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Ad Astra stones: helping preserve Canada's aviation history

By Lt Christopher Daniel,
Wing Public Affairs Officer

Veterans, currently serving members, and supporters of the Royal Canadian Air Force (RCAF) gathered at the air park in CFB Trenton on Sept. 24 for the 16th Annual Ad Astra stone dedication ceremony.

"I'm honoured to be here with you as we dedicate over 300 Ad Astra stones that help preserve Canada's aviation history," said Colonel Sean Friday, 8 Wing Commander. "As we stand here today surrounded by one of the largest Canadian collections of military aircraft, we acknowledge the invaluable contribution of all our supporters for their help in keeping the National Air Force Museum of Canada active."

The Ad Astra Stone Program started in January 1996 to raise funds for the National Air Force Museum of Canada (NAMC). This project, which was initiated by Colonel (Ret'd) "Cy" Yarnell, showcases engraved stones bearing names of Canadian airmen and airwomen, and are installed along the walkways of the air park beside the NAMC. To date, over 10,300 people have made donations to the museum through this program. The funds raised have been used to contribute to the museum's budget for acquiring new displays, museum enhancements, restorations and renovations.

"We thank all our volunteers who devotedly gave their time and effort in helping maintain the museum and in promoting the Royal Canadian Air Force's heritage," said Mr. Bob Burke, Chairman of the NAMC's Board of Directors.

Cont'd on page 12



Photo: Cpl Carandang

All eyes were on the sky as a CC-130 Hercules from 8 Wing performed a flypast at the Ad Astra ceremony held at the National Air Force Museum of Canada on Saturday



Photo: Ross Lees

Quinte West Mayor John Williams, second from right, is joined in raising the Franco-Ontarian flag to begin the Franco-Phare celebration Friday at City Hall. Also in the picture are, from right to left, Stéphane Bigras, Principal of Marc Garneau School, LCol Joël Roy, 424 Squadron Commander, Chantale Brisson, President Franco-Phare, Josée Cloutier and Robert Comeau, fire Prevention Officer for Quinte West.

Franco-Phare kicked off by City Hall flag raising

By Ross Lees

Their pride and enthusiasm for their heritage was evident at the raising of the Franco-Ontarian flag to kick off Franco-Phare Sept. 23 at the Quinte West municipal building.

424 Squadron Commanding Officer LCol Joel Roy and Quinte West Mayor John Williams spoke in French to welcome everyone to participate in the flag-raising ceremonies and the Franco-Phare events.

"Thank you for coming to Quinte West City Hall to celebrate Franco Ontario Day, which is Sept. 25. This day recognizes the contribution of Ontario's Francophone community to the cultural, social and political life of the province," Mayor Williams stated.

A strong contingent of the Francophone community came out in full green and white regalia – including students from Marc Garneau Public School and the Catholic school Ecole L'Envol.

In welcoming everyone to the ceremony, Chan-

Cont'd on page 7



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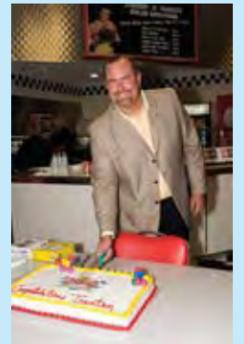
Left to right, Mike Eden, Eddie Leon, John Williams, Phil Eden, and Terry Eden celebrate the unveiling of Leon's massive renovations in Trenton. Photo credit Dave Fraser, The Independent



Natural light from the atrium illuminates the spacious and engaging lower level at Leon's in Trenton. Photo credit Dave Fraser, The Independent



Quinte West Mayor John Williams congratulates the Eden family for their ongoing investment in the community.



Mike Eden shares a celebratory cake with guests at Leon's grand re-opening.

LEON'S IN TRENTON UNVEILS RENOVATIONS – OPEN CONCEPT DELIVERS NATURAL LIGHT IN WELCOMING SETTING

BY CATHERINE STUTT

Bathed in natural light from the two-storey atrium and entrance off of Glen Miller Road, the Eden family welcomed guests into their newly renovated home furniture and appliance superstore, unveiling a new open concept showroom. The new layout was an immediate success with dignitaries and customers.

Planning and design started on the project in June 2010, with construction getting underway in January 2011 and finishing eight months later. McDonald Homes of Brighton was the general contractor, sharing the Eden family's commitment from the outset to use local trades to complete the renovations.

"It's great to see this reinvestment," stated Quinte West Mayor John Williams at the ceremony held on September 22. "Phil Eden and his family are wonderful corporate citizens in this community. The store has always done well and with the renovations, it has a great future."

Representing Leon's head office at the ceremony, Eddie Leon spoke highly of the investment made by the Edens. "In terms of morale and public perception, and the general attitude of the franchise division as a whole, it's good for everything," he said. "When people make the commitment to themselves, Leon's, and the community it services everybody's needs. We're thrilled, very proud, and excited for the Eden family's commitment here."

The Eden family is synonymous with home furnishings in the greater Quinte region. Patriarch Phil Eden's parents first opened Van Leuven Furniture on Front Street in downtown Trenton in 1957. In 1970, Phil tore down the one-storey building and in its place built a two-storey showroom, eventually adding a third floor.

In 1987, the family business moved to its present location on Glen Miller Road. The Eden family was the second franchisee to come into the Leon's stream, and the association remains strong after 27 years.

The design of the new store is a hybrid between the shift at Leon's corporate level to adopt an open concept style in its new stores,

and a nod to the existing character of the Trenton superstore.

These changes, along with increased competition in the local market became the impetus for the project. "Our store is 25 years old," explained Terry Eden. "We've completed three smaller renovations over this time, but nothing to this extent. We knew we needed a facelift and realized it was going to be disruptive, so we'd better do everything at once."

Incorporating energy saving elements - including the stunning two-storey fully glazed atrium which brings natural light into both levels of the store - this is much more than a superficial renovation. The project included a new roof, and substantial electrical, heating, and cooling upgrades. "We're currently in the process of conducting an energy evaluation, and we're certain our energy consumption in the future will reflect the renovations to our systems and structure," continued Terry.

Enhanced curb appeal continues from the front door through the entire store. Completely accessible, the showroom is graced with natural light. "We're certainly seeing our customers expressing approval for the renovations," said Terry. "Even for us, it's a huge store and it's now refreshing and bright. Customers are as awed by it as we are."

Staff members are equally thrilled. "It's wonderful," enthused Janice Rutherford, a furniture sales associate. "Our work station is central, spacious, and organized which allows us to offer even better customer service. We're right up front and can enjoy the entrance and even better, we're there to see the delight on customer's faces as they see the changes for the first time."

Throughout the renovations, customer and staff alike worked around construction, which included a temporary entrance, closed areas, and a lot of intrusion. The consensus is it was worth every minute.

"We saw it on paper for months, we went through construction, and we thought we knew how it would look," explained Terry. "This is unbelievable. It's even better than we ever imagined."

**"CONGRATULATIONS ON BEHALF OF
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Cpl Gioncarlo Pavone nominated for Air Command's Official of Year

By Ross Lees

He's a man people respect a lot or they love to hate him. But in Cpl Gioncarlo Pavone's case, it appears he's respected far more than hated.

In fact, he's so well respected as a soccer referee he was chosen to receive Air Command's Sports Award for Official of the Year Nov. 5 in Ottawa, an award which also makes him eligible for the Canadian Forces Official of the Year. Cpl Pavone will now contend with four other candidates in the various military commands to challenge for the top CF award.

"They look at what you've done, then a panel decides who wins and who goes on to challenge for the CF award," Cpl Pavone told *The Contact*.

He really has no idea how he will stack up against the other nominees, but he expects soccer to be less popular than say hockey, perhaps putting him behind the eight ball early in the decision-making process.

Cpl Pavone has been involved in soccer since he was four years old in Mississauga, Ont. He began refereeing six years ago, about one year after he was stationed in Trenton. He joined the military in 2002. Now 27 years old, he feels he is coming into his officiating prime.

This year alone, Cpl Pavone has refereed over 100 games ranging



Pictured are Anthony Vasoli (USA) left, Edvin Juresevic (USA) centre, and Giancarlo Pavone (Can) in Suriname at the Continental Military Games.

from the recreation level to the competitive international level. In fact, he just returned from Borden where he officiated the men's and women's national soccer games and he will officiate at the Ontario Cup competition between Quebec and Ontario in Vaughan in October.

There have been many highlights in Cpl Pavone's year of officiating. He officiated at the Continental Military Games in Suriname, where he was appointed to officiate in the final game as an assistant referee. He was the only non-professional referee at those games.

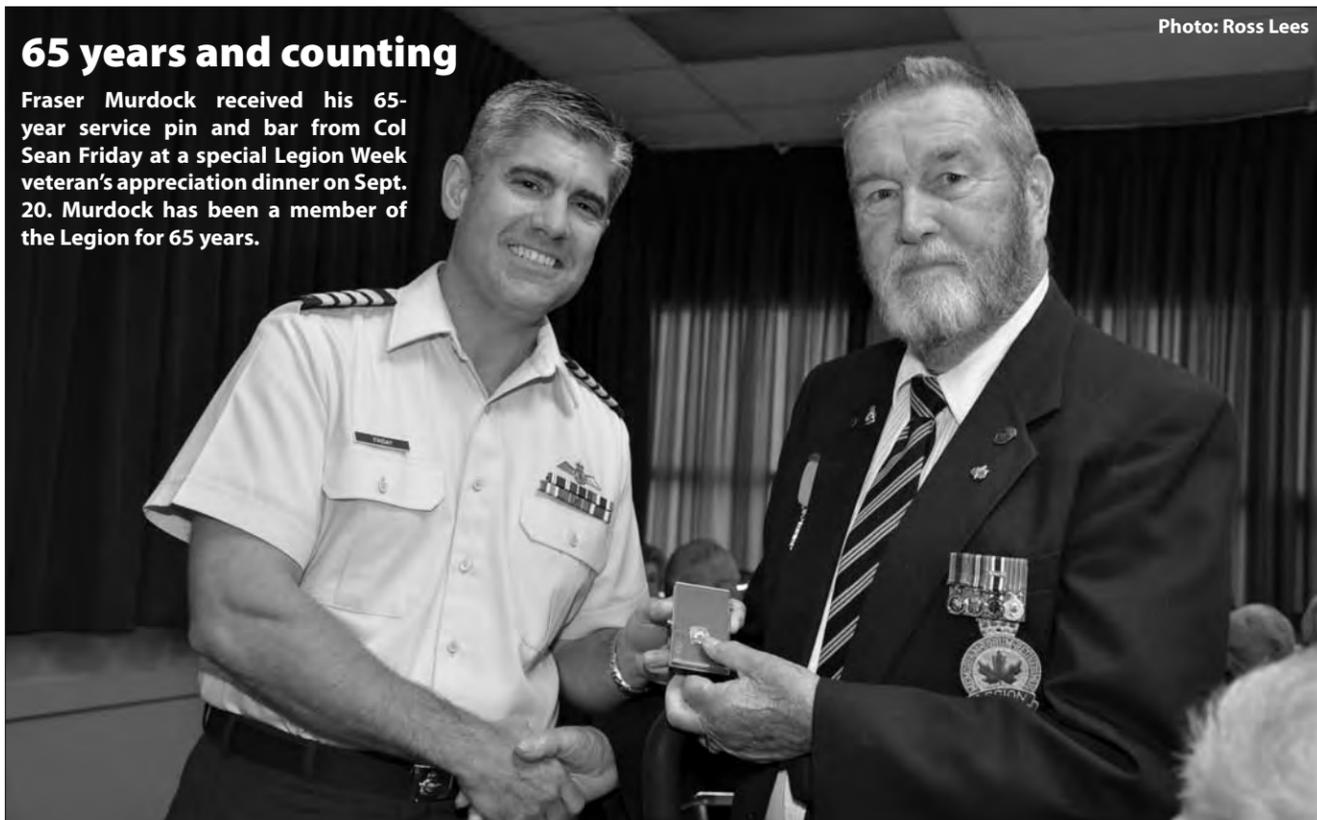
He regularly officiated in the Ontario University Athletics competitions and the Ontario College Athletic Association this year and was invited in April to the Dallas Cup, the world's largest international youth tournament. At that competition, he was the only referee from Ontario and one of only six Canadian referees.

While it may sound like he might already have achieved the pinnacle of his sport, he does not believe so.

"I hope next year to break through to the Canadian Soccer League," he said. "I was asked this year if I was interested."

65 years and counting

Fraser Murdock received his 65-year service pin and bar from Col Sean Friday at a special Legion Week veteran's appreciation dinner on Sept. 20. Murdock has been a member of the Legion for 65 years.



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Operation BOXTOP winds down

By Lt. Corey Smith

Activities at CFS Alert have finally wound down after the two week Operation BOXTOP completed its annual resupply of the station. Unlike many other northern locations, Alert is completely unreachable by ship-borne resupply without the use of heavy icebreakers. This is due to the large amount of sea ice flowing down from the Arctic Ocean into Lincoln

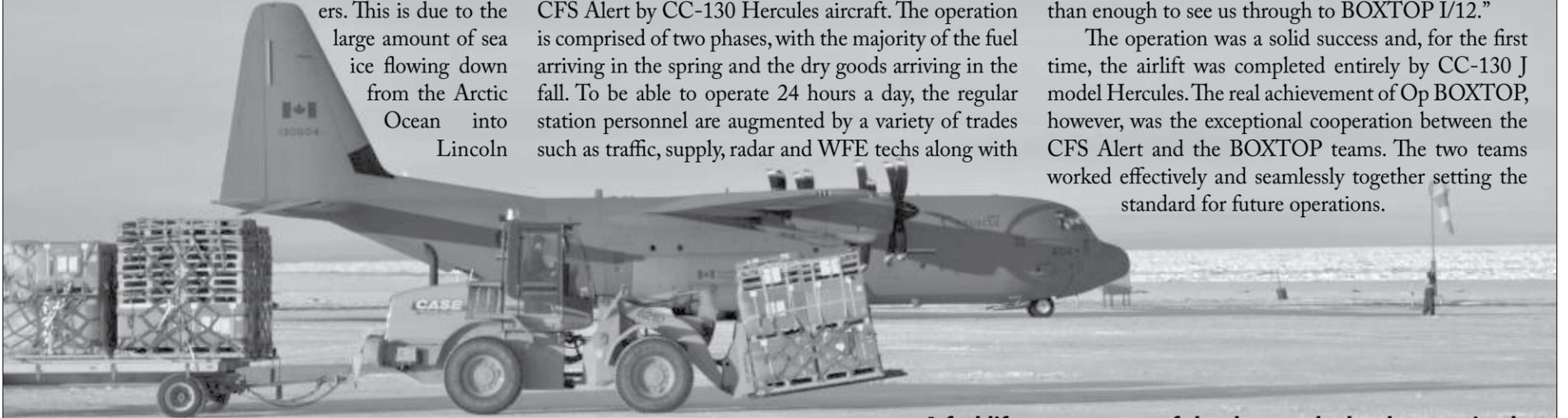
Sea between Greenland and Nunavut. Because of this packed sea ice, everything that comes into or out of the station must travel by air, with the majority of those supplies arriving during Op BOXTOP.

Op BOXTOP, the Canadian Forces' largest annual airlift, is a 24 hour a day operation that moves dry goods and fuel from Thule Air Force Base in Greenland to CFS Alert by CC-130 Hercules aircraft. The operation is comprised of two phases, with the majority of the fuel arriving in the spring and the dry goods arriving in the fall. To be able to operate 24 hours a day, the regular station personnel are augmented by a variety of trades such as traffic, supply, radar and WFE techs along with

additional firefighters.

"Although the weather did not allow all the targeted fuel to be lifted into Alert, the BOXTOP team and CFS Alert personnel worked extremely well together to successfully accomplish as much of the lift as we could in the given conditions," says Maj André Delhommeau, Commanding Officer of CFS Alert. "We have more than enough to see us through to BOXTOP I/12."

The operation was a solid success and, for the first time, the airlift was completed entirely by CC-130 J model Hercules. The real achievement of Op BOXTOP, however, was the exceptional cooperation between the CFS Alert and the BOXTOP teams. The two teams worked effectively and seamlessly together setting the standard for future operations.



A forklift moves some of the dry goods that have arrived at CFS Alert via the CC-130 J model Hercules during Operation BOXTOP, a yearly resupply mission which keeps members in the Arctic fed and the aircraft fueled.

Photo: Lt Corey Smith



Photo: Pte Shaun Krosse

'Hooked' in Alert

Pte Joni Milligan receives her first "hook" during her promotion to Private Trained from Maj André Delhommeau, CO CFS Alert. Pte Milligan is about to complete a six-month tour as a Station Met Tech at CFS Alert.

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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C-47 Dakota gets cleanup for 436 Squadron family day

By Ross Lees

The C-47 Dakota parked in the National Air Force Museum of Canada park was being "...given some lipstick and mascara," Tuesday.

That's how MCpl Gord Bennett described a cleanup the former 436 Squadron workhorse would receive in preparation for the squadron family day on Oct. 15.

Squadron members started the process Sept 27 by giving the aircraft a good washing.

"We're just trying to get some of the grime and bird droppings off it today," MCpl Bennett told *The Contact*. Prior to Oct. 15, the aircraft will also receive some cosmetic painting of the propellers and the understructure. "It will take about a week of dedicated work to get it ready," he stated.

This aircraft is held in high esteem by the squadron, which earned its spurs flying supplies to besieged troops in Burma on the C-47.

"And this aircraft is historically relevant in that it was the last aircraft to fly (militarily)," Bennett noted.

Two firefighters give the C-47 Dakota at the National Air Force Museum of Canada park its initial wet down Tuesday morning.

Members of the squadron quickly donned their wet gear and began giving the aircraft the first phase of the scheduled cleanup - a good scrubbing to remove grime and bird droppings.

Photos: Ross Lees

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Photo: Ross Lees

Pass the pasta / Festival de pâtes

It was a chance to combine good taste with good fun for a good cause. On Sept. 16, a pasta lunch at the Yukon Galley raised funds for the United Way while those enjoying the pasta reaped tasty benefits from the endeavor. In this picture, LCol J.J. Roy, CO 424 Sqn, CWO T.A. Fagan, SCWO 424 Sqn, Judi Gilbert, United Way of Quinte Executive Director, Sgt J.R.A. Desforges, WFood Services, Maj C.J. Marchetti, SAMEO 424 Sqn, LCol A. Cook, CO 437 Sqn, MWO K. Marshall, SWO 437 Sqn demonstrate the tasty fun this event engendered.

C'était l'occasion de joindre de bons petits plats à un joyeux divertissement pour servir une bonne cause. Le 16 septembre, un dîner de pâtes qui s'est tenu à Yukon Galley a permis de recueillir des fonds pour Centraide. Les amateurs de pâtes, pour leur part, ont pu s'en donner à cœur joie. Sur la photo, le Lieutenant-colonel J.J. Roy, commandant du 424^e Escadron, l'Adjudant-chef T.A. Fagan, adjudant-chef d'escadron du 424^e Escadron, Judi Gilbert, Directrice générale d'United Way of Quinte, le Sergent J.R.A. Desforges, Services alimentaires de l'escadre, le Major C.J. Marchetti, officier des techniques de maintenance des aéronefs de l'escadron du 424^e Escadron, le Lieutenant-colonel A. Cook, commandant du 437^e Escadron et l'Adjudant-maître K. Marchall, adjudant de l'escadron du 437^e Escadron illustrent la savoureuse partie de plaisir à laquelle se sont livrés les participants de cet événement.

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Wing Logistics and Engineering Picture of the Week

Part of the update of the WTISS Airfield Navigational Aids involves the installation of a new shelter for the Autonomous Precision Approach Landing System (APALS), part of the new Instrument Landing System. Pictured here is Cpl Jason Thibeault, an ATIS Tech with WTISS, preparing the shelter for installation of a cable conduit between the Communication box and the shelter.

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Cont'd from page 1

tale Brisson, President of Franco-Phare Quinte, noted the Francophone community of Ontario is made up of Francophones born in Ontario, in other parts of Canada and – increasingly – from around the world.

Brisson delivered her message in French while Robert Comeau, Fire Prevention Officer for Quinte West, delivered the message in English. They thanked the teachers and students of area schools for preserving and participating in their linguistic heritage, noting "...they assimilate and ensure the continuity of our beautiful culture."

Brisson took special care to thank the school teachers, stating "They make a constant effort to make our children understand that the French language is synonymous with pride and distinction."

Quinte West came in for some special words of praise from Brisson.

"Thanks to the community of Quinte West for sharing with us this wonderful day and for understanding the Francophone community and contributing to its development. The Franco-Ontarian flag that will float in front of City Hall will reaffirm with the Quinte West residents that there are more than 3,000 Francophones in the community and we are proud of our origins," she said.

Le Franco-Phare is a non-profit organization serving the Francophone and Francophile population in the Quinte and surrounding region. More than 1,850 French speaking Canadians live in Quinte West and a total of 3,000 in the Hastings community. The current president is Chan-

tale Brisson along with Christine Turcotte, Claudine Rainville, Robert Comeau and Jacques Rene are members of the administration committee. For more information about the organization, visit www.franco-phare.ca or their facebook page "Le Franco-Phare" or contact 613-968-2358.

This year marks the 401st anniversary of a French presence in Ontario and there are close to 600,000 Francophones in Ontario, the largest Francophone community outside of Quebec.



Un lever du drapeau à l'hôtel de ville donne le coup d'envoi à Franco-Phare

Par Ross Lees

Leur fierté et leur enthousiasme pour leur patrimoine étaient palpables au lever du drapeau franco-ontarien qui donnait le coup d'envoi au Franco-Phare du 23 septembre au bâtiment municipal de Quinte West.

Le commandant du 424^e Escadron, le Lcol Joël Roy, et le maire de Quinte Est, John Williams, ont souhaité la bienvenue en français à tous ceux qui ont assisté aux cérémonies du lever du drapeau et participé aux activités de Franco-Phare.

Je vous remercie de vous être déplacé à l'hôtel de ville de Quinte West pour célébrer la fête franco-ontarienne du 25 septembre. Cette journée souligne la contribution de la collectivité francophone de l'Ontario à la vie culturelle, sociale et politique de la province », a déclaré le maire Williams.

Un important contingent de la collectivité francophone s'est présenté, habillés de vêtements vert et blanc, notamment des élèves de l'École publique Marc Garneau et de l'École catholique L'Envol.

Lorsqu'elle a souhaité la bienvenue à tout le monde, Chantale Brisson, présidente de Franco-Phase Quinte, a souligné que la collectivité francophone de l'Ontario est composée de francophones nés en Ontario, d'ailleurs au Canada et de plus en plus de partout dans le monde.

Mme Brisson a communiqué son message en français, alors que Robert Comeau, officier de prévention des incendies de Quinte West, l'a fait en anglais. Ils ont remercié les enseignants et les élèves des écoles de la région qui ont su préserver le patrimoine linguistique, en soulignant « qu'ils assimilent notre merveilleuse culture et en assurent la continuité. »

Mme Brisson a pris soin de remercier tous les enseignants en affirmant « qu'ils font le nécessaire pour faire comprendre à nos enfants que la langue française est synonyme de fierté et de distinction. »

Mme Brisson a eu de bons mots pour Quinte West. Je remercie la collectivité de Quinte West d'avoir organisé cette merveilleuse journée, de comprendre et reconnaître la collectivité francophone et de contribuer à

son essor. Le drapeau franco-ontarien qui flottera devant l'hôtel de ville rappellera aux résidents de Quinte West que la collectivité comprend plus de 3 000 francophones et que nous sommes fiers de nos origines, a-t-elle affirmé.

Franco-Phare est un organisme à but non lucratif qui soutient la population francophone et francophile de la région de Quinte et de ses environs. Plus de 1 850 Franco-canadiens vivent à Quinte West pour un total de 3 000 dans la collectivité de Hastings. Sa présidente actuelle est Chantale Brisson. Christine Turcotte, Claudine Rainville, Robert Comeau et Jacques René forment le comité d'administration. Pour obtenir plus de renseignements sur l'organisme, visitez le www.franco-phare.ca, consultez la page Facebook « Le Franco-Phare ou composez le 613-968-2358.

Cette année marque le 401^e anniversaire de la présence francophone en Ontario. Il y a près de 600 000 francophones en Ontario, la plus grande collectivité francophone à l'extérieur du Québec.



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Deployed members corner: Carrying the load in Kandahar

By Capt Brad Beauchamp

Both J Model crews led by Captains Shane Loder and J.F. Brunet landed in Kandahar, April 26. Most of the guys on our crew (Sgt Page, Sgt Burrill, MCpl Orr and I) were brand new to Kandahar and were impressed by the high level of activity as well as the tremendous amount of dust.

Three days after our arrival, we found ourselves planning our first mission which turned out to be Black Illumination support for Task Force (TF) FREEDOM – our helo colleagues who were carrying out a night insertion. Fortunately, we were able to tap into the flare deploying experience of our former SAR flyers, Capt Loder and Sgt Burrill, who never wasted an opportunity to talk about their SAR days. That mission and plenty more like it were carried out successfully by both crews in support of TF FREEDOM and other allied agencies.

Our daily International Security Force Assistance (ISAF) flights took us around Afghanistan, transporting passengers and delivering all sorts of cargo for the mission. Each airfield presented its own challenges, which provided excellent real world learning experience to all crew members.

Our first dirt strip turned out to be in Bamyian, the North-central village where the Taliban destroyed ancient Buddhist statues during their reign in 2001. As we descended into the valley west of Kabul, we could not help but notice the breathtaking scenery - a mix of blue sky and jagged sandy mountains that rolled down into a lush green valley. Such beauty made it difficult to believe we were operating in a war zone.

We descended steeply into our final approach for

a smooth landing on the curved dirt strip that had just been cleared of civilians by a couple of Humvees. Captain Loder brought the aircraft to a stop as Sgts Page and Burrill quickly unloaded and reloaded the cargo and passengers in record time. We back-tracked to secure enough runway for takeoff, and off we went to the delight of several children who lined the runway.

J Model milestones were the three combat airdrop missions including the first ever Canadian J Model combat airdrop mission and the largest Canadian single aircraft combat airdrop ever done (20 pallets at a total weight of just under 2,7000 pounds). Both were carried out with much excitement by Capt Loder's crew. Prior to the operational drops, Capt Brunet's crew (Capt Rob McIntosh, WO Simms, Sgt Kossey and MCpl May) carried out a proof of concept drop that doubled as drop zone training for several American up-and-coming controllers. Capt Brunet's crew carried out the third 14 pallet combat airdrop in challenging mountainous terrain.

While maintenance ran as smoothly as ever providing us with serviceable aircraft, Tactical Airlift Unit Operations (TAU Ops) did an exceptional job providing both crews with everything we required in the way of support. They also managed a well balanced schedule which Capt Brunet kept in check, making sure both crews hit 50 missions at approximately the same time. Our four month deployment to Kandahar in support of OP ATHENA and ISAF was an extraordinary experience. Our crews found much satisfaction carrying on with the responsibility of moving passengers, troops and cargo to wherever they were required to go in our area of operation – we got the job done!



Capt Loder's Crew (left to right - Sgt Dave Burrill, Sgt Les Page, Mcpl Andrew Orr, Capt Brad Beauchamp and Capt Shane Loder) primed and ready for the J Model's first operational combat airdrop.

Loadmasters in Little Rock

By Cpl Christy L. Goodfellow

Little Rock, Arkansas. Most people identify this place as just another American city, way down, deep in the south. However, for many of us here at 436 (T) Squadron, it has become a home away from home.

Our Loadmasters have become well acquainted with the Little Rock Air Force Base, located next to Jacksonville in central Arkansas. As the only C-130 training base in the USA, this facility has trained our loadmasters in tactical airlift and aerial delivery.

Some of us have undergone the six-month training that is geared toward beginners. We partnered with a *Pipeliner*, a nickname for an American novice with only a Basic Loadmaster Course qualification. The course covers everything from basic trade skills to J-Model specific information.

The first three months are intensive academic work. We are instructed using all the high-tech training aids that Lockheed has to offer. Among these are the Avionics Systems Management Trainer (AMST), which allows us to become proficient on our Power ups, fuel transferring and cross feed operations. We also used the Loadmaster Part Task Trainer (LMPTT), which gives us the ability to utilize the Multi Function Control Display (MFCD) and to visualize what an actual Combat Offload/ Container Delivery System (CDS)/ Heavy Equipment (HE) airdrop will look like. The Weapons Systems Trainer (WST) permits us to train directly with pilots, simulating entire flights and airdrops. We also spend several hours on a fuselage trainer, practicing

our pre-flight and loading/unloading duties during rain or shine.

Once the academic portion is completed, we move onto the aerial delivery portion, where we spend the majority of our time learning how to identify, accept and properly rig HE, CDS, and PERS (Personnel) airdrop loads. During this time we also learn the principles of Crew Resource Management to efficiently and effectively interact and communicate with everyone in a mission. This stage of the training is very demanding, as we deal with fluctuating schedules with vastly varying "show times.. Because of high volume of student, C-130 J Maintenance and Aircrew Training System (JMATS) must operate 24/7. This prepares new Loadmasters for various challenges they will encounter back at the squadron.

For the final month of the course, we fly with the 48th Training Squadron, where we are expected to successfully complete eight missions. We pair with a different instructors in each mission and in every flight to allow us to learn invaluable skills. We indeed learned a lot to fly on our own.

For some of our more seasoned Loadmasters at 436 Sqn, there is a condensed three month course that covers everything necessary for qualification. This course is primarily designed for Loadmasters who are transitioning to the J model from CC-130H.

Both courses provide Loadmasters with the knowledge and skills they require to effectively operate. We have very highly skilled Loadmasters who instruct us to make us ready for whatever comes our way!

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Maj "Bull" St. John watches the next batter, ready to coach his teammate to home plate, during the Second Annual United Way Slow-Pitch Tournament at 8 Wing, which took place on Sept. 21.

Second annual United Way slow-pitch tournament a success

By Lt A.N. McKinley

The ball diamonds of 8 Wing were busy Sept. 21 as slow-pitch teams from across the Wing flocked to them. In all, eight teams were rallied for a minimum of two games each, all for the sake of a good cause.

Teams were assembled from across the Wing. Some were more experienced, while others were out to have a fun day out of the office.

MCpl Troy Lloyd, an AVN technician at 424 Sqn and Pte Trevor Murray from Wing Supply both volunteered to organize the event. They solicited local businesses and were able to get donations of food and prizes, making the tournament a success.

"Everyone was very generous," said Mcpl Lloyd, "We were very happy with the amount of money we raised."

Although, MCpl Lloyd admits that juggling work and this tournament was a challenge, he did not hesitate to say that he would be happy to organize this event again next year. He also would like to thank all those who participated in the tournament.

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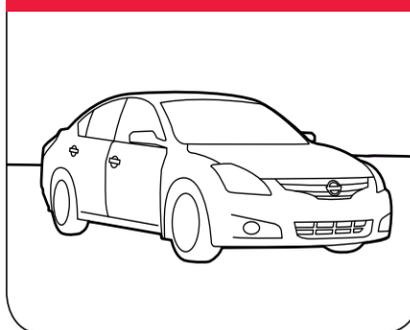
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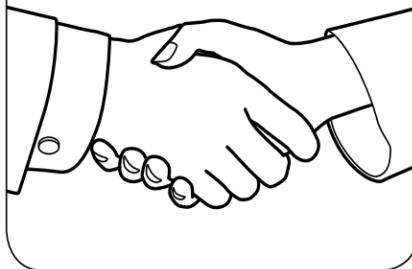
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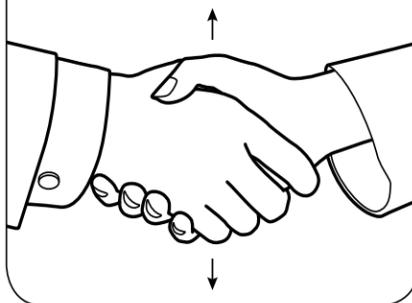
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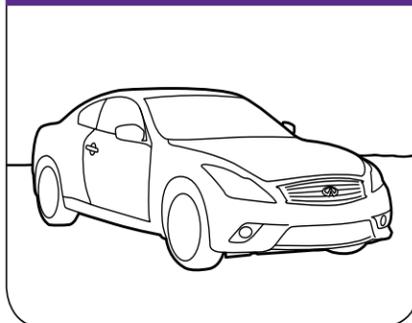
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Cont'd from page 1

The ceremony also commemorated the 72nd anniversary of the British Commonwealth Air Training Plan (BCATP), an agreement signed in 1939 by Canada, the United Kingdom, Australia and New Zealand to provide for the training of Commonwealth aircrews.

"This Commonwealth agreement is a significant part of our aviation history," said Col Friday. "In the Quinte area alone, the BCATP built four training schools in Belleville, Mountainview, Picton and here in Trenton."

The memories of the BCATP are among the many significant milestones in history that the Ad Astra program helps to preserve.

"Each stone here represents support from individuals and organizations who recognize the importance of safeguarding Canada's aviation history for generations to come," said Mr. Burke.

The Ad Astra stones are made of gray granite measuring six inches by 10

inches. The donations to the Ad Astra program may be made 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, their spouse or others whom the Board of Directors deem appropriate. The Latin words "ad astra" mean "to the stars," which signify their goals and aspirations.

The 8 Wing Hercules flypast drew all eyes to the sky.

"The continued success of the Ad Astra program comes from everyone's support," said Col Friday. "Let us continue to make an effort to preserve Canada's aviation history, one stone at a time."

If you are interested in purchasing and donating an Ad Astra Stone, please visit the NAFMC Website at www.airforcemuseum.ca or call 613-965-2208.



Col Sean Friday addresses the crowd at the 16th Ad Astra stone dedication ceremony on Saturday at the National Air Force Museum of Canada.

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The flu shot will be offered to all CF military members, watch for a Wing wide email with dates and times for clinics.

Why vaccinate for the flu?

The flu is highly infectious and is a serious viral respiratory infection; it is easily spread from one person to another. Did you know viruses can be found on hard surfaces such as table tops, door-knobs etc., for up to 72 hrs or longer? Flu symptoms can be severe and prolonged and cause individuals to miss days of work or school. The infection stresses the body. In addition, super infections may occur like pneumonia. Bacterial respiratory infections also are a serious type of infection, and the simultaneous viral and bacterial infection can overwhelm the function of the lungs and the body. Annual seasonal influenza vaccine is the most effective means to prevent the flu or serious complications of the flu.

Each year, the influenza virus can change slightly, making the vaccine used in previous years ineffective. A new vaccine must be prepared every year that will be effective against the expected type of influenza virus. The viruses that are used to prepare flu vaccine are grown in eggs; egg allergy is no longer considered a contraindication to receiving the vac-

cine. Anyone who previously could not have the vaccine due to an egg allergy must receive the vaccine at the medical clinic!

The vaccine is generally effective against the influenza virus within two weeks of administration.

Flu season can begin in October and last as late as May. October and November are considered the best times to receive the vaccination, but it is still effective when administered later.

To help you understand some of the symptoms associated with cold or flu some of the symptoms of each condition are listed here.

The Common Cold

Symptoms of the common cold usually begin two to three days after infection and often include: Mucus build-up in your nose, difficulty breathing through your nose, swelling of your sinuses, sneezing, sore throat, cough, headache.

Fever is usually slight but can climb to 102 degrees Fahrenheit in infants and young children. Cold symptoms can last from two to 14 days, but like most people, you'll probably recover in a week. If symptoms occur often or last much longer than two weeks, you might have an allergy rather than a cold.

Colds occasionally can lead to bacterial infections of your middle ear or sinuses, requiring treatment with antibiotics. High fever, significantly swollen glands, severe sinus pain, and a cough that produces mucus, may indicate a

Cont'd on page 15

Cette année, profitez donc de la période des fêtes pour vous faire vacciner

Michele Edwards, infirmière autorisée, baccalauréat en sciences infirmières, spécialisée en immunisation et en santé communautaire L : 2520.

tions graves.

Chaque année, le virus de la grippe peut se modifier légèrement, ce qui rend inefficace le vaccin utilisé lors des années précédentes. Ainsi, un nouveau vaccin doit être préparé chaque année afin de cibler efficacement le type de virus grippal anticipé. Les virus utilisés pour préparer le vaccin antigrippal sont cultivés dans des œufs. Toutefois, l'allergie à l'œuf n'est plus considérée comme une contre-indication au vaccin. Toute personne qui ne pouvait pas auparavant se faire vacciner en raison d'une allergie à l'œuf doit recevoir le vaccin à la clinique!

Le vaccin est généralement efficace contre le virus de la grippe dans les deux semaines qui suivent son administration.

La saison de la grippe peut débuter en octobre et durer aussi tardivement que mai. Les mois d'octobre et de novembre sont considérés comme les meilleures périodes pour recevoir le vaccin, mais celui-ci demeure toujours efficace lorsqu'il est administré plus tard.

Pour vous aider à distinguer les symptômes associés au rhume et à la grippe, nous en avons énuméré quelques-uns ci-dessous.

Le rhume

Les symptômes du rhume commencent à se manifester habituellement deux à trois jours après l'infection et comprennent souvent : accumulation de mucus dans le nez, difficulté de respirer par le nez, inflammation des sinus, éternement, mal de

suite à la page 15

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

Looking for Volunteers!

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

Bénévoles recherchés!

Description / notice (French) Avez-vous à cœur de défendre des causes? La BFC Trenton est à la recherche de militaires et d'employés civils qui souhaitent participer au groupe consultatif sur l'équité en matière d'emploi de la base, lequel défend les droits des personnes handicapées, des membres des minorités visibles, des femmes et des Autochtones. Nous avons pour mission de combler les écarts qui persistent à l'échelle du MDN en ce qui concerne l'emploi au sein de ces quatre groupes. Pour y parvenir, nous avons besoin de personnes désireuses d'organiser des activités dans le cadre des journées nationales consacrées à ces groupes désignés et prêtes à participer à des initiatives de recrutement visant les jeunes. Pour en savoir plus, n'hésitez pas à communiquer avec le Major Brenda Tucker, au poste 3672.

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."

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 - Soup and Sandwich

Wooler United Church will be holding a soup and sandwich lunch Oct. 3, from 11:30 a.m. to 1 p.m. Cost is \$7 per person.

Oct. 5 - Men's & Women's Volleyball Teams

The men's and women's volleyball teams will practice every Monday and Wednesday from 4:30 p.m. to 6 p.m., starting Oct. 5 at The Gymnasium Area 1 in preparation for the 2011 - 2012 volleyball season and the Ontario Region men's and women's volleyball championships April 12 in Petawawa. Come out all skill levels for a good workout, make new friends, hone your skills and compete against other bases

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

Oct. 12 - 8 wing Officer's Mess Ladies Club

8 Wing Officer's Mess Ladies Club is hosting a Bra seminar presented by La Maison D'Eva of Belleville on Oct. 12 at 6:30 p.m. in the upper lounge of the Officer's Mess. Members free, invited guests of members \$5. Light lunch will be served. For further information, contact Kim at 613-962-2718.

Oct. 17 - Noon Hour Hockey League

The start of Noon Hour Hockey League is postponed until Oct. 17 due to the inadequate number of registered players at a cost of \$80 per player. Player registration for the NHHL is ongoing at the gymnasium main office, Monday to Friday from 8 a.m. to 11:30 a.m. and 1 p.m. to 3:30 p.m. For further information, contact the Mil Sports Coord., Mr. Dan Cormier at Loc. 3373.

Oct. 19-20 - 2011 Roll Off

The 8 Wing/CFB Trenton bowling team will represent 8 Wing/CFB Trenton at the Ontario Region Bowling Championship held in Borden in late November. The Roll Offs will be held at the Club Medd Bowling Lanes on the Oct. 19 or Oct. 20 and all bowlers must attend Oct. 21 from 8 a.m. to 12 noon. Competition is open to all CF, Class B & C Reserve members. Players must register or for information contact Mr. Dan Cormier loc. 3373.

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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Cont'd from page 13

complication or more serious illness requiring a visit to your health-care provider.

The Flu

If you get infected by the flu virus, you will usually start to feel symptoms one to four days later. You can spread the flu to others before your symptoms start and for another three to four days after your symptoms appear. The symptoms start very quickly and may include: body aches, chills, dry cough, fever, headache, sore throat, stuffy nose.

Typically, the fever begins to decline on the second or third day of the illness. The flu almost never causes symptoms in the stomach and intestines. Flu complications can lead to pneumonia and respiratory failure can worsen chronic conditions such as diabetes - it can be life threatening!

Some preventive measures:

The best way to protect yourself from the flu is to be vaccinated each year in the fall.

Regular handwashing is another way to help minimize your risk. By washing your hands often, you will reduce your risk of becoming infected.

For further information, the following links are provided:

www.influenza.cpha.ca
www.cdc.gov

suite de la page 13

gorge, toux et mal de tête.

La fièvre est généralement légère, mais peut grimper jusqu'à 102 degrés Fahrenheit chez les bébés et les jeunes enfants. Les symptômes du rhume peuvent durer de 2 à 14 jours, mais comme la plupart des personnes, vous vous rétablirez probablement en une semaine. Si les symptômes surviennent souvent ou durent beaucoup plus longtemps que deux semaines, vous pourriez souffrir d'une allergie, plutôt que d'un rhume.

Les rhumes peuvent mener de temps en temps à des infections bactériennes de l'oreille moyenne ou des sinus, exigeant dès lors un traitement antibiotique. La fièvre élevée, une inflammation des ganglions, la douleur sévère des sinus et une toux qui produit du mucus, peuvent indiquer une complication ou une maladie plus grave qui nécessite une visite chez votre professionnel de la santé.

La grippe

Si vous êtes infecté par le virus de la grippe, vous commencerez habituellement à ressentir des symptômes un à quatre jours plus tard. Vous pou-

vez transmettre la grippe à d'autres avant le début de vos symptômes et pendant encore trois à quatre jours après l'apparition de vos symptômes. Les premiers symptômes surgissent très rapidement et peuvent comprendre : douleurs musculaires, frissons, toux sèche, fièvre, mal de tête, mal de gorge, nez bouché.

Généralement, la fièvre commence à décliner le deuxième ou troisième jour de la maladie. La grippe ne provoque presque jamais de symptômes touchant l'estomac et les intestins. Les complications de la grippe peuvent mener à la pneumonie, et l'insuffisance respiratoire peut aggraver des conditions chroniques telles que le diabète - et peuvent s'avérer mortelles!

Quelques mesures de prévention :

La meilleure façon de vous protéger de la grippe est de vous faire vacciner chaque année à l'automne. Le lavage des mains régulier est une autre façon d'aider à minimiser vos risques. En vous lavant les mains fréquemment, vous réduirez votre risque d'infection.

Vous trouverez de plus amples renseignements en visitant les liens suivant :

www.influenza.cpha.ca, www.cdc.gov

Horoscope

WEEK OF SEPTEMBER 25 TO OCTOBER 1, 2011

BIRTHDAYS THIS WEEK: SEPTEMBER 25 – CATHERINE ZETA-JONES. • OCTOBER 1 – JIMMY CARTER



ARIES

You see very clearly what is right and what is wrong. You don't want to lose any of your self-esteem, which is a good way to be for you. You feel like making improvements to your home.



TAURUS

You will be able to react very well when confronted with difficulties, as Jupiter brings you a lot of self-confidence. You are on the verge of doing some extraordinary things where your work is concerned.



GEMINI

You must take care of your health. Consider choosing a healthier lifestyle; it will bring you great inner peace and happiness.



CANCER

This week the South Node (the moon's descending node) will bring you many surprising things, materially speaking. You will be able to distance yourself from situations that are not to your benefit.



LEO

This week you are very aware of what others are saying to you. You will want to better understand everything concerning your professional life. You have some amazing ideas.



VIRGO

Your will might be put to the test this week. You have the feeling that you are not really understood by the people you love, but soon this will no longer have an impact on you. This will all happen very quickly.



LIBRA

You are seriously questioning several things in your life. The planet Saturn brings you a certain detachment regarding some situations that are no longer important for your inner development.



SCORPIO

You are really capable of understanding several things without explanation from others. You are amazingly perceptive, which is very useful to you at the moment.



SAGITTARIUS

This week brings you a lot of hope. You are filled with optimism and enthusiasm about the things you are experiencing. This is great for you and for others.



CAPRICORN

You learn to see things with a great deal of realism this week. You will be capable of facing up to everything with a great sense of independence. Be very aware of this and everything will become easier for you.



AQUARIUS

You love studying, and at the moment you are learning some important things where your professional life is concerned. This fills you with pride and lots of self-esteem.



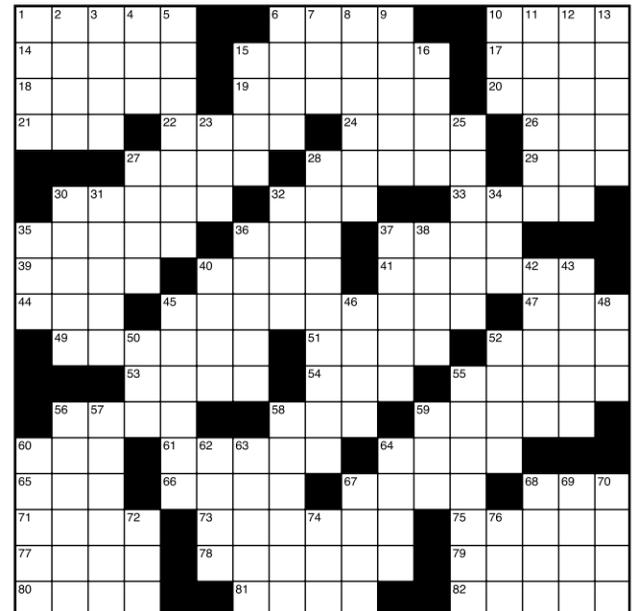
PISCES

This week enables you to find lots of solutions to situations where there never seemed to be any before. This will have many positive consequences for the people you love.

CROSSWORD

ACROSS

1. Skinny one
6. Junk e-mail
10. Ratite bird
14. South American raccoon
15. Daze
17. Fender flaw
18. Promo producers
19. Danger
20. And
21. Corded fabric
22. Spout
24. "___ Is Your Life"
26. Unit of length
27. Cat's call
28. Feudal lord
29. "Home Again" addition
30. Mix thoroughly
32. Young fish
33. Shopper's bag
35. Hurl
36. Barnyard sound
37. Roster
39. Maui feast
40. Maidenhair
41. Angry
44. Coffee container
45. Shuttle's domain
47. Bro, to Sis
49. Creel
51. Little bit
52. Harmony
53. Acquaintances
54. Big Band, e.g.
55. "Beetle Bailey" superior
56. Prudish
58. Pismire
59. African animal, shortly
60. Take legal action
61. Suit
64. Old stringed instrument
65. Gridiron org.
66. Skunk's defense
67. Ballerina's short skirt
68. Jabber
71. Off yonder
73. Stringed instrument
75. Loomed up
77. New York ___



78. Intertwine
79. Fortress
80. Patella location
81. Beginner
82. Elaborate display

DOWN

1. Blemish
2. Secret language
3. Sloped surface
4. Enjoyed brunch
5. Oriental root
6. Brood
7. Play on words
8. Disinterest
9. Cafe order
10. Diet letters: abbr.
11. Biker's headgear
12. Store, as fodder
13. Lagoon's boundary
15. Merganser's kin
16. Bridle strap
23. Group of whales
25. Seat for two
27. List of activities
28. Passing
30. Ad copy
31. Woody vine
32. Card game
34. Bumpkin
35. Winter ailment
36. Shelflike bed
37. Gaucho's tool
38. Humpback's kin
40. Shoe fillers
42. Employ wrongfully
43. Peculiar jargon
45. With hands on hips
46. Left, nautically
48. Busy one
50. Snow slat
52. Recording
55. Place
56. Sea parrot
57. Describe
58. Jauntily
59. Shanty
60. Nibble
62. On ___ (tense)
63. Spring of water
64. Temptation
67. Cantina meal
68. Wail
69. Befuddled
70. Bouncy
72. Kind of bread
74. Roofer's caulking material
76. Legendary bird



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

MFRC United Weigh For United Way

The MFRC is holding a weight loss challenge in support of the Government of Canada Workplace Charitable Campaign. Gather a team of four and join the challenge to have the greatest percentage weight loss based on your United Weight.

Team weigh in is on Oct. 3 and team weigh out on Dec. 1. Weigh-ins will be done at the Wing Post Office with all four team members together - not individually.

Registration is at the Military Family Resource Centre, 50 Rivers Dr East. \$20 per person must be paid when registering the team, cash or debit only. *Deadline for registering a team is Friday, Sept. 30 - firm.*

The team with the greatest ratio of weight loss to team weight will split 40 per cent of the total registration fees. The remaining 60 per cent will be donated to the Government of Canada Workplace Charitable Campaign

The 8 Wing Health Promotion team will be offering a variety of resources and campaigns to support you in healthy weight loss.

For additional information contact Wendy Synnott ext. 3557; Susan Stoddard ext. 3598;

Audrey Gillis at 613-955-0902 or drop into the MFRC.

Le CRFM organise un défi de perte de poids comme collecte de fonds à la campagne de charité en milieu de travail au gouvernement du Canada Former une équipe de 4 personnes et joignez le défi de perte de poids, pourcentage basé sur vos poids combinés

Pesage pré-défi de l'équipe le 3 octobre Pesage post-défi de l'équipe le 1er décembre

Les pesages auront lieu au bureau de poste de l'Escadre toute l'équipe ensemble sur la balance In- scription: Au CRFM, 50 Rivers Dr East 20,00\$ chacun, paiement doit accompagné l'inscription de l'équipe, argent comptant ou débit acceptés

La date limite pour s'inscrire est le vendredi 30 septembre

L'équipe avec le plus grand ratio de perte de poids combiné, partagera 40% du total des frais d'inscription. Les 60% restant seront donnés à la Campagne de charité en milieu de travail du gouvernement du Canada

L'équipe de promotion de la santé de la 8e Escadre offrira une variété de ressources et de l'information pour une perte de poids santé

Pour plus d'information, contacter Wendy Synnott poste 3557; Susan Stoddard poste 3598; Audrey Gillis au 613-955-0902 ou venez au CRFM.



Photo: Deana Lewis

Volunteer recognition

Denise Read (centre) is pictured here accepting a certificate of appreciation from Helene Cadotte-Gagnon and Wendy Synnott of the MFRC. The federal organization, SISIP provides financial support for the annual MFRC Family Day event and funds an annual volunteer recognition event for MFRC and Personnel Service Program (PSP) volunteers (approximately 300 persons). SISIP's generosity and on-going support of military families is greatly appreciated.

Home of the Week

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Plan No: 6-3-355

Large and luxurious, this 1-1/2 storey executive-style home includes an unfinished basement and features a number of distinctive touches, such as a two-way wood-burning fireplace and a double-height foyer and den. Ceilings are nine feet high.

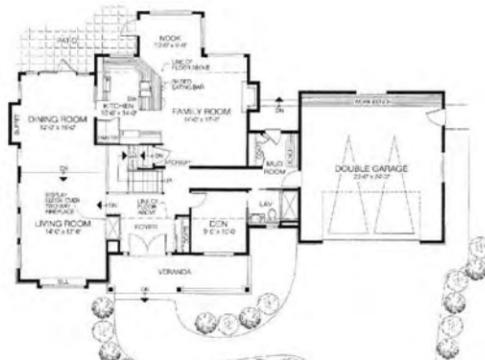
The front double door, flanked by sidelights, is sheltered by a deep overhang, with a veranda along one side. From the foyer, the living room and formal dining room are down a step and to the left, with a den to the right.

A display ledge is set over the two-way fireplace in the living room, an ideal spot for collectibles. The dining room includes a built-in buffet, as well as access to a patio at the back of the home.

The kitchen is quite separate from the dining room, but is open to the eating nook and family room, for more casual occasions. The U-shaped countertop includes an eating bar.

Natural light will flood into the nook, which occupies a bayed-out area with windows on two sides, and includes a doorway to the back patio. The family room features a gas fireplace and is separated from the foyer and corridor by an archway.

The double garage, large enough to contain a work bench,



For more floor plans, visit www.jenish.com

is connected to the main floor by an area that includes a mud room with a coat cupboard and built-in bench, as well as a three-piece lavatory with a shower stall.

A U-shaped stairway leads to the second floor, where the master suite is located at the front of the home. His-and-hers closets, as well as an en suite that includes a soaker tub with a tiled surround, make the suite a real oasis for a busy couple.

The second and third bedrooms both overlook the back garden and share a three-piece bathroom.

From the railed stair landing, the view is open to the foyer and den below. The dormer windows each has a ledge for displaying plants or other treasures.

The laundry room is conveniently located on the second floor, near the bedrooms. A corridor leads from this floor to the rec room, situated above the double garage.

Exterior finishes include shingled gables, vertical siding, and painted woodwork, including pilasters with brick bases and brick accents flanking the garage door.

This home measures 70 feet wide by 46 feet, four inches deep, for a total of 3,161 square feet of living space.

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Contact Sports



8 Wing Jiu Jitsu athletes show well at Ontario competition

By Sgt Jason Chin-Leung

Two of the 8 Wing Trenton Martial Arts Club's Brazilian Jiu Jitsu athletes represented 8 Wing, the CF, and their Jiu Jitsu team - Team Ascension, on Sept. 10, with two impressive medal winning performances. They competed at the Ontario Jiu Jitsu Association's first Brazilian Jiu Jitsu tournament for the 2011-12 season, the Bravado Brazilian Jiu Jitsu Open Championships held in Brampton, Ont.

Brazilian Jiu Jitsu (BJJ) is the grappling art, created by the famous Gracie family from Rio de Janeiro, Brazil, that places an emphasis on ground fighting. It is based on the practical application of technique and leverage to overcome a larger and stronger opponent.

The BJJ practitioner's goal is to progressively gain dominate position on the ground and then use joint locks and choke holds to force an opponent into submission. Competitions in the sport of BJJ involve using throws and takedowns as well as gaining dominate positions on the ground to score points or

acquiring submission holds to instantly win. This is done without the use of strikes, allowing practitioners to safely practice at full speed and full power.

Trenton Brazilian Jiu Jitsu assistant coach and treasurer, Capt Matt Cochrane (8 Wing Ops), managed to dominate most of his matches against tough opponents, some of them even professional MMA fighters, winning all his victories with choke submissions in the Blue Belt Medium-Heavy weight division. Capt Cochrane took home a well deserved silver medal, narrowly missing out on the gold, losing the finals by just two points in a closely contested match.

In addition, Trenton's other competitor, Lt Jeff Bogue (CFSCE, CFB Kingston), recently posted this summer from 8 WTIS but still training in Trenton, also took home a silver medal in the White Belt Feather weight division, displaying an incredible performance. Lt Bogue also submitted all of his opponents to gain all of his wins regardless of his healthy point leads throughout. Running through his competition match after match, he unfortunately met a

brick wall against a game opponent who is a multiple gold medalist in the competition circuit this year, coming a bit short in the finals.

Trenton Brazilian Jiu Jitsu Head Instructor, Sgt Jason Chin-Leung (CFLAWC), was refereeing at the tournament but was able to coach his students for all of their matches. He was very pleased with the technical skill displayed by his students throughout the day and hopes to bring home some gold to Trenton for the next tournament.

Overall, Team Ascension took second for the team award taking six gold, nine silver, and three bronze medals.

To get involved with the 8 Wing Martial Arts Club Brazilian Jiu Jitsu program contact Sgt Chin-Leung, (613) 392-2811 ext. 3523 or Capt Cochrane, (613) 392-2811 ext. 2621 and try out a few free classes. The group trains in the basement of the Officer's Mess and holds classes all year round for adults as well as teens ages 13 and up and has been serving 8 Wing Trenton for six years.

Les athlètes de jiu-jitsu de la 8^e Escadre font bonne figure à la compétition d'Ontario

par le Sergent Jason Chin-Leung

Deux des athlètes de jiu-jitsu brésilien (JJB) du Trenton Martial Arts Club de la 8^e Escadre ont représenté la 8^e Escadre, les Forces canadiennes et leur équipe de jiu-jitsu, Team Ascension, le 10 septembre, offrant deux performances impressionnantes qui ont été récompensées par des médailles. Ils ont participé au premier tournoi de JJB de la saison 2011-2012 organisé par l'Ontario Jiu Jitsu Association, à l'occasion du défi des championnats ouverts de JJB tenus à Brampton, Ontario.

Créé par la célèbre famille Gracie de Rio de Janeiro, Brésil, le JJB est un art de lutte qui met l'accent sur le combat au sol. Il est basé sur l'application pratique de techniques et d'effets de levier pour vaincre un adversaire plus grand et plus fort que soi.

Le but du pratiquant de JJB est de gagner progressivement une position dominante au sol et ensuite d'utiliser des blocages articulaires et des prises d'étranglement pour forcer l'adversaire à la soumission. Les compétitions sportives de JJB font appel aux projections et aux mises au sol, de même qu'à l'établissement de positions dominantes au sol pour marquer des points, ou aux prises de soumission qui confèrent immédiatement la victoire. Cet art se pratique sans coups portés, permettant ainsi aux adeptes de le pratiquer en toute sécurité et à pleine vitesse et puissance.

L'entraîneur adjoint JJB et trésorier de Trenton, le Capitaine Matt Cochrane (Opérations de la 8^e Escadre), est parvenu à dominer dans la plupart de ses combats des adversaires coriaces, dont certains étaient même des combattants professionnels d'arts martiaux mixtes. Il a remporté toutes ses victoires avec des soumissions d'étranglement dans la catégorie des poids moyens lourds de ceintures bleues. Le Capt Cochrane a remporté une médaille en argent bien méritée, laissant passer de justesse la médaille d'or, en perdant les finales par tout juste deux points dans un match très serré.

Par ailleurs, l'autre concurrent de Trenton, le Lieutenant Jeff Bogue (École d'électronique et des communications des Forces canadiennes, base des Forces canadiennes Kingston), récemment arrivé en poste cet été des services d'information et des télécommunications de la 8^e Escadre, mais encore

en entraînement à Trenton, a également remporté une médaille en argent dans la catégorie des poids plume de ceintures blanches, affichant une incroyable performance. Le Lt Bogue est également parvenu à soumettre tous ses adversaires pour gagner toutes ses victoires, et cela, sans même tenir compte de ses points avantageux qu'il a conservés tout au long de ses combats. Disputant la compétition, étape après étape, il s'est malheureusement heurté à un mur de briques en la présence cette année dans le circuit de la compétition d'un adversaire de jeu médaillé d'or et de multiples reprises, perdant un peu de ses avantages aux finales.

L'instructeur en chef de JJB de Trenton, le Sgt Jason Chin-Leung (Centre d'instruction supérieure en guerre terrestre des Forces canadiennes), arbitrait les matchs du tournoi, mais a été en mesure d'entraîner ses étudiants pour tous

leurs combats. Il était très satisfait de l'habileté technique démontrée par ses étudiants tout au long de la journée et espère ramener à Trenton quelques médailles d'or à l'occasion du prochain tournoi.

Dans l'ensemble, Team Ascension s'est rangé en deuxième position des équipes, remportant six médailles d'or, neuf d'argent et trois de bronze.

Pour participer au programme de JJB du Club d'arts martiaux de la 8^e Escadre, communiquer avec le sgt, 613-392-2811, poste 3523 ou avec le Capt Cochrane, 613-392-2811, poste 2621. Vous pourrez vous essayer à quelques premiers cours libres. Le groupe s'entraîne dans le sous-sol du quartier des officiers et tient des sessions de cours toute l'année pour les adultes, aussi bien que les jeunes de 13 ans et plus. Le groupe est au service de la 8^e Escadre de Trenton depuis six ans.

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Edith and WO Dan Crete, formerly of 8 Wing Trenton are pleased to announce the graduation of their son Simon-Pierre, a Trenton High School Alumni, from the program Emergency Management 2011 and Police Foundation 2009/2010 at Sir Sanford Fleming in Peterborough. While attending College Simon-Pierre was a team member of the Fleming Knights Mens Rugby Club. He also fulfilled his duties as a member of Canadian Forces Reserve with the Hasting Prince Edward Regiment. In September Simon-Pierre will resume his duties as a member Canadian Forces Reserves with the Governor General's Foot Guards while working towards employment in the policing field.

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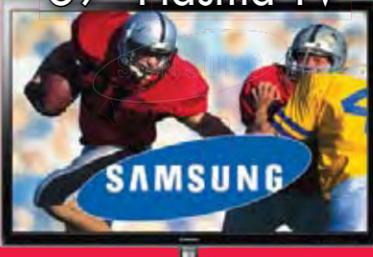
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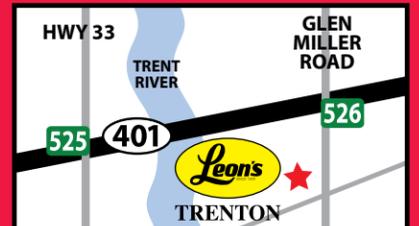
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08 VOLKSWAGEN GOLF CITY
 D13684 Pwr sunroof! Black! Heated seats! 15" Alloy wheels! 5 Speed manual transmission, Bluetooth ready, cruise, tilt, air, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 51,000kms.
\$12,495
 \$98.29 biweekly
 72 mths @ 6.99%
 0 DOWN
 +HST



07 VOLKSWAGEN GOLF CITY
 P13255 Manual transmission, 4 cyl, 4 dr, air, tilt, AM/FM/CD, only 44,000kms!
\$10,995
 \$100.46 biweekly
 60 mths @ 6.99%
 0 DOWN
 +HST



07 VOLKSWAGEN JETTA
 P13631 Pwr heated leather seats! Pwr sunroof! Black! 16" Alloy wheels! 5 Speed, manual transmission, cruise, tilt, air, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 94,000kms.
\$11,995
 \$109.60 biweekly
 60 mths @ 6.99%
 0 DOWN
 +HST



07 MAZDA 3
 P13654 Heated leather seats! Pwr sunroof! 17" Alloy wheels! 5 Speed manual transmission, steering wheel controls, hatchback, cruise, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 66,000kms.
\$13,495
 \$123.30 biweekly
 60 mths @ 6.99%
 0 DOWN
 +HST



08 VOLKSWAGEN JETTA CITY
 P13606 Black! 15" Alloy wheels! 5 Speed manual transmission, 4 dr, air, tilt, cruise, Am/FM/CD/MP3, pwr windows, mirrors, locks, keyless entry, 76,000kms.
\$12,495
 \$98.29 biweekly
 72 mths @ 6.99%
 0 DOWN
 +HST



07 VOLKSWAGEN PASSAT
 13333 2.0LT-turbo! Pwr sunroof! Heated seats! Automatic, 4 cyl, 4 dr, tilt, air, cruise, AM/FM/CD/MP3, pwr mirrors, locks, windows, keyless entry, 100,000kms.
\$12,995
 \$118.73 biweekly
 60 mths @ 6.99%
 0 DOWN
 +HST



07 MAZDA 3
 PD13692 Pwr sunroof! Charcoal grey! Heated seats! 17" Alloy wheels! 5 Speed, manual transmission, 4 dr, hatchback, steering wheel controls, cruise, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 59,000kms.
\$12,995
 \$118.73 biweekly
 60 mths @ 6.99%
 0 DOWN
 +HST



07 MAZDA 3
 PD13579 Pwr sunroof! Heated leather seats! 17" Alloy wheels! 5 Speed, manual transmission, hatchback, steering wheel controls, cruise, tilt, air, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 52,000kms.
\$13,995
 \$127.87 biweekly
 60 mths @ 6.99%
 0 DOWN
 +HST



08 VOLKSWAGEN JETTA CITY
 13687 16" Alloy wheels! Heated seats! Automatic, 4 cyl, sedan, tilt, air, cruise, AM/FM/CD/MP3, pwr mirrors, locks, windows, keyless entry, 77,000kms.
\$12,495
 \$98.29 biweekly
 72 mths @ 6.99%
 0 DOWN
 +HST



08 MAZDA 3
 PD13772 Pwr sunroof! Heated seats! 17" Alloy wheels! 5 Speed manual transmission, 4 cyl, 4 dr, hatchback, steering wheel controls, air, cruise, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 82,000kms.
\$13,995
 \$110.09 biweekly
 72 mths @ 6.99%
 0 DOWN
 +HST



07 MAZDA 5
 PD13583 Pwr sunroof! Rear sliding doors! 16" Alloy wheels! Heated seats! Automatic, 4 cyl, 4 dr, hatchback, tilt, cruise, air, steering wheel controls, AM/FM, pwr locks, windows, mirrors, keyless entry, 100,000kms.
\$11,995
 \$109.60 biweekly
 60 mths @ 6.99%
 0 DOWN
 +HST



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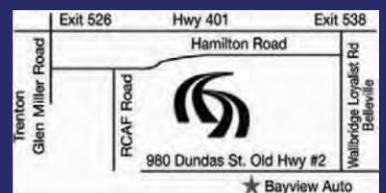
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