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• February 16, 2007 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 42 Issue Number 07 •

## Each ROTO an enormous undertaking involving 780+ flying hours

by 2Lt Jennifer Jones  
Wing Ops

News on the current activities of Canadian soldiers in Afghanistan is available to the Canadian public on a daily basis. As long as the information is unclassified, we read or hear about our land force operations, and the impact of our Canadian presence in current operational theatres.

We do not always focus on the little known, yet equally essential, efforts of the Canadian Forces (CF) personnel responsible for the transport of Canadian troops and their supplies into and out of theatre. Six of 8 Wing's 437 Squadron's crews fly almost non-stop for a six-week long rotation in order to transport thousands of soldiers and their supplies to and from Camp Mirage every six months. This process takes over 780 flying hours on three Canadian CC-150 Airbuses.

In addition, the camp must be supplied with ammunition year round, requiring weekly "sustainment flights" overseas to transport cargo to and from the camp. This constant air support to Camp Mirage, and subsequently to our soldiers fighting in Kandahar,

requires careful planning by Operations here in Trenton, in theatre, at 1 Canadian Air Division (1 Cdn Air Div), in other crew rest stops across Europe, and additional coordination between them.

Good coordination and flight planning is essential to efficiently and effectively employ the Airbus in an age where factors such as longer travelling distances, an increased level of threat at the final destination, and soldier "decompression" must all be considered.

A typical six-week rotation (ROTO), will take somewhere around 20 return trips (chalks) between Trenton and the operational theatre, transporting upwards of 2200 soldiers and their supplies to and from Camp Mirage, each chalk being a three-day trip. Of the three Airbuses flown per ROTO, two are employed to transport troops--one which can accommodate up to 129 personnel; the second up to 140 personnel and configured for Aeromedical Evacuation (AirMed Evac), the transfer of a patient by air from one medical facility to another. This leaves the third aircraft in PAX (passenger)/freight configuration available for the

weekly sustainment flights.

During a ROTO, to maintain a maximum flying tempo, no Airbus lands for longer than one and a half hours at a time, other than in Camp Mirage or Trenton. While this procedure is highly effective in sustaining the overall operation, it can be very demanding on aircrew. The decreased time a crew will spend in crew rest between flights necessitates the employment of "slip crews," aircrews stationed in Europe en route who are available to take over a flight from a previous crew requiring mandatory rest. Quite commonly, crews will stop in Zagreb, Croatia and Budapest, Hungary before becoming the next slip crew themselves to replace an incoming crew. This is an efficient way to decrease the chance of potential flight delays that would be caused by crews requiring mandatory rest and having no replacement.

It is easy to appreciate the enormous undertaking per ROTO - for two aircraft to move as many as 2200 troops. For one, the length of a flight to Camp Mirage, which is located in the Middle East, is more significant than the length of a flight to other operational theatres in which Canadians have

Photo: Cpl Tom Parker, 8 Wing Imaging



Each ROTO takes over 780 flying hours on three Canadian CC-150 Airbuses, like the one pictured in this file photo.

previously taken part, such as Bosnia. A ROTO flight starts with a departure from Trenton and may include a stop in Fredericton to pick up troops before heading overseas. A crew may take a rest stop or meet a slip crew in Europe before heading to Camp Mirage. The aircraft will stay at the camp until the crew is rested for the next leg of the journey. During this time, the aircraft must wait for possible new cargo and/or passengers from either Camp Mirage or Kandahar.

The Airbus does not fly into Kandahar, as it is not equipped to handle the level of threat. Instead, three CC-130 Hercules are stationed in Camp Mirage to transport soldiers and supplies between the camp and Kandahar. During a ROTO, a fourth Hercules joins the others in what is termed a "surge." Transporting upwards of 140 soldiers into and out of Kandahar will take the Hercules several chalks to and from the camp. Due to increased flying

See Transporting, Page 3

## TRENTON OLDTIMERS CAPTURE GOLD FOR ONTARIO REGION

The 8 Wing/CFB Trenton Vintage Flyers won gold in the Ontario Region Oldtimers Hockey Championship, defeating the Borden Ancient Braves 5 to 4 at the RCAF Flyers Arena on February 9, 2007, in an overtime nailbiter. The team now advances to the Canadian Forces National Oldtimers Hockey Championship, slated for March 17-23 at CFB Borden. Pictured, from left to right: 1st Row: Cpl Rick Pyle, Maj Shawn Duffy; 2nd Row: Cpl Steve Owens, WO Brian Frank (Team Captain), Cpl Rob Turland, Maj Mario Beauchesne, Maj Dan Harris; 3rd Row: Cpl John Stenning (Equipment Manager), Sgt Bob Chrétien, Cpl Al Germain, Sgt Tim Rice, WO Ross Prophet, Sgt Rick Plante, Cpl Tim Hotton, Sgt Rodney Keyes, Sgt Brent Boutilier, Sgt Paul Makarchuk, MWO Len Wood (Coach). See story and photo on Page 7.



Photo: Cpl David Hardwick, 8 Wing Imaging

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# Official Languages Transformation Model

February 9, 2007

**OTTAWA**—The National Defence Official Languages Program Transformation Model aims to ensure that National Defence fully meets the exigencies of the Official Languages Act while respecting National Defence's unique organization. Once fully implemented, the revised Official Languages Program will permit members of the Defence Team to be more consistently led, trained, administered and supported in their official language of choice.

One of the prime objectives of the Transformation Model is to promote bilingualism for senior officers so that they can communicate in the preferred official language of their subordinates. That is why our Official Languages Program is being adjusted to ensure that all Generals and Commodores/Admirals become bilingual to a superior (CBC) level of linguistic proficiency. At present, all Lieutenant-Generals and Vice-Admirals satisfy this requirement; and over 85 per cent of all serving senior officers (Colonel/Captain(Navy) and above) have attained an intermediate (BBB) or better profile during the course of their careers.

The Transformation Model will ensure that all Generals, Commodores/Admirals hold a superior (CBC) level profile within the next four years. It also maintains the current program, which requires that 70 per cent of all newly promoted Colonels/Captain (Navy) attain and maintain a CBC (superior level) or better profile. For 2006, 75 per cent met this requirement, and that figure is expected to climb as officers promoted last calendar year graduate from language training.

It is a fact of military life that members of the CF can find themselves posted anywhere throughout the country or abroad, as service requirements demand. The CF is dedicated to ensuring that it meets its official languages obligations by providing its personnel with the opportunity to receive occupational training and services of a personal nature in their official language of choice. In addition, CF personnel who work in units in which they are required to employ their second official language will be provided with appropriate language training to ensure that they can do so comfortably and effectively.

The CF offers both francophone and anglophone Canadians the opportunity for equal employment, training and advancement. Twenty-four per cent (24 per cent) of all CF officers are francophone, which aligns closely with the national average. This both contradicts recent media claims that francophones are under-represented in the military and speaks well for the CF's Official Languages Program. Over 28 per cent of all CF Generals and Commodores/Admirals are francophone. With respect to the Non-Commissioned Members ranks, over 28 per cent of Non-Commissioned Members and almost 33 per cent of the most senior Non-Commissioned rank levels (Chief Warrant Officers and Chief Petty Officers (First Class)) are francophone.

The CF maintains a strong bilingual cadre from coast to coast to coast – a bilingual cadre that, as a result of the ongoing adjustments to our Official Languages Program, will become concentrated in those functions that must be provided in both official languages

to comply with the law. This will ensure both closer compliance with the Official Languages Act and the consistent provision of bilingual training and service where it counts. A key priority of the Transformation Model is to fully staff those bilingual functions providing instruction and central and personal services with bilingual personnel as quickly as possible, thereby ensuring that the CF is able to more consistently provide training and support services in both official languages. All recruit-level training is already provided in both languages and; the Transformation Model will ensure that all follow-on entry-level courses also meet this requirement.

In summary, having bilingual personnel provide external bilingual services to Canadian citizens and internal services, instruction and leadership to members of the Defence team is central to complying with the Official Languages Act. The Transformation Model was drafted in consultation with the federal central agencies charged with Official Languages responsibilities – particularly the Official Languages Branch of the Public Service Human Resources Management Agency of Canada, which has assumed responsibility for establishing federal official languages policies and directives related to key parts of the Act and monitoring related official languages performance. Rather than reducing the CF's commitment to meet its official languages obligations, the National Defence Official Languages Program Transformation Model seeks to enhance that commitment.

*Rear-Admiral Tyrone Pile  
Chief Military Personnel*

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## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



On February 1, 2007, the Wing Logistics 39th birthday celebration was held at Yukon Galley. The following 8 Wing Food Service Cooks spent numerous devoted hours decorating the Logistics Branch cake (from left to right): Cpl Pauline Tremblay, Cpl Andrew Sharpe, and Cpl Sandra Pagé. Bravo Zulu to the cooks for the outstanding job and all Logistics Branch staff for the awesome turn-out.

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## Transporting thousands of troops

Continued from Page 1

hours on the aircraft while moving troops, there is greater likelihood for the aircraft to become unserviceable and require maintenance. A backup aircraft is always welcomed. Outfitted with protective armored plating and counter-measures systems, these tactical Hercules are an integral part of the CF's consistent efforts to reduce risk to our soldiers and aircrew when possible, flying through high threat areas. They also allow the Airbus crews some crew rest and if necessary, give technicians a chance to attend to maintenance issues on the Airbuses while sitting in camp.

The Airbus departs Camp Mirage with loads from either Kandahar or the camp itself before heading on to Larnaca, Cyprus where the home-bound troops are dropped off for a few days of "decompression" before arriving in Canada. Unlike during Canada's mission in Bosnia, soldiers in Afghanistan are granted a period of decompression before returning to Canada in order to distance themselves from the violence in the region. Transition from areas in which soldiers face a daily threat against their lives, to the comfort of their own homes, is no longer an immediate process for soldiers coming home after tour. The intermediate step is a few nights to unwind in Cyprus before their return to Canada on the Airbus.

The end of January 07 marked the beginning of the third ROTO of Operation ATHENA, which is scheduled to take approximately 21 chucks, to be completed in March 07. During the last year, ROTO 0 and ROTO 1 successfully handled the transportation of Canada-bound troops who have finished their tours, and the deployment of their replacements. There is no reason to assume that ROTO 02 will not follow suit. Although any delay can make it nearly impossible to re-capture lost time, most rotations meet or come close to meeting their six-week time frame.

Reliable performance and the serviceability of the CC-150 Airbus is superb, and flight planning has become a fine art. The successful completion of a ROTO requires hard work from everyone involved in the planning and operation stages in order to coordinate the increasingly complex details; more complicated flying routes; the four CC-130 Hercules necessary in order to meet the Airbus in Camp Mirage; and the new procedure allowing troops decompression time before returning to Canada. In true Canadian style, these factors are countered by the extraordinary efforts of personnel supporting the Airbus, allowing for the continued contribution that 8 Wing is making to the CF's mission in Afghanistan and elsewhere.

## Theological Soup

Remember eating alphabet soup and trying to make words out of the letters? This is sort of what we will be doing each Thursday at lunch. We will be watching a 10-minute DVD and discussing its content to make sense of the mix of life and God and how they all go together.

Theological soup provides a venue to take a break from the "tyranny of the urgent" and for a short period of time look at and discuss what is important in our lives — issues such as love; God's comfort; meaning in life; time; forgiveness; death; God's relationship with us and our relationship with Him.

So take a break, you deserve it, and bring a bag lunch or leftovers to go with your choice of some gourmet soup (on us).

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Sincerely,

Padre Mike



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## Search & Rescue UPDATE



424 Squadron Tigers had two missions last week.

The first tasking was for our Griffon to look for a lost ice fisherman believed to be on the south end of Giants Tomb Island in Georgian Bay. A 28-year-old man was located suffering from the onset of hypothermia. He was able to walk to the aircraft and was then flown to Midland Hospital. Our crew then returned to Trenton.

Next callout was for our Hercules to investigate an ELT in the Pendleton area east of Ottawa. The crew picked up the signal and it led them to a small airstrip with no visible signs of distress. Our Herc was released by JRCC and returned home.

Until next time, stay safe.

Missions for 2007: 7    Missions for Feb.: 2    Persons rescued: 1

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The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.

• **ARTICLES MUST BE RECEIVED BY TUESDAY AT NOON PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

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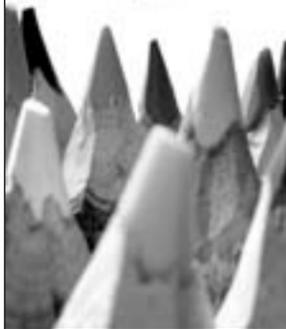
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# Canadiana Crossword

## A Profusion of Places

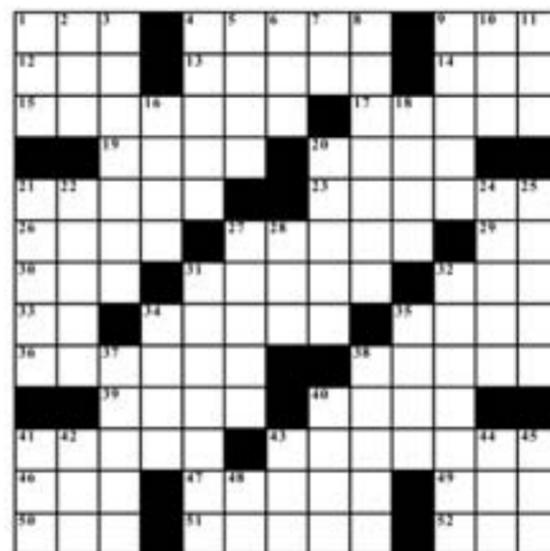
By Bernice Rosella and James Kilner

### ACROSS

- 1 Agent, slangily
- 4 Saw
- 9 Slick
- 12 Swiss river
- 13 Stage between larval and adult
- 14 Daisy \_\_\_\_
- 15 St \_\_\_\_\_, Quebec
- 17 Pitchers
- 19 Young beef
- 20 Devilish
- 21 Coastal feature
- 23 Sacred writing
- 26 Bleb
- 27 Pic
- 29 Attorney Gen.
- 30 Quick
- 31 Bit of tableware
- 32 Roman 1051
- 33 Myself
- 34 Speak theatrically
- 35 Thug
- 36 \_\_\_\_\_ Station, Ontario
- 38 Spike
- 39 Accidental cut
- 40 \_\_\_\_ Clapton
- 41 Humid
- 43 \_\_\_\_\_ River, British Columbia
- 46 Sold out sign
- 47 Fitzgerald and others
- 49 Stray
- 50 Lick
- 51 Perch
- 52 Genetic marker, abbr.

### DOWN

- 1 Knock
- 2 Sensor
- 3 \_\_\_\_\_ Alberta



### 4 Shock

- 5 Battle
- 6 Spring mo.
- 7 Gallium symbol
- 8 Raise up
- 9 Refine ore
- 10 Household god
- 11 Word of consent
- 16 Chair
- 18 Soupe
- 20 Behave theatrically
- 21 Rascal
- 22 Frantic
- 24 A noble gas
- 25 Ripening

### 27 Platform part

- 28 Topper
- 31 \_\_\_\_\_, British Columbia
- 32 Scrounged
- 34 Elevator guy
- 35 Suit case
- 37 Leek's cousin
- 38 German toast
- 40 Geological times
- 41 Mtn. time
- 42 Of the mouth
- 43 Arafat's org.
- 44 Aquatic raptor
- 45 Forerunner of lab
- 48 \_\_\_\_ and behold



## This Week in Contact

1977 – Canada has taken the lead among western nations in the development of shipboard infrared detection systems. Known as the Shipboard Passive Surveillance and Detection System (SPSDS), it was sponsored by the Canadian Forces' chief of research and development and is being watched by several navies of NATO countries. SPSDS involves an infrared scanner that detects heat emissions of warships and low-flying missiles and aircraft.

1987 – Minister of State for Youth, Jean Charest, announced that the Government of Canada will commit \$180 million for Challenge '87, the federal government's student summer employment program. Challenge '87 challenges employers from all sectors of the economy to create summer jobs for students. It also challenges students themselves to use their entrepreneurial skills to create jobs. Funding for Challenge '87 is the same as that provided to Challenge '86, which will provide \$127 million in wage subsidies to non-profit organizations as well as the public and private sectors.

1997 – The first two of five Canadian Automated Pilot Selection System (CAPSS) units were accepted from Mr. Ray Gaffoor of the Atlantis Aerospace Corporation by 8 Wing/CFB Trenton Commander, Colonel M.J. Dumais. CAPSS is installed at the CFASC in building 32. The remaining three CAPSS units will arrive at 8 Wing later in the spring.

Created by Lt J. H. MacDonald,  
 Compiled by Amber Gooding.

# New revolutionary protective combat gear for CF members

DRDC

A group of Defence R&D Canada (DRDC) researchers is developing a combat uniform prototype, called the CBplus uniform that provides protection against chemical and biological agents. This uniform would protect Canadian Forces (CF) personnel against chemical and biological (CB) agents and provide some protection against toxic industrial hazards (plus) — hence its name — while offering similar comfort and weight to the current CF daily combat uniform.

DRDC scientists faced the significant challenge of balancing sufficient levels of protection, comfort and thermal properties in a daily combat uniform. Designed to meet CF operational requirements, the CBplus uniform proposes one of the most interesting solutions to just-in-time, transparent protection in a daily wear uniform. Novel materials are being developed based on carbon sphere and fiber technologies. Although the CF uses chemical protective clothing when needed, the current suit was not designed to be worn as a daily wear uniform or for longer periods of time in warm climates.

To validate the performance of the uniform concept, DRDC

developed a unique test chamber located at DRDC Suffield. It is equipped with a simulation-based anthropomorphic mannequin that can perform a range of motions. The CBplus test chamber can reproduce realistic environmental conditions by combining wind, temperature and relative humidity; the test chamber can produce liquid, vapour and aerosol challenges using chemical or biological simulants. The mannequin is anthropometrically correct and can run, walk, bend at the waist, lift and squat. The chamber is expected to be fully commissioned in 2007.

The CBplus Technology Demonstration Project is in its final year. Work is underway to develop and test production-level materials. In addition, DRDC will continue to study the uniform in a number of human and mannequin system-level studies. The CBplus concept will be considered by the Department of National Defence's Integrated Soldier System Project for possible introduction into the Forces by 2010-2012. The CBplus uniform is also expected to offer response communities with a possible uniform to meet civilian protection requirements against chemical, biological and toxic chemical hazards.



Photo: DRDC-RDDC

**The DRDC CBplus uniform, for military and civilian emergency responders dealing with chemical and biological situations.**

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**EXPRES TESTING February Schedule**

EXPRES testing takes place on Mondays, Wednesdays and Fridays at 0830 hrs at the Gym. Also, effective March 1, 2007, EXPRES testing will be available every day of the week at 0830 hrs. To book your appointment by email, please send your request through to PSP Expres Bookings @cfb.trenton or you may do so via phone by calling local 3328. Step tests can also be booked the same way and take place on Tuesdays and Thursdays, by appointment.

**Battle of the Sexes**

Join us on Saturday, March 17, 2007, from 5:00 p.m. to 10:00 p.m. at the Youth Centre for Battle of the Sexes. Cost is \$10. Pre-registration is required. Registrations are being accepted at the MFRC or RecPlex reception desks.

**Much Music Video Dance**

Join us at the South Side Gym on Saturday, March 10, for the Much Music Video Dance. The dance is open to youth ages 9 to 12 from 5 to 7:30 p.m. and will then open to teens ages 13 to 16 from 8:15 to 11 p.m. Cost: \$10 per person. This will be an adult-supervised event.

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**Snowshoe rentals available**

Snowshoe rentals are now available for all military and CRA members. Cost is as follows: \$10 a day, per pair of all Altitude shoes in adult and teen sizes. \$5 per day, per pair of Tubbscout and Trekker Nomad in infant or children's sizes.

**Cancellations**

Please note that the Rec Swim, Adult Lane Swim, and Parent and Tot Swimming will be cancelled on Sunday, February 25, 2007 due to training requirements.

**Get outside to avoid the February blahs**

(NC)-Got the February blahs? They may not be defined in any medical textbook, but Canadians - especially the elderly - know exactly what they are. "Older people suffer more from 'the blahs' than other age groups," says Dr. Barry Goldlist, medical director of the Geriatric Rehabilitation Program at Toronto Rehab, Canada's largest provider of adult rehabilitation services. "For one thing, they feel the cold more. They can feel chilly even at normal temperatures, never mind in bitter February weather." Physical activity is key to overcoming the blahs - but being active is harder in the winter. "For older people, the most common - and safest - activity is walking," says Dr. Goldlist. "But walking outdoors is much harder with ice and snow on the ground." For one thing, the risk of falling is higher. However, older people can find many places to walk indoors. Those who live in apartment buildings can take advantage of the long hallways to do some vigorous walking. Many shopping malls also have seniors' walking clubs. These let older people meet peers and walk risk-free. "Some exercises can be done in limited spaces at home - push-ups, sit-ups and running on the spot, or even tai chi and yoga. Before you embark on a winter exercise program, check with your doctor to see what you can safely do." Social interaction is also vital to keep 'the blahs' at bay. "Studies show even phone contact with those who are house-bound decreases mortality," says Dr. Goldlist. "Older people who can't get out should use a phone to keep in touch. For those who enjoy animals and are used to them, pets can also be a great comfort." More information on Toronto Rehab's Geriatric Rehabilitation Program is available online at [www.torontorehab.com](http://www.torontorehab.com).

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# Fitness, Sports & Recreation

## Elite March Break Hockey School

The 8 Wing Elite March Break Hockey School will take place from Monday, March 12 to Friday, March 16, 2007.

This high-energy, fun-filled week-long hockey school program will provide participants with a full range of activities including power skating and dry land training.

Cost is as follows: \$150 for military community members and \$200 for the general public.

The price of the hockey school

also includes lunch, each day at the Yukon Galley, as well as a sweater and a pair of socks.

Please note: There is a 10 per cent discount applied for each additional family member enrolled in this year's program.

Space is limited and registration is currently underway at the RecPlex, located at 21 Namao Drive.

## March Break Kids Kamp

Are you ready? It's coming!

This year's March break will be here before you know it and we want your kids!

The 2007 March Break Kids Kamp will be returning to the RecPlex, which is located at 21 Namao Drive, just off of RCAF Road.

The Kids Kamp will begin on Monday, March 12, 2007 and run throughout the week, from 8:00 a.m. to 4:00 p.m.

Before and after care services are also available for those who require the extended hours.

Child care will be available in the mornings from 7 a.m. to 8 a.m. and again in the evenings from 4 p.m. to 5 p.m.

Space is limited and the Kamp will fill up quickly so make sure you register today!

## Teen Bowling

If you are between the ages of 13 and 18 and enjoy bowling, join us on Saturday, February 25, 2007 from 2:00 p.m. to 4:00 p.m. at Astra Lanes

Cost is \$4 per person. Pre-registration is required by noon on the Friday prior to the event (Friday, February 24).

Register today at the MFRC or RecPlex reception desks.

## Youth Strength and Conditioning Clinic

The clinic is open to youth ages 13-17-years-old.

The Strength and Conditioning Clinic will take place on Wednesday, February 28, at 1515 hrs at the Gym.

For more information, or to register, please contact Instructor Todd Peart at local 7160.

## Friday night bug swims

Every Friday night, rec swim, from 6:30 to 8:30 p.m. will be "Rec Swim with the Bug".

Please note that due to the reduced visibility while the bug is in the pool, water toys will not be permitted during this swim.

Regular drop-in fees will apply for this activity.



### Don't Hibernate

Just because Winter is here it doesn't mean you need to hibernate!

There are plenty of ways to get fit during the winter season, so make the most of the snow!

Try skiing...cross country or downhill or there's snowboarding, snowshoeing, sledging, snowman making - all activities that will require you to expend energy, develop your lung capacity and keep you busy outdoors.

Winter workouts offer you lots of opportunity to stay active and fit, so enjoy all that winter has to offer!

## Assistant Water Safety Instructor course

The Assistant Water Safety Instructor course is designed to reinforce water safety skills as well as knowledge.

The course is also a great introduction to learning the basic teaching methods, learning styles, physical principles, progressions, communication, safety, supervision and feedback surrounding water safety.

Completion of the Assistant Water Safety Instructor course provides candidates with

the basic skills and experience necessary for entering the Water Safety Instructor course.

Candidates must complete practical teaching hours in order to complete this course.

Participants must also be at least 15 years of age or older to register for this course.

The course will take place on the following dates:

Friday, February 23, and Friday, March 2, 2007 from 5:00 p.m. to 9:00 p.m.

Saturday, February 24, and Saturday, March 3, 2007, from 9 a.m. to 3 p.m.

Sunday, February 25 and Sunday, March 4, 2007 from 9 a.m. to 3 p.m.

Cost is as follows: military and CRA members, \$130; military community, non-members, \$140; general public, \$160.

There is also a manual fee of \$35, to be paid in order to obtain the Red Cross Instructor Manual.

## Red Cross Water Safety Instructor course

The Red Cross Water Safety Instructors Course is designed to prepare candidates to instruct the Water Safety Programs.

Candidates experience, analyze and apply the Red Cross Swim Program curriculum. Candidates must be at least 16 years old to register.

Certified Water Safety Instructors must renew their certification every two years.

The course will take place from March 12 to March 17 (Monday to

Saturday) as follows:

- Monday, 9 to 4 p.m.;
- Tuesday, 9 to 11 a.m.;
- Wednesday, 9 a.m. to 4 p.m.;
- Thursday, 9 a.m. to 12:30 p.m.;
- Friday from 9 a.m. to 4 p.m.;
- Saturday from 9 a.m. to 5 p.m.

Cost is as follows: military and CRA members, \$220; military community, non-members, \$240; general public, \$260.

## 8 Wing/CFB Trenton Vintage Flyers capture gold

The 8 Wing/CFB Trenton Vintage Flyers Oldtimers hockey team are pleased to announce they captured gold at the Ontario Region Oldtimers Hockey Championship, which was held here at 8 Wing/CFB Trenton, from February 4 to 9, 2007.

The 8 Wing/CFB Trenton Vintage Flyers defeated the CFB Borden Ancient Braves 5-4, in an end-to-end overtime thriller to claim gold and advance to the Canadian Forces (CF) National Oldtimers Hockey Championship.

The national championships are scheduled to be held at CFB Borden from March 17 to 23, 2007.

Teams representing the five CF Regions (Atlantic, Quebec, Ontario, Prairie and Pacific) will be vying for top CF Oldtimers Hockey honours.

Trenton managed a 3-1-1 record during the round robin, placing them in third place (one point out of first) out of six teams (top four teams moved on to the playoff sudden death round).

Tournament All-Star team selections after round robin play are as follows:

Goal: Jason Houle, Borden; Defence: Brian Frank, Trenton; Defence: Russ Walsh, Borden; Forward: Jeff Stouffer,



Photo: Cpl David Hardwick, 8 Wing Imaging

**8 Wing/CFB Trenton Vintage Flyers team Captain, Warrant Officer Brian Frank, receives the winning pennant from Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton. The Flyers won the Ontario Region Oldtimers Hockey Championship, beating the Borden Ancient Braves 5 to 4 at the RCAF Flyers Arena on February 9, 2007.**

Kingston; Forward: Whitey Leblanc, Borden; Forward: Rick Plante, Trenton.

Summary of 8 Wing/CFB Trenton Vintage Flyers' games are:

**Round Robin:**  
Trenton (7) vs. Kingston (0); Meaford (6) vs. Trenton (2); Trenton (3) vs. Borden (3); Trenton (6) vs. Petawawa (0);

Trenton (12) vs. North Bay (1).

**Semi Finals:**  
Trenton (8) vs. Meaford (1); Borden (5) vs. Kingston (3).

**Championship Game:**  
Trenton (5) vs. Borden (4)

Congratulations to the players and coaches of the 8 Wing/CFB Trenton Team.



# Kandahar Provincial Reconstruction Team conducts mine awareness training for children

February 12, 2007

*Kandahar, Afghanistan* – The Kandahar Provincial Reconstruction Team (PRT) has just completed mine and unexploded ordnance awareness training for children employed by a local recycling company and for street children living in Kandahar.

“They paid very close attention during the lecture,” says Captain David Muralt, an Air Force Public Affairs Officer who works with the PRT in Kandahar. “They had questions about whether they should walk back in their own footprints if they find a mine, if it was okay for them to pick up bullets and they told us some of their own experiences finding unexploded ordnances on the streets and in their travels.”

The aim of the training session was to teach the kids steps to follow if they find a mine or unexploded ordnance—don’t touch, stay away, and tell an adult, policeman or ISAF soldier, says Capt Muralt.

“Some of them thought that if a rocket, shell or bomb

had been fired or landed and hadn’t exploded, then it must be safe,” says Capt Muralt. “The engineers tried very hard to get the message across that these things are very dangerous.”

Landmines kill or injure up to 300 people in Afghanistan every month, and children who innately like to roam and play, are perhaps the most vulnerable to stumbling across them. There are estimates that over 724 million square meters of land in Afghanistan is contaminated with mines, and new mine sites continue to be discovered each day—sometimes at the cost of a child’s life or limb.

“It’s great to see the children and to help out any way we can,” said Air Force Major Tammy Tremblay. “I enjoyed spending time with the kids, but it makes you realize that there is lots of work left to do in Afghanistan.”

Following the training session, the children received rubber boots, socks, gloves, colouring materials, backpacks and stuffed toys.

“They were very pleased

Photo: Capt Dave Muralt



**Air Force Major Tammy Tremblay shows off her Canadian Flag and International Security Assistance Force patches to children who attended mine and unexploded ordnance awareness training given by the Provincial Reconstruction Unit.**

with the snack and the gifts they received and loved to have their picture taken; particularly when you spin your digital camera around and show them their own picture,” says Capt Muralt. “I enjoyed spending time with the kids.”

The PRT consists of Canadian Forces members, a civilian police contingent led by the RCMP, representatives of the Department of Foreign Affairs and International Trade and the Canadian International Development

Agency. Together, they conduct operations to promote good governance and assist the Government of Afghanistan in developing a stable, secure and self-sustaining environment for the Afghan people.



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**Healthy Lunch Meals For Kids**  
 Tuesday, February 20, 6:30-8:00 p.m., Free  
**Providing healthy lunches and snacks for kids can seem challenging at times.**  
 Lack of time, picky eaters, short lunch periods, and conflicting information on nutrition and food safety are some of the challenges parents can face.  
 Tara Hulan who is a Registered Dietitian will be offering the seminar to discuss how to prepare healthy lunches and snacks.  
 Learn about healthy and unhealthy food choices as well as suggestions for complete lunches and snacks. Please register by February 19.



**Lunchs santé pour les enfants**  
 Mardi le 20 février de 18h30 - 20h Gratuit  
**Préparer des lunchs et des goûters santé pour les enfants peut devenir tout un défi.**  
 Manque de temps, des enfants difficiles, des heures de dîner limitées en plus les informations qui nous sont transmises sur la nutrition et sur l'alimentation se contredisent souvent.  
 Tara Hulan (BSc, RD), diététiste diplômée, présentera un atelier sur la préparation des lunchs et de goûters santé. Elle discutera des choix alimentaires santé et ceux qui le sont moins ainsi que des suggestions de lunchs et de goûters. Veuillez vous inscrire avant le 19 février.

**(NEW) Francophone chit-chat**  
 Are you a francophone stay at home mom who would like to connect with other moms in the same situation? Would you like to have some time for yourself to chat with others in the same situation? Would you just like to make friends, have a coffee and meet regularly in a friendly environment?  
**This new group might be the answer!**  
 Bring your young kids! Childcare is available and free when you register in advance.  
 Meetings are every Tuesday afternoon 1:30-3:00 p.m. Siskin Centre, Bistro

**(NOUVEAU) Jasette francophone**  
 Êtes-vous une mère à la maison qui aimerait rencontrer d'autres mères francophones qui sont dans la même situation? Aimeriez-vous avoir du temps pour jaser avec d'autres comme vous? Aimeriez-vous juste vous faire des amies pour prendre un café et vous rencontrer régulièrement dans un endroit agréable?  
**Ce nouveau groupe a peut-être la solution.**  
 Amenez vos jeunes enfants! En vous inscrivant à l'avance on vous offre un service de gardiennage gratuit.  
 Les rencontres sont les mardis de 13h30 à 15h au Bistro du Centre Siskin

**10th Annual Home Sellers'/Buyers' Seminar**  
 Free Home Staging CD and Home Selling/Buying Book for all attendees. Possible free handyman labour for some attendees. Realtors and information packages for other bases throughout the CF. Refreshments provided.  
 - A Local Real Estate Lawyer who is familiar with IRP charges  
 - A Home Inspector who has done thousands of inspections in this area  
 - A Canada Mortgage & Housing Corporation Representative who will discuss lender costs and mortgage penalties  
 - David Weir BA, CD a Broker with Royal LePage ProAlliance Realty Brokerage who was involved in 150 real estate transactions in 2006. He is familiar with IRP paperwork and procedures.  
 This no pressure information gathering seminar will be held in the MFRC on  
**Wednesday 28 February 2007 from 7 - 9 P.M.**  
 The seminar is open to members of the public.

**10ième séminaire annuel sur l'achat et la vente de résidence privée**  
 Un cd sur la préparation de la résidence pour la vente et un livre sur l'achat et la vente de résidence privée sera remis à tous les participants. Possibilité de main-d'œuvre gratuite pour quelques-unes des personnes présentes. Agents d'immeuble et trousse d'information pour les autres bases des FC. Des rafraîchissements seront servis.  
 --Un avocat en affaires immobilières qui connaît les frais du Programme de réinstallation intégré (PRI)  
 --Un inspecteur de maisons qui a fait des milliers d'inspections dans la région  
 --Un représentant de la Société centrale d'hypothèques du Canada qui discutera les coûts d'emprunt et les pénalisations hypothécaires  
 --David Weir, BA, DC, agent d'immeuble avec Royal LePage ProAlliance Realty, qui a fait plus de 150 transactions immobilières en 2006. Il connaît bien les procédures requises du PRI.  
 Ce séminaire d'information se tiendra au centre des ressources pour familles militaires le mercredi, 28 février 2007 de 19h à 21h. Ce séminaire est ouvert au public.

**Deployment Support / Wednesday Night Out**  
 Pre-register please by calling 613-965-3595 or 613-965-3575  
**February 21 - Card Making-** using creative backgrounds. Designs that feature unique hand painted papers. Cost for materials \$5.  
**February 28 - Time Management-** Achieving some balance in your life is a positive outcome of time management. Learn some hints to achieve your goals.  
**A variety of activities coming up, please visit the MFRC website calendar**  
[www.trentonmfr.cfbtrenton.com](http://www.trentonmfr.cfbtrenton.com)

**Soutien au déploiement / Les sorties du mercredi soir.**  
 Veuillez vous inscrire à l'avance en appelant au 613-965-3595 ou 613-965-3575  
**Le 21 février : Confection de cartes** - Utilisez des papiers peints à la main. Designs créatifs uniques! Coût du matériel 5,00\$  
**Le 28 février : Gestion du temps** - Avoir un style de vie équilibré est le résultat d'une bonne gestion de son temps. Apprenez les différentes manières de faire pour atteindre vos buts.  
**Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfr.cfbtrenton.com**

**Prior Learning & Recognition, Information Session**  
 Date: **Tuesday, February 27** Time: 6:00 - 8:00 p.m.  
 Objective: If you have gained knowledge and skills through paid employment, volunteer/community work, independent study, on the job training, travel and leisure, union courses or non-credit courses, Prior Learning Assessment and Recognition PLAR may be for you!  
 Registration Deadline: Thursday, February 22, 2007

**Reconnaissance des acquis - session d'information**  
 Date: le mardi 27 février de 18h à 20h  
 Objectif: Si vous avez gagné de la connaissance et des aptitudes à travers de l'emploi rémunéré, du travail bénévole et communautaire, de l'étude indépendante, de la formation au travail, voyage et passe-temps, cours du syndicat et cours non-credités, cette session est pour vous!  
 Date limite d'inscription; le jeudi 22 février 2007

**Please read our newsletter "Touching Base" or visit [www.trentonmfr.cfbtrenton.com](http://www.trentonmfr.cfbtrenton.com) for more information**  
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# Wing Logistics Branch celebrates 39th anniversary



Photos: Cpl David Hardwick, 8 Wing Imaging



# HOROSCOPES

Weekly Astrology by Christine Davison

February 4 - February 10

**ARIES** (Mar. 21 - Apr. 20) The theme of the week is everything new. It is a time to change your tastes and lifestyle in a fresh direction. As this transformation occurs, keep your radar scanning for new and extraordinary romantic opportunities. You'll find everything falling into place if you remain open-minded and compassionate.

**TAURUS** (Apr. 21 - May 21) Start your week by lying aside some time to stay at home and pamper yourself. Sharing these quiet times with a loved isn't a bad idea either. By recharging your batteries now, you will be a force to reckon with later in the week as your charm and willpower will put you in a position to divide and conquer.

**GEMINI** (May 22 - June 21) Energy is scattered more than usual and it will take some real focusing to keep things in perspective. The best advice would be to ride the wave and go with the flow. All this confusion may find you feeling blue mid week. The key to surviving is to remain optimistic.

**CANCER** (June 22 - July 22) Communication will come free and easy this week, especially in the romance department. You'll find your words and thoughts will be in tune with others and so social activity is advised. Take advantage of the synergy but be aware of the details. Missing them may mean missing out on a lost learning opportunity.

**LEO** (July 23 - Aug. 23) Withdraw the claws Leo and explore your softer side. Lend a sympathetic ear to those around you. Practising restraint this week will bring rewards in both love and career. Your natural sense of justice will be utilized. Don't be afraid to lay down the law but remember that patience and empathy are your key tools.

**VIRGO** (Aug. 24- Sept. 22) Resisting the rapid changes this week will only wear you out. Take some time for yourself and you'll be able to weather the need to revolutionize some aspects of your life. The temptation to devote yourself to others may derail your own needs. Strike a balance between the two and watch some old obstacles melt away.

**LIBRA** (Sept. 23 - Oct. 23) The week starts off with others listening and understanding. Take advantage of this to get through a surreal period where you may find life a little strange and even uncomfortable. It may be wise to take some of this eccentric energy and put it into a creative pursuit. Be careful not to overwork yourself. The latter half of the week may overwhelm you.

**SCORPIO** (Oct. 24- Nov. 22) Open up a little Scorpio and you may find yourself in the middle of a romance. Be careful, you are not used to all this emotional outpouring. The jealousy word may rear its ugly head if you decide to let your thoughts run wild. Divert all the intuitive passion and emotion into romantic bliss. This is a rare and delightful time for Scorpio and much can be gained by taking advantage of the love.

**SAGITTARIUS** (Nov. 23 - Dec. 21) You crave creative expression and unless you find an outlet you may find yourself becoming frustrated. This may lead to some negative manipulation of those around you. However, by mid week you'll find a new source of optimism and your exuberance will be infectious. Allow this energy to carry you through a late week conflict unscathed.

**CAPRICORN** (Dec. 22 - Jan. 20) Your drive and ambition this week is unparalleled. Focus that energy to get things done. Divert some of it into romance and enjoy the rewards. As the week winds down, take a break and meditate on your accomplishments. This is crucial lest you push yourself from being a dynamic force into a self-destructive one.

**AQUARIUS** (Jan. 21 - Feb. 18) Feel the love around you Aquarius. The world is full of compassion and sympathy for the causes you care about. Your eye for detail will allow you to pick up on things to further your goals. Involving yourself in a charity or positive organization will nourish the soul.

**PISCES** (Feb. 19 - Mar. 20) Your softer side comes out this week. This is a good time to begin an artistic project as your emotional spirit connects with those around you. Beat your own drum and hurdle yourself over established restrictions that may otherwise be an obstacle. Even when things seem a little daunting, following your intuition will bring you success.

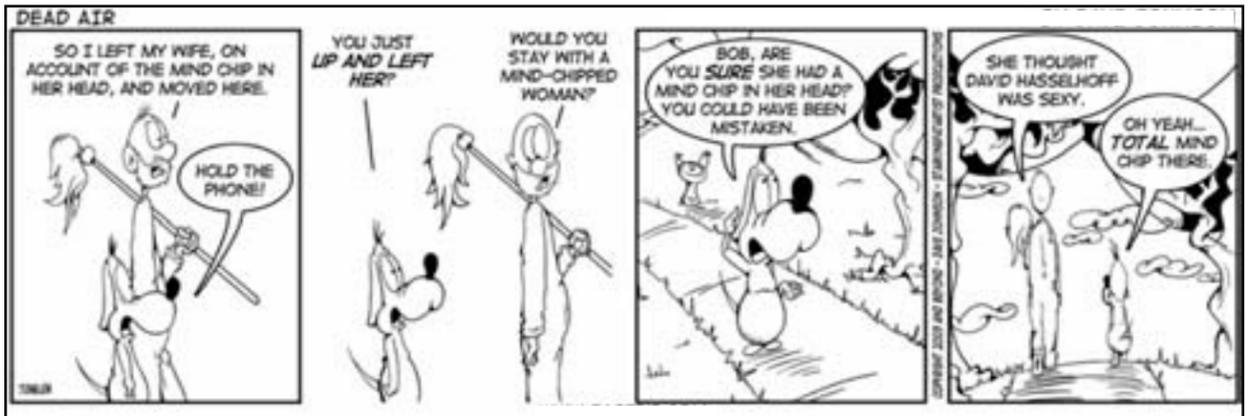
Astrological queries can be directed to Christine at [www.moonsignastrology.ca](http://www.moonsignastrology.ca)

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### DuJour



### Not In My Backyard! by Dale Taylor



## Community Events

# Community Events

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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. Fax us at 613-965-7490 or email to [leblanc.al@forces.gc.ca](mailto:leblanc.al@forces.gc.ca), at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

### The Incredible Mercy of God and the Gift of the Eucharist

Lenten Parish Mission with Father Philippe Boudreau, O.M.I., from Our Lady of the Cape Shine, Quebec at Our Lady of Peace Chapel, 8 Wing/CFB Trenton, located at 91 Namao Drive.

Father Boudreau's Lenten Parish Mission will start on Thursday, March 1, and finish on Sunday, March 4, 2007.

#### THURSDAY

6 P.M. -- HOLY HOUR OF SILENT ADORATION IN FRONT OF THE BLESSED SACRAMENT

7 P.M. -- PREACHING OF THE MISSION

#### FRIDAY

12:10 P.M. -- MASS

6 P.M. -- HOLY HOUR OF SILENT ADORATION IN FRONT OF THE BLESSED SACRAMENT

7 P.M. -- PREACHING THE MISSION

#### SATURDAY

10:15 A.M. - MASS

6 P.M. -- HOLY HOUR OF SILENT ADORATION IN FRONT OF THE BLESSED SACRAMENT

7 P.M. -- PREACHING THE MISSION

#### SUNDAY

9 A.M. -- MASS AND CONCLUSION OF THE MISSION

### About Father Philippe Boudreau, O.M.I.

Father Philippe is a Missionary Oblate of Mary Immaculate. He was ordained in the Basilica of Our Lady of the Cape Shine, Trois-Rivières, Quebec, in 2001. He has been assistant pastor and pastor to parishes in Western and Northern Canada. He is now ministering at Canada's National Shrine of Our Lady. He is also a Chaplain in the Canadian Army Reserve serving in Trois-Rivières, Quebec.

### Tuesday Quilters' Meeting

The Trent Valley Quilters' Guild monthly meeting will take place on Tuesday, February 20, at 1 p.m. at the King Street United Church (please use the side door). New members are always welcome. For more information please contact Joyce at 613-966-7179.

### Babysitting Course

Each course runs from 9:00 a.m. until 5 p.m. on the dates listed below. Cost, which now includes GST, is \$43. Payment must be received in order to confirm registration. Payment options include cash, cheque, Visa, MasterCard or American Express.

#### Confirmed 2007 course dates:

- March 14 - March 31 - May 5 - June 2

Registration may be done in person at 344 Front Street, Belleville, Monday to Thursday 9 a.m. to 4 p.m.; by phone at 613-966-0730; or fax at 613-966-5719.

For information on this course, or other courses offered by the Quinte Branch of the Canadian Red Cross, please visit [www.redcross.ca](http://www.redcross.ca) or call 613-966-0703.

### Blood Donor Clinic

Here's your opportunity to save lives!

Donate the gift of life at the CFB Trenton Blood Donor Clinic on February 20, from 10:30 a.m. to 4 p.m. at the Cadet's Mess, located in the Yukon Galley.

### ATTENTION ATV OWNERS

#### Notice of Membership Meeting and Registrations

The Quinte West All Terrain Vehicle (QWATV) Club will be hosting a membership and registration meeting on Tuesday, February 20, 2007 at 7:00 p.m. at the Batawa Recreation Centre.

For more information please visit the QWATV website at [www.qwatvclub.com](http://www.qwatvclub.com)

### 8 Wing Chapel ~ Our Lady of Peace Ark of the New Covenant

On Wednesday, February 21, from 6 p.m. to 8:30 p.m. our Chapel Community is scheduled to receive the Ark of the New Covenant. We will host a bilingual Vigil Service from 7 pm - 8:30 pm and pass the Ark on to another local parish.

The Ark of the New Covenant - The original symbol, approved and blessed by Pope Benedict, has been crafted of wood from the five continents. It will provide a focal point for the spiritual preparation for the 49th International Eucharistic Congress, which will be held in Quebec City, June 15-22, 2008.

The Ark will travel the country, in the same fashion as the World Youth Day Cross and we are truly honoured to have it come through our area.

The Ark (arca, meaning chest in Latin) of the New Covenant is meant to be a seat for God and a container to hold things. This Ark will be a throne for the monstrance containing the Real Presence of Jesus. It will hold a Eucharistic Charter that you will be invited to sign.

Everyone in the community believing in the Eucharistic presence of Jesus is welcome to join us for this momentous opportunity to truly renew ourselves and re-commit ourselves to the real presence of Christ through our worship and daily living.

Please visit our website at:

<http://8wingchapel.communitychurchesonline.com/>.



### CHAPLAIN SERVICES

#### SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre - Captain Frank Pellerin  
Administrative Assistant/Adjointe administrative - Manon Pilon Ext 2490  
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS

Padre Catherine Morrison

Padre Mel Talan

Padre Bob Baker

#### WORSHIP SERVICES

##### OUR LADY OF PEACE (RC)

##### NOTRE-DAME-DE-LA-PAIX (CR)

Chapel Life Co-ordinator/Responsable de la communauté

Padre John Tracey

##### MASS

Sunday Mass (English) 0900 hrs

Messe Dominicale: 1015 hrs

##### CONFESSION

At all times

##### PARISH ORGANIZATIONS

Parish Council third Thurs 1900 hrs

Knights of Columbus first Thurs 1900 hrs

CWL second Tues 1900 hrs

Chorale Merc 1900 hrs

Choir Tues 1900 hrs

##### ST CLEMENT ASTRA (PROTESTANT)

Chapel Life Co-ordinator

Padre Mike Adamczyk

##### WORSHIP SERVICE

Sunday Divine Worship 1130 hrs

Holy Communion 1st Sunday of the month

##### PARISH ORGANIZATIONS

Chapel Guild Last Tues 1930 hrs

#### DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 613-392-2811 et demandez l'aumônier en devoir.

#### NOTICE/AVIS

It is now possible to have the Club Xtra points that are earned on all your purchases at CANEX go to the Chaplain Emergency Fund. Simply ask to have the points placed on the Chaplains' card. The Chaplain Emergency Fund is used to assist our military families during times of family crises. / Vous pouvez dès maintenant, lors de vos achats au Canex, donner vos points Club Xtra au Fonds d'urgence des aumôniers. Vous n'avez qu'à mentionner que vous désirez donner vos points sur la carte des Aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales.

Health & Safety

# Take the Challenge



Take the March 1, I QUIT! Challenge and you could win.

All military smokers and non-smokers, their immediate family members, DND public and non-public fund employees are invited to take the 'March 1, I QUIT! Challenge' and stay smoke-free for at least one month, from March 1 to April 2, 2007.

Register at the Strengthening the Forces Health Promotion Office between January 24 at midnight until February 28 at midnight.

You may also register online at [www.cfpsa.com/health](http://www.cfpsa.com/health)

The goal of the program is to prevent tobacco use-related diseases among Canadian Forces members.

The Health Promotion team recognizes that quitting takes practice and entering the 'March 1, I Quit! Challenge' gives smokers another chance.

**8 Wing Health Promotion Office**  
 177 Hercules St., Bldg 119  
 Kendra Lafleur - local 3767  
 Lisa Pitt - local 3768

Proudly supported by:



It's time to take the challenge. By registering in the "March 1st, I Quit!" challenge, you are enhancing your quality of life.

# Be at the height of safety



Submitted by Don Heans, Wing General Safety Officer

Whether it's a simple step stool, or one which soars to many feet above the ground, ladders help you reach heights you never thought you could.

There's far more to safe ladder use than having a sturdy ladder and lots of physical agility. Many people are seriously injured by falling from ladders, whether from close to the ground or higher up.

By following some simple safety procedures, you can ensure that you successfully climb a ladder to your destination...without experiencing a fatal 'downer!'

Choose the right ladder for the job. They

range from very short step ladders to extension ladders which must be well supported. They are made of various materials such as fiberglass, aluminum or wood.

Examine your ladder before you use it. You do not want to use one which is defective or in need of repair... It could mean injury to you!

The rungs, siderails and locking spreaders should all be sturdy and in good condition. Oil the spreaders on a regular basis to keep them working smoothly. Do not paint ladders. Cracks and splits may be hidden under the paint and the paint itself may provide a slippery surface.

Instead of painting a ladder to protect it, try double-coating it with two coats of clear wood preservative such as shellac, varnish or linseed oil.

The steps or rungs should be solid and non-slip.

Aluminum ladders should not be bent out of shape. Make sure the ladders are free of grease, clean and dry.

Do not use aluminum ladders when working on or near electricity, even if all you are doing is changing a light bulb. Aluminum acts as a conductor for the electricity and you could be seriously injured.

How you set up your ladder is important. The area where you are working should be clean, and people should be warned to stay away. The ladder should not be placed on an unstable foundation but rather on a solid, flat surface. Position it so that you can easily reach your work.

Stepladders should be fully opened before climbing. Extension ladders should be used with a 1-4 lean ratio. This means that for every four feet of height, the ladder should extend from the supporting wall by one foot.

All ladders should be firmly secured to prevent 'kick-out' when being used.

When you climb your ladder, have both hands free for climbing. Carry your tools up in a tool belt or placed in a bucket that

can be hoisted as you climb.

Work smoothly on the ladder, avoiding sudden movements. If you cannot reach without your upper body going beyond the siderails... don't do it!

It's not a good idea to work on a ladder outside in bad weather. You could be put at risk by wind, blinded or faced with slippery conditions by rain or snow.

If you are feeling tired, dizzy, or are under the influence of drugs or alcohol, you should not be climbing a ladder. Not only is your judgment impaired, but also your physical agility and sense of balance.

For obvious safety reasons, only one person at a time should work on a ladder.

When you are finished using your ladder, put it away in a safe, clean area where small children cannot play on it. When you are up on a ladder, you should also be up on safety.

Take the right steps to ensure that you climb with confidence!



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\* Le concours se termine le 31 décembre 2007. L'assurance automobile n'est pas offerte au Manitoba, en Saskatchewan ni en Colombie-Britannique, où il existe des régimes d'assurance gouvernementaux.



# Le champion des langues officielles des FC explique le modèle de transformation

le 9 février 2007

**OTTAWA** — Le Modèle de transformation du Programme des langues officielles de la Défense nationale vise à faire en sorte que le ministère de la Défense nationale réponde à toutes les exigences de la Loi sur les langues officielles tout en respectant le caractère unique de l'organisation de la Défense.

Une fois mis en œuvre, le nouveau Programme des langues officielles permettra aux membres de l'Équipe de la Défense d'être formés, dirigés, administrés et appuyés plus régulièrement dans la langue officielle de leur choix.

L'un des principaux objectifs du Modèle de transformation est de promouvoir le bilinguisme chez les officiers supérieurs, afin qu'ils soient capables de communiquer avec leurs subalternes dans leur langue officielle de prédilection. C'est pourquoi des ajustements ont été apportés au Programme des langues officielles, pour que tous les officiers généraux deviennent bilingues à un plus haut niveau de compétence linguistique (CBC). Actuellement, tous les lieu-

tenants-généraux et vice-amiraux répondent à cette exigence et plus de 85 p. 100 des officiers supérieurs en service (colonels/capitaines de vaisseau et officiers généraux) réussissent à atteindre, pendant leur carrière, un profil linguistique intermédiaire (BBB) ou supérieur.

Le Modèle de transformation fera en sorte que tous les officiers généraux détiennent un profil linguistique supérieur (CBC) d'ici quatre ans. Il maintiendra également l'exigence du programme actuel selon laquelle 70 p. 100 des colonels/capitaines de vaisseau nouvellement promus doivent atteindre et maintenir ce profil supérieur (CBC). En 2006, 75 p. 100 d'entre eux répondaient à cette exigence, et ce pourcentage devrait augmenter, car les officiers promus au cours de la dernière année civile achèvent leur formation linguistique.

L'une des réalités de la vie militaire, c'est que les membres des FC peuvent être affectés n'importe où au Canada ou à l'étranger, selon les besoins du service. Les FC sont déterminées à remplir leurs obligations en matière de langues officielles en donnant

aux militaires la possibilité de recevoir leur formation professionnelle ainsi que leurs services de soutien dans la langue officielle de leur choix. De plus, les membres des FC qui travaillent dans des unités où ils sont tenus d'employer leur langue seconde auront droit à une formation linguistique appropriée pour être en mesure de le faire aisément et efficacement.

Les FC garantissent aux Canadiens anglophones et francophones l'égalité en matière d'emploi, d'instruction et d'avancement professionnel. Vingt-quatre pour cent (24 p. 100) des officiers des FC sont francophones, ce qui est très près de la moyenne nationale. Ceci contredit les affirmations récentes des médias selon lesquelles les francophones seraient sous-représentés dans les forces, et elles témoignent en faveur du Programme des langues officielles des FC. Plus de 28 p. 100 des officiers généraux des FC sont francophones. En ce qui concerne les militaires du rang, plus de 28 p. 100 des militaires du rang et près de 33 p. 100 des militaires du rang supérieurs (adjudants-chefs et premiers

maîtres de 1re classe) sont francophones.

Les FC ont un effectif bilingue solide d'un océan à l'autre – un effectif bilingue qui, en raison des ajustements continus apportés à notre Programme des langues officielles, sera concentré dans les fonctions qui doivent offrir des services dans les deux langues officielles pour se conformer à la loi. Cette situation garantira un respect plus étroit de la Loi sur les langues officielles et une prestation stable d'instruction et de services bilingues où ils sont nécessaires. Une priorité essentielle du Modèle de transformation consiste à doter entièrement les fonctions bilingues qui fournissent de l'instruction et des services centraux et personnels avec du personnel bilingue aussitôt que possible. Elle garantira ainsi aux FC la possibilité de fournir de façon plus constante de l'instruction et des services de soutien dans les deux langues officielles. Toute l'instruction liée au recrutement est déjà fournie en français, et le Modèle de transformation fera en sorte que tous les cours suivants au niveau d'entrée répondront également à cette exigence.

En résumé, employer du personnel bilingue qui offre des services bilingues externes aux citoyens canadiens et des services internes, de l'instruction et du leadership aux membres de l'Équipe de la Défense est essentiel pour se conformer à la Loi sur les langues officielles. Le modèle de transformation a été rédigé en consultation avec les agences centrales responsables des langues officielles – plus particulièrement la Direction des langues officielles de l'Agence de gestion des ressources humaines de la fonction publique du Canada, qui est responsable pour l'établissement des politiques et directives fédérales concernant les langues officielles en ce qui a trait à la Loi et pour la vérification du progrès concernant les langues officielles. Au lieu de réduire l'engagement des FC visant à répondre aux obligations en matière de langues officielles, le Modèle de transformation du Programme des langues officielles de la Défense nationale cherche à améliorer cet engagement.

*Contre-amiral Tyrone Pile  
Chef Personnel Militaire*

## Nouvel uniforme de combat et de protection révolutionnaire pour les militaires

RDDC

Une équipe de chercheurs de Recherche et développement pour la défense Canada (RDDC) travaille à mettre au point un prototype d'uniforme de combat, l'uniforme CBplus, offrant une protection contre les agents chimiques et biologiques. Cet uniforme permettra de protéger les membres des Forces canadiennes (FC) contre des agents chimiques et biologiques (CB) de même que contre divers agents industriels toxiques (plus), d'où son nom, tout en offrant le confort et la légèreté de l'uniforme de combat présentement utilisé sur une base quotidienne dans les Forces canadiennes.

Pour mettre au point

l'uniforme CBplus, les scientifiques de RDDC ont été confrontés à un défi de taille : trouver le juste équilibre entre le niveau de protection adéquat, le confort et les propriétés thermiques d'une tenue de combat quotidienne. Conçu pour répondre aux exigences opérationnelles des FC, l'uniforme CBplus propose une solution des plus intéressantes pour la protection ponctuelle et transparente que peut offrir une tenue de tous les jours. De nouveaux matériaux sont mis au point à l'aide de technologies liées à la fibre de carbone. Bien que les FC utilisent présentement des vêtements de protection contre des agents chimiques lorsque la situation l'exige, ceux-ci n'ont pas été conçus pour être portés tous les jours, et cer-

tainement pas pour être portés longtemps, dans des climats chauds.

Pour valider le rendement de son prototype, RDDC a mis au point une enceinte d'essai unique à RDDC Suffield. L'enceinte d'essai est dotée d'un mannequin anthropomorphe capable d'exécuter toute une gamme de mouvements. L'enceinte d'essai du CBplus est capable de reproduire des conditions environnementales réelles combinant le vent, la température et l'humidité relative. On peut également y recréer des situations problématiques impliquant de l'eau, de la vapeur et des aérosols à l'aide de simulateurs chimiques ou biologiques. Le mannequin, conforme au plan anthropométrique, peut courir, marcher, se pencher, se soulever et

s'accroupir. L'enceinte devrait être entièrement opérationnelle en 2007.

Le projet de démonstration technologique CBplus en est à sa dernière année. RDDC travaille actuellement à développer et à vérifier les matériaux de niveau de production. De plus, l'uniforme fera l'objet de plusieurs études, à l'aide du mannequin et sur des humains. Le concept CBplus sera confié au Ministère de la Défense nationale dans le cadre du Projet d'équipement intégré du soldat et devrait faire son apparition dans les Forces canadiennes d'ici 2010-2012. Enfin, on espère que l'uniforme CBplus puisse être utilisé par la collectivité des premiers intervenants pour combler ses besoins de protection contre les agents chimiques, biologiques et toxiques.

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Showcase

# Showcase



**MCpl K. Hoskins**

received her Silver and Gold Scrolls for Aerobic Excellence and the SWASM, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.



**Cpl A. Scott**

received his GSM - ISAF medal and a plaque commemorating the closure of 1 Air Mov Sqn, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.



**Cpl L. McKeigan**

received the CWO John Melancon Award for Jul-Sept 06' and a Certificate from DHH for participation in the 90th Anniversary of Canada's Participation in the First World War Battles of the Somme and Beaumont-Hamel, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.



**Cpl B. Chase**

received his promotion to that rank, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.



**Cpl A. Bainbridge**

received the SWASM, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.



**Cpl R. Manns**

received the GSS - ISAF, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.



**WO J. Telfer**

received the CD2, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.



**Pte J. Moss**

received the GSS - ISAF, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.



**Pte S. Blandin**

received the SWASM, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.



**Cpl S. Van Dreht**

received the GSS - ISAF, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.



**Cpl J. Bolduc**

received the SWASM, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.



**Lt A. Clement**

received her 1 Can Air Div Mobile Support Equipment Officer Special Purpose Certificate, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.



**Cpl R. Leyon**

received the GSS - ISAF, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.



**MWO S. Rodyeh**

received his promotion to that rank, presented by Maj E. Morris, SOPSO 8AMS, and MWO F. Barrett, Lead AOT2 8AMS.



**Cpl G. Andrada**

received his promotion to that rank, presented by Maj T. Home, AMSO 8AMS, and MWO F. Barrett, Lead AOT2 8AMS.

**Congratulations! Félicitations!**

Showcase

# Showcase



**MCpl R.K. Parks**  
received his promotion to that rank,  
presented by Maj S. MacEwen, WCEO.



**Sgt J. Young**  
received his promotion to that rank,  
presented by Maj S. MacEwen, WCEO.



**Sgt D. Woodbak**  
received his promotion to that rank, presented by Maj T. Home,  
AMSO 8AMS, and MWO F. Trimboli, MOCC 8AMS.



**Sgt R. McMullen**  
received his promotion to that rank, presented by Maj T. Home,  
AMSO 8AMS, and MWO F. Trimboli, MOCC 8AMS.



**WO M. Farrell**  
received his promotion to that rank,  
presented by LCol W. Lewis, CO 8AMS.



**WO S. Willard**  
received his promotion to that rank, presented by  
LCol R. Ewing, CO CFLAWC.



**WO J. Ferguson**  
received his promotion to that rank, presented by  
LCol R. Ewing, CO CFLAWC.



**Capt J. Terajewicz**  
received his promotion to that rank, presented by LCol F. Allen,  
CO ATESS, and Sqn CWO J. Girodat.



**Sgt S. Lawton**  
received his promotion to that rank, presented by  
Maj T. Chalovich, SOPSO 8AMS, and  
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| A | A | R |   | P | P | A | L |   |   | M | A | E |   |   |
| P | P | R | O | S | P | E | R |   | E | W | E | R | S |   |
|   |   |   |   | V | E | A | L |   | E | V | I | L |   |   |
| S | H | O | A | L |   |   |   | M | A | N | T | R | A |   |
| C | Y | S | T |   | P | H | O | T | O |   | A | G |   |   |
| A | P | T |   |   | P | L | A | T | E |   | M | D | I |   |
| M | E |   |   | O | R | A | T | E |   | G | O | O | N |   |
| P | R | O | T | O | N |   |   |   |   | P | R | O | N | G |
|   |   |   |   |   | N | I | C | K |   | E | R | I | C |   |
| M | O | I | S | T |   |   |   | P | R | O | P | H | E | T |
| S | R | O |   |   | E | L | L | A | S |   | E | R | R |   |
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