

the Contact

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Weekly barbecues allowed unit command teams the opportunity to interact with their personnel

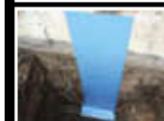
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Missing Ontario pilot found safe

Search and rescue (SAR) crews from the Royal Canadian Air Force, Civil Air Search and Rescue Association, and Ontario Provincial Police (OPP) together located and rescued a missing pilot on Thanksgiving Day northeast of Chapleaux, Ontario, following an extensive search.

The pilot had departed on Saturday, Oct. 12 for a 740-kilometre trip from Caesarea to Cree Lake, Ontario. He was reported overdue to Joint Rescue Coordination Centre (JRCC) Trenton at approximately 8:45 p.m. (EDT) on Sunday, Oct. 13.

Upon being notified of the overdue pilot, JRCC Trenton tasked a CC-130 Hercules aircraft from 8 Wing Trenton, Ont., which searched through the night. Following this initial response,

numerous other aircraft participated in an extensive search coordinated by the JRCC. The search covered an area of about 27,000 square kilometres.

A CC-130 Hercules from 17 Wing Winnipeg homed in on an electronic locator transmitter that went off in the search area earlier on Monday, Oct. 14. SAR technicians parachuted into the site of the transmitter, where they found the pilot uninjured. They were extracted by helicopter and transported to Chapleaux, Ontario at approximately 5 p.m. (EDT), where the OPP arranged for the pilot's return home.

In Canada, SAR is a shared responsibility among federal, provincial/territorial and municipal organizations, as well as air, ground and maritime volunteer SAR organizations.



Family Violence Awareness Campaign committee produces local posters

By Ross Lees

A small group of 8 Wing personnel are responsible for the local design of the Family Violence Awareness Campaign posters now being distributed throughout the base.

It has been a long and arduous – but rewarding – process, according to

General Duty Nursing Officer Captain Terry Wynn of 24 Canadian Forces Health Services Centre.

The "I Know Someone..." campaign (www.iknowsosomeoneuwo.ca) is an educational, awareness, training and social marketing campaign developed by the University Students' Council, University of Western Ontario; Sexual Assault Centre, London; and Changing Ways. The person who originally

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BELLEVILLE: Belleville Public Library, Belleville Legion 99, QHC Belleville General, Luc's Variety
TRENTON: Smylies Independent Grocers Metro, QHC Trenton Memorial, Shopper's Drug Mart

Get your flu shot and stay healthy this winter

The flu shot will be offered to all CAF Military members. Be sure to watch for a Wing-wide email with dates and times for clinics.

By Michele Edwards RN, BScN

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 the virus can be found on hard surfaces including table tops, doorknobs etc., for up to 72 hours 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. The 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 therefore be prepared every year that will be effective against the expected type of influenza virus. The viruses that are used to prepare the vaccine are grown in eggs; however, an **egg allergy is no longer considered a contraindication to receiving the vaccine.** Any one 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 distinguish between the symptoms associated with cold and 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 complication or more serious illness requiring a visit to your healthcare 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
- Stuffiness

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. The flu can also worsen chronic conditions such as diabetes; in other words, 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. Influenza pamphlets are available for more information at 24 CF H SVCS C.

For further information the following links are provided:
www.influenza.cpha.ca
www.cdc.gov

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Get the shot and avoid the flu!



While the weather may not reflect it right now, it is flu season and it is time to get immunized against this illness. The Command Team of Colonel (Col.) David Lowthian (centre left), Wing Chief Warrant Officer (WCWO) Sandor Gyuk, (centre right), accompanied by Lt.-Cmdr. Gord Peckham, left, and Capt. Melissa Welsh, right, 24 CF H SVCS C are given their flu shots on Oct. 10 to kick off the base campaign. They encourage everyone on the base to get the shot to avoid the flu.

Photo Ross Lees

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Self Defense Class for Women

Saturday and Sunday, Oct. 19 and 20, 12 noon to 6 p.m.

Specialty Events for Youth and Families

Halloween Party – Ages six to 12 years. Friday, Oct. 25, 6 p.m. to 9 p.m.
Girls Night Out – Ages six to 12 years. Friday, Nov. 15, 6 p.m. to 8:30 p.m.
NEW! Skate with the Trenton Golden Hawks family event – Saturday, Nov. 9, 1 p.m. to 3 p.m. at the RCAF Flyers Arena.
Rockin' Around the Christmas Tree – Ages six to 12 years, Friday, Dec. 13, 6 p.m. to 9 p.m.

Fitness Programs

Learn to Skate for Adults Fridays, Oct. 4 to Dec. 6., 6 p.m. to 7 p.m.
Zumba – Wednesdays, Sept. 25 to Nov. 27, 5:30 p.m. to 6:30 p.m.
Core Fitness – Mondays, Sept. 23 to Dec. 9, 4:30 p.m. to 5 p.m.
Boot Camp Fitness – Mondays, Sept. 23 to Dec. 9, 5 p.m. to 6 p.m.
Squat Challenge – Mondays, Sept. 23 to Nov. 18, 6 p.m. to 6:15 p.m.
Tai Chi – Tuesdays, Sept. 24 to Dec. 3, 5:15 p.m. to 6:15 p.m.
New! Self-Defense Fundamentals Course for Women – Saturday and

Sunday, Oct. 19 and 20, 12 noon to 6 p.m.

Youth programs

Learn to Skate for Youngsters Ages four to seven years. Fridays, Oct. 4 to Dec. 6, 4 p.m. to 5 p.m.
Skills and Drills – Mondays, Oct. 14 to Dec. 9, 5 p.m. to 6 p.m.
Mix-It-Up Sports – Mondays, Sept. 30 to Dec. 2, Six to eight years, 6 p.m. to 7 p.m. and nine to 12 years, 7 p.m. to 8 p.m.
Shinny Hockey – Starts Sept. 30 Tyke/Novice (under nine years old) Fridays 7 p.m. to 8 p.m.
 Atom (under 11 years old) Wednesdays 4 p.m. to 5 p.m.
 Pee Wee (under 13 years old) Tuesdays 4 p.m. to 5 p.m.
 Bantam/Midget (under 18 years old) Mondays - 4 p.m. to 5 p.m. at the RCAF Flyers Arena.
Family Skate Saturday, Oct. 5 to Dec. 22, Saturdays and Sundays, 1 p.m. to 3 p.m.
Skills and Drills – Mondays, Oct. 4 to Nov. 11, 5 p.m. to 7 p.m. Maximum 16 participants. Open to seven years and plus.

Advanced Aquatics

Junior Lifeguard Club for Youth – Eight to 15 years of age. Mondays, Sept. 23 to Dec. 9, 6 p.m. to 7 p.m. (No classes on Oct. 14 and Nov. 11).

Youth Aquatic Club for Youth – Six to 16 years of age. Mondays, Wednesdays and Fridays, Sept. 23 to Dec. 13, (12 weeks) 4:45 p.m. to 6 p.m.
Syncro Swim Club – Wednesdays, Sept. 25 to Nov. 27, 6 to 7 p.m.
Red Cross Babysitter's Course Nov. 9 or Dec. 21.
High Five (Principles of Healthy Child Development) Saturday, Nov. 16, 10 a.m. to 5 p.m. and Wednesday, Oct. 30, 10 a.m. to 5 p.m.
Bronze Star with Basic First Aid and CPR A – Mondays, Sept. 23 to Dec. 9, 7 p.m. to 8 p.m.
Bronze Cross and Standard First-Aid with CPR C and AED (crash course) Oct. 18, 19, 20, 25, 26, and 27, Fridays 4:30 to 8:30 p.m., Saturdays 9 a.m. to 5 p.m. and Sundays 12:30 to 4:30 p.m.
National Lifeguard Course (2012 standards) – Nov. 22, 23, 24, 29, 30 and Dec. 1, Fridays 4:30 p.m. to 8:30 p.m. Saturdays and Sundays 9 a.m. to 5 p.m.
NLS Re-certification (2012 Standards) – Dec. 1, 10 a.m. to 4 p.m.
Red Cross Assistant Water Safety Instructor – Tuesdays, Oct. 1, 8, 15, 22, 29 and Nov. 5, 12, 19, 4 p.m. to 8 p.m.
Red Cross WSI Re-certification Dec. 20, 10 a.m. to 4 p.m.
Lifesaving Society Lifesaving Instructor with Emergency First Aid and CPR C Instructor Dec. 27, 28, 29, Friday, Saturday and

Sunday 9 a.m. to 4 p.m.
Lifesaving Society First Aid Update Clinic Sunday, Sept. 22, 12 noon to 4 p.m.

Baker Island Community Centre

The Community Centre is located on Baker Island overlooking the beautiful Bay of Quinte. The Centre is available at no cost for military operational requirements, unit parties, and unit family days. It's also available for rent for weddings, family parties and corporate events. For information on rental costs and other information, please go to: www.cfcommunitygateway.com/trenton or + BakerIslandCC@forces.gc.ca

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Golf with the CF Appreciation Program



2013 RBC Canadian Open Champion Brandt Snedeker with CAF members MCpl Chris Farrish and Cpl William Werth

By Christine Meyer, CFMWS

Golf and the military Services' (CFMWS) CF instill numerous Appreciation Program, shared values and char- PGA Tour Canada and acteristics: integrity, Golf Canada. honour, respect, disci- Thanks to these new pline, fortitude. It's no partnerships, Canadian wonder that strong and Armed Forces (CAF) exciting partnerships members, veterans and have developed between their families enjoyed the Canadian Forces complimentary access to Morale and Welfare *Continued on page 5*

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Father's medals returned to Belleville family

By Ross Lees

A Belleville family had a very emotional experience recently thanks to the behind-the-scenes work of a man completely unknown to them until very recently.

Mr. Willard Horricks and his family were presented with the medals his father, Lance Corporal Henry James Horricks, earned during his service in the Second World War by Colonel Rob Delaney, the Canadian Armed Forces Provost Marshal.

While Col. Delaney made the presentation to the family at their Belleville home Oct. 10, he acknowledged that it was really another man who deserved the credit for finding and returning the medals to their rightful owners.

The story really began with Dr. Kevin McCormick of Sudbury, the President of Huntingdon University and the Honorary Colonel of the Irish Regiment of Canada in Sudbury.

According to Col. Delaney, Dr. McCormick commenced a project called "Honour and Preserve" whereby he looks across the country on auction sites and various other places for old memorabilia, including medals and the like. After doing some research about the items, he then purchases the items with his own money.

"In this case, he determined

that (the set of medals) belonged to someone from the Provost Corps, so he presented them to me with a challenge to find the rightful owner of these medals or the family and return them to the family.

"The presentation today of medals and personal effects belonging to Mr. Horrick's father is a profound way to have his rich history of military service returned to his family where his sacrifices can be honoured by his children, grand- and great-grandchildren."

"While I get the opportunity to do this today, and it's very humbling to do so, Dr. McCormick sends his regrets because this is really his project and his passion," Col. Delaney noted.

Dr. McCormick had been scheduled to be at the presentation of the medals to the family, but was unable to be present because of illness.

That did not prevent Dr. McCormick from forwarding some comments to the family and the media through Capt. Joanna La-

Willard Horricks holds the medals and memorabilia of his father, Lance Corporal Henry James Horricks, which were finally returned to the Horricks family thanks to the efforts of Dr. Kevin McCormick.

Photo Ross Lees

bonte, CFMP Gp PAO.

"Project Honour and Preserve is a national initiative that ensures the sacrifices made by the men and women of the Canadian Armed Forces are honoured and preserved for the family members and the larger community," he wrote. "It also raises awareness for the truly inspirational work that is being done by the nation's military and community museums."

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Mr. Willard Horricks of Belleville receives his father's war service documents from CWO Richard Day and CWO John Barnes of the CF Military Police Group in the left background while Col. Rob Delaney, CF Provost Marshal, looks on.

Photo Ross Lees

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 Armed 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, CAF or other agencies.

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

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

- Articles should be typed in upper and lower case (Not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art or graphics within typed pages. Additional graphics/logos may be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include author's full name, rank, (if applicable) unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Tuesday at noon prior to print date.

Letters to the Editor:

All letters must be signed and the name of the author will be published. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



A Military Community Newspaper

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



The Contact ~ Wing Headquarters
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PO Box 1000, Station Forces, ASTRA, ON, K0K 3W0



Restez en bonne santé cet hiver : faites-vous vacciner contre la grippe!

Le vaccin antigrippal sera offert à tous les membres des FAC. Vous recevrez un courriel adressé à l'ensemble de l'escadre qui indique les dates et les horaires des cliniques.

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

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Pourquoi se faire vacciner contre la grippe?

La grippe est une infection respiratoire virale extrêmement contagieuse et grave; elle se transmet facilement d'une personne à l'autre. Au fait, saviez-vous que le virus peut survivre sur des surfaces dures telles que les dessus de table et les poignées de porte jusqu'à 72 heures ou plus? Les symptômes de la grippe peuvent être sévères et prolongés et faire perdre à certaines personnes des journées de travail ou d'étude. L'infection stresse l'organisme. De plus, des surinfections peuvent survenir, comme la pneumonie. Les infections respiratoires bactériennes sont également graves, et les infections virales et bactériennes contractées ensemble peuvent nuire à la fonction pulmonaire et accabler l'organisme. La vaccination annuelle contre la grippe saisonnière est le moyen le plus efficace de prévenir la grippe ou ses complications graves.

Chaque année, le virus de la grippe peut se modifier légère-

ment, 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 jusqu'en mai. Les mois d'octobre et de novembre sont considérés comme les meilleures périodes pour la vaccination, mais le vaccin est aussi efficace lorsqu'il est administré plus tard.

Pour vous aider à distinguer les symptômes associés au rhume et à la grippe, nous en avons énu-

méré 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 les suivants :

- accumulation de mucus dans le nez
- difficulté de respirer par le nez
- inflammation des sinus
- éternuements
- mal de gorge
- toux
- maux de tête

La fièvre est généralement légère, mais peut grimper jusqu'à 102 degrés Fahrenheit (38,9 degrés Celsius) 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 pouvez transmettre la grippe à d'autres avant le début de vos symptômes et pendant encore trois à quatre jours après leur apparition. Les premiers symptômes surgissent très rapidement et peuvent comprendre :

- courbatures
- frissons
- toux sèche
- fièvre
- maux de tête
- mal de gorge
- congestion nasale

Généralement, la fièvre commence à tomber 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 – elles peuvent s'avérer mortelles!

Quelques mesures préventives: La meilleure façon de vous protéger de la grippe est de vous faire **vacciner** chaque automne.

Il faut également **se laver les mains régulièrement.** En vous lavant les mains fréquemment, vous réduirez votre risque d'infection. Pour de plus amples renseignements, prenez un dépliant sur la grippe au 24 C Svc S.

Vous trouverez de plus amples renseignements en visitant les liens suivants :
www.influenza.cpha.ca
www.cdc.gov
 (en anglais seulement)

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all PGA Tour Canada stops this past summer, as well as the RBC Canadian Open and the CN Women's Canadian Open. Each stop included Military Appreciation Day celebrations that featured CAF members as flag orderlies at designated holes honouring CAF members.

PGA Tour Canada also conducted golf clinics across country for all active military personnel, which gave our troops a chance to learn the game or improve their skills from some of the Tour's best players.

"The PGA Tour has always been appreciative of the troops and we try to support Canadians who have dedicated themselves to serving their country in any way we can," said PGA Tour Canada President Jeff Monday. "Whether it's by enjoying a day at a PGA Tour Canada event or learning the game from some future PGA Tour stars, we think it's important to recognize their efforts and contributions."

The 2013 Canada National Men's and Women's Open Golf Championships welcomed thousands of the one million strong military community. They cheered as Brandt Snedeker won the 2013 RBC Canadian Open by three strokes at Glen Abbey Golf Club in Oakville, Ontario. Spectators also had the pleasure to watch teenage golf phenom Lydia Ko make history by becoming the youngest and first to win two LPGA events at the Royal Mayfair in Edmonton, Alberta.

"Having attended both Championships, I had the pleasure to see first-hand the number of military community members that accessed these incredible venues free of charge," said CF Appreciation Program Manager Colin Bayne. "We are blown away with the level of support we've received from both Golf Canada and the PGA Tour Canada this season."

Plans are already underway for next year's golf season. Don't miss out on attending these world-class events. To stay informed of the schedule of activities for Summer 2014, please join the CF Appreciation Program and sign up to receive the e-newsletter or Like us on Facebook. Visit www.cfappreciation.ca

Le golf et le Programme de reconnaissance des FC

Le golf et la vie militaire comportent de nombreuses valeurs et caractéristiques communes, notamment l'intégrité, l'honneur, le respect, la discipline et le courage. Il ne faut donc guère s'étonner que des partenariats solides et dynamiques aient été établis entre la PGA Tour Canada, Golf Canada et le Programme de reconnaissance des FC, chapeauté par les Services de bien-être et moral des Forces canadiennes.

Ces nouveaux partenariats ont permis aux membres des Forces armées canadiennes (FAC), aux anciens combattants et à leur famille d'avoir accès gratuitement aux événements qui ont eu lieu à toutes les étapes de la PGA TOUR Canada l'été dernier, ainsi qu'à l'Omnium canadien RBC et à l'Omnium féminin canadien CN. À chaque étape étaient prévues des activités de reconnaissance des militaires où des membres des FAC agissaient comme plantons affectés au drapeau à des trous désignés en leur honneur.

La PGA TOUR Canada a également donné des cours pratiques de golf partout au pays à l'intention du personnel militaire actif, ce qui a donné à nos troupes l'occasion d'apprendre à jouer

ou d'améliorer leur technique en suivant les conseils de certains des meilleurs joueurs du Tour.

« La PGA TOUR a toujours été reconnaissante à l'égard des troupes, et nous tentons par tous les moyens possibles d'appuyer les Canadiens qui consacrent leur vie à servir leur pays, a déclaré le président de la PGA TOUR Canada, Jeff Monday. Nous croyons qu'il est important de leur rendre hommage pour leurs efforts et leur contribution en leur offrant de passer une journée à un tournoi de la PGA TOUR Canada ou d'apprendre à jouer en compagnie de futures vedettes de la PGA TOUR. »

Le Championnat national ouvert de golf masculin et féminin de 2013 a accueilli des milliers de membres de notre communauté militaire, forte d'un million de membres. Ils ont applaudi Brandt Snedeker lorsqu'il a remporté l'Omnium canadien RBC 2013 par trois coups au club de golf Glen Abbey, à Oakville, en Ontario. Les spectateurs ont aussi eu l'occasion de voir en ac-

entrée dans l'histoire en devenant la plus jeune et la première concurrente à remporter deux tournois de la LPGA au Royal Mayfair, à Edmonton, en Alberta.

« Ayant assisté aux deux championnats, j'ai eu le privilège de voir le nombre de membres de la communauté militaire qui ont eu accès gratuitement à ces endroits exceptionnels, a affirmé le gestionnaire du Programme de reconnaissance des FC, Colin Bayne. Nous sommes complètement renversés par le niveau de soutien que nous avons reçu de Golf Canada et de la PGA Tour Canada au cours de la saison. »

La planification de la prochaine saison de golf est déjà en cours. Ne manquez pas d'assister à ces événements de calibre international. Afin de demeurer au courant des activités prévues pour l'été 2014, adhérez au Programme de reconnaissance des FC et inscrivez-vous à notre bulletin électronique, ou suivez-nous sur Facebook. Visitez <http://www.reconnaissancefc.ca/>

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Fitness & Health

Healthy eating under stress

Heart and Stroke, Alyssa Rolnick, RD

Life can be stressful. Even though stress can sometimes motivate us, often it can make us feel tired, depressed and even sick. Our hectic lives can also keep us from eating healthily. But doing so can help boost our immune system, increase our energy and improve our ability to function during hectic times.

A diet rich in orange and dark-green vegetables, fruit, whole grains, lean meats and alternatives and lower-fat dairy products will provide you with all the vitamins and minerals (such as stress-fighting B-vitamins, vitamin C and iron) your body needs, especially under stress. Here are some tips to eating healthy even when you're at your busiest.

Eat breakfast.

Do you ever find yourself rushed in the mornings and run out the door without breakfast? When you don't eat enough food, your body struggles to function properly and blood sugar fluctuates. These fluctuations can make you feel tired, irritable and affect your concentration. Grab a hard-boiled egg, whole-grain crackers and an apple or orange on your way to work.

Make mealtime a chance to relax.

Take the time to sit down and chew your food slowly and enjoy its taste. This quiet time may even help you cope with whatever stress you may be feeling. Choose foods that are lower in fat, salt and sugar. We often crave unhealthy foods to soothe our

ruffled emotions.

Brown-bag it.

Instead of grabbing unhealthy food choices at fast food restaurants or coffee shops, take a few minutes the night before to pack a lunch. This may not save you time, but it will save you money and will help you eat healthier when you're out. Try packing up leftovers. Make extra pasta for quick lunches, toss together any vegetables you have in the fridge with some salad dressing and bring along some slices of lower-fat cheese and crackers.

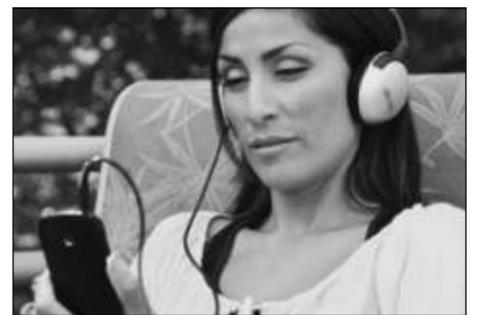
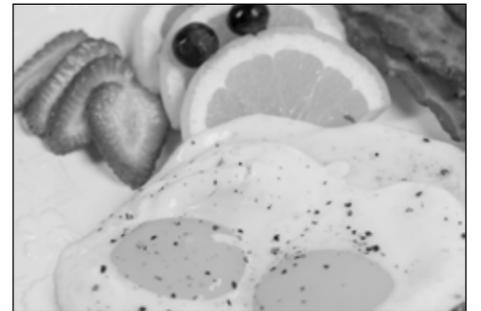
Snack healthy.

Keep healthy snacks such as trail mix, vegetable sticks, fruit fresh or canned (in natural juice) at the office, in your car, or in your bag for times when you are really hungry or find yourself needing to snack. For those afternoon pick-me-ups, instead of grabbing a trans-fat laden doughnut try single-serve cottage cheese with fruit or a low-sodium vegetable juice.

Slow the caffeine drip.

Caffeine is a stimulant found in coffee, tea, colas, chocolate and some medications like pain relievers. Too much caffeine can cause headaches, irritability and difficulty sleeping. Cutting down on how much coffee and cola beverages you drink may

Continued on page 7



Concilier saine alimentation et stress

Foundation des maladies du coeur, d'Alyssa Rolnick, RD

Parfois la vie devient stressante. Même si le stress est une source de motivation, il peut aussi nous rendre fatigués, déprimés ou même malades. Nos vies trépidantes peuvent aussi nous empêcher de manger sainement. Mais une saine alimentation peut améliorer notre système immunitaire, augmenter

notre énergie et améliorer notre capacité de fonctionner pendant ces moments difficiles.

Une alimentation riche en légumes orangé et vert foncé, en fruits, en grains entiers, en viandes maigres et en substituts ainsi qu'en produits laitiers à faible teneur en gras procure les vitamines et minéraux (comme les vitamines du groupe B, la vitamine C et le fer qui permettent de combattre le stress) dont votre organisme a besoin, surtout pendant les moments les plus stressants. Voici quel-

ques conseils pour manger sainement même dans vos moments les plus fébriles.

Déjeunez.

Vous sentez-vous pressé le matin au point de partir sans avoir déjeuné? Si vous ne mangez pas suffisamment, votre organisme doit se battre pour fonctionner adéquatement et votre taux de sucre sanguin fluctue. Ces fluctuations peuvent provoquer de la fatigue, de l'irritabilité et des troubles de concentration. Apportez un œuf dur et des craquelins ainsi qu'une pomme ou une orange en quittant la maison.

Faites des repas un moment de détente.

Prenez le temps de vous asseoir et de mastiquer lentement vos aliments pour en savourer le goût. Ce moment de calme peut vous aider à faire face au stress qui vous assaille. Choisissez des aliments contenant peu de gras, de sel et de sucre. Souvent, nous nous portons vers des aliments malsains afin de calmer nos émotions.

Préparez un lunch.

Au lieu de courir chercher des aliments plus ou moins sains dans les comptoirs de restauration rapide ou les cafés, prenez quelques minutes la veille pour préparer un lunch. Ces quelques minutes vous feront économiser argent et santé. Apportez des restes. Faites cuire plus de pâtes pour des lunches vite préparés, mélangez quelques légumes avec de la vinaigrette et apportez quelques tranches de fromage faible en gras et des craquelins.

Prenez des collations saines.

Emportez avec vous des collations saines comme des mélanges des sentiers, des crudités, des fruits frais ou en conserve (dans leur jus) pour le bureau, la voiture et dans votre sac en cas de fringale. Comme remontant d'après-midi, au lieu d'un beigne riche en gras trans, essayez plutôt une portion individuelle de fromage cottage avec des fruits ou du jus de légumes faible en sodium.

Mollo avec la caféine.

La caféine est un stimulant qui se retrouve dans
A suivre à la page 7

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Upcoming Health Promotion Programs - Open Registration

Weight Wellness Lifestyle Program

Dates: Thursday Oct 17 from 18h30-20h30

Start Date: 17 Oct 2013

Duration: Eight weeks ending Dec. 5 (no session on Oct. 31)

Must participate in six sessions to complete program (six of seven).

SIX SPOTS LEFT FOR REGISTRATION. First come first served. All others will be waitlisted. Improve your health and well being! Weight Wellness takes a realistic and positive view to achieving a healthy lifestyle with a self-management approach to behaviour change. Throughout the 8-week program, you will develop personalized goals and learn skills to manage your eating habits and physical activity for a lifetime.

Mental Fitness and Suicide Awareness Supervisor Training

Date: Tuesday, Oct 22, 2013 • **Duration:** 1 Full Day (MITE coded)

1 SPOT LEFT FOR REGISTRATION. First come first served. All others will be waitlisted. Designed specifically for CAF personnel in leadership positions, Mental Fitness and Suicide Awareness is aimed at assisting in the understanding and maintenance of mental fitness. This training includes awareness of suicide and suicide intervention for non-professionals. MFSA promotes awareness and skill building to maximize mental fitness for individual and operational effectiveness.

Alcohol and Other Drugs Awareness Supervisor Training

Date: Tuesday Nov 5, 2013 • **Duration:** 1 Full Day (MITE coded)

This program provides mandatory supervisor training outlined in CANFORGEN 043/09 for all CAF members in leadership positions. Topics discussed include: understanding risks and benefits of alcohol use; recognizing the early warning signs; developing effective interviewing skills; and, understanding and changing the culture of an organization.

Stress: Take Charge!

Date: Wednesday Nov 13, 2013 • **Duration:** 1 Full Day

This program offers a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants will assess their current level of stress; learn the ACT approach to creating change; discuss a stress management lifestyle involving time management and work/life balance; explore stress management tools, including building resilience; and, create a lifestyle action plan.

Managing Angry Moments

Date: Tuesday Nov 26, 2013 • **Duration:** 1 Full Day

Effective communication and leadership starts with managing angry moments. The

CAF Managing Angry Moments (MAM) workshop is designed to increase personal performance by assisting participants to deal with anger generating situations in an emotionally non-reactive way. Benefits of the workshop include: improved relationships in the workplace, at home and in the community; enhanced team cohesion; improved problem solving skills; and, reduced levels of stress and anxiety when faced with anger generating events and circumstances.

Here's how to sign up!

Online: <http://healthpromotion.cfbtrenton.com>

Call: 613-392-2811, Ext. 3768 • Walk-in: 177 Hercules St., Bldg 119

Program not scheduled? 0 Get on the Waitlist!

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Healthy eating

Continued from page 6

help you feel calmer when under stress. Limit yourself to three, 8 oz cups (250 mL) of brewed coffee a day. Enjoy other beverages such as water with a twist of lemon, decaffeinated tea or a mix of sparkling water and 100% fruit juice.

Try some TLC.

Food is not the only way you can take care of yourself. Listen to calming classical music, learn how to do yoga or meditate, or simply take a brisk walk around the block to improve your mood.

Although life can be stressful, eating right will help you feel healthy, be more productive and hopefully less stressed.

Concilier saine

A suivre de la page 6

le café, le thé, le chocolat et certains médicaments. Trop de caféine peut occasionner des maux de tête, de l'irritabilité et des troubles du sommeil. Limitez votre consommation à trois tasses de 250 ml (8 oz) ou moins de café filtre par jour. Savourez d'autres boissons comme de l'eau et un zeste de citron, du thé décaféiné ou un mélange d'eau pétillante et de jus de fruit à 100 %.

Changez-vous les idées.

Manger n'est pas la seule façon de prendre soin de vous. La musique classique douce, le yoga ou la méditation, ou simplement une marche rapide autour du quartier peuvent améliorer votre humeur.

Bine que la vie soit parfois stressante, manger sainement peut vous aider à vous sentir en pleine santé, à être plus productif et, on l'espère, à soulager votre stress.

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8 Wing WHQ Celebrity Chef BBQ supports Trenton Care and Share Food Bank

By Sgt. Rich Wilson, Wing Chief Warrant Officer (WCWO) Assistant

September 20 marked the end of the 2013 Wing Headquarters (WHQ) Celebrity Chef Campaign in support of the Trenton Care and Share Food Bank.

Fifteen weeks of hard work by the dedicated committee paid off in the form of a \$2,000 cheque presented to food bank president Mr. Al Teal by Wing Commander Colonel David Lowthian, WCWO Chief Warrant Officer Sandor Gyuk and Celebrity Chef Award Winners, the CAAWC Command Team of Lt.-Col. Francois Dufault and Regimental Sergeant Major CWO Steve Merry.

Throughout the campaign, there were many laughs as unit command teams from around the



Continued on page 9

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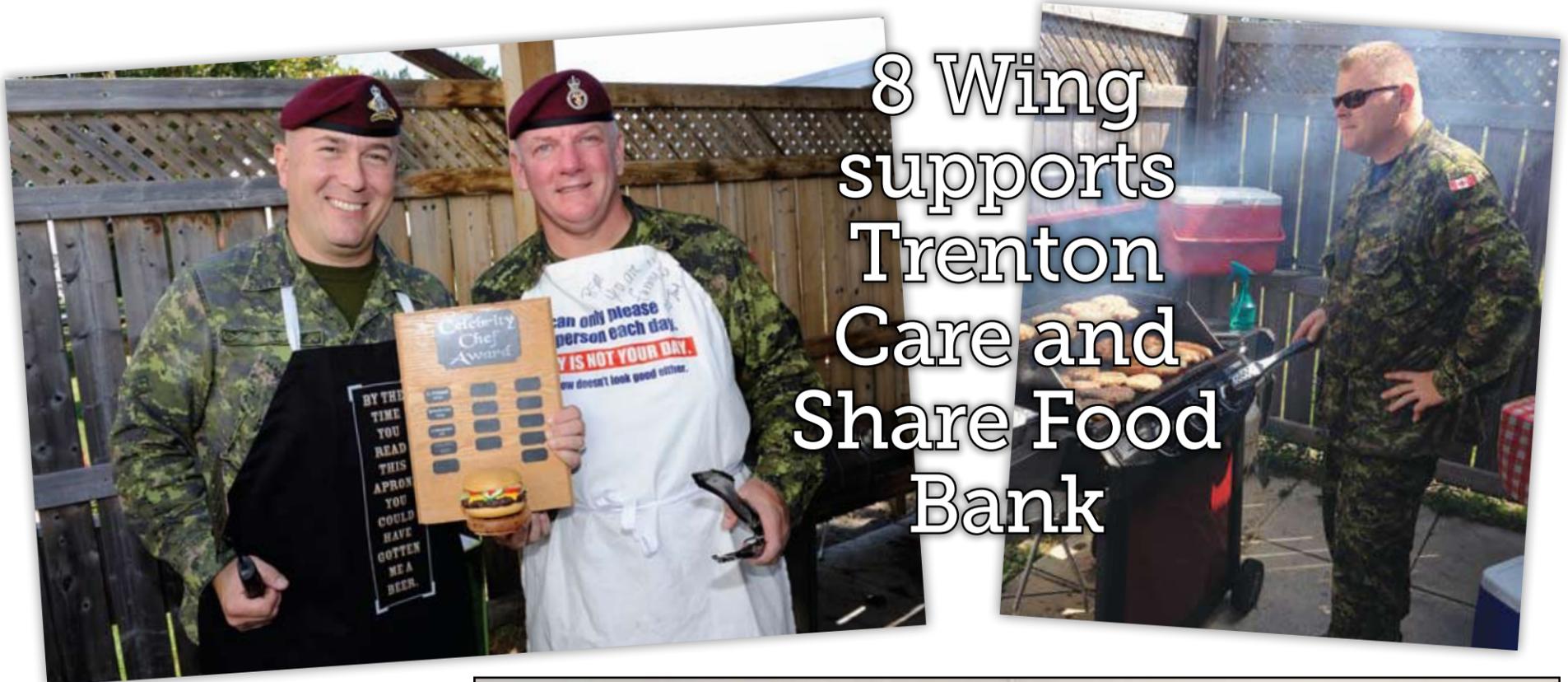
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8 Wing supports Trenton Care and Share Food Bank



Continued from page 8

base took turns competing weekly to raise the most money at their respective BBQs, to win the coveted WHQ Celebrity Chef Award. The winners, the Canadian Army Advanced Warfare Centre (CAAWC), blew everyone away with a sea of maroon-clad troops showing up en masse and raising over \$600!

Not only was this an excellent fundraiser for the food bank, it also allowed unit command teams the opportunity to interact with their personnel in a relaxed environment and have a few laughs. Other winners this summer included CWO Taylor – 426 Sqn with most dropped burgers....six! As well, Lt.-Col. Roy – W Ops with the most burnt and extra-burnt burgers, or in his words, “caramelized and extra-caramelized.” Best dressed went to Lt.-Col. Home and CWO Poper, 8 AMS, aka Chef Gordon Ramsay and Guy Fieri.

I would also like to take this opportunity to extend my heartfelt thanks to the committee consisting of Sgt. Adrianna Dilworth, Sgt. Nathalie Godden, Sgt. Jim Douglas, MCpl. Josee Gagnon, Cpl. Lise Faustin, Mrs. Suzanne Simmons and Mrs. Esther Coté. This would not have been possible, or nearly as enjoyable, without their hard work and dedication week in and week out. Terrific job all of you!

As well, thank you to those in the community whose support helped to keep our costs low: Alex at The Farmers’ Market, who gave us excellent deals all summer long, as well as Giant Tiger and the folks at Metro. Finally, my thanks to all the folks who came out to enjoy the BBQs; without you it would not have happened. I hope to see you all again next year!



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Col. Rob Delaney, CF Provost Marshal, presents Lance Corporal Horricks' medals to his son, Willard Horricks and some other family members.

Photo Ross Lees

ered through research by Chief Warrant Officer Richard Day, Branch Chief Warrant Officer for Military Police Group.

Presented to the family was a framed item containing both the Volunteer Service Medal and the War Medal of Lance Corporal Horricks, the general service badge and the cap badge of the Canadian Provost Corps plus the shoulder flashes of the Corps and his war service documents.

The family had been contacted by Ottawa almost a month prior to the actual presentation to confirm the medals had been found and would be presented to the family.

Lance Corporal Horricks' son, Willard Horricks and his siblings had always wondered where their father's medals were.

"I knew that he had medals because he had been in the war, but I didn't know where they were," he told *The Contact*. "After he died, my sister cleaned out the house and she told me she couldn't find anything...there was nothing, very little left about the military or anything like that. I've often wondered where...because I knew that everybody got a medal during the war even though they hadn't gone overseas, but I had no idea where the medal or anything and I was very curious about it."

With a break in his voice, he added, "This is pretty special."

Continued from page 4

"Through Project Honour and Preserve, the personal effects (medals, letters, photos, journals, etc.) of fallen members of Canada's military have been returned to the member's family or donated to many of Canada's amazing military museums for future generations of Canadians. The presentation today of medals and personal effects belonging to Mr. Horrick's father is a profound way to have his rich history of military service returned to his family where his sacrifices can be honoured by his children, grand- and great-grandchildren."

Lance Corporal Horricks served in the Provost Corps through the Second World War in the interment camps in Alberta, according to information gath-



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Troube de Spectre Autistique (TSA)
 Groupe de soutien pour les aidants naturels d'une personne atteinte du spectre de l'Autisme. Les rencontres sont les troisièmes jeudi du mois. Prochaine rencontre le 17 octobre de 18h00 à 20h00. Service de garde disponible Pour information contactez Kelly Briggs 613-392-2811 poste 4527

From the Ground Up Fall 2013 Edition
New Dates - This group is a women's self-empowerment program that teaches assertiveness skills and healthy communication, builds self-esteem, and promotes self-care and emotion management skills. Tuesdays 6 p.m. to 8:30 p.m., Oct. 15 to Dec. 3. To register, contact Audrey Gillis 613-392-2811 ext. 4017 or agillis@cogeco.net

Apprendre à grandir Édition automne 2013
 Les jeudis du 15 octobre au 3 décembre, de 18h00 à 20h30. Ce groupe est un programme d'empowerment pour femmes, qui enseigne l'affirmation de soi, la communication saine, l'estime de soi, le prendre soin de soi et la gestion des émotions. Pour inscription ou pour information contactez Ashlee Allen au 613-392-2811 poste 5541 ou aallen3cogeco.net

Toolbox for Couples
 Join us to learn tools for a healthy and vibrant relationship, Tuesdays 6 p.m. to 7:30 p.m., Nov. 19 to Dec. 10 at the MFRC. Please register by Nov. 12. Subsidized childcare provided. For information contact Emily Lopez ext.4635.

Boîte d'outils pour couples
 Venez chercher des outils pour vous aider à vivre une relation de couple saine et vibrante, les mardis du 19 novembre au 10 décembre, de 18h00 à 19:30 au CRFM. Inscription avant le 12 novembre. Services de garde subventionnés. Pour information contactez Emily Lopez poste 4635.

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HERCS - Helping Entrepreneurs Reach Complete Success

Presented by ENACTUS Loyalist College. A two-day workshop focusing on: entrepreneurship, business planning, marketing, social media and financing for small business. Open to all family members of the military community. Tuesday, Nov. 19, 9 a.m. to 3 p.m. and Thursday, Nov. 21, 9 a.m. to 3 p.m. Cost: \$40 for manual, handouts and guest speaker. At the MFRC. Visit our website to more information.

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Children's Deployment and Life Skills Programs for September 2013

For more information about any of these programs please contact Kelly Briggs at 613-392-2811 ext 4527. To register, please contact Mona Levesque at 613-392-2811 ext 4528.

Programme de la séparation et de la réunion des enfants pour le mois de septembre 2013

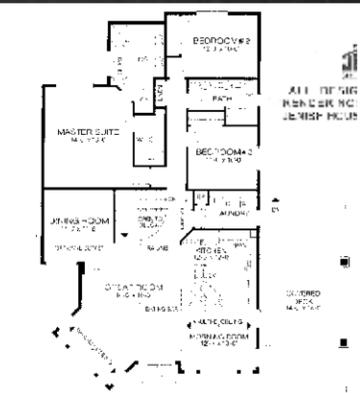
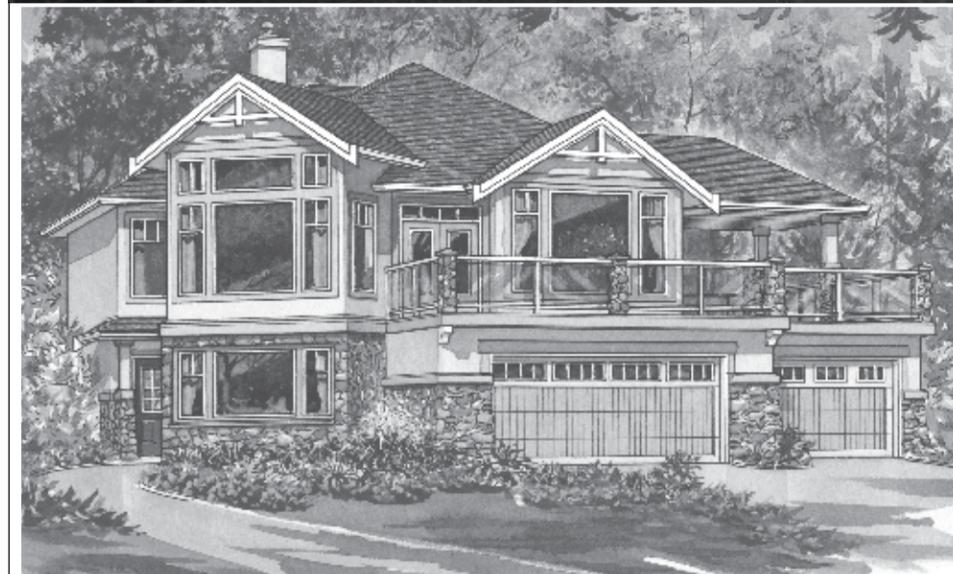
Pour information au sujet de l'un ou l'autre de ces programmes contactez Kelly Briggs au 392-2811 poste 4527. Pour inscription à ces programmes contactez Mona 392-2811 poste 4528.

What About Me?

Did you know that we offer support to children of military members who are deployed? This program offers support to children, ages 5 to 12, who are or who will be experiencing separation from a loved one due to the military lifestyle providing, them with fun hands on activities to develop coping skills. Wednesday's from 6 p.m. to 7:30 p.m. starting Sept. 11.

Continued on page 12

Home of the Week
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 For more floor plans, visit www.jenish.com

Definitely designed "outside the box," this handsome and substantial two-storey family home, with its extensive sundeck and large front windows, boasts a distinctive yet practical lay-out. Almost hidden at the side of the house, the covered main entrance leads into a ground-floor foyer with a spacious coat closet. To the left is a den, which — conforming to the shape of the great room above it — angles outward. The den is ide-

ally located for a home office or studio. Also on the ground floor is a spacious unfinished basement. A three-piece bath has been roughed in, so the den could also function as a guest room. An L-shaped staircase leads to the second floor, where the great room, dining room, kitchen and morning room all flow seamlessly into one another, creating one large space for family activities and entertaining. The staircase area is

open to the foyer below, circled by a curved railing. The great room features a vaulted ceiling, and light will flood through its generous windows. A three-sided fireplace separates the great room from the dining room, with an optional buffet. Separated by an eating bar-cum-island, the kitchen also boasts a vaulted ceiling, which extends over the morning room, where floor-to-ceiling windows overlook the front sundeck. The kitchen pantry will provide always-useful storage space, and the L-shaped counter configuration promises efficiency. French doors between the great room and morning room open onto the sundeck, while another door between the kitchen and morning room offers access to a covered deck, the perfect spot for year-round barbecuing. The spacious master suite, overlooking the back garden for pri-

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vacy, includes a generous walk-in closet as well as an en-suite with a tile-surrounded soaker tub, double basins and a corner shower stall. Nearby, the linen cupboard is located across the corridor from a three-piece bath, also with a double basin, that separates the second and third bedrooms. The laundry room, which includes a broom cupboard, occupies space between the third bedroom and the kitchen. A display area is attached to the corridor side of the broom cupboard. Garage space for three vehicles occupies the area under the sundeck and covered deck, and there is also room for a workshop with a built-in work bench. Exterior finishes include stucco, painted trim, decorative wooden braces at the gables and stone pillars separating the glass around the sundeck. The exterior around the den and entrance is finished in stone. This home measures 49 feet, eight inches wide, by 71 feet deep, for a total of 1,788 square feet.

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

Oct. 19 – Jeanette Arsenault In Concert

At Grace United Church, 85 Dundas St., E., Trenton at 7 p.m. Sponsored by AOTS Men's Club. Everyone is welcome. Admission (free-will donation) will go towards helping rebuild school in Angola.

Oct. 19 - Quinte Branch of Ontario Genealogical Society Monthly Presentation

Diane Clendenan and Marjorie Stuart are the speakers for the topic of "Solving Cemetery Problems" at 1 p.m. at the Quinte West Public Library, 7 Creswell Dr., Trenton. Admission is free and everyone is welcome.

Oct. 23 - Wing Commander's Challenge

Unit teams are encouraged to be at the South-side gymnasium at 8 a.m. to sign up for a lip-synching contest to begin at 9 a.m. Teams are urged to take the stage as their favourite bands in a fun-filled, friendly and lively musical extravaganza. Please dress appropriately and bring a pair of indoor shoes. Have a second song ready for the finals. Song choices must be brought in either on a USB stick or a CD. Appropriate music only. Teams must be registered by 3 p.m. on Oct. 21. Come out and support your unit's group. Civilian attire may be worn with a donation to the United Way. Registration forms are available by contacting Bill Jeffs at William.Jeffs@forces.gc.ca (2822), or Rachel Carlen at Rachel.Carlen@forces.gc.ca (7517). A luncheon will be served at Baker Island at noon. At 1:15 p.m., the closing ceremonies will take place and winners will be announced.

Oct. 24 - Roast Beef Dinner

Roast beef dinner at King Street United Church, 100 King Street, Trenton at 5:30 p.m. Take out available. Tickets are adults \$13, Children six to 12 \$5, and five and under free. For tickets, please call 613-392-5274 or purchase at the door.

Oct. 25 & 26 – Grace United Church Craft Sale

Grace United Church's Craft Group

is having a craft sale from 9 a.m. to 6 p.m. at Smylie's Independent Grocers. Wonderful display of handmade items, perfect for gift giving!

Oct. 26 – National Air Force Museum of Canada Curling Bonspiel Fundraiser

The first annual National Air Force Museum of Canada Challenge Curling Bonspiel wants to challenge you to help raise funds to support the day-to-day operations of the museum. The challenge is two-fold: recognition will be given to the team that wins the bonspiel as well as the team (4) that raises the most funds from donations. There is a minimum \$200 donation requirement per team to enter. The event takes place at the Trenton Curling Club, 293 King St., with a start time of 8 a.m. A light lunch is included. Call 613-965-7314 for entry forms and pledge sheets.

Oct. 30-31 - 8 Wing PMQ Community Council



Haunted Walk. If interested in helping out, contact Dion Ward at dion.ward@forces.gc.ca

Nov. 9 – Be Your Own Boss Workshop

Going civilian and thinking about starting your own business? If so, attend "Be Your Own Boss," a free, one-day workshop on entrepreneurship for transitioning members of the military, veterans and spouses. In just one day, you can learn how your military skills can be transferred to successful business ownership, how to write a viable business plan, and how to access no-cost business resources for military members. Learn more about key topics such as marketing, market research, social media and bookkeeping through breakout sessions with business students. The session takes place at Loyalist College, Quinte Business Development Centre, P46 Pioneer Building, 284 Wallbridge-Loyalist Road, Bel-

leville from 8 a.m. to 4 p.m. (lunch and snacks will be provided) Register today at <https://poe2.eventbrite.com>

Habitat for Humanity Call for Volunteers

Habitat for Humanity is currently looking for volunteers for their upcoming build in Picton. They need volunteers to serve various roles: construction supervisors, skilled trades, general labour, fundraising, public relations, family selection and partnering and others. Retirees in any field most welcome. Contact at 365 Bell Boulevard, Belleville, ON, K8P 5N9, www.habitatpeh.org, phone 613-969-1415 or email at info@habitatpeh.org

Trenton Trimettes – Weight Loss and Healthy Living Support

If you are looking for a good support group for weight loss and healthy living, Trenton Trimettes should interest you. Join their weekly meetings where they share healthy living ideas, participate in optional exercises and listen to monthly guest speakers. Trenton Trimettes are a non-profit group with fees of only \$10 per month. Meetings are every Monday night at Bethel United Church, 77 Herman St., Trenton. Weigh-in from 6:30 p.m. to 7 p.m. Meeting, 7 p.m. to 8 p.m. Exercises 8 p.m. to 8:30 p.m. For more information, contact Sheila Pearson at 613-392-0353 or at awildish@cogeco.ca

MFRC continued from page 11

Et moi alors?

Saviez-vous que nous offrons aux parents et aux enfants de militaires un soutien individuel pour la séparation et la réunion? Le programme de Séparation et de réunion des enfants offre un appui aux enfants de 5 à 12 ans et aux parents qui vivent une séparation dû au style de vie militaire. Les rencontres ont lieu tous les mercredis de 18 h à 19 h 30. La première rencontre aura lieu le 11 septembre.

PALS (Peers Assisting with life skills)

Next event Oct. 18, 5:30 p.m. to 8 p.m. PALS is a monthly program for children aged five to 11 from military families. Skills are taught to assist children in becoming more resilient while they are having lots of fun. Theme: Fears and Anxieties. You may purchase a membership or \$5 for the event. Supper is provided. For more information contact Kelly 613-392-2811 (4527). To register contact Mona 613-392-2811 (4528).

Learn to run

Tuesday evenings at 7 p.m. starting Sept. 17. Meet at the MFRC. All levels welcome, it doesn't matter if you've never ran before. The aim is to get out, meet people and get active. Already know how to run but want to get out and socialize? We can pair up runners with similar paces and distances. A great way to meet running buddies. Register at the MFRC or by emailing JRCASEY@DAL.CA. Free!

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Sports & Recreation



8 Wing/CFB Trenton I/S Squash Ladder Tournament

The squash ladder is provided as a service to all interested in the sport. It is intended to encourage friendly competition and aid players in finding partners at their approximate level of skill. For military and DND personnel, fill in your rank, last name, and phone extension number on the disk and hang it on the bottom of the board. For others, fill in your name and e-mail address where you can be reached. You will be added to the contact list for news and updates on the ladder tournament and squash within the Bay of Quinte area.

Ladder Rules

- Any player may challenge any other player within one rank above for a ladder match.
- When a higher-ranked player A beats a lower-ranked player B, standings remain unchanged.
- When an unranked or lower-ranked player B beats a higher-ranked player A, player B will take player A's ladder position and player A will drop one rank.
- When a player first registers, he or she will be unranked.
- A player becomes ranked upon the first win against a ranked player.
- A player that has been inactive for two whole weeks will be dropped by one rank.
- A player that has become inactive for two months will become unranked.
- Results should be entered by sending an e-mail to the administrator.
- Players should agree on who will enter the score.
- If you can't contact someone or they don't respond, please let the administrator know.
- If you are 'stood up' (i.e. your opponent does not show up) it is your decision on whether to record a win (3-2), although it is recommended you practice on the court and reschedule the match instead, especially as you've now been practicing!

Rules of Play

- Ladder matches are best-of-five games.
 - Games are scored to 15 points, using the point-a-rally system (par).
 - Protective eyewear is mandatory.
- Squash Administrator is Capt. Hani Mustafa at 613-392-2811 ext. 4842 or at hani.mustafa@forces.gc.ca

2013/14 8 Wing/CFB Trenton Squash Team



The 8 Wing/CFB Trenton Squash Team is looking for squash players of both genders and of all calibres to represent 8 Wing/CFB Trenton at the Ontario Region Squash Championship. If you're looking to improve your game, come out and get some instruction from top-notch players. Competition is open to all Regular Force members as well as B and C Class Reserve Force members. The team practice is scheduled for 4 p.m. to 6 p.m., Tuesday and Thursday. The team captain is Sgt. Dave DeVries at local 7580.

2013 - 2014 8 Wing/CFB Trenton Badminton

8 Wing/CFB Trenton is looking for some badminton players to represent 8 Wing/CFB Trenton at the Ontario Region Badminton Championship. Competition is open to all Regular Force members as well as B and C Class Reserve Force members. The team plays and practices at 11:30 a.m. to 1 p.m., Monday to Friday and 6 p.m. to 9 p.m. Monday and Wednesday nights.



2013 /2014 Indoor Shinny Soccer

The Fitness and Sports Flight will be opening the number one gym floor for Shinny Soccer at lunch every Wednesday. Come out and kick the ball around, have a good work out and have some fun. For further information, contact the Military Sports Coordinator, Mr. Dan Cormier at local 3373.



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Marriages: Couples wishing to be married by a military chaplain must have their application approved prior to setting a date for the wedding. Normally at least one party must be active in a military or civilian church. Please contact the chaplain's office.

Questions or Comments?
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Safety

Noise damage makes ears ring



Many people who suffer hearing loss are troubled by a condition called tinnitus. They are subjected to constant sounds, variously described as ringing, whistling, sizzling or chirping. This constant sensation of noise can create all kinds of other problems. Tinnitus sufferers are particularly bothered by noisy situations while others by situations which are too quiet.

- Tinnitus patients also complain of:**
- Difficulty sleeping
 - Trouble understanding speech and television
 - Frustration, despair, depression, annoyance, irritability, nervousness, confusion, difficulty concentrating, insecurity, fear and worry
 - Pain, including headaches

Hearing loss and tinnitus can be caused by one loud noise such as an

explosion, but it is more commonly caused by exposure to loud machinery day after day. There are scientific methods of measuring the level of noise, but here is a simple one: If you cannot hear ordinary conversation, the noise is too loud. Also, if you have a ringing in your ears or a temporary hearing loss after you leave work or another noisy environment, your hearing is being damaged.

The idea that you will "get used to" loud noise is misleading. The noise isn't bothering you as much because your hearing is being damaged.

What can you do to protect your ears from excess noise?

- Learn about the established limits for noise exposure on your job. Your employer is required to measure the level of noise in your work area and reduce it if possible through engineering changes.

- Co-operate with hearing tests. If you work in a noisy area you need annual hearing checks to measure any hearing loss.
- Wear the required hearing protection at work. Depending on your work environment, you will need to wear ear plugs, canal caps, earmuffs or a combination of hearing protection. Your employer will supply the recommended hearing protection device, but it is up to you to use it correctly.
- Avoid loud noise in your off-hours too. Loud music at concerts and clubs and personal stereos with headphones are common causes of hearing loss.
- Wear hearing protection when using firearms and running equipment such as snowmobiles, table saws and lawn mowers. Try to go to a quiet place at home for a period of time after work

- to give your ears a break from noise. Keep the TV and radio turned off.
- Never use makeshift protection such as cotton balls. Ear plugs are readily available at drugstores and hardware stores.

There is no cure for tinnitus or noise-induced hearing loss, so prevention is the best course of action. If you suffer from tinnitus, see your health care provider. No overall remedy has been discovered, but medications seem to work for some patients.

Family Violence Awareness Campaign committee produces local posters

Continued from page 1

suggested adapting the program for CFB Trenton is Ashlee Allen, Women Services Worker with the Trenton Military Family Resource Centre.

"I first came into contact with this campaign at a conference for those working in the domestic/sexual violence field in Toronto and subsequently contacted the representative for permission to use and adapt this campaign to meet the needs of CFB/8 Wing Trenton," Ashlee told *The Contact*.

Kendra Lafleur, the Health Promotion Director for Strengthening the Forces at Canadian Forces Base Trenton, provided the poster committee with a detailed account of the origins of the national Family Violence Awareness Campaign. The committee included: Capt. Irene Dieryck, Chair of the 8 Wing Family Violence Advisory Team (FVAT); Maj. Brenda Tucker, Senior Wing Administration representative to the FVAT; Capt. Wynn; Ms. Allen; Ms. Lafleur; Chaplain Capt. Lynk; and, Capt. Roxanne Laforest, former Wing Mental Health Officer and co-chair for the committee.

"Once we had a framework and the freedom to create, Ashlee, myself and MFRC volunteer Caroline Elie actually sat down and described what we would like to see in words, which then necessitated finding appropriate visual representations as well as actually putting it all together in a poster," Capt. Wynn noted.

At this stage, Caroline Elie contributed a lot of time and effort – countless hours, according to Ms. Allen – designing and tweaking the posters. Capt. Laforest is also given much credit for pushing

through the campaign concept and poster themes identified from the outset.

"Caroline has a great eye for aesthetics and was a huge help in getting these posters off the ground," stated Ms. Allen.

Initially, according to Capt. Wynn, a lot of time was spent on choosing which aspects of family violence should be represented. In the end, the posters cover the themes of social isolation, financial abuse, verbal abuse, negative childhood development outcomes, intrusive behaviour on other environments and the DAOD, which requires members to take action.

"Due to scheduling and resources, this process has taken approximately two years to achieve," noted Capt. Wynn.

"Once the images and words were finalized, we then sent them to all players in order to receive feedback and adjust the visual images or text in order to provide the most direct and accurate messages, while also attempting to be as inclusive as possible," Capt. Wynn stated. "This desire was necessary to show that family violence can affect women, men and children equally."

The posters were given final approval to proceed through Wing Administration and the Wing Executive in August of 2013, according to Capt. Wynn.

"We are all very happy that this can finally be put into print," Capt. Wynn, said. "The fact that we were given creative room as well as the resources required in order to achieve our initial intent shows that the Wing Executive is providing strong support to Canadian Armed Forces members and families."



Some members of the Family Violence Awareness Campaign poster committee standing with a poster promoting the campaign located at the entrance to Bain Park at RCAF Road. From left to right, the members are: Capt. Terry Wynn; Capt. Irene Dieryck, Chair of the 8 Wing Family Violence Advisory Team (FVAT); Kendra Lafleur; Maj. Brenda Tucker; and, Brenda Hudson of Trenton MFRC.

Photo Ross Lees

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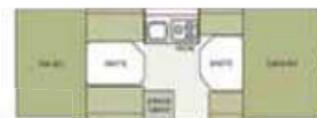
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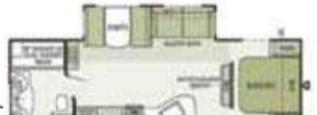
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Fiberglass exterior and multiple slide-outs, with more high end upgrades than anything in its price range!



\$115⁵⁷ Biweekly

~~\$26,995~~ **\$24,495** Includes Freight & PDI

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END OF SEASON RV CLEARANCE



2014 HEARTLAND PROWLER 26RBK

The most iconic name in the industry! Packed with innovation ... 40 inch slide depths and a skylight in the kitchen!



\$87⁷⁷ Biweekly

\$21,495 Includes Freight & PDI

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HEARTLAND NORTH TRAIL 28BRS

... that wont



\$97⁷⁷ Biweekly

\$23,495 Includes Freight & PDI

SAVE \$2000 FREIGHT & PDI IF FINANCED!



2014 HEARTLAND SUNDANCE XLT 285TS

Sundance delivers lighter construction, easier towing and five star



\$145³⁸ Biweekly

~~\$24,995~~ **\$31,995** Includes Freight & PDI

SAVE \$3000 FREIGHT & PDI IF FINANCED!

Advertised RV prices include up to \$3000 Freight, PDI & Admin ... which is waived / removed if you take advantage of our low rate financing!

OCTOBER B

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FINANCING FROM **3.99%** Variable APR on approved credit

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13 CHRYSLER TOWN & COUNTRY

18670 Stow 'N' Go! Pwr heated leather seats! Roof rack! 17" Alloy wheels! Dual air! Extended! Pwr heated mirrors! Black! Pwr sliding doors! Pwr liftgate, pwr pedals, steering wheel controls, flex fuel, dual climate controls, cruise, tilt, u-connect compatible, satellite radio, MP3/6 disc changer, pwr windows, locks, keyless entry, only 19,000kms!!!!

\$27,495 +HST

\$172.95 PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



13 FORD F150 LARIAT

18597 Less than 50 kms! 4X4! Eco boost! Pwr heated & cooled leather memory seats! Factory remote start! Reverse camera! Sony sound system! 18" Chrome wheels! 3.5L-V6, Extended cab, short bed, running boards, rear sliding window, pwr pedals, park aid, sync, steering wheel controls, traction control, dual climate controls, woodgrain trim, satellite radio, CD/MP3, pwr mirrors, windows, locks, keyless entry, only 000,020 kms!!!!

\$38,995 +HST

\$245.29 BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

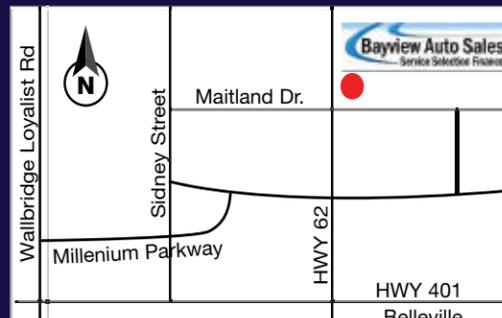
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All payments are based on bi-weekly payments. All 2007 - 60 mths: All 2008 & 2009 \$5,000 - \$9,999 - 72 mths: 2009 over \$10,000 & 2010 - \$5,000-\$24,995 & 2011 - \$5,000 - \$9,999 - 84 mths 2010 over \$25,000, 2011 over \$10,000, all 2012 & 2013 - 96 mths: P.P.S.A., license and taxes extra. EG: \$10,000 + taxes \$1,300 + P.P.S.A. \$65 = \$11,365 financed over 60 mths at 6.99% = \$117.34 Bi-weekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates are current at time of print. 0 Down + HST. Most 2010, 2011, 2012 & 2013 vehicles are former daily rentals. Bayview Auto is not responsible for any errors in pricing. See dealer for details.