call 613-392-1360."

Sept. 9-10 - Trenton Scottish Irish Festival

Friday night at 7 p.m. a military tattoo is being held to Salute our Troops followed by a performance by Poor Angus at 9 p.m. Saturday, the day begins with a parade through Trenton, opening ceremonies, heavy events "Legends" competition, pipe bands, highland dancers, celtic music, clan gathering, kids activities a Celtic marketplace and the Mudmen represent the evening entertainment. For more information, contact: Colleen Vickers-Kleywegt at 613 - 392 - 2841 ext 4487 colleenvk@quintewest.ca

Sept 9 - Oct. 28 - Weight Wellness Lifestyle Program

Weight Wellness takes a realistic and positive view to achieving a healthy lifestyle with a self-management approach to behaviour change. Throughout the program, participants will develop personalized goals and learn skills to manage eating habits and physical activity for a lifetime. This course is interactive, combining physical activity and nutrition information. Fridays: Sept. 9 through until Oct. 28, 8:30 a.m. to 10:30 p.m. Register online at healthpromotion.cfbtrenton.com

Sept. 9 - Friday fun darts

On Friday nights, beginning Sept. 9 at 7 p.m., upstairs at the Consecon Legion. Open to members and public downstairs.

Sept. 10 - Fall Fun Festival

At the Consecon Legion on Sept. 10. Minnow races, raffles, open stage, lots of surprise games. Food available. Starts at 2 p.m. Everyone welcome.

Sept. 11 - Quinte Opera Guild

The Quinte Opera Guild will meet Sept. 11 at 2 p.m. at the Belleville

Recreation Centre at 116 Pinnacle. Presentations on Cavalleria Rusticana and Rigoletto. Call Jeannette at 613-771-1564 or Dorothy at 613-395-2398 for info.

Sept. 12 - Blood donor clinic

A blood donor clinic will be held Sept. 12 from 10 a.m. to 2:30 p.m. at the Yukon Galley ASTRA. Potential donors are encouraged to call 1 888 2 donate to book an appointment.

Sept. 13 - Men's basketball team

The men's basketball team will practice every Tuesday and Thursday from 4 p.m. to 6 p.m. starting on Sept. 13 at the gymnasium area one for the 2011-12 basketball season in preparation for the Ontario Region Basketball championships. Come out all skill levels for a good workout, make new friends, hone your skills and compete against other bases. The team coach is Cpl Larocque, ext. 7789.

Sept. 14 - 8 Wing Officer's Mess Ladies' Club

8Wing Officer's Mess Ladies' Club new 2011-12 season commences with a dinner on Sept. 14 at 6 p.m. in the upper lounge of the Officer's Mess. Admission - members free with their new membership. Invited guests of members \$10. For further information, please call Kim at 613-962-2718.

Sept. 16 - Wine and Cheese

Consecon Legion Friday Sept. 16 L.A. complimentary. Wine and Cheese 6 p.m. to 8 p.m.

Sept. 17 - Mushroom madness workshop

At Presqu'île Provincial, an all-day adult workshop includes classroom presentation and field trips through the park. Fee is \$15 per person, includes park entry. Reservations are required. Call 613-475-1688 for more information.

Sept. 18 - Consecon Legion Week

Starts on Sept. 18 with bid euchre, 1 p.m., \$5 pairs, food available. General meeting on Sept. 19, 7 p.m. Bid euchre on Sept. 20, at 7 p.m., dinner at 5 p.m. euchre at 7 p.m. Crib night on Sept. 21, 7 p.m. \$5 each. Men's darts on Sept. 22 at 7:30 p.m. Meat roll, 7 p.m. on Sept. 23, \$2 each downstairs/mixed fun darts upstairs. Duck derby and breakfast on Sept. 24.

Sept. 21 - Quinte Amateur Radio Club

Next meeting is on Sept. 21, 7:30 p.m. at Loyalist College Pioneer Building, room P2. Basic radio course will begin in October. For more information contact Mike Papper at 613-969-1744 or email VE3OX@RAC.CA or see web site www.qarc.on.ca

Sept. 23 - Inaugural Red Friday Golf Tournament

The Trenton Military Family Resource Centre presents the inaugural Red Friday Golf Tournament at the Roundel Glen Golf Club. Registration takes place at 12:30 p.m. with tee off at 1:30 p.m. for the four-person, best ball tournament. Cost is \$60 and includes nine holes with a cart, prizes and a chicken dinner to follow. Registration and payment to be made at Trenton MFRC by Sept. 16. For more information, call 613-965-3575. Support Our Troops!

Sept. 23-25 - Certified Volleyball Officials Clinic

CFB Petawawa will be hosting a certified volleyball official's clinic from Sept. 23-25. The official's clinic is open to all CF, Class B, C Reserve Members, PSP and DND full time employees. Travel day will be Friday, Sept. 23 and Sunday, Sept. 25. For registration or information, contact the military sports coordinator Dan Cormier at ext. 3373 no later than Sept. 2.

Sept. 24 - RCAF Memorial Foundation Charity Banquet

The 7th Annual RCAF Memorial Foundation Charity Banquet to support the National Air Force Museum

of Canada will be held on Ad Astra Stone Day, Saturday, Sept. 24, at the museum on RCAF Road in Trenton. Cocktails at 6 p.m, Dinner at 7 p.m. Dress is semi-formal. Tickets are \$100 per person. RSVP on or before Sept. 16 to foundation@airforcemuseum.ca or call 613-965-7314.

You are invited to the 16th Annual Ad Astra Stone Dedication Ceremony. The service is held to dedicate stones placed along the walkways of the Airpark adjacent to the museum. Ad Astra Stones can be purchased on behalf of any Canadian airman or airwoman who has served, or is serving, in one of Canada's Air Forces or an Allied Air Force. All are welcome to attend the ceremony Saturday, Sept. 24 at 2 p.m, in the airpark at the National Air Force Museum of Canada on RCAF Road.

More information about both events is available online at <http://airforcemuseum.ca>.

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Ce que vous devez savoir sur les boissons énergisantes

Les diététistes du Canada

L'expression « boisson énergisante » s'applique à une catégorie unique de boissons qui, selon les fabricants, stimuleraient ceux qui en consomment et leur fourniraient de l'énergie.

Contrairement à la plupart des aliments et boissons, les boissons énergisantes sont considérées comme des suppléments (produits de santé naturels) dans la réglementation canadienne. Santé Canada n'a pas évalué toutes les boissons énergisantes offertes sur le marché. Toutefois, si la canette de la boisson affiche un NPN (numéro de produit naturel), cela signifie que celle-ci a été évaluée.

Des effets secondaires tels l'accélération du rythme cardiaque et une hausse de la tension artérielle ont été signalés. Santé Canada déconseille aux enfants et aux femmes enceintes ou qui allaitent de con-

sommer des boissons énergisantes. De plus, Santé Canada déconseille fortement de consommer ces boissons avec de l'alcool ou d'en boire plus de 500 ml dans une journée.

Que retrouve-t-on dans les boissons énergisantes et pourquoi?

La caféine est un stimulant que l'on retrouve dans la liste des ingrédients des boissons énergisantes sous le nom de guarana, de maté ou de caféine. La plupart des boissons énergisantes en contiennent 80 mg par portion de 250 ml (certaines peuvent en contenir davantage), ce qui représente le double de la teneur en caféine d'une boisson gazeuse. De plus, la teneur en caféine des boissons énergisantes excède la quantité recommandée pour les enfants. En effet, Santé Canada recommande que les apports quotidiens en caféine n'excèdent pas 45 mg pour les enfants de 4 à 6 ans, 62,5 mg pour les enfants de 7 à 9 ans et 85 mg pour les

enfants de 10 à 12 ans. La caféine peut entraîner la nervosité, l'anxiété, l'agitation, des inconforts gastro-intestinaux, l'insomnie et une accélération du rythme cardiaque chez certaines personnes. De plus, des symptômes de privation comme les maux de tête, la fatigue, l'irritabilité et une faible capacité de concentration sont observables chez les gens qui en consomment régulièrement.

Bon nombre de boissons énergisantes contiennent du Gingko biloba et du ginseng. Ces herbes n'améliorent pas la performance athlétique et elles peuvent interagir avec certains médicaments, comme la warfarine, et perturber le processus de coagulation sanguine. Discutez-en avec votre médecin si vous prenez de tels médicaments.

La taurine est un type d'acide aminé que l'on retrouve dans la viande et dans les produits laitiers. Elle n'est pas un nutriment

essentiel et ne fait pas partie des protéines corporelles, contrairement à la plupart des acides aminés. Les fabricants de certaines marques de boissons énergisantes prétendent que la taurine accroît la vivacité mentale, mais les recherches à cet effet ne sont pas concluantes. La plupart des boissons énergisantes contiennent 1 g de taurine par portion de 250 ml. L'innocuité d'une dose élevée de taurine n'a pas été démontrée.

Devrais-je consommer des boissons énergisantes pendant l'exercice?

Une hydratation adéquate constitue la principale préoccupation lors de la pratique d'exercice, particulièrement lorsqu'il fait chaud. À cet effet, les meilleurs choix de boissons durant l'exercice sont l'eau et les boissons pour sportifs. La teneur élevée en sucre des boissons énergisantes et le fait qu'elles sont gazéifiées peuvent avoir un effet sur l'hydratation, ce qui en fait un choix peu intéressant.

Horoscope

WEEK OF SEPTEMBER 4 TO SEPTEMBER 10, 2011

BIRTHDAYS THIS WEEK: SEPTEMBER 4 – BEYONCÉ KNOWLES • SEPTEMBER 10 – COLIN FIRTH



ARIES

You're beginning to think about some new things with regard to your finances. It is very important, though, to not be naïve and let yourself be manipulated in any way.



TAURUS

Expect some improvements in your professional world. Overall, you feel good and can cultivate a serene attitude about life.



GEMINI

You want to get back in touch with people you haven't seen for a long time. This will cause you to ask yourself some serious questions, and you might be surprised to see what comes up.



CANCER

Neptune's influence causes you to need to take stock of several things in your life. You are no longer as impressive as you once were, which gives you great inner strength.



LEO

This week, the planet Mars teaches you to be more self-reliant. Don't worry, it will be good for you. Don't doubt yourself; you are worthy of the trust others place in you.



VIRGO

You are in a phase of your life where you have many things to do, especially where work is concerned. You might be feeling as if everything is happening to you at once.



LIBRA

The influence of Neptune compels you to make allowances and not to complicate your life too much. You are very sensitive to other people's opinions, but don't let them get to you.



SCORPIO

You are confronted with some big choices in your professional life. You might want to change some things, and it will be best to it quickly. Don't panic, though, as everything will be all right.



SAGITTARIUS

This week brings you good results concerning everything you are doing in your family life. You might want to modify some things in your home.



CAPRICORN

You are very curious right now and want to understand certain things, but you must realize that logic can't explain everything. You will figure out several things on your own.



AQUARIUS

The Sun's influence will enable you to protect yourself on an emotional level. Being able to react well to everything that happens to you is really uplifting for you. Make the most of this experience.



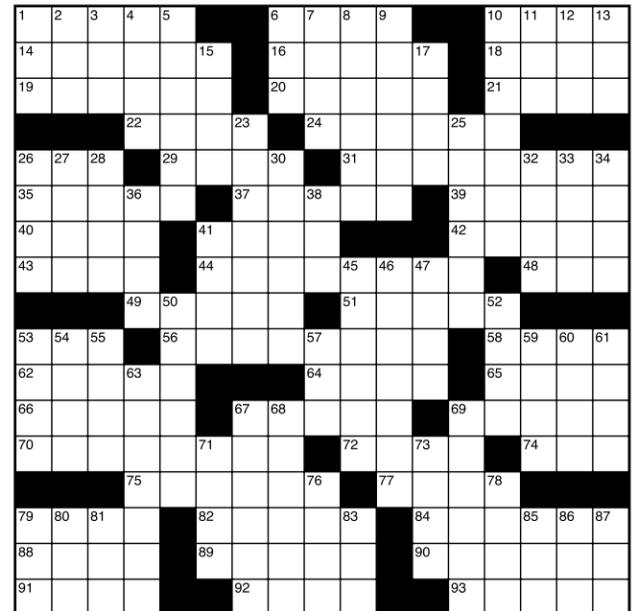
PISCES

You are heading towards situations where everything will take on new meaning, especially where your future projects are concerned. You will be surprised to realize to what extent your loved ones support you.

CROSSWORD

ACROSS

1. In the know
6. TV serial
10. "Free Willy" whale
14. Overshoe
16. Immobile
18. Chicken or turkey
19. Intertwine
20. Fruit pulp
21. Festival
22. Pair
24. African adventure
26. Mountain resort
29. Small amount
31. Transmit
35. Caribbean dance
37. One who plants seeds
39. Closet wood
40. Saber's cousin
41. Skin blemishes
42. Develop
43. Fade
44. Bucolic
48. Biblical pronoun
49. Plants
51. Roll or fish starter
53. Pluralizing letter
56. Processed food substance
58. On a cot
62. Clan pole
64. Certain woodwind
65. Demolish
66. Covet
67. Glower
69. Harden
70. Diatribe
72. Anxious
74. Hoover, e.g.
75. Basic commodity
77. Modify text
79. Polynesian image
82. 4 x 4 race
84. Detest
88. Butter alternative
89. Hurrah
90. Bakery treat
91. Enthusiasm
92. Gun type
93. Busybody



DOWN

1. Beauty preceder
2. Blanched
3. Every bit
4. Way to Mandalay
5. Old Portuguese money
6. Drink a little
7. Burden of proof
8. Supply with oxygen
9. Favor
10. Krupke, e.g.
11. Shad output
12. 100 lbs.
13. Rathskeller serving
15. Get wind of
17. Blue
23. Throw away
25. Bring to mind
26. Merganser's kin
27. Daddy
28. Blessing concluder
30. Tiny tree
32. Entrance
33. Ribbon
34. It beats a deuce
36. Complaint
38. Rainy
41. Footless animal
45. Algonquian language
46. Rotate
47. On the safe side
50. Mourn for
52. Sweater material
53. Imprint firmly
54. Marsh bird
55. Flag feature
57. Excessively
59. Telegraphy unit
60. Hebrew prophet
61. Consider
63. Avoidance
67. Great!
68. Storage spot
69. Foolishness
71. Togs
73. Resting
76. Mansard feature
78. Fantasy
79. ___ the line
80. Queasy
81. Green parrot
83. Farther
85. Hosiery hue
86. Punch
87. Momentous period

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- Houses for Rent

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



Photo: Sgt Rob Coates

Sgt Stu Neill from 444 Sqn hoisting down to a Jamaica Defence Force Coast Guard vessel during some boat hoisting training conducted in the Caribbean Sea.



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Cont'd from page 1

"We have all the same qualified SAR crews as here. They're qualified to take care of anything they've got going on down there."

There are six SAR techs on the ground in Jamaica with a one-month rotation planned for the duration of the operation.

To this point, no hurricanes have struck Jamaica. Hurricane Irene went through the area but turned north and did not affect Jamaica at all, according to Sgt Coates.

"It's anyone's guess if a hurricane hits the area," Sgt Coates noted. "But we have qualified crews there and a good plan in place if a hurricane occurs."

Sustainment flights fly to the southern island on regular re-supply missions and Sgt Coates indicates the task force is self-sufficient.

"Things are running smoothly, so far," he said. "It's a good opportunity to do search and rescue over the sea, something that's never been done before, and we're holding a search and rescue position in another country, something that's never been done before. It's giving us a chance to stretch our wings a little bit."

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