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September 23, 2011 Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 46 Issue Number 38 •



James Beale, Branch 110's only distinguished Flying Cross winner, was presented with a letter from the Prime Minister's office by Col Sean Friday with Legion President Gary Newman looking on.

## Branch 110 Legion honours its Veterans during Legion Week

By Ross Lees

The Legion Week Veteran's Appreciation Dinner at Branch 110 Legion in Trenton Tuesday night had its serious side and a lighter side.

First and foremost, the night was held to honour the military veterans who took part in WW II, the Korean War, the Gulf War, the Peacekeepers and the Afghanistan conflict.

Legion President Gary Newman noted he was there to help the veterans have a good evening and he would solve any problems they had that night. While happy to have the veterans there and participating, he regretted not seeing a number of veterans, adding one had just passed away the day before.

Colonel Sean Friday lightened the mood considerably when he told the veterans the event brings a smile to the faces of 8 Wing executive servers, consisting of Col Friday, 8 Wing Comd; LCol Harris, 8 Wing Admin O; LCol

Sean Lewis, 8 Wing LEO; CWO Sandor Gyuk, 8 Wing CWO; MWO Sandy Spragg, 8 Wing Admin MWO; and CWO Roy, 8 Wing LEO CWO.

"I warn you, none of us are qualified servers," said Col Friday. "We make this up as we go. If you have any problems, we'll sick LCol Sean Lewis on you. But it is great to be here amongst you tonight and we're here to have a lot of fun."

Legion Branch 110, however, had some business to take care of first. They honoured comrade Fraser Murdock with his 65-year service pin and bar for his 65 years as a member of the Legion.

James Beale, the branch's only Distinguished Flying Cross winner, was honoured for having a park named after him recently and he was also presented with the letter from the Prime Minister's office which did not arrive on time for the previous ceremony.

Beale said he was honoured and lucky to be there to receive the honour.

## Quinte West Mayor congratulates SAR Tech from 424 Squadron

By Lt Christopher Daniel, Wing Public Affairs Officer

Sergeant Stéphane Joseph Michel Richard, a SAR tech from 424 Squadron, received on Monday a certificate from Quinte West Mayor John Williams, congratulating Sgt Richard for receiving the Meritorious Service Medal (MSM Military Division).

"On behalf of the members of City Council and the citizens of Quinte West, we extend our sincerest congratulations to you for receiving the Meritorious Service Medal," said Mayor Williams. "Your dedication to helping Canadians is truly remarkable and the City of Quinte West is proud to be the home of CFB Trenton."

Sgt Richard was one of the 25 recipients of the MSM Military Division announced by the Governor General on June 2.

"I'm deeply honoured to receive this recognition," said Sgt Richard. "As a SAR tech, we're always ready to respond when called for, and to help when needed."

During the night of August 9, 2008, rescue team leader Sergeant Lee Bibby and rescue team member (then) Master Corporal Richard came to the aid of a woman with severe head injuries acquired while hiking along the ridge of a 400-foot rock face in Ontario's Killarney Provincial Park.

A rescue helicopter was unable to reach the victim due to poor weather conditions. Upon hearing that the victim's condition was worsening, the two SAR techs travelled to the scene and ascended a steep and slippery rock face in heavy rain and darkness, while carrying full medical gear.

"We did our best to stabilize the woman and remained with her until we were extracted by a helicopter the following morning," said Sgt Richard.

"Thank you for your perseverance through adversity," said Mayor Williams as he presents the certificate to Sgt. Richard.

The MSM Military Division is given by the Governor General in recognition of a military deed or activity performed in a highly professional manner, according to a very high standard that brings benefit or honour to the Canadian Forces.



Quinte West Mayor John Williams presents a congratulatory certificate to 424 SAR Tech, Sgt Stéphane Richard.

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# Are you getting enough veggies and fruits?

By Lt Christopher Daniel,  
Wing Public Affairs Officer



(Left) Lt Col Dan Harris is joined in the photo by members of the Health Promotion team: Kendra Laflier, Lisa Refausse, Brenda Riddell, Isobel Demers and Emily Pollock.

They say that “an apple a day keeps the doctor away”; but is one serving of fruit a day really good enough?

“Despite many health benefits, studies show that less than 15 per cent of Canadian Forces members meet the current Canadian guidelines for vegetable and fruit consumption,” said Ms. Brenda Riddell, Health Promotion Manager at CFB Trenton. “Canada’s Food Guide recommends five to 10 servings for an adult per day. We are trying to increase individual awareness of our food choices through the Veggie and Fruit Challenge.”

A good source of many essential vitamins and minerals, vegetables and fruits are important to promoting good health. Research shows that compared with people who consume a diet with only small amounts of vegetables and fruits, those who eat more generous amounts as part of healthy food choices and a balanced diet are likely to have reduced risk of chronic diseases.

“Operational capability is of the utmost importance and requires a strong, fit, and healthy force,” said Ms. Riddell. “Whether you have a job that

requires you to be focused and alert or assigned to a physically demanding military exercise, what you eat makes a big difference.”

In order to achieve better physical performance, a stable weight and life-long health benefits, it is important to combine regular exercise with healthy, sound eating habits which include sufficient vegetable and fruit intake.

“We encourage everyone at the Wing to participate in the Veggie and Fruit Challenge,” said Ms. Riddell. “When you register, you will receive updates and tips, have access to resources and recipes, and there are prizes for participation.”

In addition to this campaign, Health Promotion Office offers a number of other programs, such as Top Fuel for Top Performance and Weight Wellness to support CFB

Trenton personnel and families with their health and wellness goals.

Planning your daily meals is easy. To get a healthy variety, think color. Make sure that the vegetables and fruits you eat are of different colors, including: plenty of green like lettuce, broccoli, and spinach; orange vegetables carrots, squash and sweet potatoes; and a kaleidoscope of fruits like bananas, apples, and oranges.

“Once you start to eat healthy and exercise regularly, you will soon start to see and feel the benefits,” said Ms. Riddell. “You may see changes in your body composition, have more energy, feel happier, look better and generally be healthier.”

To participate in the Veggie and Fruit Challenge and to get tips on healthy lifestyle, please visit [www.forces.gc.ca/4-3](http://www.forces.gc.ca/4-3).

# Mangez-vous assez de fruits et de légumes?

Par le Lt Christopher Daniel, officier  
des affaires publiques de l'Escadre

Selon le vieil adage, « une pomme chaque matin éloigne le médecin ». Pourtant, une portion de fruit ou de légume par jour suffit-elle réellement?

Selon des études, moins de 15 p. 100 des membres des Forces canadiennes respectent les recommandations du Guide alimentaire canadien concernant la consommation de fruits et légumes malgré leurs nombreux effets bénéfiques affirme M<sup>me</sup> Brenda Riddell, directrice de la Promotion de la santé à la BFC Trenton. Le Guide recommande de 5 à 10 portions par jour pour un adulte. La Campagne sur les fruits et légumes vise à amener les gens à réfléchir à leurs choix alimentaires. »

Source d'un grand nombre de vitamines et de minéraux essentiels, les fruits et légumes constituent des éléments importants d'une bonne santé. Des recherches comparatives révèlent que les risques de maladies chroniques sont plus faibles chez les personnes qui consomment de grandes quantités de fruits et légumes

dans le cadre de choix santé en matière d'alimentation.

La capacité opérationnelle, qui revêt la plus haute importance, repose sur la vigueur, la forme et la santé de la force, ajoute M<sup>me</sup> Riddell. Dans un emploi où il faut se concentrer et être vigilant ou dans un exercice militaire exigeant sur le plan physique, l'alimentation fait toute la différence.

Pour améliorer votre rendement physique, stabiliser votre poids et jouir d'une meilleure santé tout au long de votre vie, vous devez combiner un programme d'activité physique à de bonnes habitudes alimentaires, ce qui passe par la consommation de suffisamment de fruits et de légumes.

Nous encourageons tout le monde à l'Escadre à participer à la Campagne sur les fruits et légumes, déclare M<sup>me</sup> Riddell. En vous inscrivant, vous recevrez de l'information à jour et des conseils et vous aurez accès à des ressources et à des recettes. De plus, il y a aura des prix à gagner.

À part cette campagne, le Bureau de la promotion de la santé offre d'autres programmes, tels que Bouffe-santé pour un rendement assuré et Style de vie poids-santé, afin

d'aider les militaires de la BFC Trenton et leurs familles à atteindre leurs objectifs en matière de santé et de bien-être.

Il est facile de planifier vos repas quotidiens. Pour y intégrer une gamme d'aliments santé, pensez aux couleurs. Assurez-vous de manger des fruits et légumes de différentes couleurs, notamment beaucoup de légumes verts comme la laitue, le brocoli et les épinards, des légumes orange telles les carottes, les courges et les patates douces, et des fruits d'un éventail de couleurs telles les bananes, les pommes et les oranges.

Lorsque vous commencerez à bien vous alimenter et à faire régulièrement de l'exercice, vous verrez et ressentirez rapidement les effets bénéfiques, explique M<sup>me</sup> Riddell. Vous pourriez constater des changements dans la constitution de votre corps, avoir plus d'énergie, vous sentir plus heureux, paraître mieux et être globalement plus en santé.

Pour participer à la Campagne sur les fruits et légumes et obtenir des conseils favorisant un mode de vie sain, veuillez consulter le site [www.forces.gc.ca/4-3](http://www.forces.gc.ca/4-3).

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# Active and involved station highly emphasized

Lt Corey Smith

Social and recreational events in CFS Alert are a daily occurrence and the importance of an active and involved station cannot be emphasized enough.

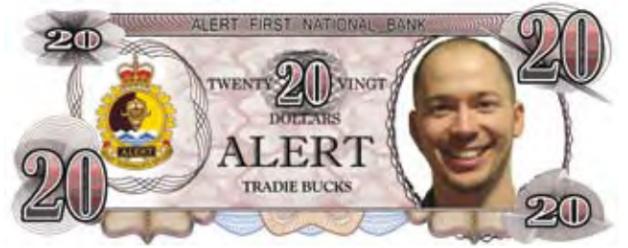
"Fitness and recreation are extremely important at an isolated location like CFS Alert. Whether it is floor hockey or badminton; euchre or pool; geocaching in the local area or bingo; it is important to always have something that we can do to pass the time during off-duty hours." Major André Delhommeau, Commanding Officer CFS Alert

Last weekend, the station ramped up its entertainment programs

while hosting the augmentees from OP Boxtop. There was a variety of events including hockey, basketball, and volleyball games as well as a euchre competition and double feature movie in the Station theatre. To finish it all off there was a hugely successful games night complete with card games such as poker and blackjack, crowns and anchors, and even a mini roulette wheel all being played with "CFS Alert bucks" that were used to bid for sometimes comical prizes at the end of the night.

Station activities include more than sports and games however. During the summer months many personnel on the station take time to conduct recreational trips by vehicle or by foot. These trips, co-ordinated through the Station Warrant Officer allow the station personnel to get out and see the scenery surrounding

Alert. The station's mess committee is also an important body to station morale, co-ordinating and planning many social activities such



as TGIF, movie nights and a variety of other events that keep personnel occupied in their off hours. Often it isn't even the event itself that generates so much excitement but rather the creative way it is approached. TGIF, for example, becomes an entertaining and humorous theme night ranging anywhere from a Toga party to a Cinco de Mayo celebration complete with blow up cacti.

At the closing of the day, the various sports and social events within the station are incredibly important in helping keep personnel active and maintain a high morale in this unique and isolated location.



## 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.

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### 8 Wing Personnel

**Publisher:** Col Sean Friday

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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

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

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

1 Young St, P.O. Box 1030

Brighton, ON K0K 1H0

CANADA

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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.**

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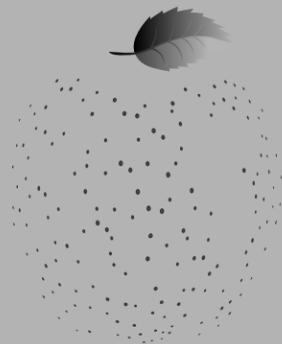
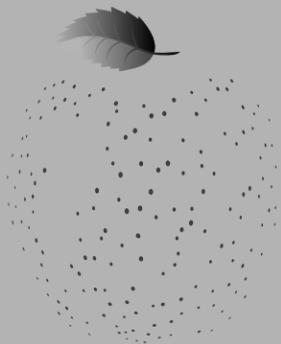




Photo: Capt Pierre Muscat-Drago

**Cpl Murphy salutes in front of Red 8 during the 9/11 Quinte West Ceremony.**  
**Le Cpl Murphy salue devant le Red 8 au cours de la cérémonie tenue à Quinte West en commémoration des attentats du 11 septembre.**

**8 Wing firefighters participate in Quinte West 9/11 ceremony**

By Capt Pierre Muscat-Drago, 8 Wing Fire Chief

8 Wing firefighters attended the 9/11 ceremonies in Quinte West during the 10<sup>th</sup> anniversary of the tragic event, which has had a great impact on the world which we live in today.

Along with other fire departments in the area, 8 Wing participated in the ceremony with a show of force of five firefighters including the Deputy Wing Fire Chief, MWO Jacques Rene, and two of the hall's emergency vehicles.

**Des pompiers de la 8e Escadre présents à la cérémonie du 11 septembre de Quinte West**

Par le Capt Pierre Muscat-Drago, chef des pompiers de la 8e Escadre

Des pompiers de la 8e Escadre ont assisté aux cérémonies de commémoration des attentats du 11 septembre organisées à Quinte West dans le cadre du 10<sup>e</sup> anniversaire de ces événements tragiques qui ont eu des effets considérables sur le monde dans lequel nous vivons aujourd'hui.

Tout comme d'autres services d'incendie de la région, la 8e Escadre a participé à la cérémonie. Un effectif de cinq pompiers, notamment l'Adjum Jacques René, chef adjoint des pompiers de l'Escadre, et deux véhicules d'urgence de la caserne étaient sur place.

The event was a simple yet solemn ceremony, which was meant to pay respect to the 343 firefighters and the 2,819 people who lost their lives on that unforgettable day.

La cérémonie, quoique simple, était empreinte de solennité. Elle visait à rendre hommage aux 343 pompiers et aux 2 819 personnes qui ont perdu la vie au cours de cette journée tristement inoubliable.

L'Adjum René a fortement appuyé la tenue de cette activité, car il « est encore bouleversé à la pensée de tous ces pompiers qui ont donné leur vie ce jour-là pour aider d'autres personnes. »

La 8e Escadre et Quinte West entretiennent des relations étroites grâce une entente d'assistance mutuelle. L'appui qu'ils s'apportent du fait de leur vocation commune ne fait que resserrer les liens entre les militaires et la communauté locale.

MWO Rene was a big supporter of this event as he "still feels the pain for all those fire fighters who died helping others that day."

8 Wing and Quinte West have close relations with one another through a mutual aid agreement. Showing support through shared identities only strengthens the ties between the military and local community.

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## Wing Logistics and Engineering Picture of the Week



Pictured is Mr. Steve Benham, a storesman with 8 Wing Food Services, packing an insulated flight bunyan with foodstuffs destined for CFS Alert. Other than some dry goods obtained during Operation BOXTOP, all of the food required by CFS Alert is ordered, and prepared for transport from Trenton. This includes a variety of fresh fruits and vegetables to frozen items, with everything in between. The number of bunyans packed and sent varies each week, based on operations. Mr. Benham has been ordering, receiving and packing rations bound for the "Frozen Chosen" for the past 15 years. His job is demanding and strenuous at times, especially with the requirement to pack, unpack and repack soon after, due to flight and weather delays or changing flight schedules. - Servitium Nulli Secundus

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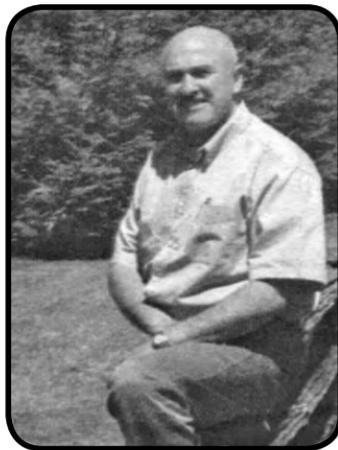
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# Arm wrestling Canadian Champion stationed in Trenton

By Ross Lees

It's hard to win a Canadian championship when you have to beat your mentor to do it.

That's what Corporal Jeff Penney had to do recently and, as hard as it was, he came home with the Canadian Arm Wrestling Championship in the Masters division (over 40) and won the right handed 188-198 pound division. He placed second in the Open right hand division and in the Masters left hand division

Cpl Penney, 41, had to defeat fellow Belleville Arm Wrestling Club member Troy Eaton of Picton twice to win the championship, and he used some of Eaton's advice to secure the wins – get it over with as quickly as possible.

"It was bittersweet," the new Canadian arm wrestling champion originally from Summerville, near Bonavista Bay, Nfld., told The Contact. "He's my mentor and he's helped me a lot, especially with my technique. Troy's the most technical guy in Canada."

The win was possible for Cpl Penney because he knew Eaton had had a very tough match to get to the final in Ottawa.

"I had lost

once, so I couldn't afford to lose again," Penney said. "To win, I had to beat Troy twice because he was still undefeated," in the double elimination tournament.

So Penney put the technique and advice from Eaton to work and pulled out the two wins.

As he reflects on the accomplishment, Penny noted another Prince Edward County arm wrestler had also helped him get to the pinnacle of Canadian arm wrestling.

**"During those seven months, I really focused on my stamina, power, hand strength and finding ways to make my hands stronger."**

Cpl Jeff Penney

"Devon Larrett showed me a lot of strange hand exercises," Cpl Penney noted, adding they have helped him increase his hand and finger strength.

Larrett, also in the military, has been a world champion.

"What is it about those County boys?" Penney laughs.

Penney, an Aviation Systems Technician, spent much of a tour of Afghanistan honing his arm wrestling skills and developing the

necessary arm, wrist and hand strength.

"During those seven months, I really focused on my stamina, power, hand strength and finding ways to make my hands stronger," he said.

With this latest set of hardware, Penney now has three provincial championships and his first national title.

Winning the Canadian championship qualifies Penney for two other events he is looking forward to attending. First is the World Championships from Nov. 3 to Dec. 11 and then the Arnold's take place in Ohio in March. The Arnold's are Arnold Schwarzenegger sponsored events including gymnastics, power lifting, martial arts and arm wrestling and is attended by Schwarzenegger and Sylvester Stalone.

At the world level, Penney says the sport of arm wrestling is dominated by the Russians, although his mentor Troy Eaton once won silver at that level and he believes Devon Larrett won gold.

As he goes to the World Championships in

Russia, Penney just wants to give his best performance.

"I'm ready for defeat if that's in the cards, but I'm just going to try to stay on my game. I'll try to stay focused, because it can be pretty intimidating," he said.



Photo: Ross Lees

Aviation Systems Technician Cpl Jeff Penney displays the hardware he won at the Canadian Arm Wrestling Championships recently.



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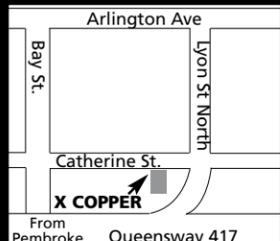
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# 424 Squadron Family Day: A good day enjoyed by almost all...

By Lt A.N. McKinley

A beautiful warm day set the scene for 424 Family Day at 8 Wing. Many arrived at 2 Air Movement Squadron (AMS) quite early in the morning to partake in one of the two Hercules familiarization flights over the Thousand Islands.

Families were greeted by an enthusiastic Aircraft Captain, Capt Sebastien Lemire and First Officer Capt Gillian Parker. Passengers were assisted in the back of the aircraft by Sgt John Fleming, Sgt Derrick Matheson and MCpl Adam Morrison as they were treated to a sightseeing flights as far east as the Thousand Island Bridge.

Joined by some of the members of the Joint Rescue Coordination Centre (JRCC), families were welcomed to Baker's Island to a myriad of activities by organizer Lt Corrine Koekhuyt. Kids rejoiced as they completed the obstacle course, slid down the giant inflatable slide, got their faces painted and watched a show from the Indian River Reptile Zoo. Some got to ride in the Zodiac while others decorated

cookies. MCpl Bruno Robitaille made countless trips back and forth between the trees with the children as they rode on a zip line.

The sound of the two Griffon helicopters from 424 giving rides overhead added to the rhythm of Honorary Colonel Ed Robertson's performance. Maj Colin Duncan, Capt Sean Scrimshaw, and Cpl Mike Buggie made up one crew while Maj Nicolas Bossé, Capt Pawel Bienkowski and Cpl Christian Samson did countless flights over the Bay of Quinte. The day ended with children batting at piñatas and the opportunity to see a falcon up close.

The day's festivities were enjoyed by almost all. Earlier that morning a crew comprised of Capt Chris Herten, Capt. Mitch Nurse, WO Al Zayachkowski, Sgt Audrey Bourgoïn, and MCpl Eric Murray were tasked on a mission, which took them away from the squadron's events. As for all those whose families who are touched by Search and Rescue know, missions arise, day and night, weekdays and weekends...



Photos: Lt A. N. McKinley

(Above) The Landriault family takes a break from the Family Day festivities at Baker's island during 424 Squadron's Family Day events.

La famille Landriault se repose pendant un moment au cours de la journée familiale du 424<sup>e</sup> Escadron à l'île Baker

(Below) Sarah Hill practices her target shooting at Family Day held at Baker's Island last Sept. 11.

Sarah Hill pratique son tir sur cible lors de la journée familiale qui a eu lieu à l'île Baker le 11 septembre dernier.



## Journée familiale du 424<sup>e</sup> Escadron : une activité appréciée de tous...

Lt A. N. McKinley

C'est par une magnifique journée ensoleillée qu'a eu lieu la journée familiale du 424<sup>e</sup> Escadron de transport et de sauvetage de la 8<sup>e</sup> Escadre. Bon nombre des participants se sont rendus tôt le matin au 2<sup>e</sup> Escadron des mouvements aériens pour profiter de l'un des deux vols de familiarisation avec le Hercules au-dessus des Mille-Îles.

Le Capt Sébastien Lemire, commandant de l'avion, et le Capt Gillian Parker, copilote, ont accueilli avec enthousiasme les familles. Le Sgt John Fleming, le Sgt Derrick Matheson et le Cplc Adam Morrison se sont occupés des passagers à l'arrière de l'appareil. Ceux-ci ont pu admirer des airs le paysage jusqu'au pont des Mille-Îles.

De plus, les familles de même que des membres du centre conjoint de coordination de sauvetage ont été accueillies à l'île Baker par le Lt Corrine Koekhuyt qui avait organisé une multitude d'activités. Les enfants étaient heureux de participer à la course à obstacles, de se laisser aller sur la gigantesque glissade gonflable, de se faire maquiller et d'assister à un spectacle du zoo de reptiles Indian River. Certains ont profité d'une balade sur l'eau en Zodiac alors que d'autres ont décoré des biscuits. Le Cplc Bruno Robitaille a effectué d'innombrables allées et venues avec les enfants sur une tyrolienne aménagée dans les arbres.

Le bruit des deux Griffon du 424<sup>e</sup> Escadron qui offraient des tours d'hélicoptère a ajouté du réalisme à la performance du Colonel honoraire Ed Robertson. Le Maj Colin Dun-

can, le Capt Sean Scrimshaw et le Cpl Mike Buggie ont formé un équipage alors que le Maj Nicolas Bossé, le Capt Pawel Bienkowski et le Cpl Christian Samson ont effectué d'innombrables survols de la baie de Quinte. Les enfants ont pu, à la fin de la journée, briser des piñatas et observer de près un faucon.

Les activités de la journée familiale ont plu à presque tous. Plus tôt en matinée, un équipage composé du Capt Chris Herten, du Capt Mitch Nurse, de l'Adj Al Zayachkowski, du Sgt Audrey Bourgoïn et du Cplc EricMurray a dû partir en mission; ils n'ont donc pas assisté à la journée familiale de l'escadron. Comme les membres des familles dont un des leurs est susceptible d'effectuer des missions de recherche et sauvetage le savent, les missions surviennent le jour et la nuit, pendant la semaine comme durant les fins de semaine...

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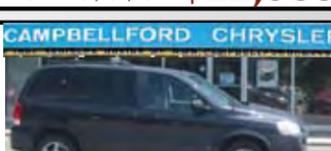
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# Ride to Help does

By Ross Lees

The Ride to Help did just that - help the United Way raise some more funds for its annual campaign.

The brainchild of Corporal Nicholas Bernatchez of 436 Squadron, the Ride to Help started at CFB Trenton and proceeded to the War Museum in Ottawa. Apart from the fundraising and the historical visit, the Ride to Help also gave a group of people the chance to do something they really enjoy - ride their motorcycles. It is fundraisers such as this that the United Way likes to see coming on stream.

"It's a unique event," said Major Bill Snyder on behalf of the United Way. "It's unusual, it allows people to have fun and it raises funds for the United Way. It's a great idea," he told The Contact just before the Ride left the National Air Force Museum of Canada parking lot Sept. 14.

Cpl Bernatchez had spent nearly two months organizing the event.

"I am a biker, I like riding and I like to help people, so I put it all together," he said of the event.

Cpl Bernatchez was somewhat disappointed by the turnout, although Maj Snyder said it was the kind of thing which often happens with an event like Ride to Help. He said people initially

express interest and enthusiasm but, by the time the event comes along, they have other things to do.

While hoping for about 100 bikes, Cpl Bernatchez expected to add to the approximately 40 bikes at the start of the ride in Kaladar. He expected riders from Petawawa and Kingston to join the ride there and increase the numbers considerably. Each rider donated \$20 towards the ride.

"Nick put a lot of effort into this ride and it's a good turnout," Maj Snyder noted. "I'm happy with it."

Prior to their departure, Padre Gerson Flor asked for a blessing for the riders to keep them safe on their way and for them to be a "source of blessing for those in need."



Organizer Cpl Nicholas Bernatchez smiles as he begins his ride. (Above Left) The Ride to Help participants line up in preparation for departure Sept. 14.

# CFLAWC's Terry Fox run achieves two goals

By Ross Lees

The Canadian Forces Land Advanced Warfare Centre (CFLAWC) killed two birds with one stone Sept. 16.

They held a unit run to foster esprit-de-corps and fitness while at the same time supporting the Terry Fox Foundation.

CFLAWC's intent for doing the run was to gather for a unit level physical fitness event in order to raise money to combat cancer with a view to creating and enhancing its collective sense of purpose.

Approximately 30 participants covered the optional six or 10 km routes.



Photo: Ross Lees

CFLAWC members combined and exercising event with that of raising funds for cancer.

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**Trenton**  
Military Family Resource Centre

INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

# Happy Hippo playroom fun



Submitted photos

(Left) Tristan and Jack are pictured here enjoying some play time in the portable sandbox in the Happy Hippo Playroom at the Military Family Resource Centre.



(Right) Mika, Makayla, Addison, Rebecca, and Sophie (left to right) and teacher Kealyn sing and dance in the Happy Hippo playroom at the Military Family Resource Centre.



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## Fire Prevention Week 2011

This year's Fire Prevention Week is scheduled to run from the 9th until the 15th of October. The theme for this year's event is "Protect your Family from Fire". As in prior years, the 8 Wing Fire Department will be holding fire drills at various buildings throughout the base. All Wing personnel are advised to review their work place Fire Orders in order to ensure they are familiar with the procedures to follow in the event of a fire. For further information please contact the Fire Prevention Office at local 7880 or 3910.

## Semaine 2011 de Protection Contre L'incendie

Cette année, la Semaine de prévention des incendies se déroulera du 9 au 15 octobre. Le thème de cette année est «Protegez Votre Famille Du Feu». Tout comme les années précédentes, le service d'incendie de la 8e Escadre mènera des services d'évacuation dans divers bâtiments de la base. On conseille à tous les employés de l'Escadre de réviser les ordres d'incendie de leur lieu de travail afin de s'assurer qu'ils connaissent bien les procédures à respecter en cas d'incendie. Pour un complément d'information, veuillez communiquer avec le bureau de prévention des incendies aux postes 7880 ou 3910.

# Home of the Week

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An attractive double dormer adds character to this three-bedroom charmer, which features a partial second storey. Entry is through a covered porch and into the foyer, with stairs to the upper floor on the left. A coat closet is tucked under the stairs. Directly ahead, through an archway, is the spacious great room, with french doors opening out to a covered patio, the perfect spot for the barbecue. With a half wall next to the archway, the great room is visible from the foyer. The kitchen's handy prep island will make for a contented cook. Both the kitchen and dining room, which have access to the back garden, flow into the great room, creating one airy space. The master suite, with a capacious walk-in closet and en suite, overlooks the back garden. Also on the main floor, a

generous study has french doors that open on to a veranda. A powder room for guests is nearby, separated from the laundry room by a linen closet. Upstairs are two bedrooms, with a bathroom and second linen closet conveniently located to serve them. The front bedroom features a built-in window seat, a cosy nook for reading or day-dreaming. The double garage faces the street, with a door to the side garden, as well as one to the laundry room, which includes a second coat closet for storing off-season items. River-rock half-pillars accent the home's exterior. Finishes include wood siding, with shingled gables, which boast decorative wooden braces. This home measures 46 feet wide and 65 feet, 10 inches deep, with 2358 square feet of finished living space. All ceilings are nine 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](mailto:cfbcontactnewspaper@gmail.com). Each event should be typed out in the format of those below. Please do not send posters.

**Volunteers Needed Sept 30!**

Volunteers are needed to help run games for the Wing Commanders Challenge and the BBQ that follows on Sept. 30 from 11:30 a.m. to 3 p.m. If you are interested, please contact Amy Dawson at local 2825.

**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. 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. 23 - Levée du Drapeau Franco-Ontarien / Raising of the flag**

Vous êtes fiers de parler français? Vous avez envie de le faire savoir à tous? Présentez-vous à l'Hotel de ville de Trenton, le 23 septembre 2011 à 10h pour la levée du drapeau Franco-Ontarien! Si vous désirez afficher vos couleurs, procurez-vous un magnifique bandeau pour seulement 2\$! Pour plus d'informations, communiquez au: [info@franco-phare.ca](mailto:info@franco-phare.ca)

The City of Quinte West in partnership with the Franco-Phare will be raising the Franco-Ontarian flag at the City Hall at

10:30 a.m. Please come and participate with us in the raising of the flag. For more info contact Chantale Brisson at 613-968-2358 or visit [www.franco-phare.ca](http://www.franco-phare.ca)

**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](mailto: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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**Sept. 27-30 - Occupational Health Course**

An Occupational Health Course (OHC) will be conducted at 8 Wing/CFB Trenton Sept. 27-30, in the WGSO classroom, Room 1 (west end basement), 58 Polarix Ave, Bldg 21.

There are no formal prerequisites for the course; however it would be beneficial if they have had the SMC or BSOTC. Without some exposure to the DSafeG Safety Program, candidates could be a fish out of water. Nominations are to be forwarded to [mailto:+WGSO@CFB%20](mailto:mailto:+WGSO@CFB%20)

Trenton%20WGSO@Trenton prior to Sept. 1.

A maximum of 26 candidates can be accommodated. Units are requested to prioritize their nominations. Nominations should include the following information: SN/PRI, Rank, Name and Initials, MOSID/Classification, and UIC. Joining instructions will be issued after the nomination cut-off.

**WHL coming in October**

The Wing Hockey League (WHL) will commence play on Oct. 2 and play Sunday through Thursday evenings. The league organization meeting will be held at 10:00 a.m. Sept. 11 at the gymnasium conference room and all interested team representatives are encouraged to attend. For further information, contact the Military Sports Coordinator Dan Cormier at 3373.

**Oct. 2 - Beach's 19th Annual Toy Run**

Beach's 19 annual toy run with all proceeds going to the Belleville firefighters' toy drive. Meet at Dug-Out Sports Bar (Haig rd., Belleville) at 10:30 a.m. for coffee and donuts, riders leave at 11 a.m. Please bring a toy or small cash donation. All riders welcome. For more information, contact Beach at 613 966-3717.

**Oct. 3 - Noon Hour Hockey League**

It's that time of year again. The 2011-12 hockey season is almost upon us. The 8 Wing/CFB Trenton hockey leagues are open to Canadian Forces military, DND and NPF full time employees. Noon Hour Hockey League (NHHL) is scheduled to commence Oct. 3 at a cost of \$80 per player. Player registration for the NHHL will commence on Aug. 29. Gymnasium

main office hours are from 8 a.m. to 11:30 a.m. and from 1 p.m. 3:30 p.m Monday to Friday. For further information, contact military sports coordinator Dan Cormier at ext. 3373.

**Oct. 6 Assemblée Générale Annuelle / Annual General Assembly**

Vous désirez vous impliquer avec le Franco-Phare et faire une différence voilà votre chance ! Venez-vous joindre à notre AGA qui aura lieu le jeudi 6 octobre à partir de 19h à 20h30 au local du Franco-Phare. Un léger goûter sera servi après la réunion. Il y a 5 postes de membres réguliers disponibles, poste à la présidence, à la vice-présidence ainsi que le poste de secrétaire. Pour plus d'information, n'hésitez pas à communiquer avec Chantale au 613-968-2358 ou laisser un message sur la boîte vocale du Franco-Phare au 613-955-8837. À noter: si les postes à combler ne le sont pas, le Franco-Phare se verra dans l'obligation de fermer ses portes.

Le Franco-Phare will be doing is Annual General Assembly from 5 - 8:30 p.m at 84 Dundas Street West. All Franco-Phare members are strongly recommended to attend this meeting and partake in many decision. A light buffet will be served at the end of the meeting. Please contact 613-968-2358 or visit us at [www.franco-phare.ca](http://www.franco-phare.ca)

**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.

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Photo: Le slt Charles Bellavance

## Course de l'Armée 2011, expérience formidable

Par le slt Charles Bellavance

La Course de l'Armée (Army Run) s'avérait une occasion idéale pour participer à mon premier demi-marathon. La cause est noble et le parcours intéressant. Je ne savais toutefois pas à quoi m'attendre.

Après 10 semaines de préparation, je me retrouve avec plusieurs milliers de personnes au départ de la course. La journée s'annonce parfaite, la température annoncée est idéale : un maximum de 19°C et ensoleillé. La nervosité se mélange avec l'excitation; me suis-je assez préparé, serais-je capable de terminer la course. Lorsque le canon donne le départ, toute nervosité disparaît. L'excitation de la foule est contagieuse et nous entraîne.

Tout au long du parcours de 21 km, la foule est nombreuse et très généreuse. Il ne se passe pas une minute sans que l'on entende les encouragements d'un bénévole ou des nombreux suppor-

teurs. On ne peut s'empêcher de courir plus rapidement lorsqu'un enfant nous tend la main pour nous encourager. Que l'on participe pour une raison personnelle ou en souvenir d'une personne, on ne peut prendre part à cette course sans avoir un sentiment d'appartenance, et ce, que l'on soit un civil ou un membre des Forces canadiennes. Le courage et la volonté des coureurs qui participent en fauteuil roulant ou avec une prothèse sont remarquables et leur présence ne fait que nous confirmer que ce défi vaut la peine d'être surmonté.

Les encouragements atteignent leur apogée à la ligne d'arrivée. La foule redouble d'efforts pour nous aider à terminer la course. La fatigue semble disparaître et on ne peut qu'accélérer le pas grâce à l'énergie de la foule. C'est avec un très grand sentiment de fierté que j'ai franchi la ligne d'arrivée, j'avais réussi! J'ai adoré mon expérience et malgré les courbatures ressenties au moment d'écrire ces lignes, je peux vous dire que je serai au rendez-vous l'an prochain!

# Horoscope

WEEK OF SEPTEMBER 18 TO SEPTEMBER 24, 2011

**BIRTHDAYS THIS WEEK:** SEPTEMBER 18 – LANCE ARMSTRONG. • SEPTEMBER 20 – SOPHIA LOREN



### ARIES

You're thinking about travelling, but many things are keeping you home and you realize that going away wouldn't be beneficial to you at this time. Be fair when making decisions.



### TAURUS

You are really enjoying your way of life, and you feel much appreciation for it. You will soon be able to analyze what you are experiencing and understand just how satisfying it is to live this way.



### GEMINI

The planet Venus causes others to find your company very pleasant. You are able to express yourself very clearly, and this makes you happy and popular. Make the most of your sense of humour in all situations this week.



### CANCER

You have the feeling that you are not making any progress towards what you want, and this is exhausting. You have a hard time understanding how much people value you. Don't worry, things will improve for you.



### LEO

You are very idealistic and you are able to accomplish some fantastic things at this time. You know what can help you. Don't worry too much if you have extra work to do.



### VIRGO

You like everything to be well organized and dislike any type of untidiness. Be proud of that, because being organized will enable you to avoid a lot of problems.



### LIBRA

You have the feeling that everything is happening too quickly. The Sun causes you to see just how trustworthy you are, which you find to be very rewarding.



### SCORPIO

You are heading towards situations where everything will be very demanding. The planet Saturn causes you to tire easily. You will need to rest, and you will want to think about things.



### SAGITTARIUS

This is a busy week on every level. You are heading towards some surprising things. You don't want to feel as if you are being manipulated; you love having a deep understanding of what you are experiencing.



### CAPRICORN

You need everything to be experienced in a positive way, especially where your love life is concerned. You are on the verge of saying some things that are essential to your future; be completely serious about what you say.



### AQUARIUS

The North Node (the moon's ascending node) causes you to have the ability to change several things in your life. You don't let yourself become discouraged about anything, which is a great state of being for you.



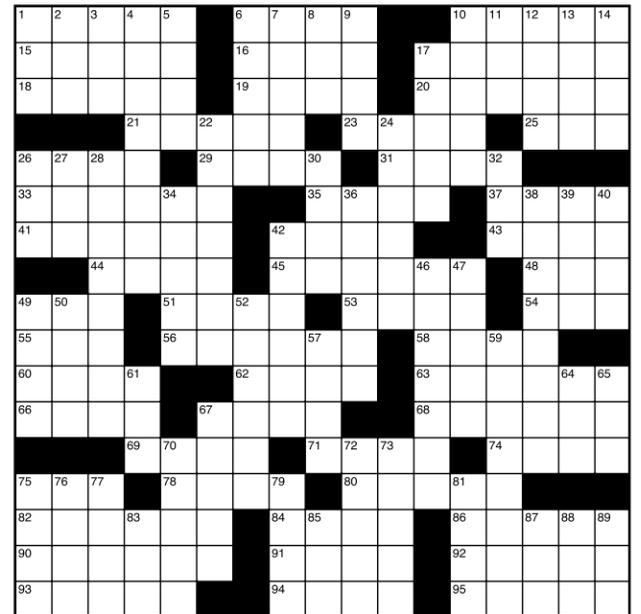
### PISCES

You want to bring good things to others. This will be possible, because the Moon causes you to be very sensitive to what is happening around you. You have a lot of empathy for others.

## CROSSWORD

### ACROSS

1. Fighting fish
6. Way to Mandalay
10. Netlike hat
15. Bay window
16. World's fair, e.g.
17. Pay for with a credit card
18. Stupendous
19. Aid a criminal
20. Entertain lavishly
21. Adage
23. Saber's kin
25. Commanded
26. Goblet feature
29. Bird of prey
31. Default result
33. Flattened at the poles
35. Boric \_\_\_\_\_
37. Zenith
41. Restaurant employee
42. Berg
43. Crucifix
44. Seed
45. Landlord
48. "Holiday Inn" drink
49. Indian title
51. Legend
53. Hanker
54. Call out
55. Corn holder
56. Football number
58. Class
60. Talented
62. Used a loom
63. Neither good nor bad
66. Stew meat
67. Folklore monster
68. Aristocracy
69. Oompah horn
71. Newspaper section
74. Oxen neckwear
75. Witness
78. Basted
80. Vineyard crop
82. Marine mammal
84. List unit
86. Beer
90. Guarantee
91. Clinton's VP
92. Master



93. Quite small
94. Rime
95. Distribute

### DOWN

1. Cranberry location
2. Prove human
3. Finish together
4. Fellow player
5. Female voice
6. Cow catcher
7. "The \_\_\_\_\_ Incident": hyph.
8. Anthropoid
9. Show excessive love
10. Wool producer
11. Annoy
12. Certain exam
13. Gawk
14. Act
17. Doctrine
22. Relating to heat
24. Cleric
26. Mama pig
27. "TV Guide" abbr.
28. Kind of bachelor
30. Curly cabbage-like veggie
32. Row
34. Short
36. Trigonometric function
38. Orchestral piece
39. Anchor
40. Tense
42. Taste
46. Eight-sided figure
47. \_\_\_\_\_ or reason
49. Nature's bandage
50. Lounging garment
52. Bauble
57. At all
59. '50s hairstyle
61. Salamander
64. Noah's boat
65. Caustic
67. Portly
70. Excessive interest
72. La Scala offering
73. Cook's gadget
75. Swipe
76. Slack
77. Additional
79. Approaching
81. Widemouthed jar
83. Bolt
85. As well
87. Form of some toothpastes
88. Self-respect
89. Steep hemp



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Room for Rent - Country setting, 5 kms west of Presqu'île Provincial Park in Brighton. Less than 30 minutes to Base. Non smoking home. \$500 per month includes wireless internet and long distance. 905-448-5964.

### Houses for Rent

**Relocating to CFB Trenton?**  
10-minutes east of CFB Trenton. Available Nov. 1st - adult 2-bedroom duplex with fridge & stove; \$725/mo. plus utilities, non-smokers, no pets, 1st & last, references. 613-961-1104.

### Houses for Rent

### Houses for Rent

**SMALL 2 bedroom house** for rent located on a dead end street in Trenton. Rent \$650/mo + utilities. **NON SMOKERS, NO PETS,** available October 1st. First and last month rent required. For inquiries contact Helen at 613-475-2615.

### Houses for Sale

**HOUSE FOR SALE** for \$245,000 or rent for \$1200. a month, not including hydro. Two story. Upstairs has 3 bedrooms, a full size bath. Downstairs, new kitchen and flooring, large living room, 2 piece bathroom and a laundry room. 1.5 acres, room for pets. 24 x 36 workshop. 10 x 10 storage shed. Call 613-475-4518 located Telephone Road, close to Trenton, Brighton, easy access to the 401.

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### House Cleaning

**CRAIG'S NEST @ Presqu'île, \$99 per night,** fully furnished 3 bedroom winterized cottage, check it out at [airbnb.com](http://airbnb.com).

**BRAND NEW 3 bedroom duplex,** very private and quiet in the country. 10 minutes north of Belleville. \$1200 plus utilities. Available Nov 1. Call Peter 613-395-2770.

**TRENTON:** 3 bdrm house for rent in Trenton's west end, available Oct. 7, fridge, stove, dishwasher, washer & dryer included, finished basement with walk-out to fenced backyard, \$1150/mo plus utilities. First and last, references required. 613-965-1258

**House For Rent - 2 Bedroom,** \$850 + utilities, first & last month, includes fridge & stove. Available Oct 1. Call Joanne, 613-848-4900.

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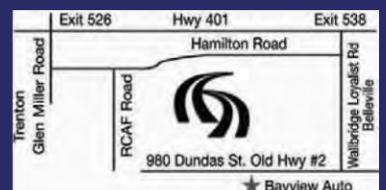
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