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December 4, 2009

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Olympic Torchbearers named, pledge to make a difference

by Amber Gooding,
Assistant Editor

Master Warrant Officer James (Jamie) Whalen will be 8 Wing/CFB Trenton’s official Olympic Torchbearer when the flame makes its way to our region on December 15.

MWO Whalen currently calls 8 Air Maintenance Squadron home. (Please check out next week’s issue for more information about MWO Whalen and his exciting involvement with Vancouver’s 2010 Olympic Winter Games.)

Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, was on-site during an announcement made at the Royal Bank of Canada (RBC) Trenton Branch on December 1, in preparation for the arrival of the torch, and a celebration to be held in the coming weeks, where he named MWO Whalen as the representative of 8 Wing.

In total, 14 military bases across Canada are to take part in the Olympic Torch Relay route, where members of these bases and their families will run/walk up to three legs of the route, a total distance of approximately 1km.

“On behalf of the base I would like to take the time to thank RBC for providing us with the opportunity to participate in this event,” said Col Williams. “It’s very exciting to be a part of this.”

Col Williams noted that this exciting opportunity for base/wing personnel – who are drawn from across the country, bringing a little national input right here in the Trenton community – is very much appreciated.

The torch has already made its way to eight bases, from CFB Esquimalt, up to CFS Alert, and most recently travelled to CFB Valcartier.

Quinte West Mayor John Williams addressed the crowd with gratitude and excitement, as

mayor and a local resident, as well as from a proud Canadian’s standpoint.

“This is a pleasure for me,” said Mayor Williams. “To have the opportunity to bear the torch in our community, making a few stops along the way in celebration. It’s not everyday we have the chance to be a part of something like this.”

Mayor Williams encourages members of the community to come out, line the route and support our torchbearers and athletes leading up to the days of the Vancouver Olympics.

“A lot of us won’t get to Vancouver, so this is our way of touching the Olympics,” he said. “I think we’re very fortunate to live in the country that we do. Canadians have many things to be proud of.”

Both Col Williams and Mayor Williams made pledges, in the spirit of approximately 12,000 other Canadians that will carry the

See Torchbearers, Page 10

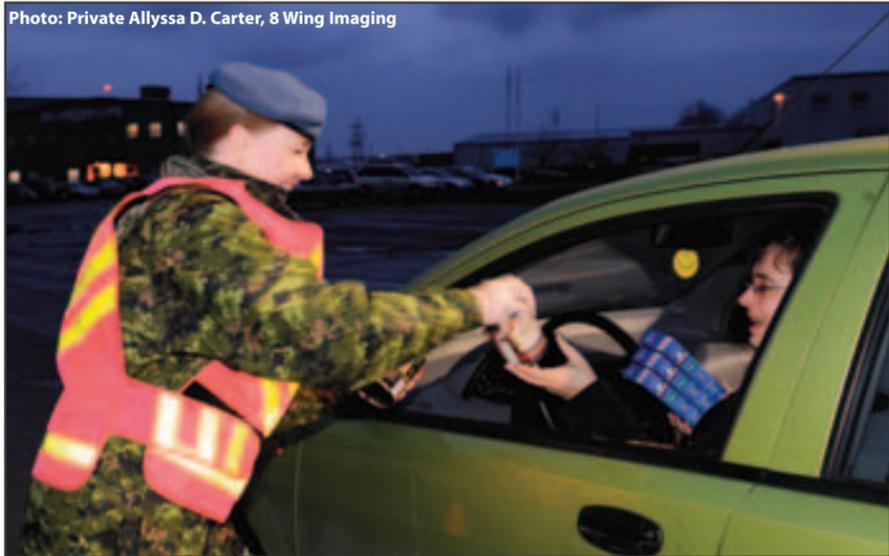
Photo: Amber Gooding, Contact Staff



Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, announced 8 Wing/CFB Trenton’s single torchbearer, in preparation for the arrival of the Olympic Torch on December 15.

COLLECTING FOR THE FOOD BANK

Photo: Private Allyssa D. Carter, 8 Wing Imaging



A military member donates non-perishable food items at the 13th Annual Food Bank Toll Booth held by the Aerospace and Telecommunications Engineering Support Squadron (ATESS) at 8 Wing/CFB Trenton’s North gate entrance. The toll collected was either non-perishable food item(s) and/or monetary donations. All proceeds were donated to the Trenton Care and Share Food Bank. The toll booth was set up on November 26, 2009 between 0630-0800 hours.

I’LL BE THE JUDGE OF THAT

Photo: Tom Philp, Contact Staff



“His Honour” Master Warrant Officer Joe Sampson, Wing Transportation/Electrical Mechanical Squadron prepares to “adjust” the sentence for Major Aaron Spott, 2 Air Movements Squadron, after the latter thumbed his nose at the Jail and Bail bench. Major Spott walked free after paying a \$200 fine. See page 5 for more photos.

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United Way Campaign drawing to close

The final tally is not yet in, but it's clear that 8 Wing CFB Trenton has come together to help the Quinte community.

The closing ceremony for the campaign is slated for lunchtime on Friday, December 4 at the Yukon Galley. There will be a final Pizza/Pasta lunch and many of the unit fundraising event totals will be announced. At 12:30, the Mega 50/50 will be drawn along with the raffles for the EME Trailer and the Dental Basket. The value of the Dental Basket is more than \$1,000!! Thank you to all the units for the hard work fundraising this year.

There were several fundraising events last week, including a 4 on 4 Hockey tournament, the ATESS Hockey Challenge Cup, the ATESS Silent Auction, the CF Health Services Silent Auction, the 8 Wing Imaging family portrait draw (which was won by Master Corporal Gina Durling of 8 AMS/AMCRO) and a chili lunch fundraiser. Thank you to our servers: Lieutenant-Colonel David Murphy and CPO2 Richard Fisher of Wing Operations and Captain Ashley Sanders

Photos: Tom Philp, Contact Staff



Lieutenant-Colonel Dave Murphy (centre) 8 Wing Operations Officer, serves a bowl of hearty chili to David Lamers, a civilian Construction and Engineering employee, with the capable assistance of Chief Petty Officer 2 Richard Fisher, WOPS, during the November 27 United Way Chili Luncheon.



Business was brisk at the combined Chili Luncheon and 50/50 Draw ticket table set up November 27 in the Yukon Galley foyer to raise funds for this year's United Way Campaign. The campaign concludes December 4.

and Chief Warrant Officer Curtis Campaigne of 8 ACCS. And a big thank you to the staff at the Yukon Galley for the delicious chilli and all the support throughout the campaign.

As of November 30, the Government of Canada Workplace Charitable Campaign at 8 Wing/CFB Trenton had raised \$98,021.70 for the United Way of Quinte. The Mega 50/50 pot was at \$5,546.05

(that's \$2,773.03 in your pocket!) and 83 per cent of personnel had been canvassed. These totals do not include this last week of the campaign. Stay tuned for the final tally next week in *The Contact Newspaper*.

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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



8 Wing Telecommunications and Information Services Squadron (WTISS) is responsible for the installation and maintenance of all telephony equipment, including switchboard operations. Mrs Chapman and Ms Fuller, 8 Wing Switchboard Operators, are always ready to help. So far this year, they routed approximately 1,000 calls per day.



WGSO Don Heans: The retirement of an icon

On November 27, 2009, Mr Donald Heans, the 8 Wing CFB Trenton General Safety Officer, retired after more than 54 years of combined service.

Don joined the Royal Canadian Air Force in 1955, the day after his 17th birthday.

He started his career as a Medical Assistant, then remustered to Lab

Technician.

In 1967, Don completed his degree from the University of Saskatchewan and was commissioned by Mr Hellyer as a Medical Administration Officer.

His last posting was a Naval tour in Halifax where he retired from the military in 1984.

After his retirement he took a position as the

Civilian Personnel Officer in Canadian Forces Station, Barrington, Nova Scotia.

In 1988, Don started working in the General Safety Office in Trenton as the Assistant Base General Safety Officer.

In 1996, he became the Base General Safety Officer.

Don was the key to the success of the 8

Wing General Safety Program as it has grown in size, diversity and complexity.

His reputation in the safety world is unsurpassed and he has received many accolades from across the country for his "common sense" approach to safety.

Anyone who has had the pleasure of dealing with Don can attest that

his passion and priority was to ensure "we don't hurt anyone"!

His legacy is an established safety program that has enriched the lives of all the members of 8 Wing/CFB Trenton. Don and his wife Florette are remaining in the Trenton area to enjoy retirement and their grandchildren.

Stay safe "my friend!"



Photos: Submitted



Lieutenant-Colonel Sean Lewis, Wing Logistics and Engineering Officer, presented Mr Don Heans, 8 Wing General Safety Officer, with his retirement certificate from the Prime Minister. Don completed more than 54 years of combined service to the Canadian Forces both as a public servant and member of the Air Force.



Lieutenant-Colonel Sean Lewis, Wing Logistics and Engineering Officer, presented Mr Don Heans, 8 Wing General Safety Officer, with a picture of 8 Wing on his retirement. Also, Major D. Graitson, Deputy WLEO, presenting Don with his "General Safety Icon" (Shown top right).

Search & Rescue UPDATE



424 Squadron was involved in one mission this past week. The Hercules was tasked to determine if a personal locator beacon was going off in the local area. After flying around the local area and picking up no signal from a beacon, the Hercules was stood down and personnel continued with daily training.

Until next week, stay safe.

Missions for 2009: 216 Missions for Nov: 10 Persons rescued: 38

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The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Russ Williams, Wing Commander, 8 Wing / CFB Trenton.

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



Guidelines for submissions: ARTICLES AND PHOTOS

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 (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.
Jpeg-Maximum (8X10), 300 dpi
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

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All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. 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. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



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CORRECTION

Incorrect information was reported in the article entitled **Annual ATESS Hockey Challenge Cup a success**, in the November 27, 2009 issue of *The Contact*. The text should have read that the winner of the 3-2 game was a combined team of both 8 ACCS and WTISS personnel.

Also, the article entitled **SAR-Techs assist in crash**, in the same issue, incorrectly published an out-of-date squadron crest. *The Contact* regrets these errors.

Have an opinion or story to tell?

Want to be published?

Write a letter to the Editor

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Short List of Long Names

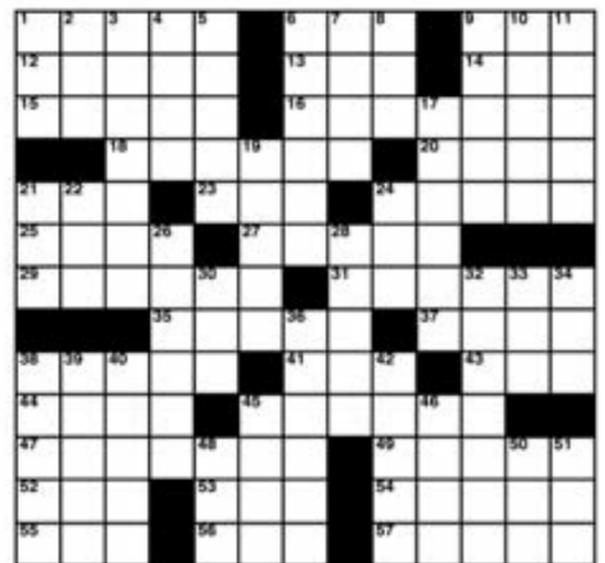
By Bernice Rosella and James Kilner

ACROSS

- 1 Plant louse
- 6 Puss
- 9 Magenta or Sonata
- 12 Incensed
- 13 Moray or conger
- 14 Prized antique auto
- 15 Edible mushroom
- 16 Silken fabric
- 18 Long _____, Ontario
- 20 Emulate Household Finance
- 21 Prefix for tope and gram
- 23 Yes, gruffly
- 24 Sweet wine
- 25 Tater
- 27 Odd-toed ungulate
- 29 Yacht basin
- 31 More than pleased
- 35 Country home
- 37 Long _____, Saskatchewan
- 38 Spring month
- 41 Robert Gordon _____
- 43 Soak
- 44 Thoroughfare
- 45 Long _____, Nova Scotia
- 47 Eating area
- 49 Nymph
- 52 Une
- 53 Over poetically
- 54 Painter El _____
- 55 Travel plan (abbr.)
- 56 Type designer's concern
- 57 Australia's _____ Rock

DOWN

- 1 Intention
- 2 Weir or Ames
- 3 Long _____, Newfoundland
- 4 Ancient Roman road



- 5 Postpone
- 6 You _____ (slangy affirmation)
- 7 Unpolished assent
- 8 Leprechaun
- 9 Long _____, Saskatchewan
- 10 Sicilian volcano
- 11 Hired hand for a rock band
- 17 Gordie Howe birthplace
- 19 African nation
- 21 Doctrine
- 22 Evian or Gstaad
- 24 Until to Tennyson
- 26 Apportion
- 28 Author Buck or Hawaiian harbour
- 30 None
- 32 Later
- 33 Scrimp
- 34 S. Spade or M. Hammer
- 36 Failures
- 38 Passion (var.)
- 39 Long _____, Nova Scotia
- 40 Indian noblewoman
- 42 Long _____, Newfoundland mountains
- 45 Unit
- 46 Without any
- 48 Foot part
- 50 Expert
- 51 PC operating system

See Answers, Page 23



This Week in Contact

1979 – Colonel R.D. Russell, Commander, CFB Trenton, congratulated the team under his command that took first place in the semi-annual Air Command Marathon Relay Challenge. Twelve teams, comprising 207 runners from bases across Canada, competed in the event held here.

1989 – Flashing yellow warning/caution lights were activated for the first time at the pedestrian crosswalk immediately south of the main gate. Still being guarded by those lights today, the walkway accommodates pedestrian traffic to and from the parade square/main parking lot to buildings on the west side of Anson Avenue.

1999 – The first-ever Airbus Configuration Hangar, designed to enable 437 Squadron to deploy faster and more efficiently, was officially opened at 8 Wing/CFB Trenton by Colonel Gaston Cloutier, Base Commander. Located north of the DART building, the new facility was the result of cooperative efforts by 8 Wing, Canadian Airlines and National Defence Headquarters in Ottawa.

Created by Lt J. H. MacDonald,
 Compiled by Tom Philp.



Jail and Bail event locks up the worst Wing offenders

The annual 8 Wing Transportation/Electrical Mechanical Engineering Squadron (Tn/EME) 'Jail and Bail' fundraiser for the Government of Canada Workplace Charitable Campaign/United Way sent the arresting officers scrambling for offenders, all of whom were "fingered" or "ratted out" by their 8 Wing colleagues. **(Below, top to bottom)** Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, and Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer, are taken into custody outside their offices. Col Williams was charged with "being too young to be a Wing Commander," and LCol Lewis faced charges of "having a full length mirror in his office and looking at it too often." - Jailbirds Major Michel Lefebvre, Sergeant John Donahue and Major Hans Reitmuller ask visitors for mercy as they languish in the cells. - Chief Warrant Officer Dave Paradis can't believe that "His Honour," Master Warrant Officer Jean Blain (in white wig), ordered him to "sing a song on bended knee" to earn a reduction in his 180-minute sentence. CWO Paradis complied, singing an hilarious version of Itsy Bitsy Spider to an old Carly Simon tune. - "Prisoners" Major Donnie Munroe (left) and Master Warrant Officer Cindy Leonard were charged with "hoarding all the good cookies to themselves." - Master Warrant Officer Blair Sherwin spent two hours in custody before his \$17 fine was paid by colleagues. He was the first person arrested during the November 25 event; not that hard to understand, considering the Jail and Bail fundraiser was held in his own shop! Just over \$1,900 was raised from the "worst" offenders.



Photos: Tom Philp, Contact Staff



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8 Wing Personnel at Work – MCpl Rick Desforge

by MCpl Kamaljit Singh
8 Wing PAO OJT

Master Corporal Rick Desforge has a job with perks that many of us would love to enjoy.

MCpl Desforge travels all over the world with 437 Transport Squadron "Huskies" and meets some extraordinary people in his role as Flight Attendant.

MCpl Desforge is one of only 22 Canadian Forces members that work as Flight Attendants.

The job is a three year posting to the squadron with an option to complete a fourth.

Joining the CF from Sudbury, Ontario in November 1988, MCpl Desforge enrolled as a Mobile Support Equipment Operator (MSE-Op).

After 20 years of service and two deployments to Bosnia, he transferred to Flight Attendant.

As a Flight Attendant, MCpl Desforge conducts continuous training such as checklists and mission planning while at 8 Wing/CFB Trenton.

During flights, his role is to cater to passengers on the aircraft.

The diversity of the job involves VIP service to the Prime Minister, Governor General or the Royal Family, to sustainment flights of CF members or equipment.

MCpl Desforge enjoys the fact that he gets to travel to places that he would normally be unable to go.

The highlights of his travels over the past year and a half with 437 Squadron include Spain, Bermuda, and Bahrain.

Meeting dignitaries and famous people while travelling the world is just one of the great perks of being a Flight Attendant at 437 Squadron.

"It's not everybody that gets to experience a group like Finger Eleven jamming at 37,000 feet with the Governor General." MCpl Desforge says.

The challenges of a Flight Attendant are often about the length of the day and maintaining a positive attitude after deploying through numerous time zone



Master Corporal Rick Desforge, of 437 Squadron.

changes. Continuing to meet passenger demands with a positive demeanour can be hard after long days of travelling.

Additionally, repatriations of Canadian Forces members have been difficult tasks to deal with.

On one occasion, MCpl Desforge was onboard during a medical evacuation of a member from his hometown of Sudbury, Ontario.

On the positive side, MCpl Desforge notes that deployment and re-

deployment flights give him a chance to see familiar faces.

"Seeing the Roto flights, seeing them go over and then when they return, seeing some of the same faces again, it's a great thing." MCpl Desforge says.

MCpl Desforge enjoys fishing, snowmobiling and bowling in his spare time. In the future, he looks forward to returning to the transportation world before he decides to retire.

GUESS WHO?



Photo: Submitted Anonymously...

Can you identify this "gentleman" who currently hangs his hat here at 8 Wing/CFB Trenton? He's a charmer all right, and takes particular delight in scaring unsuspecting personnel by creeping up on them outside. (Hint: His hair now resembles that of a silver fox...)

See next week's Contact for the big reveal.



Wagon Rides Schedule

Saturday, December 5 12:00pm - 3:00pm
Friday, December 11 6:00pm - 8:00pm
Saturday, December 12 12:00pm - 3:00pm
Friday, December 18 6:00pm - 8:00pm
Saturday, December 19 12:00pm - 3:00pm
Sunday, December 20 12:00pm - 3:00pm
Monday, December 21 6:00pm - 8:00pm
Tuesday, December 22 6:00pm - 8:00pm
Wednesday, December 23 6:00pm - 8:00pm

All rides will pick up and drop off at the DBIA Office in the King Street Parking Lot.



Lighting of the Menorah

Friday, December 11th
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PET OF THE WEEK





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SPORTS & RECREATION

History of the Firefighters Annual John Cowell Memorial Bonspiel

Submitted by MWO Jacques Renee
8 Wing Fire Department

The John Cowell Memorial Firefighters Curling Bonspiel originated as the "brain child" of Flight Leader (F/L) John W. Cowell, while he was serving as the Regional Fire Marshal at Air Division HQ in Metz France, in 1965.

The bonspiel started as a fun day for all Royal Canadian Air Force Firefighters at our European NATO (North Atlantic Treaty Organization) bases, to get to know each other in the spirit of good fellowship and friendly curling competition.

A trophy system was developed, and has evolved into the following lineup (complete with 2009 winners) that the bonspiel follows today.

Foam Bowl Trophy (*Crowe and Feathers Team, skipped by Jim Crowe*): It was originally suggested by Doug Stevenson, Sales Manager with LORCON Foam Supplier.

The trophy was introduced for competition at the bonspiel in 1969.

As requested by the donor, the names

of the 68 winners to date have been inscribed; thus the "Foam Bowl" became a top notch curling challenge.

Flight Sergeant Walter Nakay Memorial Sportsmanship Trophy (*What's Curling? Team, skipped by Cheryl Olsen*): Dedicated in honour of F/S Walter Nakay, a keen sportsman himself, this trophy is given to the team that shows the best sportsmanship on, and off the ice, lose, win or draw.

Founders Trophy (*Toronto Old Timers Team, skipped by Jim Endean*): This trophy was originated by F/L John Cowell. It has no specific meaning as such, but was set up as an award that was considered of interest, since any team entered in the bonspiel could win it, and the trophy would go to a team selected by John Cowell or his representative.

Bill Rodgers Memorial Rookie of the Bonspiel Trophy (*Amanda Fraser - North Bay Fire Hall*): The Rodgers Trophy was originally donated by curlers from the North Bay Fire Hall.

This trophy is dedicated in honour of Bill Rodgers, who was an avid curler and

all-round sportsman. The trophy is awarded to the youngest first-year curler in the bonspiel.

Jack Eddy Memorial Skip of the Bonspiel Trophy (*Jack Robinson*): Jack Eddy was a strong supporter of the bonspiel from day one.

After Jack's passing, his wife, Judy, wished for Jack to be remembered by his many friends in the curling circle, so she donated the lovely plaque in his honour.

The winner best exemplifies the spirit of the event and is presented by Judy to a skip of any team in the event, chosen by her alone.

The name is kept secret until the winning skip is announced at the closing banquet. This is done so that, regardless of what event you end up in, you could still win the Jack Eddy award.

Fire Chief's Draw (*Wesley Hann; Apprentice Fire Chief's Draw - Amanda Fraser*): The Fire Chief's Draw is open to all DND Fire Fighters who have served as a Fire Chief. The objective is to make a cold draw to the button. A trophy has now replaced what was once a cash donation to

the winner.

Stealer's Trophy (*Home Built Aircraft*): This trophy was originated by a group of firefighters from the CF Fire School in Borden.

They built a mock-up of an aircraft, complete with a buzzer. It was a work of art and was put up for grabs (literally speaking).

The Stealer's Trophy is displayed during each annual bonspiel, and every year, someone, somehow manages to steal it. Years ago it landed in Lahr, Germany, where CF firefighters there refurbished the trophy.

They made it neat looking, but a bit bulky. There are many name plates missing on the trophy which makes it difficult to identify who the culprits were.

Organizers of the 44th Annual John Cowell Memorial Firefighters Curling Bonspiel, held from November 19 to 21, 2009 at the Trenton Curling Club would like to thank everyone who participated, in any way, for honouring our fellow fire fighter, John Cowell, in such spectacular fashion.

8 Wing member earns CISM golf trophies in Namibia

by Tom Philp, Contact Staff

Eight years ago, Sergeant Lisa Rowe, a full time Reservist working at 8 Wing/CFB Trenton, didn't care about the difference between a pitching wedge and a putting green.

This month, Sgt Rowe is celebrating a recent trip to Namibia, where her prowess on the golf course earned trophies and a lifetime of memories.

"Golf was a means to get there, but it was the camaraderie, the friendships that will last a lifetime that I will always treasure," Sgt Rowe told The Contact.

The seven-year golfer was one of two women and six men who represented Canada at the 6th Annual CISM (*International Council for Military Sports*) Golf Championship, held in October at the Windhoek Golf and Country Club in Windhoek, Namibia. It was hot and dry ("we drank copious amounts of water"), perfect weather for golfing, even if the golf course was not quite up to Canadian standards.

"Play in Africa pretty much beat up my clubs," Sgt Rowe said. "The ball was usually lying in desert sand in the fairways, and there were lots of stones and sparks flying everywhere."

She had joined team partner, Master Corporal Denise Gaudet (CFB Cold Lake), and 16 other women from 14 countries in both team and individual challenges during a four-round tournament. The Canadian women's team finished third overall; and Sgt Rowe's performance earned her a fifth place standing in the event.

"It's a good thing Denise had a great day that last day, because my final round was less than wonderful," Sgt Rowe said. The higher scores recorded by the two Canadian women over the four days (Sgt Rowe is a 7 handicap golfer at Roundel Glen, 8 Wing's golf course), reflect how tough conditions

were at Windhoek: Rowe - 87, 82, 86, 90; Gaudet - 93, 93, 91, 83. But those scores were still high enough to put them on the podium.

Not bad at all for golfers who had to endure hard-packed, sandy fairways, deep bunkers filled with sand the consistency of powdered sugar, fire ants, faded or non-existent markings for 'ground under repair,' and on at least one occasion, a human driving range "golf ball picker" taking Sgt Rowe's ball off the field of play in putting it in a bucket!

While success on the links was and is important to Sgt Rowe, it was the social aspect of the CISM tournament that meant the most to her.

"The camaraderie that we developed, the lasting friendships, were just amazing," Sgt Rowe said. "The teams all ate meals together; we went on safari and on shopping trips together, so this was a great opportunity to meet people from around the world who are not only in the military, but who also love the game of golf."

The combined Canadian CISM contingent also won the Fair Play Award, given to the team whose members consistently demonstrated positive attitudes and a sense of fair play.

"The whole purpose of these events is to celebrate friendship through sport, and that's what we tried to do all the time," Sgt Rowe said.

"The General who presented that award said the Canadians got a record number of votes for being the most popular players," she said. That determination to have fun also evolved from the nightly "council" sessions held by the team, in which one member who had "screwed up" that day got to wear Rupert, a heavy, gaudy moose hat during the next day's play; and from a moose plush toy Sgt Rowe carried in her bag, the nose of which "was rubbed so many times for good luck it nearly wore off."

Sgt Rowe tried twice before to

Photo: Submitted



Sergeant Lisa Rowe

qualify for the CISM tournament ("third time's a charm, as they say"). In 2009, she earned a berth in the Ontario CF Regional Championship in Ottawa, finishing second; and finished second again, behind MCpl Gaudet, in the National CF Championship, held in September at CFB Shilo.

"Next year, I'm sure Denise and I will get an invitation to the CISM trials, but we'll still have to earn our spots," Sgt Rowe said.

Although relatively new to the world of golf (it was her husband, Chief Warrant Officer Charlie Fleming who introduced her to the game seven years ago), Sgt Rowe is an all-round athlete who understands the value of developing a healthy, focused, balanced view of competition. And she intends to do her best to pass that understanding on to future generations of golfers.

"Ultimately, I want to get my golf teaching certificate and teach kids," she said. "To be a mentor; that's what I want to get out of this sport."

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FITNESS & HEALTH PROMOTION



Winter ergonomic and safety tips

With the increasingly cold temperatures...it is important that we are taking care of our bodies.

While shoveling snow and weathering the bitter temperatures, it is essential that we prepare our muscles, protect our skin and use proper shoveling techniques while clearing our driveways and pathways around our homes and work. Here are a few helpful hints:

Ensure that when temperatures dip below 0 degrees your skin is properly covered. Wear lots of layers and make sure that exposed skin is covered with hats and scarves to minimize the chance of frostbite.

Although this is not the sunbathing season UVA and UVB rays are often stronger during the winter months and due to the reflective nature of the snow our

exposure is increased when outside. Wear a sunscreen (SPF 15 or 30) whenever you go outside.

Prior to starting the exciting chore of clearing snow, try and stretch your muscles. Pay particular attention to your legs (inner/outer thighs), lower and upper back, shoulders and chest to help reduce the risk of strained or sore muscles.

When shoveling snow, proper technique is imperative. Ensure that you are gripping the shovel approximately mid way up the handle, or use a bent handled shovel when lifting or tossing the snow. By keeping the actual weight close to the body, you minimize the chance of injury.

When lifting the snow try to keep the shovelhead between your waist and chest.



Photo: sxc.hu

Lifting the shovel above shoulder height causes strain on the upper body (arms, shoulders and back).

Try not to twist while shoveling. Keep your back straight and in a neutral posture whenever possible.

Keep shovel loads to a minimum. It will help reduce the strain on your arms and back.

Annual Spin Challenge

Join the fitness staff at 8 Wing Trenton for this year's version of our annual Spin Challenge! This year's challenge will take place on December 15, from 0800 to 1200 hrs - Spinning with a post event meal at the Arena to follow. The challenge is open to all CF members/units and DND employees. This will be an Olympic-themed event, to celebrate the torch's arrival at 8 Wing/CFB Trenton, and to celebrate fitness at 8 Wing, with four solid hours of Spinning (50 bikes on the gym floor). Join us for guest instructors, great music, free giveaways and an awesome workout. Participants can register for one hour or several hours, we are looking to have Unit representation from across the Wing. To register for the Spin Challenge, or for more information, please contact Lisa Refausse at lisa.refausse@forces.gc.ca

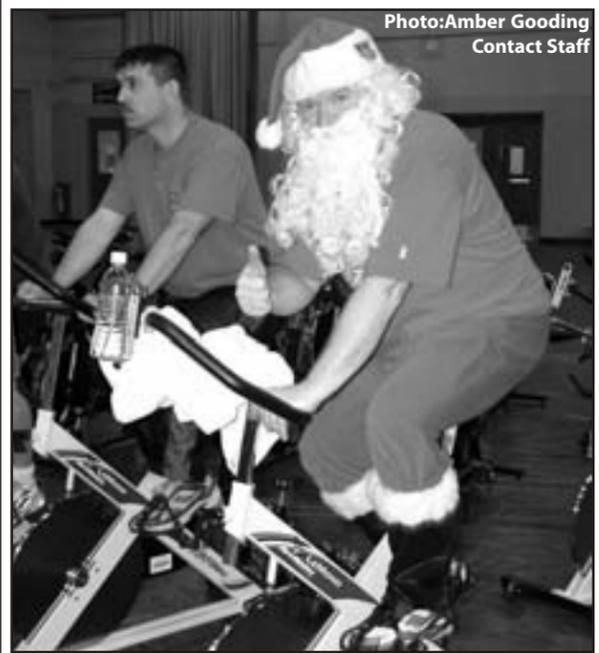


Photo: Amber Gooding Contact Staff

Military Lane Swim and Physio Swim

Military Lane Swim and Physio Swim will be cancelled during the holiday season, from December 21 until January 4. We will restart the programmed swim times on January 4, 2010.

Active living all year round

Change your activities with the seasons: it's a great game plan.

The weather is no excuse for being inactive. If you "hibernate" during the winter and spend your time on the couch, you lose out on the fun.

If you lock yourself up with an air conditioner in summer, you're missing all the action.

If it's too hot or too cold out of doors, stay inside, but don't just sit there. A heated indoor pool feels great in the middle of winter.

An air-conditioned gym is the cool place to be during a heat wave.

And if you stay at home, you can do all kinds of things that don't need special equipment: walk on the spot, stretch, or lift weights. (You can use household items like cans of soup or milk jugs

filled with water as weights.)

If you stop being active, your body starts losing its shape after two weeks. Two to eight months after that, you'll be completely out-of-shape. That's why it's important to keep going year-round. Can you really afford to have an off-season?

The best way to stay active throughout the seasons is to do lots of different things. Try new activities. There's plenty to do in the winter.

Think of the many ways you can play in snow or on ice. In the spring and summer, beaches,



8 Wing Health Promotion

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Phone: Local 3768

email: healthpromotionTrenton@forces.gc.ca

Jessica Ivanko

Health Promotion Administrative Assitant

Angela Prescott

Health Promotion Manager

Kendra Lafleur

Health Promotion Director

Visit healthpromotion.cfbtrenton.com to learn more.

Did You Know?

We all tend to take on too much over the holiday season: buying elaborate gifts, sending Christmas cards, cooking, baking, wrapping, trimming...the details can cause an overload to your system. Balance is essential. Prioritize! Do the things you really enjoy doing. Don't get too caught up in the details. Consider planning and preparing ahead of time to cut down on the workload.



"Did You Know?" is brought to you by your 8 Wing Health Promotion department.

PT Tests: Block Bookings

Units requesting Block bookings for PT tests may call the Fitness Coordinator at local 3328.

We encourage Units to mass book their members for times outside the scheduled 0830 hrs timeslot to achieve the testing requirements for the calendar year.

EXPRES Testing

The Fitness and Sports Flight is offering EXPRES testing on Mondays, Wednesdays, Thursdays, and Fridays at 0830 hrs.

To book, please email +PSP Expres bookings to indicate your requested test date.

ACTIVE2010

lakes and green fields create a natural playground.

Fall is a great time to enjoy the spectacular colours that Ontario's forests have to offer.

Year-round facilities mean you don't have to stick to nature's timetable to enjoy your favourite activity: you can play hockey in July at an indoor rink, or spend an afternoon at an indoor driving range in the middle of a snowstorm.

No matter what the weather, look for ways to get your body going. You'll have a great time and you'll feel fantastic.

Source: Active 2010



Decorating this holiday season with safety in mind



Submitted by 8 Wing General Safety Office

As the holidays draw near, decorative lighting and special effects become important components of the festive season. Christmas trees, in particular, are a traditional part of the season, but can pose a definite safety risk.

If using a natural tree this year reduce the risk of fire by taking the following precautions.

Choose a freshly cut green tree, not one that has dried out through weeks of storage. If you are buying one from a tree lot, tap the trunk on the ground; if several needles fall off, it's too

dry. Needles that bend and are not easily pulled off indicate a fresh tree.

Consider a potted tree so you can plant it in your yard once the holidays are over. Before setting it up, cut two inches diagonally off the butt. The tree will draw water more easily from a fresh cut.

Stand the tree in a tub or bucket of water and keep the tree trunk immersed to prevent the tree from drying out.

Select a safe location for the tree, away from drapes and curtains and from drying and heating sources such as registers, radiators and television sets. Don't block doors or windows which might be used to escape in an emergency and never put a tree near a fireplace!

Use a tree-stand with widespread legs for better balance and a large water reserve to immerse the tree butt. Check the water level

Photo: sxc.hu



every day and add more as required.

Check your Christmas lights for defects. Spread them out on a non-flammable surface before installing them.

Make sure there are no broken bulbs, all electrical cords are free of cuts or frays and the plugs are in good condition.

Extension cords should never be placed under car-

pets or where they could be a tripping hazard.

Don't leave the lights on if there is no one in the room.

If the tree begins to lose

an excessive amount of needles, remove it immediately.

Never burn your tree in the fireplace!

These safety tips will help prevent your holiday plans from going up in smoke!

Snow and ice removal

Wing Construction Engineering (WCE) Roads and Grounds are responsible for snow removal on sidewalks in all areas of the Wing.

It should be noted that stairs and the first 10 feet from buildings or to the nearest adjoining sidewalk, is the responsibility of cleaners/BLDG occupants.

Building occupants requiring shovels, salt, sand and SNIC bins should place their request through WCE work reception. Please call local 3597 or email +CE.Work.Desk@CE@Trenton,

All other SNIC requests should be made to the SNOW Hotline (7669 or SNOW)

OPI: Capt Ivanko, local 3750

Sidewalk snow removal priorities

1. Sidewalks in all areas of the Wing have a very low priority during and immediately after snowstorms, of which WCE Roads and Grounds are responsible.

2. When manpower is available, they are to be cleared in the following order:

- a. Bldgs 21, 22, 23, 29, and 56;
- b. ATESS Headquarters and Bldg 32;
- c. Walkways to the tunnel under Hwy 2;
- d. Wing Hospital;
- e. Messes; and
- f. All other buildings.

3. It should be noted that stairs and the first 10 feet from buildings or to the nearest adjoining sidewalk, is the responsibility of cleaners/BLDG occupants.

Annex D, 8 Wing Trenton
SNIC Instructions, October 2009

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Project to preserve Air Force leadership history moves forward

by Tom Philp, Contact Staff

A project undertaken by a retired Colonel, his friend and a talented artist to preserve the history of one part of Royal Canadian Air Force (RCAF) history is moving forward with the full assistance of 8 Wing/CFB Trenton.

Colonel (Ret'd) Morris Gates, who retired from 8 Wing 25 years ago as the Chief of Staff – Training Systems, teamed up more than 10 years ago with Keith Reekie, president of the Foundation for Human Development, to create a visual memorial to the former leaders of Air Transport Command (now Air Transport Group).

That tribute would take form in a series of framed collages featuring portraits, service histories and galleries of awards of those leaders.

Gates got involved to gather and share military information about these men, and to find photographs of them suitable for artist Sergey Malina to turn into portraits.

In July of this year, Gates, Reekie, Malina and Brighton resident Susan Scarborough, daughter of the late Lieutenant-General “Reg” Lane, DSO, DFC and Bar, a former Commander of 8 Wing/CFB Trenton, gathered at the Air Mobility Conference Centre (the Wing Commander’s residence when Scarborough was a girl), for the unveiling of the first four collages in a proposed series of ten collages.

In addition to LGen Lane, framed tributes to LGen “Chester” Hull, DFC; Air Commodore Henry Carscallen, DFC; and Air Commodore “Larry” Wray, OBE, DFC were unveiled that day and presented to the

Wing.

Gates returned to the Air Mobility Conference Centre (AMCC) recently to take additional photos, and to collect more information to prepare six additional memorials for display on its walls.

The first four framed tributes hang in the AMCC rooms named after their subjects.

Escorted on this tour by Lieutenant-Colonel Ross Fetterly, 8 Wing Administration Officer, Gates talked about the importance of preserving this segment of Air Force lore.

“We want every young service person today to see who came before them, and what those men were able to accomplish,” Gates said.

“This is their heritage, and they should know it.”

LCol Fetterly said the portrait/collages will provide an



Photo: Tom Philp, Contact Staff

Colonel (Ret'd) Morris Gates takes a photograph of Lieutenant-Colonel Ross Fetterly, 8 Wing Administration Officer, in front of one of the four existing leadership collages hanging in the Air Mobility Conference Centre. Gates and his colleagues are preparing six more tributes.

instant synopsis of the service accomplishments of “these great leaders” to all military personnel who access the AMCC for seminars, courses, briefings and other gatherings. Gates said he hopes that some of the next six works of art will be ready for presentation to the Wing next summer.

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Torchbearers named at RBC

Continued from Page 1

flame across the country, and that is to take important environmental concerns into consideration and to support the community you live in.

“I would like to make a pledge, to build a stronger community...to encourage members of our community to support our young people, our volunteers, and our many local charities – and to continue to give back,” said Mayor Williams.

Col Williams offered his encouragement to all personnel at 8 Wing/CFB Trenton to be more environmentally friendly and to think about how everyone can reduce their carbon footprint.

Three other local torchbearers were also named, all of whom have ties to the base.

Also carrying the torch on December 15 will be Master Corporal Yvan Breton, a 42-year-old Air Traffic Controller for the Canadian Forces, and a volunteer firefighter for Quinte West; Bevin Stephenson, 8 Wing/CFB Trenton webmaster who

volunteers at local riding stables and events to support riders with disabilities – and who is also involved with providing support for the unique issues that affect military families; and Steve Weller, a high school teacher that runs the “Pops and Tots” program at the Trenton Military Family Resource Centre.

The three local torchbearers were selected by RBC – the longest-standing supporter of the Canadian Olympic Team (since 1947). RBC is a Premier National Partner of the Vancouver 2010

Olympic and Paralympic Winter Games and is proud to bring the Olympic spirit to communities across Canada.

As part of the celebrations leading up to the 2010 Winter Games, the Vancouver 2010 Organizing Committee planned the Olympic Torch Relay across Canada and is sponsored by RBC, Coca-Cola and the Government of Canada. The relay involves a journey of 106 days, over a distance of 45,000 km visiting more than 1,000 Canadian communities.



Photo: Cpl P. Carandang, 8 Wing Imaging
Shown from left to right: Torchbearers Steve Weller, Bevin Stephenson, and MCpl Yvan Breton and RBC Olympic supporter Karen Blachford.

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<p>06 PONTIAC PURSUIT</p> <p>10194 Automatic, 4 cyl, 4 dr, alloy wheels, air, tilt, cruise, steering wheel controls, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 42,000kms.</p> <p>\$8,995</p>	<p>08 CHRYSLER 300 LIMITED</p> <p>10211 Pwr heated leather seats, pwr sunroof, blue tooth, wood grain trim, chrome wheels, factory remote start, air, cruise, tilt, dual climate controls, steering wheel controls, satellite radio, CD/MP3, pwr windows, locks, mirrors, keyless entry, 50,000kms.</p> <p>\$17,995</p>	<p>06 DODGE CARAVAN SXT</p> <p>10204 Shorty, quads, 4th dr, pwr seat, alloy wheels, pwr remote door, pwr lift gate, steering wheel controls, dual climate controls, TV/DVD/5 disc changer, cruise, air, tilt, pwr windows, locks, mirrors, keyless entry, 81,000kms.</p> <p>\$10,995</p>	<p>06 CHRYSLER 300 TOURING</p> <p>10111 Pwr heated leather seats, pwr sunroof, chrome wheels, dual climate controls, steering wheel controls, AM/FM/CD, air, tilt, cruise, pwr mirrors, windows, locks, keyless entry, 50,000kms.</p> <p>\$14,995</p>
<p>05 NISSAN SENTRA</p> <p>9099 Automatic, 4 cyl, air, tilt, pwr mirrors, windows, locks, AM/FM/CD, keyless entry, 66,000kms.</p> <p>\$7,995</p>	<p>06 PONTIAC G5 GT</p> <p>8383 Manual transmission, 4 cyl, 4 dr, alloy wheels, air, tilt, radio/cruise steering controls, pwr locks, mirrors, windows, AM/FM/CD/MP3, keyless entry, 96,000kms.</p> <p>\$7,995</p>	<p>09 NISSAN MAXIMA</p> <p>D9736 Pwr sunroof, pwr seat, alloy wheels, radio/cruise steering controls, air, tilt, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 34,000kms!</p> <p>\$28,495</p>	<p>09 CHRYSLER SEBRING TOURING</p> <p>D10209 Pwr leather seats, pwr sunroof, alloy wheels, blue tooth, flex fuel, satellite radio, CD/MP3, steering wheel controls, air, cruise, tilt, pwr windows, mirrors, locks, keyless entry, only 31,000kms!</p> <p>\$15,995</p>
<p>06 BUICK LUCERNE CXS</p> <p>9895 V8, Pwr heated, leather, memory seats, OnStar, park assist, steering controls, dual climate controls, 18" high polish wheels, XM radio/CD, factory remote start, pwr windows, locks, mirrors, keyless entry, 64,000kms.</p> <p>\$19,995</p>	<p>05 BUICK ALLURE</p> <p>A9925 Pwr seats, wood grain trim, OnStar, steering wheel controls, cruise, air, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 58,000kms.</p> <p>\$9,995</p>	<p>09 PONTIAC G8</p> <p>10166 V8, Pwr heated leather seats, alloy wheels, OnStar, steering wheel controls, traction control, factory remote start, air, tilt, cruise, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 33,000kms!</p> <p>\$27,995</p>	<p>05 NISSAN SENTRA</p> <p>9540 Automatic, 4 cyl, pwr windows, locks, mirrors, air, AM/FM/CD, tilt, keyless entry, 62,000kms.</p> <p>\$7,995</p>
<p>06 SATURN ION</p> <p>10833 Automatic, 4 cyl, 4 dr, coupe, pwr sunroof, air, tilt, cruise, steering wheel controls, alloy wheels, AM/FM/CD, pwr mirror, locks, windows, keyless entry, 82,000kms.</p> <p>\$7,995</p>	<p>07 GMC SIERRA SLE Z71</p> <p>10260 4X4, 5.3L-V8, Nevada edition, long bed with bed liner & tow pkg, alloy wheels, dual climate controls, steering wheel controls, AM/FM/CD, tilt, air, cruise, pwr mirrors, windows, locks, keyless entry, only 44,000kms.</p> <p>\$19,495</p>	<p>07 CHEV SILVERADO 2500HD LTZ</p> <p>A9429 4X4, 6.6L-V8, Duramax diesel, extended cab, short bed with spray in bed liner & tow pkg, pwr heated leather seats, 4th dr, Allison transmission, wood grain trim, K&R air filter, push bar, back rack, factory remote start, air, OnStar, cruise, tilt, steering wheel controls, dual climate controls, AM/FM/CD, alloy wheels, pwr locks, mirrors, windows, keyless entry, 101,000kms.</p> <p>\$32,995</p>	<p>06 CHRYSLER 300C</p> <p>D10115 3.7L-V6 Hemi, pwr heated leather memory seats, pwr sunroof, chrome wheels, wood grain trim, park aid, steering wheel controls, dual climate controls, air, cruise, tilt, AM/FM/MP3/6 disc changer, pwr windows, locks, heated mirrors, keyless entry, 61,000kms.</p> <p>\$15,995</p>

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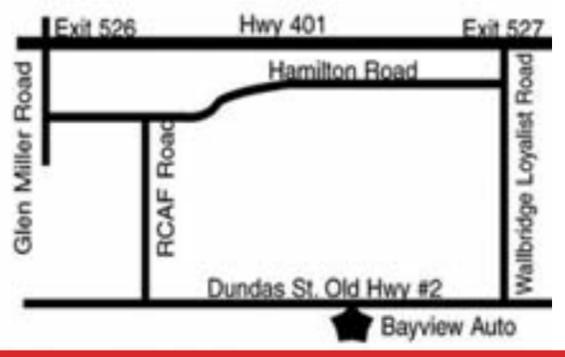
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Community Events

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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 steiner.al@forces.gc.ca, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

Operation Red Nose Quinte

To access the service,
dial between 21h00-03h00 hrs
(613) 962-4334

Call 613 962 4334 when needing a ride for you and your car. A team of 3 Red Nose volunteers will pick you up and drive you in your own vehicle to the destination of your choice, for free.

List of the communities where the service is provided by Operation Red Nose Quinte: Belleville, Quinte West, Frankford, Stirling, Deseronto, Madoc, Tweed, Picton, Ameliasburg, Consecon, Wellington, Brighton.

Days of operation:
November 27, 28
December 3, 4, 5, 10, 11, 12, 17, 18, 19, 31

PLEASE DON'T DRINK AND DRIVE.
REMEMBER, THERE ARE OTHER OPTIONS AVAILABLE.

EVERGREEN MEMORIES 2009

National Air Force Museum of Canada
December 7 through December 19

The Trenton Military Family Resource Centre invites you to celebrate the season at "Evergreen Memories 2009", an exhibit of fourteen Christmas trees decorated by local business and service groups. These beautiful trees represent a holiday salute to our Canadian Forces and will be on display, free of charge to the public, at the National Air Force Museum of Canada in Trenton. Visitors to this event will be treated to the talents of local artists and musicians who will be donating their time to entertain.

Guest performers include Heidi Hayward, Walter Weller, Laurie Schedler, In-Four-Mation Barbershop Quartet, Anita Halfpenny, Brittany Wade, Deidrey Francois, 8 Wing Band and Christmas Classics Story Time

Monday and Tuesday: 5:30 p.m. to 8:30 p.m.
Wednesday, Thursday and Friday: 10 a.m. to 5 p.m., 6 p.m. to 8:30 p.m.
Saturday and Sunday: 10 a.m. to 5 p.m.

Trent Valley Quilters' Guild - 20th Anniversary

December 15, 2009

It's the guild's anniversary, and if you are a founding or former member we're looking for you to join in the celebration on December 15. For details call 613-392-7379.

PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES

MILITARY FAMILY
SERVICES PROGRAM

TRENTON CARE AND SHARE FOOD BANK

December 12:

Personnel from 8 Wing HQ will be presenting non-perishable food items purchased with money raised from canteen sales and Tuesday barbeques to Mr. Allan Teal of the Trenton Care & Share Food Bank at Smiley's Independent at 10 a.m. Anyone wishing to come out and support this worthy cause is welcome. Pre-packed bags of groceries will also be available for purchase for individual donation at this time.

Wagon Rides

Santa has agreed to help out the DBIA with appearances around the Downtown area during the hours of the Wagon Rides as well as Thursday evenings. Everyone is welcome – bring your family and enjoy Seasons Greetings from all the businesses in Trenton's Downtown!

All rides will pick up and drop off at the DBIA Office in the King Street Parking lot as follows:

- Friday, December 11 from 6 p.m. to 8 p.m.
- Saturday, December 12 from 12 p.m. to 3 p.m.
- Friday, December 18 from 6 p.m. to 8 p.m.
- Saturday, December 19 from 12 p.m. to 3 p.m.
- Sunday, December 20 from 12 p.m. to 3 p.m.
- Monday, December 21 from 6 p.m. to 8 p.m.
- Tuesday, December 22 from 6 p.m. to 8 p.m.
- Wednesday, December 23 from 6 p.m. to 8 p.m.

Once Upon A Christmas

Join us at our Open House on December 10 from 5 p.m. to 8 p.m. at the Belleville Public Library, (located at 254 Pinnacle St. in Belleville).

Come in from the cold for Christmas stories and music in the Gallery. Drop in to warm your hands and your heart!

Christmas readings by local celebrities, sing-a-long to your favourite Christmas tunes, card making for the children, share a cookie and a smile for the festive season.

Senior's Activity Afternoon

Wednesday, December 16, 2009

City of Belleville Recreation, Culture and Community Services, 1:30 to 3:30 p.m.
Belleville Recreation Centre, 116 Pinnacle Street. For more information, please call: 613-966-4632

Link to Learning Lending Library

Saturdays, in Belleville, from 1 p.m. to 4 p.m. Lending library with most up to date resources for families raising a child with a disability. Please check us out at 188 Victoria Ave. www.linkstolearning.ca

FAMILY



Activity: Mix and match sound shakers



These shakers will encourage children to use their ears to notice different sounds.

Toddlers can shake them to make music, while older preschoolers will enjoy the challenge of discovering which sounds are alike.

Whether you are making music or matching sounds, you and your child will enjoy some Comfort, Play and Teach™ time!

You will need: empty film canisters, half of them black and the other half clear; things to put inside them (rice, dried corn, paper clips, salt, marbles, small jingle bells); and stickers

Instructions: Make up to ten matching pairs of black and clear film canis-

ters. Have your child participate in filling each one up part way with different sound-making items (e.g., salt, rice, etc.) so they can become familiar with what is making the sound. Ensure that the lids are firmly glued or taped on.

This will keep the contents inside once your child begins shaking the containers to explore individual sounds and to discover which ones are similar.

To help your child find the pairs independently, put matching stickers on the bottom of each pair of canisters. Then your child can confirm that they have found those that go together.

Enjoy this more with Comfort, Play and Teach™:

Comfort: Play a matching game with your child! Take turns shaking the canisters, trying to guess what is making the sound. Praise your child's efforts, telling them how well they can identify the sounds, or what strong

shakers they are! This will encourage them, and help them develop pride in their ability.

Play: These shakers can be used in many creative ways. As children explore the sounds, they can keep the beat to favourite songs or rhymes. The canisters can also be used as building materials (e.g., for stacking or lining up). Encourage your child's open-ended exploration. They will naturally make discoveries about the sounds as they play.

Teach: Using the shakers can help children develop many skills, such as listening, sound recognition and discrimination, and matching (both aurally and visually). Explain to your child how their ears work, and talk about the different kinds of sounds there are, and what kinds of things make sounds.

Courtesy of the D-News Network, DND-CF Public Affairs Newswire.

All text by Invest in Kids. www.investinkids.ca

Mealtime.org Chicken Risotto with Basil and Parmesan

Convenience from your pantry – easy to make, good for you! With protein-rich, canned chicken on your shelf, you're prepared to turn popular risotto into a hearty, protein-rich main dish. Just add a crisp, colourful salad and crusty Italian bread and dinner is complete!

Ingredients:

- 1 tablespoon olive oil
- 1 small white onion, chopped
- 1 cup Arborio rice
- 1 can (15 ounces) reduced-sodium chicken broth
- 1/2 cup white wine
- 1 can (8 ounces) peas, drained
- 1 can (6 ounces) chunk chicken, drained
- 1/2 cup chopped, fresh basil
- 1/2 cup freshly grated Parmesan cheese
- Salt and pepper, to taste

Preparation Time: 20 minutes **Cook Time:** 15 minutes

Preparation: Heat olive oil in a medium, non-stick saucepan over medium heat. Add onion; cook and stir for five minutes, until onion is translucent. Add rice; stir, coating rice with olive oil and onions. Pour in broth and wine. Simmer covered until stock is absorbed, about 20 minutes. Stir in peas, chicken, basil and Parmesan cheese. Season with salt and pepper to taste. Serve immediately. Serves: Four

Nutritional Information Per Serving: Calories 290; Total fat 8g; Saturated fat 2.5g; Cholesterol 45mg; Sodium 740mg; Carbohydrate 30g; Fibre 3g; Protein 21g; Vitamin A 6 per cent DV; Vitamin C 6 per cent DV; Calcium 15 per cent DV; Iron 8 per cent DV; Folate 3 per cent DV; Potassium 8 per cent DV. *Daily Value*



HOROSCOPES

Donna's Astrology Weekly
www.donnavantoen.com

December 6 – December 12

Theme of the week: Things heat up. For some of you, that's good news. For others, things might be a little too hot to handle. Aries and Sagittarius are apt to be quite happy, while Aquarius and Gemini would probably prefer to turn the emotional thermostat down a few notches. For the rest of you, things are somewhere in the middle. And yes, as usual, much depends on your current circumstances.

ARIES (March 21-April 19): Productivity and making adjustments are your personal themes of the week. You're also interested in improving any relationships that are less than comfortable. You desire success and are going after it. Some of you may have concerns about children and what to buy them. Expect to get a lot done!

TAURUS (April 20-May 20): Pay strict attention to details and you could net yourself a big pay-off. Making a few adjustments could lead to a big improvement in finances, especially if you're self-employed. To top it all off, somebody gives you a nice little gift!

GEMINI (May 21-June 20): Proceed with caution. If you play with fire, you could get burned! Speculating with your heart or your wallet isn't advised unless you're committed for the long haul. Otherwise, it's dabble in haste and repent in leisure for you!

CANCER (June 21-July 22): Transits are warning you to slow down. Yes, there are additional domestic responsibilities, and yes, these have to be taken care of, but rushing hither and thither in an attempt to do everything at once only sets the stage for stupid little mistakes that then require more time to fix!

LEO (July 23-Aug. 22): Business partnerships, personal partnerships, legal matters, and/or red tape-y things may require your attention this week. There are old plans to be finalized or scrapped so you can move on. Your concentration is good, so you'll get a lot done.

VIRGO (Aug. 23-Sept. 22): While you're not a terribly spontaneous type, you DO like to keep busy. So you'll be relieved to know that there's plenty to do and it can be done at a fairly brisk pace. You'll get it all done and feel a sense of accomplishment.

LIBRA (Sept. 23-Oct. 23): You're energetic and upbeat if not downright exuberant. Your popularity level is high; you'll be in demand socially. Expect invitations from good friends and casual acquaintances alike. And go ahead and enjoy yourself!

SCORPIO (Oct. 23-Nov. 21): This is a very favorable week to go house-hunting. The market is slow right now and there could very well be deals to be had. Of course if you have to sell before you can buy, the outlook isn't quite so rosy. But if you're in an apartment and longing for a home of your own, now's the time to find it!

SAGITTARIUS (Nov. 22-Dec. 21): It's your kind of week. You've got a lot of green lights and it looks like a pretty smooth ride. Fine, but don't throw all caution to the wind just yet. If you assume that everything's going to go your way, you could be in for a surprise on the domestic front when somebody stops you dead with a big, loud no!

CAPRICORN (Dec. 22-Jan. 19): It looks like you're stuck. There are changes in your hopes and wishes. You don't want what you've got, and you haven't got what you want. Meanwhile, a new responsibility enters the picture. Accept it, even if you don't want it. It's your key to exiting this impasse and moving on to greener pastures.

AQUARIUS (Jan. 20-Feb. 18): There's tension. There's stress. Lady Luck isn't answering the phone. Your concentration is shot. There's so much going on that you wander from task to task without finishing anything. Look on the bright side. This week has only seven days. And they, too, shall pass!

PISCES (Feb. 19-March 20): If you need to dig deep and get to the bottom of something, you've got the power and the resources to do it. You may sweat some, but it will be worth the effort. Don't be afraid to take the risk!

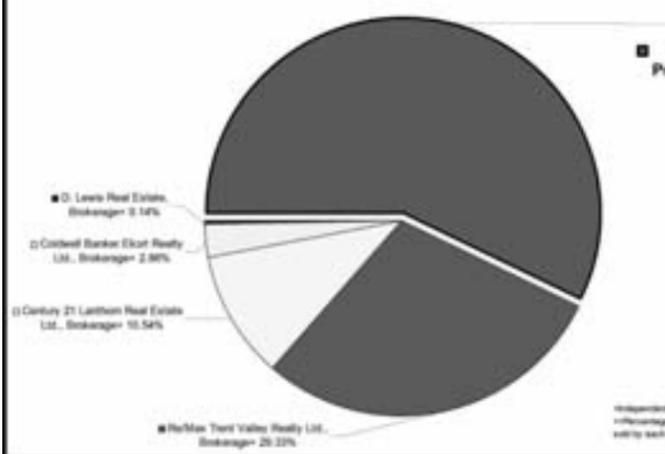


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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.

IN THE ZONE BY BRIAN CODAGNONE

AT ONE TIME, THE BRUINS WERE THE ONLY NHL TEAM WEARING BLACK UNIFORMS.

THE PITTSBURGH PENGUINS CHANGED THEIR COLORS TO BLACK AND GOLD TO MATCH THE STEELERS AND PIRATES.

MORE TEAMS BEGAN TO ADOPT BLACK AS PART OF THEIR COLORS BECAUSE THEY FELT IT MADE THEM LOOK MORE INTIMIDATING.

©2003 BRIAN CODAGNONE

Not In My Backyard! by Dale Taylor

WE BROUGHT YOU SOME CRUDE DACHSHUND FOOD, MR. TURTLE.

HE'S NOT EATING. MAYBE WE SHOULD TEST IT TO MAKE SURE IT'S CRUDE ENOUGH FOR A TURTLE.

HMMM... THIS IS VERY CRUDE. YES, YES IT IS JUST AWFUL... HMMM.

WE'VE EATEN IT ALL!! THAT'S OKAY. WHAT HE REALLY NEEDED WAS A HAT. HOW GOOD OF US!

DuJour

EXIT POLL

ROBERT SOMMAR

Ed Honesty

Bill Strait

Jerry DeTruth

I chose the smallest NOSE

Stuff!

"I don't mind being thrown as much as what I get thrown into!"



Exercise Osons Hammer says thank you to 8 Wing



(Above) On behalf of 8 Mission Support Squadron (8 MSS), Major Eric Cyr (second from the right) last week presented Colonel Russ Williams, Commander, 8 Wing/CFB Trenton (to Maj Cyr's right), with a framed aerial photograph of Camp KAF, the camp built and maintained by 8 MSS for the recently held Exercise Osons Hammer at CFB Petawawa. Also pictured here are Acting Wing Chief Warrant Officer, CWO Charlie Fleming (left) and 8 Wing Logistics and Engineering Officer, Lieutenant-Colonel Sean Lewis. (Below) Major Cyr presents a model of a Bailey Bridge to Col Williams on behalf of 2 Combat Engineer Regiment (2 CEER). Both presentations were made in recognition of the "outstanding support provided by the Wing" during the exercise. The Commanding Officer of 2 CER has asked that Col Williams display the Bailey Bridge model prominently at 8 Wing Headquarters.



Photos: Tom Philp, Contact Staff

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TRENTON

Military Family Resource Centre



MFRC-EVENTS & INFORMATION

Evergreen Memories 2009

"Soaring Above & Beyond"

Please Join Us at the
National Air Force Museum
 220 RCAF Road
 December 7-19th

Trees on display & open free to the public
 Monday & Tuesday: 5:30pm to 8:30pm
 Wednesday, Thursday, Friday: 10am-5pm, 6pm-8:30pm
 Saturday and Sunday: 10am to 5pm

Performances include:

Heidi Hayward, Tuesday, December 8th, 7-8pm
 Walter Weller: Wednesday, December 9th, 2-3pm
 In-Four-Mation Barbershop Quartet: Wednesday, December 9th, 7-8pm
 Christmas Classics Story Time with Mr. Ken Rose: Thursday, Dec. 10th, 7-8pm
 Laurie Schedler: Friday, December 11th, 7-8pm
 Children's Entertainment: Saturday, December 12th 1-4pm
 Our Lady of Peace Choir: Sunday, December 13th 1-2pm
 Glee Club 105: Sunday, December 13th 2-3pm
 Heidi Hayward: Tuesday, December 15th, 7-8pm
 8 Wing Band: Wednesday, December 16th, 1-2:30pm
 Walter Weller: Thursday, December 17th 2-3pm
 Anita Halfpenny: Thursday, 17th, 7-8pm
 Brittany Jordan Wade: Friday, December 18th, 6-6:30pm
 Deidrey François: Friday, December 18th 7-8pm

For additional information:
www.MFRC.CFBTrenton.com
 Contact: Jaimie Corriveau 613-955-8711

CFRM-Événements et Information

Mémoires de sapins de Noël 2009

« Toujours plus haut, toujours plus loin »

Joignez – vous à nous
Musée National de la Force Aérienne du Canada
 220 Chemin RCAF
 Les 7-19 décembre

L'entrée au Musée et la visite des arbres est gratuite pour le public
 Lundi et mardi : 17h30 à 20h30
 Mercredi, jeudi et vendredi : 10h-17h et 18h -20h30
 Samedi et dimanche: 10h to 17h

Les activités qui auront lieu :

Heidi Hayward, Tuesday, December 8th, 7-8pm
 Walter Weller: Wednesday, December 9th, 2-3pm
 In-Four-Mation Barbershop Quartet: Wednesday, December 9th, 7-8pm
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 Brittany Jordan Wade: Friday, December 18th, 6-6:30pm
 Deidrey François: Friday, December 18th 7-8pm

Pour information additionnelle
www.MFRC.CFBTrenton.com
 Contactez: Jaimie Corriveau 613-955-8711

Home of the Week

Attention Readers

The Contact office will be closed for the holidays beginning at noon on December 24, 2009. We will re-open on January 4, 2010. Please note, there will not be a paper during this time. Thank you, and have a safe and happy holiday season, from our family to yours.

Thank You Belleville, Quinte, "The County" & Eastern Ontario.

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Handsome Two-Storey Home Plan Number 7-4-890

This handsome two-storey home with its multi-gabled roofline offers an ideal layout for a large or growing family.

At just 36 feet wide, the house will be suitable for a narrow city lot.

Inside the covered entrance, always a bonus in inclement weather, the two-storey foyer opens to the den, where corner windows take advantage of the natural light.

The kitchen will delight the cooks in the family, offering a pantry and a work island with a cooktop range. A raised eating bar has seats on two sides of the island. The L-shaped counter configuration will save steps, and the window over the double sinks boasts an extra-deep sill for displaying plants and collectibles.

The great room at the rear of the house provides ample space for all family activities and will be flooded with natural light during the day, thanks to its large windows. The fireplace is set into a corner to save space.

This home measures 36 feet wide and 57 feet deep, for a total of 2,276 square feet, plus the unfinished basement.



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Celebrate EVERGREEN MEMORIES 2009 at NAFMC

National Air Force Museum of Canada
December 7 to 19

The Trenton Military Family Resource Centre invites you to celebrate the season at "EVERGREEN MEMORIES 2009", an exhibit of 14 Christmas trees decorated by local business and service groups.

These beautiful trees represent a holiday salute to our Canadian Forces and will be on display free of charge to the public at the National Air Force Museum of Canada in Trenton.

Visitors to the event will be treated to the talents of local artists and musicians who will be donating their time to entertain those who drop by.

This year's theme will be "Soaring Above and Beyond" in recognition of 100 years of flight.

"The Peace Tree" will stand above the rest as a

reminder of the sacrifices and dedication of our veterans, past, present and future.

While the goal of this project is to support our serving members and their families, the Trenton Military Family Resource Centre (MFRC) also wants to recognize the generous and heartfelt support of the local community throughout the years.

The success of the MFRC programs has been achieved through the positive relationship between 8 Wing/CFB Trenton and the community.

PERFORMANCES INCLUDE

Heidi Hayward, Tuesday, December 8, 7 to 8 p.m.

Walter Weller: Wednesday, December 9, 2 to 3 p.m.

In-Four-Mation Barbershop Quartet, Thursday, December 9, 7 to 8 p.m.

Christmas Classics Story Time with Mr. Ken Rose, Wednesday, December 10, 7

to 8 p.m.

Laurie Schedler: Friday, December 11, 7 to 8 p.m.

Children's Entertainment, Saturday, December 12, 1 to 4 p.m.

Heidi Hayward, Tuesday, December 13, 7 to 8 p.m.

Wing Band, Wednesday, December 16, 1 to 2:30 p.m.

Walter Weller: Thursday, December 17, 2 to 3 p.m.

Anita Halfpenny, Wednesday 17, 7 to 8 p.m.

Brittany Wade: Friday, December 18, 6 to 6:30 p.m.

Deidrey François: Friday, December 18, 7 to 8 p.m.

TREES ON DISPLAY AND OPEN FREE TO THE PUBLIC

December 7 to 19

Monday and Tuesday: 5:30 p.m. to 8:30 p.m.

Wednesday, Thursday, Friday: 10 a.m. to 5 p.m., 6 p.m. to 8:30 p.m.

Saturday and Sunday: 10 a.m. to 5 p.m.

EVERGREEN MEMORIES 2009

December 7th - 19th
National Air Force Museum of Canada
220 RCAF Road, Trenton

Trees on display & open free to the public
Monday & Tuesday: 5:30pm to 8:30pm
Wednesday, Thursday, Friday: 10am-5pm, 6pm-8:30pm
Saturday and Sunday: 10am to 5pm

Performances include:

Heidi Hayward, Tuesday, December 8th, 7-8pm
Walter Weller: Wednesday, December 9th, 2-3pm
In-Four-Mation Barbershop Quartet: Wednesday, December 9th, 7-8pm
Christmas Classics Story Time with Mr. Ken Rose: Thursday, Dec. 10th, 7-8pm
Laurie Schedler: Friday, December 11th, 7-8pm
Children's Entertainment: Saturday, December 12th 1-4pm
Our Lady of Peace Choir: Sunday, December 13th 1-2pm
Glee Club 105: Sunday, December 13th 2-3pm
Heidi Hayward: Tuesday, December 15th, 7-8pm
8 Wing Band: Wednesday, December 16th, 1:230pm
Walter Weller: Thursday, December 17th 2-3pm
Anita Halfpenny: Thursday, 17th, 7-8pm
Brittany Wade: Friday, December 18th, 6-6:30pm
Deidrey François: Friday, December 18th 7-8pm

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A timeless piece returns to 426 (T) Squadron, again!

by Captain Brian Noel

On October 15, 2009, Lieutenant-Colonel J.G.C. Roy, both current and former members of 426 (Transport) Squadron along with 426 Squadron Association members joined for the 67th Anniversary of the Squadron's formation.

This gathering was not only an anniversary celebration, but it was also to welcome back a rare relic to the home of the Thunderbirds. This item of note was a watch that was worn by a former Thunderbird when he perished in a Wellington bomber crash during the Second World War.

Sergeant Kenneth Tutton was a second pilot on a crew with Wing Commander Blanchard during the raid of Cologne. This had been Sgt Tutton's first flight over enemy territory, and unfortunately his last. Sgt Tutton and his crew

were killed in action when they were brought down by an enemy night fighter.

The crew's bodies were gathered and buried in Holland. However, a few days later, a boy found Sgt Tutton's shattered watch while exploring the crash site. The watch was engraved with Tutton's service number and the message "To Ken, from Gladys 1941".

The watch was presented to the Commanding Officer of 426 (T) Squadron at that time (Lieutenant-Colonel W. Hoddinott) in May 1999 as part of the unveiling of a cairn in Holland to commemorate the bomber crew.

Veterans Affairs were unable to trace any surviving members of Tutton's family and it was decided by the Dutch hosts to present the watch to the Squadron.

It is unclear exactly

what happened to the watch in the following years, but needless to say the watch had been misplaced. That is until July 2009 when Cpl Fleming, the 426 Squadron historian, made an unexpected find.

"I was searching through the archives and noticed a file cabinet with broken drawers that hadn't been opened in many years", said Cpl Fleming.

"Upon opening the cabinet I discovered many items of interest, among these items was a small plastic box with the number 15 on it. Inside this box was a watch with a service number and inscription".

Intrigued by the find, Cpl Fleming attempted to gather information, but was having little success, that is until a chance article was sent across his desk, from former Association President

LCol(Ret'd) L. Motiuk.

Cpl Fleming mentioned, "The article was describing a 1999 pilgrimage made by members of 426, a dedication in Holland, for the souls lost in a World War II crash".

He continued reviewing the article and was amazed to find mention of a watch given to 426 Squadron.

"This was the watch I had just recently found, it all made sense".

Realizing the opportunity and importance of this find, Cpl Fleming decided to approach the Squadron and recommend that the watch be "re-dedicated" during the anniversary celebration being held later in the year.

Without Cpl Fleming's devotion to keeping all Thunderbirds apprised of the Squadron's history, and his keen eye, this relic may have been lost forever.



The watch, along with photos and RCAF pilot wings can be viewed in the shadow box outside of Blanchard Hall. Although it is true that the shattered watch can no longer tell time, its history and story are indeed timeless. It represents all the young Thunderbirds that gave their tomorrow for our today.

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Memorial hockey tournament raises funds for United Way

This year's Government of Canada Workplace Charitable Campaign's (GCWCC) 4-on-4 Hockey Tournament was held in memory of Warrant Officer Michael "Hammy" Hamilton, a dedicated supporter of both the campaign and the tournament, which this year raised \$1,760 for the United Way of Quinte.

A total of 11 teams participated in this year's event – including "Team Hammy" which consisted of dependents that were coached by WO Hamilton and Bryan Pearce throughout the years.

A special thank you to Master Corporal John Stenning for all his hard work and dedication. Also, thank you to all that participated and contributed in raising funds for a great cause and making this year's 4-on-4 tournament a success.



Above: Warrant Officer Michael "Hammy" Hamilton's son Cole (left) and John Reynand (right) meet for the first face-off as Shelly Hamilton, the late WO Hamilton's wife, drops the puck, as referee Bryan Pearce looks on.

Top left: Team members from the "Cherry Pickers" are shown in no particular order: Major Shawn Duffy, Capt R.J. Ellis, 2Lt Mark MacNeil, CWO Jim McKenzie, MWO Chuck Walsh, WO Wayde Simpson, PO2 Bobby Denyis, MCpl Bengy Fougere, and MCpl Steve Owens. Team Cherry Pickers won the GCWCC 4-on-4 tournament.

Bottom left: Team "Mini Wheats", a strong contender for the tournament champion, are shown in no particular order: Shawn Thompson, Daniel Thompson, Matt Thomson, Corey Ferguson, Shawn Ferguson, Chris Naussts, Johnathan Grenier, Tim Rosebrough and Kody Duffet.

Bottom right: Players from Cherry Pickers and Mini Wheats pose for a photo after the tournament's championship game.

Bottom: Shelly Hamilton and John Stenning (both centre) present a cheque for \$1,760 to GCWCC, with tournament players.





15th Anniversary of Contracted Simulator Maintenance

by Dwight Koshman
CAE Maintenance Tech II

In 1994, the term "Alternate Service Delivery" (ASD) was bold and new, and represented the great unknown. In the early months of '94 a Staff Officer from Air Command gave a briefing to the then Military Maintenance Staff of 426 Squadron's Flight Simulator. He explained that the military positions were being converted to civilian contracted maintenance, and he encouraged us to consider the ASD option and take our experience to the civilian world.

The Simulator Maintenance Section prior to ASD included a total of (14) one Captain, SIMSO, one Warrant Officer, three Sergeants, three Master Corporals, and six Corporals. The new section would include one Supervisor, and seven Technicians reporting to the Simulator Support Officer SimSO. In mid-October 1994, four members of the squadron, and four former members of the squadron had all taken their releases from the Canadian Forces, and were reporting for duty as employees of SPAR Aerospace.

In March of 1995 an additional position was added to augment the longer hours of training, and in May of '96 a ninth position was added to the team to

maintain the CAPSS and DAC units of the Canadian Forces Aircrew Selection Centre, which was being relocated from Toronto to Trenton.

In April of 2000 CAE Inc. of Montreal bid on and was awarded the five-year contract, CAE retained the contract in the 2006 competition. Recently, a Real World Modeller position has been added to the team, giving CAE a total of 10 employees. While we have had a few members come and go over the years, of the original eight team members, six are still here.

The strength of our team has been, and continues to be, the experience of the members. During the Military Maintenance period, 30 per cent of the section was changed in any given APS. The average tour of a member in the section was five years. Upon posting into the section, a member could look forward to an 18-week course in Cold Lake, and a further six-week course in Arlington, Texas. After the courses, there was an 18-24 month OJT period before becoming fully qualified. Usually one or two years after full qualification, a member was posted. Many tens of thousands of dollars were spent on training each member.

The aim of the ASD was to retain the experienced members, and remove the

Photo: Submitted



Members of the Simulator Maintenance Section at 426 (T) Squadron.

expense of training and postings. The original Civilian Team started with 57 man-years of simulator maintenance experience, and another 80 man-years of Aircraft Maintenance experience. The team currently has 153 man-years of simulator maintenance experience.

The net result of all that experience is a smaller, more efficient team. Without the pressure of the secondary military duties, or postings, the team members were able to develop their skills. The increased skill level and experience has led to an

increase in the serviceability of the simulator and quality of training. In the years 1995-2008, the simulator logged 41946.52 training hours (equal to the flying life span of a CC130 airframe), with only 296.18 hours of downtime, a serviceability rate of 99.3 per cent.

The section has seen many changes in the past 15 years. In 1998, a cadre of contracted instructors were added, and currently there are 15 Pilots and Flight Engineers on staff.

In 1999-2000, the Avionics Upgrade Project was embodied into the simu-

lator, and we found ourselves as the labour force for the factory specialists that installed \$10 million worth of equipment upgrades into our facility.

In the future, we look forward to many more years of maintaining our current facility, and the arrival of 426 (T) Squadron's new school house, which will house the CC130J OTSP Training Facility, A 20-year CAE Service Contract will continue to provide simulator maintenance and aircrew training support.

ON WINGS OF FIRE.

Corporal competes at World Combat Challenge Championships

by Cpl Jacques Caron
8 Wing Trenton Firehall

Corporal Jacques Caron, Reservist and firefighter, from 8 Wing/CFB Trenton Firehall, had the chance to attend the world championship held in Las Vegas this past week where competitors from Canada, the United States, Lithuania, Germany and New Zealand competed. As many as 80 teams or well over 600 firefighters participated during the week.

The Combat Challenge, a national phenomenon, began decades ago as a standardized test for firefighter candidates.

Since then, it has often been televised on TSN, a showcase for the skill and strength it takes to fight fires and what is a grueling competition mimicking the real life tasks they have to do in the event of a fire, from racing up stairs carrying heavy hoses to rescuing people trapped in fires, all while wearing heavy firefighting gear in a race against the clock!

As with any contest,



Photo taken during the World Combat Challenge Championships, held in Las Vegas.

months of practice does not always produce a personal best. Some firefighters fell and got caught underneath the dummy. Others stumbled on the stairs going up the tower.

Even when they did achieve

a personal best, some struggled to enjoy it in those first moments after finishing the course.

Having qualified previously at the Canadian Nationals this past summer, I moved on to the

worlds with a goal of making it to the final day.

I competed on the second day of wildcard days and finished twenty-first place in the over 45 category which wasn't fast enough to break the top

eight allowed for the finals. Then it was on to the team relay where I was competing with the Quinte West over 40 team.

We finished in ninth place out of 14 teams but again they only take the top eight teams. Then I became a cheerleader for the rest of the Canadian teams that kicked ass by taking over the competitions winning top male open (King of the Jungle), top male over 50, top male over 55 and top female racer. Second place in the female tandem, where my sister in law, Denise Townshend a DND firefighter from CFB Petawawa was half of that team and six of the top 10 in the open category as well as the two top team overall

In closing, I would like to thank 8 Wing Fire Chief, Capt Dave Jane, to allow me to participate and financially support my efforts this past year as well as the WLog Officer and finally, my wife, Lucy.

Without her help, patience and support I would not be here today.

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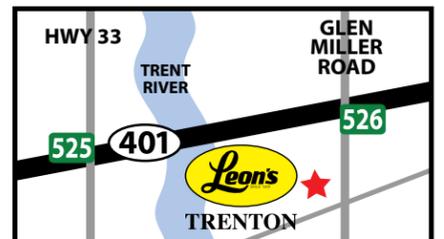
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