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Lt.-Gen. Michael Hood, commander of the RCAF, is shown here making a point during his town hall presentation to 8 Wing personnel at the National Air Force Museum of Canada on Oct. 29.

Photos by Ross Lees

## Lt.-Gen. Michael Hood wants a responsive, agile Air Force

*For that to happen, he needs good leaders thinking outside their silos and managing risk at an appropriate level*

By Ross Lees

As the Royal Canadian Air Force (RCAF) sets the scene for 2030, Lieutenant-General (Lt.-Gen.) Michael Hood, commander of the RCAF, wants to see his air force flying in formation with all of its partners with an agile, integrated reach within its air power.

that scenario, he expects to see good leaders at all levels of the air force thinking outside their silos - but as a team - and managing risk at the appropriate level. He also wants to see decisions made at the proper level to attain more agility in both thinking and execution.

During a town hall meeting held at the National Air

In preparing the RCAF for

Continued on page 10

## 424 (T&R) Squadron remembers a fallen brother

*Squadron held a commemorative parachute jump in memory of Sgt. Janick Gilbert*

Sixteen 424 (T&R) Squadron SAR Techs soar through the air towards "DZ Gilbert" in honour and remembrance of their fallen brother, Sgt. Janick Gilbert on Oct. 27. Photo by Maj. Phil Marcus

See story and more pictures on page 8



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# Petes unveil commemorative Remembrance Day jerseys at CFB Trenton

Online auction now open to bid and support the Military Family Resource Centre

By Ross Lees

A spectacular commemorative Petes jersey designed specifically for Remembrance Day 2015 was unveiled by the Peterborough Petes and 8 Wing leadership Saturday just outside the Canex store.

The jerseys, which feature a special camo pattern, 8 Wing markings, and unique military transport vehicles in the design, will be worn by Petes players during the team's Remembrance Day game on Tuesday, Nov. 10 against the Kingston Frontenacs.

Fans can bid on the jerseys, with the online auction open and running until Sunday, Nov. 15 at 6 p.m. Proceeds from the sale of game-worn jerseys and socks will support the Trenton Military Family Resource Centre (MFRC). The MFRC promotes and facilitates community based services that improve the quality of life for military

families.

Members of the public attended a special team practice at RCAF Flyers Arena Saturday morning followed by a presentation to 8 Wing Command at Canex Mall and a team autograph signing along with the jersey unveiling ceremony.

While addressing the players and members of the public with a rousing speech, 8 Wing Commander Colonel (Col.) Colin Keiver noted, "I can't thank the Peterborough Petes enough for doing what they are doing for the men and women of Canadian Forces Base Trenton and their families. They are doing a great thing."

Col. Keiver said the proximity to the RCAF Flyers Arena during the jersey presentation brought to mind an awesome link with the past. He told of the throwing together of the RCAF Flyers team at the last minute in 1947-48 to have a team to



8 Wing Commander Col. Colin Keiver and Wing Chief Warrant Officer (WCWO) Darcy Elder receive the specially designed commemorative Petes jersey from Jody Hull of the Peterborough Petes and the team captain. Photos by Ross Lees

compete in the winter Olympics. Despite that late start, the team gelled quickly and won a gold medal for Canada, defeating their opponents throughout the competition by 69-5 with five shutouts.

"What's cool about that is it's not just about the games, it's about the team and teamwork, leadership, resiliency, and hard work and determination, because one of the guys on the team was named Flight-Lieutenant Hubert Brooks, who had been a sergeant in 1942 and a navigator on a bomber," Col. Keiver recounted.

Shot down over Germany in late 1942, he spent much of his time escaping from German prisoner of war camps and he spent the last two years of the war with the Polish resistance in Poland where he was promoted to Lieutenant in the Polish army for the last year and actually led a platoon of 40 fighting against the Germans behind the lines in Poland.

At the end of the war, he was awarded the Military Cross, one of only five Air Force Airmen to receive the Military Cross from King George VI in 1946.

The link between Brooks and the RCAF Flyers is even more prominent inside the Royal Canadian Air Force Museum of Canada, also within viewing distance of the jersey presentation on Saturday, where the

Halifax bomber, flown in World War II by 419 Squadron and of which Brooks was a member, which also features the gold medal won by the illustrious RCAF Flyers.

"So there is a huge connection here I find fascinating because we all know that at the end of the day, great things happen when people work together and it is all about teamwork, dedication and hard work. Truly, we stand here today on the shoulders of great people like that, we stand on the shoulders of greatness," he said.

Tickets are still available for the special Remembrance Day game on Nov. 10 by phoning (705) 743-3561, visiting the PMC Collins Barrow Box Office, online or by contacting the MFRC office at Trenton MFRC at a discounted price of \$13/person, which includes bus transportation to and from the game in Peterborough. Puck drops at 7:05 p.m. 8 Wing/CFB Trenton will be represented at this game. For more information on this event, please call or visit MFRC reception at 613-965-3575.



Members of the Peterborough Petes, 8 Wing leadership and the MFRC got together for a group picture outside the Canex in Trenton Saturday.

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# Jail and Bail numbers are down in 2015

*Those who took part continued to have fun with the creative charging of miscreants*

By Ross Lees

Transport/Royal Canadian Electrical and Mechanical Engineering (Tn/RCEME) always has fun with their annual Jail and Bail Government of Canada Workplace Charitable Campaign (GCWCC) but it could have been much more fun if more people had taken part.

That lack of involvement saw the total

raised for the event fall from \$2,184.25 last year to just over \$600 this year, a major disappointment for event organizer Sergeant (Sgt.) Raymond Beaurivage.

"There just wasn't as much participation this year and, as a result, we fell well short of what we raised last year," he said following the event.

Be that as it may, those who did take part had a good time and came up with some totally ridiculous reasons to throw

people into jail for a good cause.

For example, Wing Commander Colonel (Col.) Colin Keiver was thrown into jail for using the term, "Folks, this is your business" too many times. Wing Chief Warrant Officer Darcy Elder was tossed behind bars by Wing Logistics and Engineering Officer Lieutenant-Colonel (Lt.-Col.) Cathy Blue because he is supposed to go where the Wing Commander goes. Lt.-Col. Blue

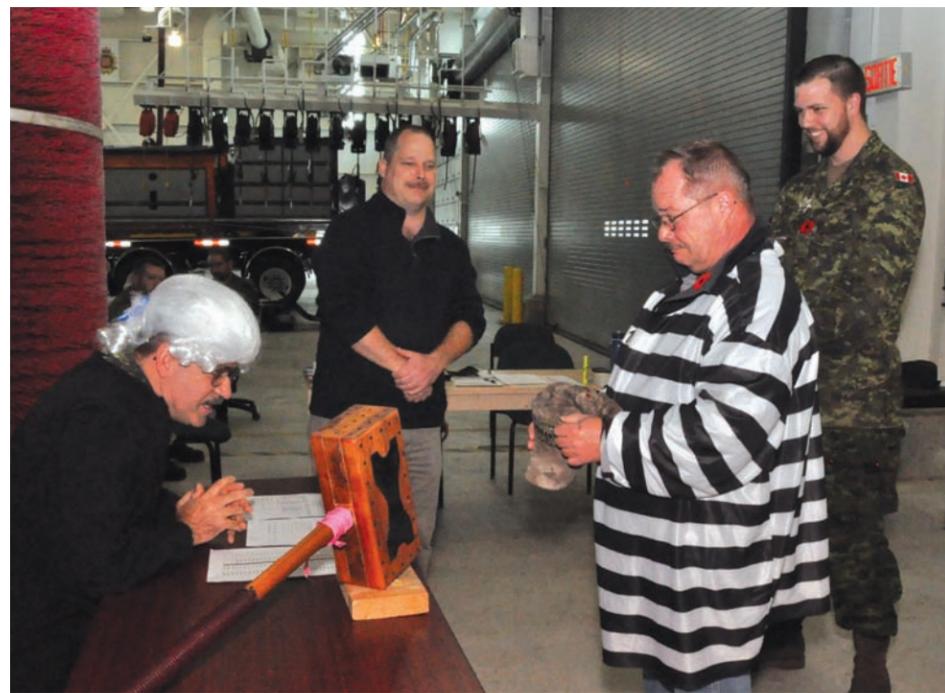
was given the old heave-ho because she constantly misses hockey practice.

"We always have a lot of fun with this event," noted Sgt. Beaurivage. "It just would have been nice to have had more participation from the rest of 8 Wing."

Despite the low turnout this year, he expects the event to be held again next year, although he is not sure he will be around to organize it, although he would if he is not transferred prior to it.



Master Warrant Officer Steve Walker was more than willing to bring the hammer down on those 8 Wing miscreants brought before him in the Tn/RCEME annual Jail and Bail GCWCC fundraiser. Photos by Ross Lees



Cpl. Ralph winces as his sentence is read to him to the delight of his two detainees in the background.

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# It is not only Remembrance Day that we remember

By: Padre Blair Ross

Parade orders are being readied and members from units are out visiting the local legions and communities in preparation for Remembrance Day. The legions tell their visitors that they fear fewer people are coming out and do they remember? We should not be concerned with only the day of the parades. I have found many Canadians stopping near cenotaphs or cairns throughout the year.

I was at the National War Memorial in Ottawa this summer and watched as visitors of all ages, had their lunch, rested their tired feet and gazed at the monument or the grave of the Unknown Soldier.

Did you know that the first act of our newly elected Prime Minister Justin Trudeau was to lay a wreath with Prime Minister Stephen Harper on the anniversary of the death of Corporal Nathan Cirillo? Did a prayer of thanks cross their minds? If not, I know it happens on this Wing.

Do you know that there are photo galleries of those who died in Afghanistan at Wing Imaging, 24 Health Unit, and the Air Museum?

The museum has the names of former air personnel etched in stone bricks boarding its pathways. I have seen family members point to these stones and tell stories to their children. The Wing Chapel has a photo album just inside its doors of all the men and women who were repatriated to this Wing.

These ceremonies helped draw this country together. The Afghanistan War was Canada's longest war. Every region, province and territory has had one of their sons or daughters carried from an aircraft by military pall bearers. Many of these pall

bearers were friends of the fallen or felt it was their way to show respect to a fellow soldier.

Did you also know that many families returned for other ceremonies? Their grief was still real yet their love for the new families touched them and the crowds who would line the road.

Visiting Allies were visibly moved when they would see this and how the overpasses going into Toronto were filled with police, firefighters and ordinary folks remembering those who served so that others do not.

The most visited site on this wing is the Afghanistan cairn just outside the cadet gates. You may not know that this cairn was paid by the donations of ordinary people across this nation. It is a place where families come to make a rubbing of a name, tell them they are missed and where silent prayers are said.

I have shared with you just the sites on or near this Wing. I do not need to go to Sherbrooke to remember my uncle, a Tail Gunner during WWII, or his father, a Calvary Man later mustard gassed during WWI, to remember their service to this nation. They join the names of those I have had the pleasure to serve with or have worn the uniform.

I remember and pray for them as do others.



Letter to the editor

## Passing on the remembrance legacy

Dear Editor,

I am a graduate of The War Amps Child Amputee (CHAMP) Program, and its Operation Legacy, which is made up of members and graduates of CHAMP who are dedicated to teaching the younger generation about the importance of remembrance.

Amputee veterans started The War Amps nearly 100 years ago, and later created CHAMP to share their knowledge and assistance with us.

Operation Legacy allows us to honour them and carry their legacy into the future.

This year marks the 70th anniversary of the end of the Second World War. On Remembrance Day, it is important for Canadians to reflect on the significance of this anniversary and the sacrifices made so we could lead better lives.

Operation Legacy has given me the privilege to participate in many events

that will always stay in my heart. I cherish the times I get to talk with honourable veterans because hearing their stories first-hand makes me appreciate how hard they fought for our country. I am honoured to pass on the torch of remembrance to younger generations, so they too can be proud to live in this amazing country.

Sincerely,

Celeste Blanchard, 19

Operation Legacy Member, Ottawa

### 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](mailto:cfbcontactnewspaper@gmail.com)

### 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 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 CONTACT is published every Friday with the kind permission of Col. Colin Keiver, MSM., CD, Commander, 8 Wing/CFB Trenton. 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.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

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

#### 8 Wing Personnel

**Publisher:** Col. Colin Keiver.

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

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**Circulation:** Melissa Hudgin 613-966-2034 ext: 504

250 Sidney Street, P.O. Box 25009, Belleville, Ontario CANADA

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

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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, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed ([cfbcontactnewspaper@gmail.com](mailto:cfbcontactnewspaper@gmail.com)) or delivered in person and must include the 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 Monday at noon prior to print date.

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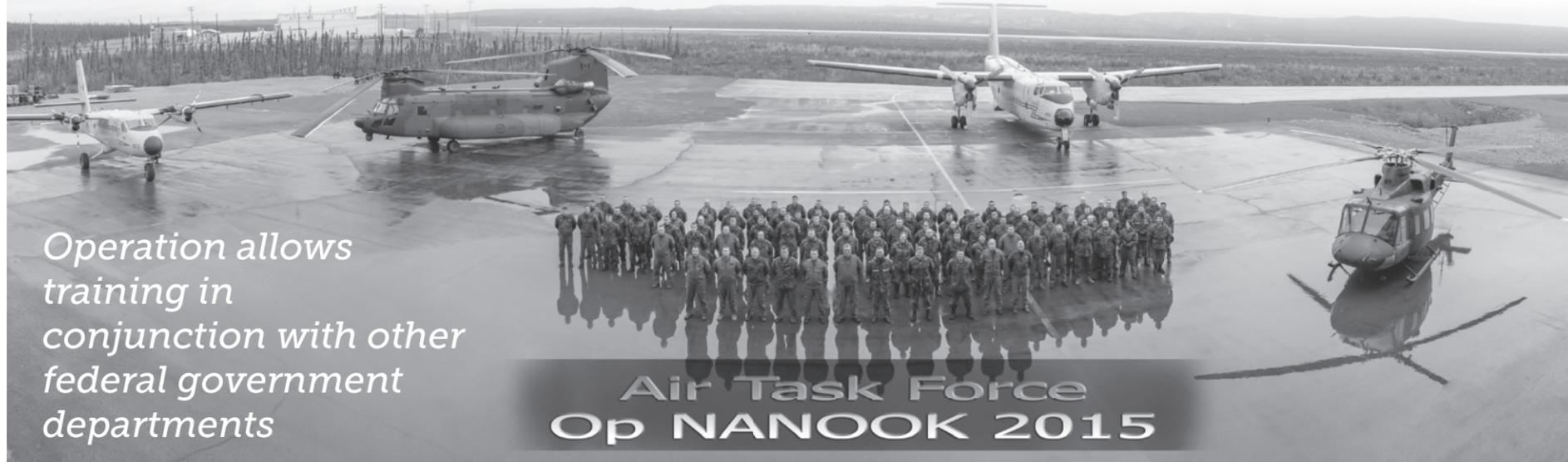
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# Op NANOOK – demonstrating the CAF’s abilities in austere locations



*Operation allows training in conjunction with other federal government departments*

**Air Task Force Op NANOOK 2015**

**By Capt Evan Canty**

Every summer, hundreds of members of the Canadian Armed Forces (CAF) - Regular, Reserve and Rangers - deploy across Canada’s vast North in support of Operation (Op) NANOOK. This annual operation is conducted by the CAF to assert Canada’s sovereignty within our northernmost boundaries to assess the Department of National Defence’s (DND) ability to coordinate with the wide range of government departments and northern communities.

The increasing accessibility of the Arctic has shown an increase in both air and sea traffic; combined with the known mineral and fossil fuel reserves, the need to exert Canada’s sovereignty, conduct search and rescue (SAR) operations, and respond to natural or man-made disasters has never been higher. Each year, Op NANOOK conducts a series of scenarios, such as disaster relief, SAR injects, as well as those that test the CAF’s response to a security threat in Canada’s North.

The aim of Op NANOOK was no different this year: a training opportunity to exercise the CAF in conjunction with other federal government departments and the local government. Primarily based out of Inuvik in the Northwest Territories, the scenarios included a simulated oil spill, as well as safety and security training events in and around the local communities of Inuvik, Tuktoyaktuk, Sachs Harbour, and Fort Smith.

The Royal Canadian Air Force (RCAF) played a significant role in achieving the aims of Op NANOOK, with air assets from multiple fleets (CC-115 Buffalo, CC-138 Twin Otter, CH-147 Chinook, CH-146 Griffon) assigned to meet the air mobility and tactical aviation requirements

for operations, allowing the Canadian Army, Royal Canadian Navy, and other government departments (OGDs) to effectively accomplish their missions. The ability of the helicopters, the Griffons and Chinooks, to deploy by themselves from their normal operating bases in Edmonton and Petawawa was one of the key capabilities to the success of the mission. Critical enablers were provided by 8 Wing, in Trenton, in the form of strategic air mobility assets (CC-130J Hercules, CC-150 Polaris, and CC-177 Globemaster III) to ensure seamless logistical support for the, in effect, expeditionary operation within our domestic borders.

Operating within the Air Expeditionary Wing concept, the Air Task Force (ATF) successfully exercised the key tenets of agility, integration, and responsiveness in austere conditions to provide air support to the Joint Task Force (JTF). The ATF supported all phases of the operation in direct support to the Land and Navy Component Commanders in providing recce capability, VIP transport, as well as movement of personnel and equipment throughout the Joint Operations Area.

Despite persistently challenging weather conditions, the ATF successfully delivered all required air effects while also adapting fluid mission requirements. No matter what the task, whether it was the routine delivery of fuel, the innovative sling-delivery of equipment of All-Terrain Vehicles, or the insertion of troops in remote northern locations, the ATF delivered its mandate and was a key contributor to the success of the operation.

In the end more than 131 sorties were flown, moving more than 400 people and a quarter million pounds of cargo over the course of the 15-day operation.



“The Air Task Force, on behalf of the Joint Force Air Component Commander, was able to deliver the required air effects to support and enable mission success in a joint environment, working with other key government departments.” said Lieutenant-Colonel Ryan Deming, Air Task Force Commander, Op NANOOK 2015. “We demonstrated the reach and flexibility required to ensure support was provided in multiple locations simultaneously.”

Op NANOOK serves as a demonstration of the CAF’s ability to operate in the austere locations and challenging environments of the Canadian North – a showcase of our ability to respond effectively to the increased activity in our Arctic.

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Le service de Promotion de la santé offre une séance de formation à l'intention des superviseurs, sur les problèmes liés à l'alcool, aux drogues et au jeu excessif. Au cours de cette séance, les superviseurs recevront la formation décrite dans le CANFORGEN 043/09, qui est obligatoire pour tous les membres des FC qui exercent des fonctions de leadership. Les sujets suivants seront abordés : comprendre les risques et les bienfaits de la consommation d'alcool; reconnaître les signaux d'alarme; développer des techniques d'entrevue efficaces; comprendre et changer la culture d'une organisation.

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# SAREX Traverse City October 2015 enhances inter-agency coordination

*Despite SAR being primarily a domestic responsibility, inter-agency cooperation on an international level is not uncommon*

By Capt. Dan Desjardins

An international Search and Rescue (SAR) exercise, hosted by United States Coast Guard Air Station (USCGAS) Traverse City, was a tremendous success. The exercise, spanning from the Oct. 13 to Oct. 16, honed skills specific to water rescue scenarios, inter-agency coordination and support, with the benefit of strengthening the relationship between 424 (Transport and Rescue) Squadron and USCGAS Traverse City.

Despite SAR being primarily a domestic responsibility, inter-agency cooperation on an international level is not uncommon. In a recent example, underscoring the importance of joint operations, American and Canadian SAR crews participated in an extensive search over Lake Michigan for two fishermen aboard a 16 foot boat that had gone missing in late September. On Oct. 28, a 424 Squadron C-130 Hercules crew was scrambled to search for a flare sighting over US waters in southern Lake Ontario. The frequency in which Canada and the US conduct this crucial service jointly lends credence to the importance of such cooperative training opportunities, not only to make connections with counterparts across the border, but to work towards unifying training and operating procedures.

The SAR exercise in Traverse City principally consisted of water insertion and extraction rescue scenarios. American Rescue Swimmers and Canadian SAR technicians plunged into Grand Tra-

verse Bay and practiced hoisting onto and off of simulated boats in distress. In an agreement between both agencies, American and Canadian crews were invited to fly aboard each other's aircraft in order to witness first-hand the similarities and differences in each other's operating procedures.

"They even gave me some stick time on the MH-65 Dolphin, and it was an amazing opportunity!" said Captain (Capt.) Dan Desjardins, one of two 424 Squadron fixed-wing pilots that were granted permission to fly on the US Coast Guard helicopter. In exchange, the C-130 crew took an eager group of USCG personnel for a familiarization flight in the local area.

"It was really cool to see how excited the Americans were to go for a ride on our SAR C-130," said Capt. Curtis Cusack, the Hercules aircraft commander.

Of course, some of the faces in Traverse City were quite familiar, as 424 Squadron had hosted some Coast Guard members from Traverse City during TIGEREX in May of this year, a four day annual SAR exercise.

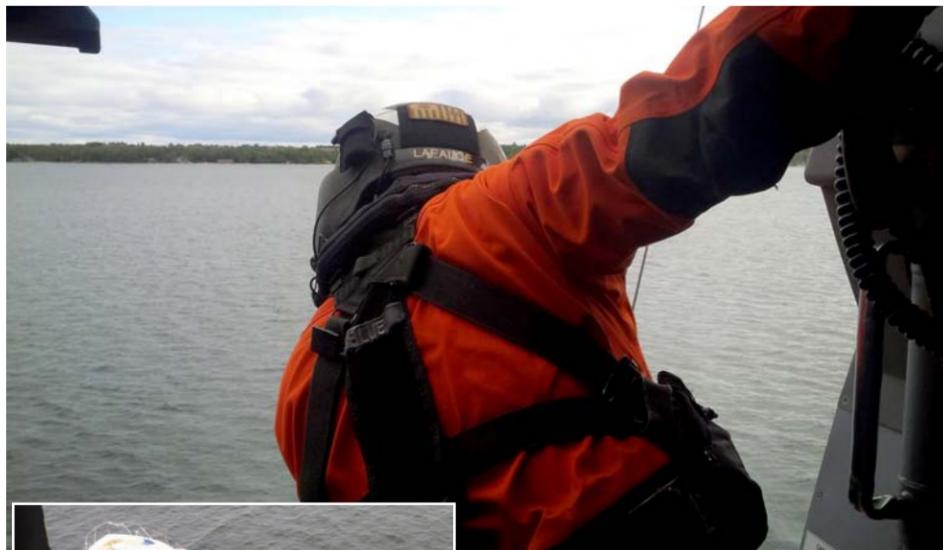
"They [The US Coast Guard] had enjoyed it so much that they invited us to their SAR exercise," said Capt. Graham Cooke, a CH146 Griffon pilot, who helped coordinate the Canadian component of the event.

As the exercise came to a close, both units emphasized how much they look forward to future joint trainers. The human component to the SAR mission truly transcends borders, as demonstrated by the many recent actual joint SAR opera-



Lieutenant-Commander Jason Blyth (Flight Safety Officer, right) and AMT2 Robert LaFalace conducting a walk-around of their aircraft prior to conducting a familiarization flight with two Canadian pilots.

tions. It was a truly enriching experience to not only see how our neighbors to the south conduct operations, but to actively participate and exchange ideas in the process. A greater understanding of each other's training and operational capabilities certainly facilitates our ability to cooperate and to support each other in future joint rescue missions.



AMT2 flight mechanic Robert LaFalace is conducting the hoist.



(Left) The SAR exercise in Traverse City principally consisted of water insertion and extraction rescue scenarios.



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# 424 (T&R) Squadron held a commemorative parachute jump in memory of Sgt. Janick Gilbert

SAR Techs from 424 (T&R) Squadron performed the fourth annual parachute jump on Oct. 27 in memory of Sgt. Gilbert who gave his life in 2011 to save others.

Photo by Sgt. Jody Hynes

By MCpl. Matt Davidson

Search and Rescue (SAR) Technicians from 424 (Transport and Rescue) Squadron at 8 Wing/CFB Trenton conducted the fourth annual parachute jump in memory of one of their fallen brothers, Sergeant (Sgt.) Janick Gilbert, on Tuesday, Oct. 27.

On Oct. 27, 2011, Sgt. Gilbert gave his life so that others may live, leading a rescue mission for two hunters stranded in a boat in the Hecla Straight, approximately 25 kilometers east of Igloolik, Nunavut. Due to the efforts of Sgt. Gilbert and SAR crews from

Trenton, Gander, Greenwood and Winnipeg, the hunters, a father and his son, were returned safely to their home that day. This week, 16 SAR Techs left the ramp of the CC-130H Hercules at 10,000 feet, for a freefall jump to "DZ Gilbert," the drop zone located

in front of 424 (T&R) Squadron, named in his honour.



Sergeant Janick Gilbert, 424 (T&R) Squadron SAR Tech. Photo by: 8 Wing Imaging (deployment photo)



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# CFAWC Major and horses compete in Midsouth Challenge

Major (Maj.) Alayne Edwards from the Canadian Forces Aerospace Warfare Centre (CFAWC) competed at the 2015 Equestrian Hagyard Midsouth Three-Day and Team Challenge Event held in Lexington, Kentucky, Oct. 21 to 25.

Three-day eventing is steeped in military tradition as it started as a cavalry test and, when first introduced as an Olympic sport, was only open to active duty male military officers mounted on military horses. The modern three-day event tests horse/rider combinations in three very different disciplines (dressage, cross-country and show jumping) and their placing is determined from a combination of the results.

"This is the second year that I have been able to

compete at the Midsouth Challenge with these horses. Both horses moved up a level over the divisions they were entered in last year and both greatly exceeded my expectations," Maj. Edwards said.

Public Affair, a 14 year old ex-racehorse was entered in the pair's first Fédération Equestre Internationale (FEI) three-day event at the Concours Complet International (CCI) One Star level. The FEI has its headquarters in Lausanne, Switzerland and is the international governing body of equestrian sports. The CCI One Star eventing was held over a four day period, starting with a trot-up in front of the FEI officials to determine the soundness of the horse and its fitness to compete.

"We finished in 17th place,

which was very exciting for our first CCI One Star. I'm looking forward to taking the knowledge I gained at the event and training hard over the winter to improve results at the next one," Maj. Edwards said.

The real surprise of the event came from Next Paige, who at just seven years old, competed in the Open Training division and finished in second place.

"The Midsouth Challenge had approximately 600 horses entered across all divisions this year. Horses came from across Canada and the United States and, for most, it represents the peak of the season. Knowing how competitive the divisions were makes me so proud of Paige's second place finish," explained Maj. Edwards.



Public Affair during the cross-country phase of the CCI One Star.

Submitted photo

## Flem's last flight for 424 (Transport and Rescue) Squadron



By MCpl. M. Buggie

Sergeant (Sgt.) John Fleming, better known as "Flem", has decided to call an end to his flying career. On Oct 23, Sgt. Fleming had his last flight after a flying career that saw him amass 4,949 total hours flying on the CH-146 and CC-130H. In true Flem style, he went out on his own terms. Sgt. Fleming will remain at 424 (T&R) Sqn. working in the Search and Rescue technician section.

Submitted photo

### Wing Logistics and Engineering Picture of the Week

## Wing Logistics and Engineer Branch sports their favourite team colours



The Wing Logistics and Engineering Branch wore their favourite sports team's jersey with their combats on Oct. 21. All proceeds went in support of Wing's Government of Canada Workplace Charitable Campaign (GCWCC).

Photo by Mike Deschamps.

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# Lt.-Gen. Michael Hood wants a responsive, agile Air Force

Continued from page 1

Force Museum of Canada Oct. 29, he talked to a large cross-section of 8 Wing personnel about the vision and goals of the air force in future and the key initiatives he will propose as it advances towards 2030.

In his 40-minute presentation to the troops, he said decisions in Ottawa had a profound effect at the base level.

“There’s really three phases to flying in formation because a lot of the success of what you’re able to do here on the ground takes place in the scene-setting at NDHQ,” he noted. “Flying in Formation talks about not only the capabilities that we have, but it talks about the RCAF within the department, so flying in formation both with the army and navy, but even more importantly, with our civilian partners in the department.”

Air power is important, but everything is supported by the values of the RCAF, he stated.

“It’s not only the tactical employment of air power – our various capabilities - but it’s actually air power-mindedness and the intellectual understanding of air power as we chart the path forward. I need non-commissioned members (NCMs) and officers

that are able to conceive of the challenges that we’re going to be facing in 2030 and help us build the capabilities that we need to be successful there. So we’re going to invest in our people both intellectually and also in that tactical output,” he said.

All decisions are supported by the values of the RCAF – professionalism, excellence and teamwork, which is enabled by the support of the member’s family, he indicated.

“I know that the people in this room know that the strength of what you’re doing and what your enabled by is that supporting family behind you. So we need to make sure that your families are looked after, that we’re setting the conditions of family health care, childcare, education and the rest. The Air Force has put a lot of effort into that and we’re going to continue because that’s foundational,” he stated, emphatically.

Op HONOUR, the Canadian Armed Forces’ (CAF) response to sexual assault and harassment allegations, was front and centre in his presentation, resulting in the biggest shock of his career when he heard the issue being raised.

“I had a real challenge with this and when you recognize that even one case is too many, that’s

the mindset that we have to have,” he stated. “General Vance said it best. Each and every one of you, regardless of your family situation or your sexual persuasion, when you put on this uniform, you deserve to be 10 feet tall and feel like you can do anything and that’s the Air Force that I want to be a part of. Even one case, one person dealing with this is too many so we’re going to put a lot of effort into this. It’s not just sexual harassment, it’s harassment of any sort. We’ve got to get rid of it once and for all!”

Part of moving forward also involves looking back, returning to our roots, according to Lt.-Gen. Hood. He talked of how the official RCAF history ends in 1945, although a lot has been done and accomplished since then. He wants to reassert the RCAF’s history and heritage and correct some of the mistakes made during the downsizing years of the 90s.

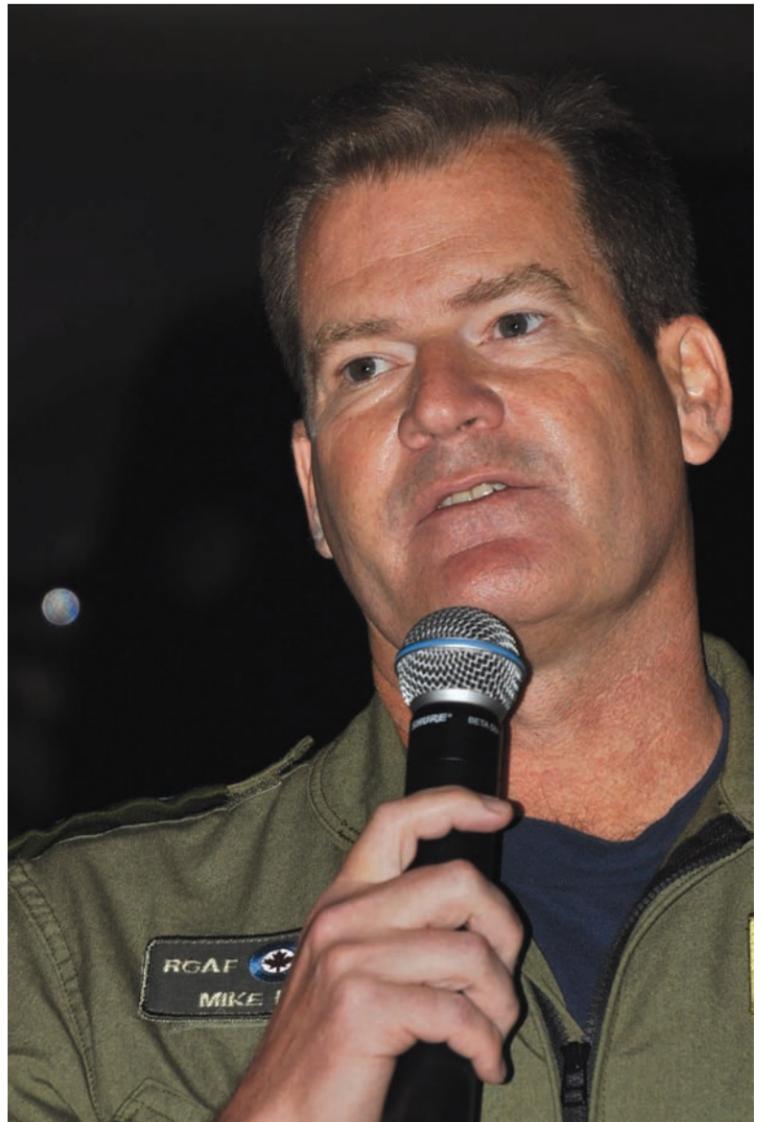
Space will also be an area studied as a key element moving forward for the RCAF and he felt leadership needed to put some effort into visualizing the concept of the Air Force in the future.

In answering questions following the presentation, Lt.-Gen. Hood indicated that he was not happy with some of the reprioritization which had taken place with some of the infrastructure projects on the base and he would see to it that those projects were discussed in the future.

He also felt there was room for retiring personnel to be co-opted back into trades to assist in training and mentoring of newly promoted personnel as they garnered experience in that type of decision-making had to be shouldered by people like 8 Wing’s Col. Keiver as part of his plan to promote decision-making at the proper level.

Lt.-Gen. Hood spent the day on the base talking with people and visiting various units on what he described as the “most important base in the Air Force right now.”

He also attended a mess dinner in the evening where he addressed much of the Wing to leadership.



Lt.-Gen. Hood wants to see his air force flying in formation with all of its partners with an agile, integrated reach within its air power. Photo by Ross Lees

“From your support to deployed CAF operations, to your SAR missions, to the tremendous capabilities represented by the air platforms flown here, to the air and ground crews that fly and support those platforms, this wing embodies all the attributes of an RCAF that is agile and integrated with the reach and power to achieve Canada’s defence and security goals. And you fly in formation with your partners here at the Wing, across the entire Armed Forces and with our colleagues in other government departments. Well done and keep up the good work!” he said at the mess dinner.

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### New Fall Programs at the Trenton MFRC

Visit our website - [www.trentonmfrc.ca](http://www.trentonmfrc.ca) - or our Facebook page to find new and returning programs or events for adults, children, and the whole family!

### Nouveaux programmes pour l'automne au CRFM de Trenton

Visitez notre site internet - [www.trentonmfrc.ca](http://www.trentonmfrc.ca) - ou notre page Facebook pour trouver les nouveaux programmes et événements en plus de ceux qui nous reviennent, pour les adultes, les enfants et toute la famille!

### Dance with France - Fall Classes

Learn classic dances at the MFRC starting Tuesday, Nov. 17. Level One - Swing, 6 to 7 p.m. Level Two - Foxtrot, 7 to 8 p.m. Level Three - Bolero, 8 - 9 p.m. Classes run every Tuesday and there are two practice sessions on Tuesday, Dec. 8 and Jan. 26. Cost is \$90/couple and includes six classes plus two practice sessions. Payment is collected at the first class. To register or learn more, please contact MFRC reception at 613-965-3575 or email [rabia.s@trentonmfrc.ca](mailto:rabia.s@trentonmfrc.ca).

### Dancez avec France

Apprenez les danses sociales au CRFM, débutant le mardi 17 novembre. Niveau I - Swing - de 18h à 19h. Niveau II - Foxtrot - de 19h à 20h. Niveau III - Boléro - de 20h à 21h. Les classes prennent place tous les mardis, il y aura deux pratiques, les mardis 8 décembre et 26 janvier. Coût: 90\$/couple, pour 6 classes et deux pratiques. Le paiement est dû à la première classe. Pour vous inscrire ou de l'information, s.v.p., contactez la réception du CRFM au 613-965-3575 ou par courriel [rabia.s@trentonmfrc.ca](mailto:rabia.s@trentonmfrc.ca)

### Afternoon Chatter - Hairstyles for the Holidays

Back by popular demand! Join us on Sunday, Nov. 15 and get ideas for sassy, adventurous or classic hairstyles for the holidays. Tanya from Tanya's FX Family Hairstyling will demonstrate. This is a free event with door prizes! Date: Sunday, Nov. 15. Time: 1 to 4 p.m. Where: Trenton MFRC. \*Please register at the MFRC. \*\*Onsite subsidized child care (0-12 years old) is available. You must register for this service and pay at the MFRC reception, no later than Wednesday, Nov. 11 by 4 p.m.

### Jasette de l'après-midi - Coiffures pour les Fêtes

Vous avez demandé, donc c'est de retour! Venez trouver des idées de coiffures pour les Fêtes. Soyez cocasse, aventureuse ou classique! Tanya de 'Tanya's FX Family Hairstyling' montrera et expliquera différents styles. Ceci est un événement gratuit avec des prix de présence! Date: le dimanche 15 novembre. Heure: de 13h à 16h. Où: CRFM de Trenton \*Inscrivez-vous, s.v.p., au CRFM. \*\* Du gardiennage sur place partiellement subventionné (de 0 à 12 ans) est disponible. vous devez vous inscrire et pay-

er à la réception du CRFM, au plus tard le mercredi 11 novembre à 16h.

### Peterborough Petes support CFB/8 Wing Trenton

Tuesday, Nov. 10, the Petes will face off against the Kingston Frontenacs in this special military appreciation and Remembrance Day game. Tickets for this game are available at the Trenton MFRC at a discounted price of \$13/person which includes bus transportation to and from the game in Peterborough. Puck drops at 7:05 p.m. CFB/8 Wing Trenton will be represented at this game. For more information on both of these events, please call or visit MFRC reception - 613-965-3575.

### Les 'Petes' de Peterborough la 8e Escadree BFC Trenton

Le mardi 10 novembre, les 'Petes' feront face aux 'Frontenacs' de Kingston comme appréciation pour les militaires ainsi que le Jour du souvenir. Les billets pour cette partie sont disponibles au CRFM de Trenton au coût réduit de 13\$ chacun, incluant le transport aller-retour par autobus à Peterborough. La rondelle touchera la glace à 19h05. La 8e Escadre/BFC Trenton sera représentée durant

cette partie. Pour plus d'information sur ces deux événements, téléphonez la réception du CRFM au 613-965-3575.

### Homemade Bath Products

Spend an evening with us making homemade bath products using essential oils! You will create one bath bomb, three shower discs and a 250ml bottle of bath salts. Make them for yourself or as Christmas presents. Date: Monday Nov. 16. Time: 6:30 p.m. to 9 p.m. Where: Trenton MFRC. To register please contact MFRC reception at 613-965-3575 or email [rabia.s@trentonmfrc.ca](mailto:rabia.s@trentonmfrc.ca)

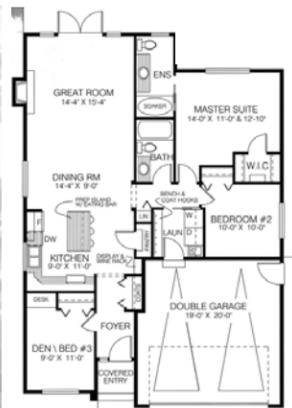
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*Continued on page 12*

# Home of the Week

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One-level living is the idea with this compact bungalow, which easily compensates for its lack of a basement with a clever main-floor plan that makes use of every inch of space.

The covered entry leads into a foyer with a den (or third bedroom) to the left and a coat closet to the right. Beyond the foyer and past a display case/wine rack are the kitchen and dining area, with the great room overlooking the back garden.

French doors in the great room open onto a terrace, and natural light will flood through windows in the dining area and over the kitchen sink.

The kitchen includes a handy prep island with a three-seat eating bar, as well

as a pantry and generous counter space.

The master suite also overlooks the back garden, and includes an en-suite bathroom with an oval soaker tub, as well as a walk-in closet.

The second bedroom, tucked in betwixt the master suite, the laundry room and the double garage, will share a three-piece bath with the

third bedroom or den, which features closet space as well as a built-in desk that would make it ideal for a home office.

The laundry room features a bench and a wall of coat hooks, as well as access to the double garage. The linen closet is located nearby.

Should a basement be desired, included are plans for an optional stairway.

Exterior finishes include horizontal siding with decorative accents in the three gables, as well as partly mullioned windows and an ornamental garage door. Brick accents and a wooden pilaster near the front door lend this home the charm of a cottage.

This home measures 35 feet wide and 52 feet deep, for a total of 1,298 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](mailto:cfbcontactnewspaper@gmail.com). Please include the date, time, and location of the event along with a brief description. Please do not send posters.

### GCWCC 50/50 draw

The Government of Canada Workplace Charitable Campaign (GCWCC) monthly 50/50 draw takes place Oct. 16, Nov. 6 and Nov. 27. Tickets are one for \$5 or three tickets for \$10. For more information or to help sell tickets, please contact Cpl. Pamela MacDonald at [pamela.macdonald@forces.gc.ca](mailto:pamela.macdonald@forces.gc.ca) (ext. 3895) or MCpl. Douglas White at [douglas.white@forces.gc.ca](mailto:douglas.white@forces.gc.ca) (ext. 3751).

### Nov. 6, 7, 8 - Batawa Ski Swap

A ski swap in support of the Batawa Ski Racing Club is being held this weekend at the Community Centre in Batawa. Friday between 5 p.m. and 8 p.m. drop off the items you would like to sell including skis, snowboards, boots, poles and clothing - no helmets or straight skis please. Come shopping Saturday between 9 a.m. and 4 p.m. and Sunday between 10 a.m. and 3 p.m. Accepted payment methods include: cash, cheque, debit or credit (2% charge for credit purchases).

### Nov. 8 - MFRC Hits of the Blitz Fundraising Concerts

On Sunday, Nov. 8, two concerts will be held at Centennial Secondary School auditorium hosted by the Rotary Club of Belleville. Entitled Hits of the Blitz, tenor Julian Gallo will be backed by an orchestra as he sings the hits of World Wars One and Two at the 2 p.m. matinee and the 7:30 p.m. evening performance. Tickets are \$25 per person and can be purchased at the MFRC and various other sites that will be listed on their website.

### Nov. 10 - Remembrance Day game at Peterborough

Tuesday, Nov. 10, the Petes will face off against the Kingston Frontenacs in this special military appreciation and Remembrance Day game. Tickets for this game are available at the Trenton MFRC at a discounted price of \$13/person which includes bus transportation to and from the game in Peterborough. Puck drops at 7:05 p.m. CFB/8 Wing Trenton will be represented at this game. For more information on both of these events, please call or visit MFRC reception - 613-965-3575.

### Nov. 13 - Blood Donor Clinic

The 8 Wing/CFB Trenton blood donor clinic takes place at the CFB Trenton Rec-

plex, 21 Namao Drive, on Friday, Nov. 13 from 10 a.m. to 2 p.m. Everyone is encouraged to come out and give blood at this important time of the year.

### November 14, Trenton Curling Club

TCC is hosting a Funspeil for everyone who's ever wanted to try his/her hand at Curling! Starting at 10:30 a.m. you can get a feel for throwing and sweeping a rock with experienced curlers. NO EXPERIENCE needed. Bring a friend. Cost is just \$5. Lunch included. Call 613-392-5611 or drop in at the club at 10:00

### Nov. 15 - Tribute to the Brave

Tribute to the Brave is a combined concert of the Quinte Symphony, 8 Wing Concert Band and the 8 Wing Pipes and Drums at the National Air Force Museum of Canada in honour of the late Hugh O'Neil. Admission is by donation.

### Nov. 18 - 8 Wing Officers' Mess Ladies Club Appetizer and Hors D'Oeuvres Night

The 8 Wing Officers' Mess Ladies Club is hosting and appetizer and hors d'oeuvres tasting event on Wednesday, Nov. 18 at 6:30 p.m. in the mess. Admission for members and invited guests of members is free with your favourite appetizer or hors d'oeuvres and recipe or \$10 at the door. For further information, contact [chambersj@live.ca](mailto:chambersj@live.ca)

### Nov. 20 - 26th annual Trenton Woodlot Conference

Doors open at 8 a.m. for exhibits and artisan products. The program - 9:30 a.m. to 4:30 p.m. - includes field trips, the Secret Life of a Forest and Ontario's Biodiversity. The event is hosted by Hastings Stewardship Council at the Batawa Community Centre, 8 Plant St., Batawa. Admission is \$30. Registration by Nov. 14 is suggested, to ensure hot lunch. Buy online tickets at [hastingsstewardship.ca](http://hastingsstewardship.ca). For more information: 613 391 9034 or [info@hastingsstewardship.ca](mailto:info@hastingsstewardship.ca).

### Dec. 9 - 8 Wing Officers' Mess Ladies Club Christmas Dinner

The 8 Wing Officers' Mess Ladies Club is hosting their Christmas dinner on Wednesday, Nov. 9 at 6 p.m. at the mess. Admission is members \$15 and invited guests of members \$25. Ticket deadline is Nov. 25. For further information, contact [chambersj@live.ca](mailto:chambersj@live.ca)

MFRC continued from page 11

### Your Financial Future

Pursue your financial dreams and achieve a comfortable retirement while balancing the demands of a challenging military career! Join Darran Leaker and learn how to prepare for what's to come! He is a retired military member and he has your best interest in mind! Cost: Free. Where: Trenton MFRC. When: Tuesday, Nov. 17, at 9:30 a.m. to 11 a.m. or Tuesday, Nov. 24, at 7 p.m. to 8:30 p.m. To register, please contact MFRC reception at 613-965-3575 or email [rabia.s@trentonmfrc.ca](mailto:rabia.s@trentonmfrc.ca)

### Votre futur financier

Poursuivez vos rêves en matière de finance et réalisez une retraite confortable tout en balançant les demandes et défis d'une carrière militaire ! Venez-vous joindre à Darran Leaker et préparez-vous pour l'avenir ! Il est militaire à la retraite qui a votre bien-être à cœur ! Coût : Gratuit. Où : CRFM de Trenton. Le mardi 17 novembre, de 9h à 10h30 ou le mardi 24 novembre de 19h à 20h30. Pour vous inscrire, veuillez contacter la réception du CRFM au 613-965-3575 ou par courriel [rabia.s@trentonmfrc.ca](mailto:rabia.s@trentonmfrc.ca)

### Glass Holiday Ornament Workshop

Join Sarah Dionne for an afternoon of creating Holiday ornaments out of glass. Choose from a pattern or design your own ornaments that will last for years and make wonderful gifts. On the day of class, you will assemble the ornaments. They are then taken to Sarah's studio and fired in a glass kiln. Finished ornaments will be returned to the MFRC within a few weeks for pick-up. Who: All ages! Date: Saturday, Nov. 21. Time: 11 a.m. to 3 p.m. Cost: \$50/student. Space is limited. Register at the MFRC reception 613-965-3575.

### Atelier de décorations de Noël en verre

Joignez Sarah Dionne pour un après-midi et créez des décorations de Noël en verre. Choisissez un pa-

tron ou votre propre conception pour des décorations qui dureront des années et se donnent bien en cadeau. Durant l'atelier, vous assemblerez votre décoration. Par la suite, Sarah les apportera chez elle pour les cuire dans son four pour verre. Les objets seront retournés au CRFM quelques semaines plus tard. Pour qui: Tous! Date: le samedi 21 novembre. Heure: de 11h à 15h. Coût 50\$/participant. L'espace est limité. Inscrivez-vous à la réception du CRFM 613-965-3575.

### Calling all Vendors for the annual Christmas Marketplace

If you would like to join the Marketplace as a vendor, please complete the application on the MFRC website calendar ([www.trentonmfrc.ca/news-events](http://www.trentonmfrc.ca/news-events)) and submit it by 4 p.m., Wednesday, Nov. 18.

### Appel aux vendeurs pour le Marché annuel de Noël

Si vous voulez participer comme vendeur au Marché de Noël, s.v.p., remplissez le formulaire que vous pouvez télécharger du calendrier de notre site web ([www.trentonmfrc.ca/news-events](http://www.trentonmfrc.ca/news-events)) et le faire parvenir au plus tard le mercredi 18 novembre à 16h.

### Coffee, Cookie and a Chat

Parenting group offered at Breadner Elementary School. Topics covered will be related to school success, how to reduce homework struggles, how to communicate with staff etc. The first and third Monday of the month (Starts Sept. 21) from 9:20 a.m. to 10:20 a.m. You do not have to have a child attending Breadner School to participate in this program. Childcare is provided but spaces are limited. Must pre-register with Kelly Briggs at 613-392-2811 ext. 7917 the Wednesday the week before the group.

### Monthly E-News/Social Media

Get the latest news from the MFRC and community at large. Sign-up through our website [www.family-force.ca](http://www.family-force.ca) for the monthly E-News and to follow us on Facebook.



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### Rockin' Around the Christmas Tree

Friday, Dec. 4, pre-register by Wednesday, Dec. 2. Five years and under – 6 p.m. to 7 p.m., six to 12 years- 6 p.m. to 9 p.m.

### Adult Programs

**Morning Aquafit** – Mon., Wed., Fri. mornings Sept. 21 to Dec. 18 from 8:30 a.m. to 9:20 a.m.

**Evening Aquafit (Jogging)** – Tuesdays and Thursdays Oct. 6 to Dec. 3 from 6 p.m. to 6:50 p.m.

**Senior Lane Swim** – Mon., Wed., and Fri. mornings Sept. 21 to Dec. 18 from 7:30 a.m. to 8:20 a.m.

**New Fitness Class Pass** – Purchase a punch card and you have the choice of any or all fitness classes – eight classes per card.

**Boot Camp Fitness** – Mondays Sept. 21 to Nov. 16 from 4 p.m. to 5 p.m.

**Fitness 4 two (Parent and Baby)** - This is an outdoor baby friendly class which allows mom or dad to get a great workout and attend to baby's needs at any time. Mondays, Sept. 21 to Nov. 16 from 5:30 p.m. to 6:30 p.m.

**New Hatha Yoga** (60 minutes) Tuesday, Sept. 22 to Nov. 10 from 4:15 p.m. to 5:15 p.m.

**New Mom and Baby Pilates** – Wednesdays, Sept. 23 to Nov. 18 from 9 a.m. to 10 a.m. and Thursdays, Sept. 24 to Nov. 12, 5:30 p.m. to 6:30 p.m. at the RecPlex gym.

**Spin-Fusion** – Tuesdays, Sept. 22 to Nov. 10 from 5:40 p.m. to 6:40 p.m.

**Zumba** – Wednesdays from Sept. 23 to Nov. 18 from 5:40 p.m. to 6:40 p.m.

**Pilates/Core Fitness** – Wednesdays, Sept. 23 to Nov. 18 from 4:30 p.m. to 5:30 p.m.

**Spin Class** – Thursdays, Sept. 24 to Nov. 12 from 4:20 p.m. to 5:20 p.m.

**Learn to skate** – Wednesdays, Oct. 7 to Dec. 16 from 5 p.m. to 6 p.m.

**Coming this fall** – Mom and baby pilates.

### Children, Youth and Teen Programs

**Kookin' with Kidz** – Wednesdays from Sept. 23 to Nov. 18 – six to eight years of age and nine to 12 years of age from 5 p.m. to 6 p.m.

**Tyke Terrain** – Tuesdays and Thursdays from Sept. 22 to Dec. 10 from 9 a.m. to 11 a.m. at the RecPlex gym.

**Learn to skate for youngsters** four to seven years of age – Sundays from Oct. 4 to Dec. 13 from 1:30 p.m. to 2:15 p.m. at the RCAF Flyers Arena.

**New Learn to skate for youngsters** for four to seven years of age – Sundays, Oct. 4 to Dec. 13 from 1:30 p.m. to 2:15 p.m. at the RCAF Flyers Arena.

**Learn to skate for eight- to 16-year-olds** – Mondays, Oct. 5 to Dec. 14, 6 p.m. to 7 p.m. at the RCAF Flyers Arena.

**Shinny Hockey** – starts Oct. 7 to Dec. 18.

**Tyke/Novice** (under nine years old) Fridays from 6 p.m. to 7 p.m.

**Atom** (under 11 years old) Fridays from 5 p.m. to 6 p.m.

**PeeWee** (under 13 years old) Wednesdays from 4 p.m. to 5 p.m.

(No shinny on Friday, Oct. 9 or Wednesday, Nov. 11.)

**Dash 'n Splash** – Fridays, Sept. 25 to Nov. 20 from 9 a.m. to 10:30 a.m.

**Drop-in Youth Basketball** for ages 13 to 17 years, Tuesdays, Sept. 22 to Nov. 24 from 7 p.m. to 8 p.m. at the RecPlex gym.

**Kids Night Out** – Friday, Nov. 13 for five-year-olds and under from 6 p.m. to 7:30 p.m. and six- to 12-year-olds from 6 p.m. to 8:30 p.m. at the RecPlex.

### Remembrance Day special

– the hockey team that stunned the nation

## Against all odds: The RCAF Flyers

Soldiers are finally home in October 1947 after five devastating years of war that took the lives of nearly 45 thousand Canadians. But when the call goes out for the world to come together in peace at the Winter Olympics, Canada refuses to send a hockey team.

Shocked by this decision, the Royal Canadian Air Force announces they'll field a team. But the RCAF Flyers are unknown amateurs. Many fear they'll embarrass the nation.

However, these aren't just any men. They're pilots, gunners and navigators who fought in the brutal air offensive of WW II... and survived. Now, this band of brothers is once again facing incredible odds that no one believes they can beat.

"What did they call us?" remembers Murray Dowey, The Flyer's star goalie and one of three surviving members of this team. "The misfits."

"A disgrace to the country," adds Roy Forbes, a decorated war hero and another surviving member of the team. "That's

what they said. We were a disgrace to the country."

*Against All Odds: The RCAF Flyers* is the dramatic and moving story of this unlikely team and their chaotic quest for Olympic gold. Narrated by the host of Hockey Night in Canada, George Stroumbouloupoulos, it will air on Sportsnet at the 11th hour on Nov. 11 in a Remembrance Day tribute to Canadian veterans and the men and women of Canada's armed forces.

## 8 Wing opening sport facility doors to the public

Civilian community welcomed to attend

RBC Sports Day in Canada events

This year marks the 6th annual national celebration of the RBC Sports Day in Canada and its theme, Celebrate the Power of Sport, endeavors to build communities and get Canadians moving. The Canadian Armed Forces (CAF) is an official participant and this event will be celebrated at bases across Canada.

8 Wing/CFB Trenton festivi-

ties will take place over two days. Events on Friday, Nov. 20 will focus on military sports and recognize the role of sports in contributing to CAF operational readiness. 8 Wing/CFB Trenton military and civilian members will participate in numerous activities to include a 5K run/walk, water sports, soccer, yoga, volleyball, indoor golf, flag football as well as hockey, basket-

ball and squash tournaments.

On Saturday, Nov. 21, 8 Wing/CFB Trenton will celebrate community recreation sports and open its doors to Quinte West community members. There will be several events including a free public skate, ball hockey tournament, free swimming and water sports, geocaching and more! Don't miss out on this exciting event!

## Calling all ping pong players



If you're interested in playing some ping pong or table tennis, you will want to contact YK Soo Lum, who is trying to set up some competition amongst military and civilian personnel at 8 Wing/CFB Trenton and Quinte West.

The scope of the competition is to enhance the quality of life choices while engaging in a non-

contact sport which provides safe activity for physical fitness.

The goal of the activity is to promote and foster appreciation for this exciting Olympic sport and inspire a pioneering spirit within the 8 Wing and its community.

Should you wish to take part or discuss this further, contact YK Soo Lum at 613-392-6721 or by email at soolum.yk@forces.gc.ca

## WHL attracts 21 teams in new season

The Wing Hockey League entered competition this season with 21 teams, comprised of the 424 Sqn Rescue & Orange Peels, 436 Sqn 1, 2, Tusks and Wolverine, CJIRU 1 and 2, WTISS, CAAWC, WCE, Fire Hall, ATC, 429 Sqn, 437 Sqn, 8 AMS, 2 AMS, ATESS 1 and 2, 24 CF H Svcs, TN/RCEME.

Wing Commander, Colonel Colin Keiver dropped the puck accompanied by Wing Chief Warrant Officer Darcy Elder and League President Sergeant (Sgt.) Luc Grenier on Oct. 6 in a game featuring 436 Sqn 3 competing against ATESS 2.

The Fitness, Sports and Recreation Flight would like to take this opportunity to thank the executive Committee President Sgt. Grenier and Vice President Master Corporal Andrew Roberts for volunteering their time.

## NHL skates into a new season

The Noon Hour Hockey League is off and skating with six teams competing. The NHL had their opening game on Oct. 15 with the Wing Commander, Colonel Colin Keiver and Wing Chief Warrant Officer Darcy Elder dropping the ceremonial puck. Taking the face off for the defending Champs Battalion was Lieutenant Bob Denyes and Mr. Dave Quinsey for the Bruins.

The Fitness, Sports and Recreation Flight would like to take this opportunity to thank the executive Committee President Master Corporal. Andrew Roberts, and Vice President Mr. Dave Quinsey, for volunteering their time. Good luck, have fun and play fair!



# Classifieds

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**8 Wing Chapel / Chapelle de la 8e Escadre**



**Location/Adresse:**  
 91 Namao Drive East/  
 91 Promenade Namao Est  
**Phone/Téléphone:**  
 Nathalie Longtin  
 Administrative Assistant/  
 Adjointe administrative  
 (613) 392-2811 ext/poste  
 2490/4593

**Office hours/Heures de bureau:**  
 Monday to Friday - 8 a.m. to 4 p.m.  
 Du lundi au vendredi - 08h00 à 16h00

**Services Times/Heures des services religieux**  
 Bilingual RC Sunday Mass: 9:30 a.m./  
 Messe bilingue CR: 09h30  
 Protestant Service: 11 a.m./Service protestant: 11h00  
 RC Weekday Masses at noon (usually on Tuesday, Wednesday and Thursday)  
 Messes CR quotidiennes à midi/(du mardi au jeudi habituellement)

**Wing Chaplain/Aumônier de la 8e Escadre:**  
 Maj. (Rev/Rév) Roy Laudenorio

**Unit Chaplains/Aumôniers des unités:**  
 Capt (Rabbi/Rabbin) Bryan Bowley • Capt (the Rev./Rév.) Eric Davis  
 Capt (Padre) Eric Doiron • Capt (the Rev./Rév.) Gerson Flor  
 Capt (the Rev./Rév.) Blair Ross • Capt (the Rev./Rév.) Daniel Walton

## Safety

### Snow can kill inattentive drivers

A woman was driving through a national park during a blizzard. Unfortunately, the poor road conditions caused her to lose control of her vehicle. The car slid off the road and rolled down an embankment. Although she was only a few meters from the highway, the leg and arm she had fractured in the accident prevented her from exiting the vehicle. Her car was spotted by a grader operator who was plowing the road the next day, but by the time the operator reached the woman, she had frozen to death.

For most of us living in Canada, blizzards are an accepted part of life. But every year blizzards and excessive cold in Canada claim more than 100 lives. This is more than the combined total from hurricanes, tornadoes, floods, extreme heat and lightning.

In Canada, blizzards can hit almost anywhere, but are especially common in the southern prairies, Atlantic Canada and the eastern Arctic. Blizzards deserve the same respect that we would pay a tornado. Many of us who hear of a blizzard warning will carry on as if there weren't any danger, but blizzards warrant preparation and caution.

The combination of snow, strong winds, cold temperatures and reduced visibility (due to the blowing snow) can be deadly.

One winter when I was driving a snowplow along the Jasper-Banff highway, my colleague and I were about to close the road due to a blizzard when we came across a man who had lost control of his vehicle. He had been there at least two hours. There was very little



traffic, so he was happy to see us. The man was dressed in summer loafers, dress pants and a light fall jacket. He had no mitts, toque, shovel or any other type of survival gear, and was almost out of gas. Obviously, this man was not prepared for what could have become a life-threatening situation. Here are a few recommended precautions for driving in Canadian winter:

Don't travel in a blizzard un-

less it's absolutely necessary. If you must travel, call the local authorities to see what condition the roads you are planning to travel are in. Monitor conditions on the radio. Always travel with a full tank of gas, extra warm clothes including winter boots, mitts and a sleeping bag.

Also carry a shovel, tire chains, road flares, a bag of sand, an emergency food pack, booster cables, matches and a lighter, a

candle, a flashlight, a fire extinguisher, and a hatchet or axe.

If you get stuck in a blizzard, stay in your car, run it for 10 minutes with the heater on then shut it off. You don't want to waste gas. Make sure you keep the exhaust pipe clear of snow and keep a window open on the leeward (downwind) side of the vehicle. This will help ventilation and reduce the chance of carbon monoxide poisoning.

#### October weather summary

### October just a little cooler and wetter than last year

By Aviator C. Pike-Pilditch, 8 Wing MET

Though we had a beautiful October this year, it was actually just a little cooler and wetter than last year. There was one record broken on Oct. 28, with 52.7mm of rain falling.

The average daily maximum temperature for October this year was 13.7C. That is almost two degrees lower than the previous

year, which was 15.5C. Average daily minimum temperatures were 3.7C down again from 6.3C of 2014. Daily highs peaked on the 12th, with a high of 21.6C, and the coldest night was on the 19th, with a daily minimum of -4.7C.

Though rainfall totals are higher this year than last year, almost half of this month's rainfall oc-

curred on one day. There were actually more rain-free days this year than last year. Rainfall totals for October 2015 were 109.7mm, where total rainfall for 2014 was 91.4mm. The rainiest day was on the 28th, at 52.7mm. No snow was recorded this year!

October saw two days with thunderstorms this year, where last year we only got them on one day. We only saw fog on one day this year, the same as last year.

Be prepared to build a snow shelter if ever you run out of gas and are stranded in a blizzard. At temperatures approaching -30 C a candle just won't give you enough warmth to survive if you're in a vehicle made of two tons of steel and glass. Your vehicle will quickly turn into one large icebox.

Not planning to travel? It's still a good idea to blizzard-proof your home or workplace. Stock up on necessities - fuel, oil, food, medications, diapers for the kids, milk - whatever you need to make sure everyone is fed, safe and warm until the danger passes.

Source: *Environment Canada*. Check out their Web site at [www.ec.gc.ca](http://www.ec.gc.ca)

Halloween this year was just about 3 degrees warmer than last year. We also got less rain, and it happened after most trick-or-treaters were in for the evening, in any case.

Climate outlooks for the next month indicate warmer than average temperatures, with no strong indication of precipitation being either above or below normal amounts. Get out there and enjoy the unseasonably warm weather before winter kicks in!



# 8 Wing Martial Arts Club haunted their dojos on Oct. 29

By Ross Lees

The 8 Wing Martial Arts Club held a spook-tacular event on Oct. 29 when they hosted their annual Halloween night in conjunction with the St. John's ambulance.

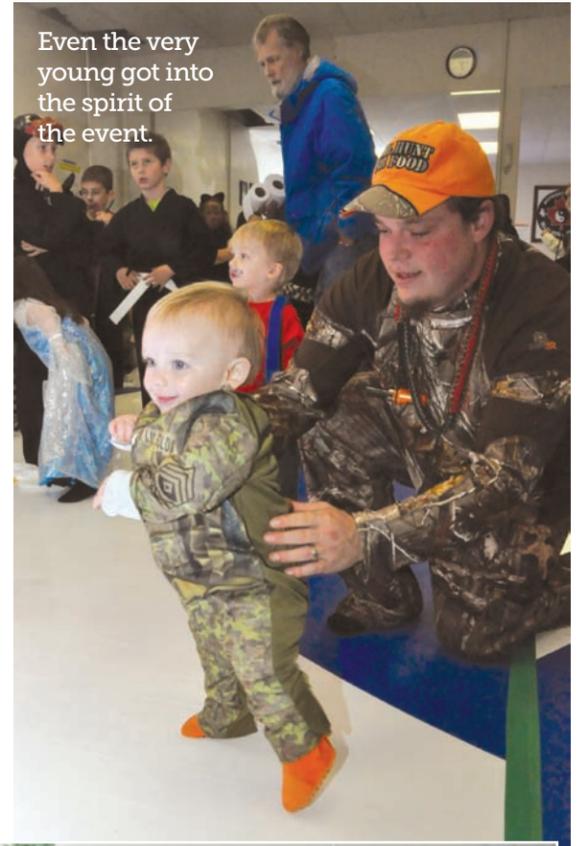
Between 70 and 80 children and their parents came out to the frighteningly good event which featured two haunted houses for those looking for a real scary experience and one much less heart-stopping for the younger children. The young, costumed martial artists saw movies, played games, made crafts, and ate snacks in their various dojos.

"It was a great evening," noted club president Master Corporal Mark Waters. "It went very well and the kids had an amazing time! They were even asking afterwards what we were doing for next year."

(Top right) Children had a lot of fun at the 8 Wing Martial Arts Club Halloween party Oct. 29 as they played games in their dojo.

(Right) Costumes were varied and expertly done, adding to the stellar atmosphere at the 8 Wing Martial Arts Club Halloween party.

Photos by Ross Lees



Some were even able to carve out their own niche in the dojo.



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**Cindy N.**  
Community Hero

## BayviewAuto Pays it Forward

**Bayview Auto has paid it forward!**  
**On October 21<sup>st</sup>, we welcomed our**  
**Pay it Forward Community Heroes to a**  
**celebration in their honour.**

Belleville Mayor Taso Christopher was on hand to present each of the five finalists with awards of recognition, and speak to the amazing dedication and volunteerism required to run a community. The Pay it Forward campaign was in celebration of 25,000 vehicles sold by our used car dealership.

Also in attendance was Quinte Broadcasting's Tim Durkin, who did a live on location from 1-4 pm, interviewing each of the Heroes. Ryan, Kay, Sandie, Cindy and Bob each took turns speaking about causes they work so tirelessly to raise awareness for.

Nobody left empty-handed, and each Hero left with gifts and a wonderful sense of recognition. *Cindy, who earned top vote on Facebook, left in her choice of vehicle (Dodge Grand Caravan), and \$1,000 in gas gift cards.* Cindy, was nominated by her husband Craig, and has

four boys, including twins who were diagnosed with Autism Spectrum Disorder. Cindy works closely with families who have been impacted by ASD, and is a champion of awareness for the Disorder.

Autism Spectrum Disorder (ASD) is typically a lifelong diagnosis that manifests itself in a wide-range of symptoms, including difficulty communicating, social impairments, and restricted and repetitive behaviour. It is complex and affects many body systems including brain development, normal function of the gastrointestinal, immune, hepatic, endocrine and nervous systems. Individuals with autism and their families face unique challenges over their lifespan, often leading to families in crisis. Recent U.S. figures, based on 2010 data, estimate 1 in 68 eight year old children have been identified with ASD. It is believed the numbers are comparable in Canada and are on the rise.



Early intervention is very important in order for children to achieve optimal outcomes. Unfortunately, families find themselves on long wait lists for government funded diagnosis, supports and services and often resort to paying out of pocket. As children reach adulthood, we are even more unprepared.

Autism Canada actively encourage the sharing of best practices and programs, and advocates passionately for Canadians living with autism. They have been the hub of knowledge and understanding about ASD in Canada since 1976. Their mandate is to work collaboratively with their Provincial and Territorial Council member organizations to champion ASD priorities. To learn more visit [www.autiscanada.org](http://www.autiscanada.org).

Bayview Auto Sales wishes to extend thanks to everyone who took time to nominate, vote, support, and join our campaign to **Pay it Forward!**

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