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GCWCC campaign wraps up with more than \$121,000 in donations

by Tom Philp
Contact Staff

Members of the 8 Wing/CFB Trenton family rallied to the cause again this year, raising more than \$121,000 for the Government of Canada Workplace Charitable Campaign, and bringing happiness to both local charities and contributors.

The 2009 GCWCC campaign was co-chaired by Majors Mike Thorley and James Marshall, 426 (Training) Squadron, 8 Wing/CFB Trenton, and Lieutenant Annie Morin, 8 Wing Public Affairs. Military and civilian canvassers can boast nearly 100 per cent of 8 Wing personnel were canvassed, resulting in not only a record amount of money donated to the cause, but a high profile of the many events held here during the campaign.

Always a popular portion of the campaign, the Wing-wide 50/50 cash draw brought in more than \$7,800. Colonel Russ Williams, Commander, 8 Wing/CFB Trenton drew the lucky ticket December 4 at the conclusion of the final GCWCC fundraising luncheon, announcing an early Christmas present of \$3,941.50 for Linda Koester, Wing Food Services Catering.

Col Williams briefly addressed the nearly two hundred 8 Wing members who had gathered in the cadet dining hall for the campaign concluding ceremony by thanking them for their sense of community and generosity.

“Once again, you’ve responded to the call,” he



Photo: Tom Philp, Contact Staff

The 2009 GCWCC was co-chaired by (left to right) Majors James Marshall and Mike Thornley, 426 (Training) Squadron, 8 Wing/CFB Trenton, and Lieutenant Annie Morin, 8 Wing Public Affairs. Military and civilian canvassers can boast nearly 100 per cent of 8 Wing personnel were canvassed, resulting in donations of more than \$121,000.

Other prize winners during last Friday’s wrap up included: Shauna Kester – toiletry basket donated by the United Way; John Frazier – sports package donated by United Way; Lorne Hooker – stretch machine donated by 8 Wing’s sports facilities; Rod Colbourne – necklace donated by Miss Priss; Richard Whaley – golf package donated by

Roundel Glen; Steve Dusa – custom utility trailer made by the Electrical Mechanical Engineering folks; and Linda Turpin – a dental basket, valued at more than \$1,000, donated by the 8 Wing Dental Unit. “Congratulations to everyone who was involved, particularly our canvassers,” Major Thornley said, “and a special thanks to 8 Wing for showing your generosity in these hard times.”

SPREADING HOLIDAY CHEER



Photo: Cpl Brandon O’Connell, 8 Wing Imaging

Members of the 8 Wing Band help Santa Claus spread some holiday joy at the 8 Wing headquarters. They visited the Wing Commander, Colonel Russ Williams and the Wing Chief Warrant Officer, CWO Kevin West, shown here with Santa. Santa followed by the 8 Wing Band with some Christmas cheer visited some sections on the Wing on December 1. They were looking for donations for the food bank or the Military Police blind fund.

DOING THE HONOURS



Photo: Sgt Errol Morel, 8 Wing Imaging

Pte Maxime Fortier, MSE Ops, is the youngest Pte at 8 Wing Trenton, and as such was made “Wing Commander for the Day” on Thursday, December 4. The next youngest, Private Matthew MacClean, was made “Acting Wing Chief for the Day.” Both privates, from MSE Ops, toured the Air Traffic Control tower, 424 Squadron and the firehall, and assisted with the turkey carving at the Junior Ranks Christmas Dinner. They are pictured here with the real Wing Commander, Colonel Russ Williams, and the real Wing Chief Warrant Officer, CWO Kevin West.

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Lifelong sportsman to represent 8 Wing as Olympic torchbearer

by Tom Philp,
Contact Staff

Master Warrant Officer James (Jamie) Whalen is a career soldier and lifelong sportsman who is about to embark on the most exciting exercise of his life: on December 15, 2009, he will represent 8 Wing/CFB Trenton as a torchbearer as the Olympic flame makes its way through the area.

Born in Halifax, Nova Scotia 48 years ago, MWO Whalen graduated from Dartmouth Community College in 1981, and joined the Canadian Forces the same year. He completed the CF Air Radar Systems Course at CFB Borden in 1982, and has been posted subsequently to Summerside, Prince Edward Island (1982-1987); CFB Greenwood (1987-2001, 2004-2008); and CFB Trenton (2001-2004, and 2008-present). MWO Whalen is currently the Deputy /Aircraft Servicing Officer A Crew with 8 Air Maintenance Squadron.

During his military career, MWO Whalen has been the recipient of numerous awards, including a 14 Wing Commander's Commendation, the Directorate of Flight Safety Good Show Award, 1 Canadian Air Division Commander's Commendation, and Maritime Air Group Air Person of the Year. But it is strong and consistent interest in athletics that has led

him to his place in Olympic history.

"My interest in sports started as a youngster in Dartmouth playing baseball and hockey," MWO Whalen told The Contact. "In high school I was exposed to running and badminton along with numerous other sports, but I took up running on a daily basis, until about 10 years ago when I started to have lower back problems. I enjoyed running cross-country events until I finished community college in 1981."

After being posted to Summerside, MWO Whalen took up badminton in the winter ("which is how I met my wife, who has a great interest in sports as well"), and started to play golf and baseball during the summer months. He progressed to organizing badminton tournaments across PEI, expanding his athletic interests during the same period.

"It was at this time in my life that I really got hooked on all sports," he said. "I started to try anything from downhill and cross country skiing, to playing squash and swimming, and still ran almost every day."

MWO Whalen began to master the ethics of working hard always, and to understand the importance of proper conditioning, training and coaching to achieve success in sports. "Being fit has allowed me to put a maximum effort into everything I do," he said. "I



Olympic Torchbearer, MWO James (Jamie) Whalen

have used my workouts to help relieve the stressful times in my life, as well as to clear my mind and focus on priorities."

As impact sports began to take their toll on their bodies, MWO Whalen and his wife, Donna, took up curling, becoming president of the CFB Greenwood Curling Club just prior to being posted to 8 Wing for the first time. He has also found time for volunteer work in the community, including the United Way and the Terry Fox Foundation.

"I had the privilege to run 10 km with Terry Fox when he came to Dartmouth (and) I had the opportunity to run side by side with him and just talk to him one on one," he said. "The look in his eyes and the passion and desire to complete his run is something I will never forget. He inspired me on what anyone can do once they put their mind to it."

Being an Olympic torchbearer on December 15 will not be the first time MWO Whalen has been on the national sports stage. In November of this year, he had the privilege of throwing the first stone at the World CF Curling event in Mississauga, Ontario.

MWO Whalen was nominated as a potential torchbearer by his supervisors at 8 Wing, because of his "love of sports, fitness and dedication to the CF, as well as his volunteer work" over the course of his career.

"I am truly humbled by this honour, and by the overwhelming support and enthusiastic family and friends who are coming to share this extraordinary moment," he said. "I will be part of it and not just a spectator, and this is one of those handful of experiences one cherishes in their life time."

MWO James Whalen, Olympic torchbearer, and a worthy representative of 8 Wing/CFB Trenton.

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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Pictured is Ms Lori Brown, FOS 2, of W Food Svcs making a wrap for one of our customers at the Deli Bar. This is one of several jobs that Ms. Brown performs as she rotates through different departments in the Galley such as Flight Feeding, the dishroom and the salad department. This Feb 2010 will mark 20 years of loyal and dedicated service that Ms. Brown has brought to 8 Wing Food Svcs. Keep up the good work and keep smiling Lori!



First CC130H SAR Operational Training Unit a success

by Maj K.H. Tromp,
Conversion Training
Flight Commander

As I sit in Thunder Bay on the first-ever Search and Rescue (SAR) deployment by 426 Squadron staff and students on the debut CC-130H SAR Operational Training Unit (OTU), I can't help but be proud of the work the members of the Conversion Training Flight, 426 Squadron and 8 Wing have done to make this course a success.

The CC130H SAR OTU is a result of C130 Tactical Airlift being shifted in the near

future to the CC130J Hercules, while the best of the CC130H Hercules will be used primarily for SAR. For this reason, it was determined that the students would be trained in SAR operations on their initial CC130H course or OTU.

In order to make this a reality, some big changes have been made at 426 Squadron and 8 Wing. Extensive resources were acquired to make the OTU capable of delivering SAR training.

426 Squadron now has an extensive list of

training equipment including pumps and Sea Rescue Kits that can be dispatched to vessels in distress, parachutes for supplies that can be dropped to people on the ground, radios, medical gear, and much more. 426 Squadron now has a SAR-Tech at the squadron full time, Sgt Shane McAleer, who has been instrumental in setting up the equipment required for our SAR training.

8 AMS worked very hard to acquire an additional two sets of SAR doors that can be installed in the CC130

for use in searching and aerial delivery. They have also built two additional ammunition bunnies that are used to store the long list of pyrotechnic stores required to support our training. Special thanks go out to Captain Mark Engelbrecht for his assistance in coordinating the SAR doors and ammunition bunnies, and to Sergeant Joe Meloche for his help getting the pyrotechnics themselves.

To date we have completed everything on our initial course serial except the SAR deployment. This is a

10-day deployment at the end of the course to expose the students to SAR operations outside of the local Trenton area in order to prepare them for their operational squadrons. We are eight days into the deployment and have done training in Greenwood, NS, Goose Bay, NL, Coral Harbour, NU, Sault Ste Marie, ON, Thunder Bay, ON, Wiarton, ON, and Gillam, MB. We have done drops to vessels in the water, drops to simulated crashes on the ground, short field gravel runway operations, contour flying

and airborne intercepts of CASARA aircraft and much more. Special thanks go to Captain Jean Houde and Master Warrant Officer Brian Young for their co-ordination of this training while on the deployment, Warrant Officer Ross Prophet and Second Lieutenant Dylan Martin for their support on the ground, the additional SAR-Techs supporting us from 424 Squadron, and all of the instructors from 426 Squadron. The first CC130H SAR OTU has already been a great success.



Contact

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Search & Rescue UPDATE



424 Sqn had no missions this week. Everyone is enjoying a well deserved break from our normally busy schedule.

Until next week, stay safe.

Missions for 2009: 216 Missions for Dec.: 0 Persons rescued: 38

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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 (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:

Internet: ANDREA.STEINER@forces.gc.ca

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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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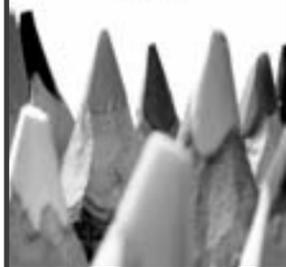
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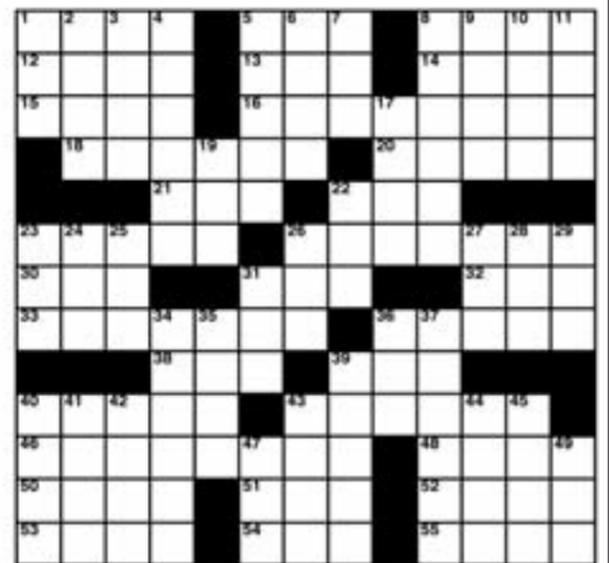
By Bernice Rosella and James Kilner

ACROSS

- 1 Stand firm
- 5 Romanow or Orbison
- 8 Colourful
- 12 Wings
- 13 Cable TV network
- 14 Israeli dance
- 15 Embankment
- 16 Part 5 of our quote
- 18 Part 6 of our quote
- 20 On a cruise
- 21 Never in Nuremburg
- 22 Arafat's org
- 23 Part 1 of a quote from a Tyson lyric
- 26 Part 7 of our quote
- 30 Investor's acronym
- 31 Pouch
- 32 Japanese theatre genre
- 33 Perfidy
- 36 Phase
- 38 Landed
- 39 Sigh of contentment
- 40 Pine tar e.g.
- 43 Part of a ball game
- 46 Part 3 of our quote
- 48 Midday
- 50 Part 9 of our quote
- 51 Mountain pass
- 52 Dollop
- 53 Progeny
- 54 Toronto to North Bay dir.
- 55 Whiskey mix

DOWN

- 1 Pat
- 2 K to 9
- 3 Conclusion of our quote
- 4 Sana'a citizens
- 5 Poesy
- 6 Woodwind instrument



- 7 Part 8 of our quote
- 8 Snapshots
- 9 Promissory notes, so to speak
- 10 First name in mystery
- 11 Poppa
- 17 Colombian town
- 19 Computer file extension
- 22 Mil. rank
- 23 Carr's milieu
- 24 Easter or wester preceeder
- 25 Succumb
- 26 Author Fleming
- 27 Bambi's mom
- 28 Peg
- 29 Part 10 of our quote
- 31 Lush so to speak
- 34 Conforms
- 35 Pertaining to China
- 36 Word before Marino
- 37 Part 2 of our quote
- 39 Standpoint
- 40 Car parts
- 41 Buck or switch follower
- 42 Stitched
- 43 Privy to
- 44 _____ contendere
- 45 Part 4 of our quote
- 47 Decorate a cake
- 49 Raptor's org.

See Answers, Page 26



This Week in Contact

1979 – Club 1000 was launched as a Middleton Park Community Council club, open to military members and civilian employees of CFB Trenton, and any dependent over the age of 18 years. A payroll deduction of \$1.00 per week entered members in a weekly cash draw for \$1,000, with other proceeds used to fund Council youth activities.

1989 – Military Police officers from CFB Trenton presented a cheque for \$350 to six-year-old Alex Hortin, a blind Grade One student from Madoc. The donation from the Military Police Fund for Blind Children allowed Alex and his parents to attend Kaleydoscope 89 in Toronto, the seventh Canadian Interdisciplinary Conference on the Visually Impaired Child.

1999 – 8 Wing/CFB Trenton developed a Y2K shelter plan ... just in case. The Shelter Plan was the responsibility of Y2K Coordinator John Carew, who advised that base personnel "should not consider the Wing their only source of shelter if a Y2K emergency occurs." Incredible efforts were made in virtually every aspect of 8 Wing life to ensure people were safe and secure if a "new millennium event" were to happen.

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



436 (T) Squadron CO awards honours, decorations to 8 Wing members



Lieutenant-Colonel Frank Martineau, Commanding Officer, 436 (Transport) Squadron (left) presents Captain Dean Rood with a Certificate of Achievement/Officer Development, supported by Squadron Chief Warrant Officer Dan Daniels. (All photos: Pte. G. Leblanc, Wing Imaging)



LCol Martineau presents the General Campaign Star to Captain David Lincoln, 436 (T) Squadron, with Squadron CWO Dan Daniels, on December 1, 2009.



LCol Martineau presents a General Campaign Star to Sergeant Maurice Lavictoire, 436 (T) Squadron, with Squadron CWO Dan Daniels, on December 1, 2009.



LCol Martineau presents the CD1 to Warrant Officer Michael Morrisey, 436 (T) Squadron, with Squadron CWO Dan Daniels, on December 1, 2009.



LCol Martineau presents a General Campaign Star to Sergeant Kenneth Ryan, 436 (T) Squadron, with Squadron CWO Dan Daniels, on December 1, 2009.



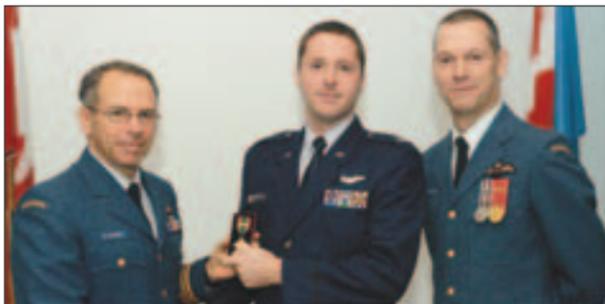
LCol Martineau presents a Certificate of Achievement for 5,000 Flying Hours to Major Dan Bouchard, 436 (T) Squadron, with Squadron CWO Dan Daniels, on December 1, 2009.



LCol Martineau presents a Chief Warrant Officer's Scroll to CWO Dan Daniels, 436 (T) Squadron, on December 1, 2009.



LCol Martineau presents an Air Wing Milestone Award to Sergeant Rejean Gauthier, 436 (T) Squadron, with Squadron CWO Dan Daniels.



LCol Martineau presents a General Campaign Star to Captain Chris Ketterer, United States Air Force, on exchange with 436 (T) Squadron, supported by Squadron CWO Dan Daniels, on December 1, 2009.



Members of 436 (T) Squadron, including WO Marc Kovacic, MCpl Peter Weir, Capt Heinrich Schmoll, Sgt Christopher Kingston, Capt James Bowser (in no particular order) display the Commander's Commendations they received December 1, 2009 for their CC130/Afghanistan Air Wing work.

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Personnel at Work: MCpl Leslie Maclean

by 2Lt Vincent Bédard
8 Wing Public Affairs, OJT

Search and Rescue Technicians (SAR Tech) are part of a group of elite, highly trained rescue specialists.

Their work environment is in some of the harshest and most remote areas of Canada. It takes a special character to venture into such a trade and most that do come armed with a solid army background.

Master Corporal (MCpl) Leslie Maclean is no exception. He served for nine years as a combat engineer with 1 Combat Engineer Regiment (1 CER) based in Edmonton. During that time he was deployed twice to Bosnia and then took part in Operation Athena in Afghanistan. After his last deployment MCpl Maclean took an Emergency Medical Responder course and that sparked an interest in him.

Then, when his mind was made up he made the move to the SAR Tech world. Shortly after, MCpl Maclean moved to Comox, British Columbia with his wife and two young boys and went through 11 months of Basic SAR Tech course at Canadian Forces School of Search and Rescue (CFSSAR).

"I was confident that I could handle the physical part of the course because I always train hard," said MCpl Maclean, "but the sleep deprivation and fatigue sometimes can play tricks on you.

"The instructors bombard the



Search and Rescue Technician, Master Corporal (MCpl) Leslie Maclean. Photo: 2Lt Vincent Bédard, 8 Wing Public Affairs, OJT

applicants with masses of information and then test him/her on the retention of crucial details needed to the complete a given task."

The SAR Tech course includes winter field training, arctic operations, scuba diving, sea operations, parachuting, and mountain operations.

"The training was challenging. We experienced temperatures well under minus 50 Celsius when we

were doing the Arctic operation training in Resolute Bay."

While the job of a SAR Tech is dangerous, MCpl Maclean said it is always conducted with health and safety in mind. SAR Techs are provided with state of the art clothing, equipment, top-notch training and support to carry out their tasks.

"If there is a chance that someone may still be alive," he said, "we will go in and get the job done."

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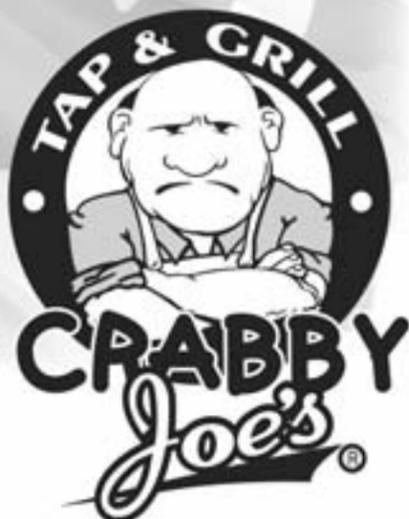
Last week we asked readers to identify the person in the "Guess Who?" photo. While we're certain that many personnel around 8 Wing/CFB Trenton were able to correctly identify the gentleman as none other than Chief Warrant Officer Charlie Fleming, the winning guess goes to Drew Craig, 8 Wing Environmental Officer. Well done, Drew!



Still scaring people after all these years, Charlie. That's just not nice. Payback, however, is sometimes quite satisfying.

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PETS OF THE WEEK



The person who brought this adorable duo to the shelter stated that Dalton was a regular around their house for a few weeks, then one day he showed up with Dolly in tow and they have been inseparable ever since. Dalton is a fantastic 'surrogate parent' to the young Dolly. It is heartwarming and comical to watch the two together, and then when it's time for napping they always curl up together. Dalton is an adult neutered DMH and Dolly is a ~12 week old Female DSH. It would be a shame to separate this pair, so we are looking for a home that has room for them together. Both are litter-trained and very affectionate!

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SPORTS & RECREATION

CFS Alert celebrates Grey Cup

by Capt Christine Bazarin and
MCpl Marc Lalancette, CFS Alert

One might think that outdoor hockey would be the game of choice for those serving in Canada's arctic, but on November 29, it was all about football for members of CFS Alert, who gathered to celebrate Grey Cup weekend with a few athletic feats of their own.

Two teams comprised of Canadian Forces members, Canadian Base Operators contractors, Environment Canada scientists and Personnel Support Programs (PSP) members, showed their true Canadian spirit by braving the 24-hour darkness and minus 16 degree temperatures to hold a game of "extreme" football: extremely north and extremely cold, that is.

The afternoon kicked off with a warm-up skills competition organized by Corporal David Pépin and Dan (Zippo) Mikkonen, that included an obstacle course and a few precision throwing and receiving events. Leading Seaman Rob Morgan led the competition with 18 points, followed by Cpl David Pépin and Kendra Lafleur, a PSP Health Promotion representative from 8 Wing/CFB Trenton.

The skills competition was only the beginning. The highlight of the afternoon was CFS Alert's own Grey Cup game, played outside the main complex in parkas and mukluks with a frozen football and snow goal posts.

"Anyone can organize their own Grey Cup game down South," said game organizer WO Ron Mechefske. "We wanted ice, snow, wind and wolves and we weren't dis-

appointed."

Team captains Byron Felske from Environment Canada and Master Corporal Marc Lalancette selected their team members, then the game began.

Team Byron scored the first goal on kick-off and continued to lead with a half-time score of 12 to 8.

Undeterred, Team Marc fought back to finish with a 24 to 22 victory.

All in all, it was a great game with some remarkable plays.

Afterwards people gathered in the Arctic Club over nachos and chilli to watch the Calgary Grey Cup and cheer on their favourite teams.

With the Saskatchewan Rough Riders in the lead, Alouette fans like MCpl Marc Lalancette were becoming a little stressed with the way the game was going. His faith in his team, however, was rewarded.

"Then it happened," said Lalancette, wearing his Ben Cahoon (#86 Montreal Alouette) jersey, "a perfect kick that gave the victory to my home town team, the Montreal Alouettes."



LS Rob Morgan navigates the obstacle course during the Grey Cup skills competition. He won the event with an impressive time of 6.40 seconds.

Photos: Submitted



MCpl Marc Lalancette tackles Byron Felske as Master Seaman Christine Hansen goes for a touchdown during the CFS Alert Grey Cup football game.

CRA Volunteers Urgently Needed

Help out the military community by volunteering your time with the PSP Community Recreation Association.

We are urgently seeking adult volunteers to oversee the kids shinny hockey

program as well as ice monitors during our family skating timings. If you are interested and able, we would love to hear from you. Please contact Brenda Riddell at the RecPlex at 613-392-2811 ext. 5230.

First Degree Black Belt Promotion

The 8 Wing Martial Arts Club (MAC) is proud to announce the promotion of Shontell Young, Jordan Favre, Jocelyne Granger and Steven Williams (posthumously) who were all promoted to First Degree Black Belt (Shodan) following their successful exam on November 29, 2009 in Mississauga, ON.

All three were tested by the Canadian Jiu Jitsu Council and by the Father of Canadian Jiu Jitsu and founder of the World Council of Jiu Jitsu Organizations, Shihan Ronald Forrester.

Do you think you have what it takes to be a black belt? Join us on January 12, 2010 for the start of a new white belt class. Try it for free for one month. If you like it, membership starts as low as \$30 a month!



Photo: Submitted

L-R: Sensei Gary Hollman (Instructor), Sensei Shontell Young, Sensei Jocelyne Granger, Sensei Jordan Favre, and Sensei Robert Walther (Chief Instructor)

NLS Recertification

The National Lifeguard Service (NLS) certification must be re-certified every two years. Pre-registration required.

Please be advised that proof of NLS is required (either current certification or expired) in order to

register for this course.

This course will take place on Sunday, December 20, from 9 a.m. to 3 p.m.

Cost is \$70 for military community members, and \$85 for the general public. Register at the RecPlex.

PSP CRA Winter Brochure of Programs/Services

See our complete line-up of programs and services at cfbtrenton.com or pick up a copy of our brochure at the RecPlex.

Red Cross Swim Lessons Winter 2010

Registration for military community members will take place on Monday, December 14, from 4 to 6 p.m. at the RecPlex. Numbers for service will be handed out starting at 3 p.m.

Registration for the military community will continue until Monday, December 21, at 3 p.m. at the RecPlex.

Please note that no registration will

take place December 21 after 3 p.m.

Registration for the general public will take place on Monday, December 21, from 5 to 7 p.m. at the RecPlex. Numbers for service will be handed out starting at 4 p.m.

Registration for all will continue until the start of lessons in January at the RecPlex, during regular hours of operation.

Upcoming evening Aquafit classes

Evening aquafit classes will take place from January 5 to March 18, 2010.

Classes will run from 6:30 to 7:30 p.m. (Deep water class taught in the main pool); from 7:30 to 8:30 p.m.

(Both pools are utilized for this class).

Cost is as follows: \$50 for military community members and \$60 for the general public.

Register now at the RecPlex.

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FITNESS & HEALTH PROMOTION



Make this holiday season a healthy one

The holiday season is here, and along with it can come lots of festivities and indulgences.

However, there are still ways to enjoy get-togethers and not totally lose track of your healthy living goals. The holidays are a time for socializing with friends and family - focus on the occasion, not on the over-abundance of rich foods.

Dieticians have the following 10 tips to help you and your family make healthy choices as a guest or host.

1. Keep your eye on portion sizes - it's often not what you eat, but how much that can lead to overindulgence at any time of the year. Use Canada's Food Guide as your guide to serving sizes.

For those extra treats that are not considered part of the Guide, enjoy a small portion, such as one piece of shortbread or a small portion of the mince meat pie.

2. Make health and road safety a priority when serving or consuming holiday beverages. Non-alcoholic lower fat egg-nogs, "virgin" Caesars, sparkling water and cranberry juice spritzers are great choices in keeping with the season. If you do drink alcohol, do so in moderation.

Plan to have water or soda water with a slice of lemon or lime between

each drink to pace your intake.

3. Use fresh zucchini or cucumber sticks, broccoli flowerets, carrot curls, red and green peppers with a low fat dip or spread such as hummus, yogurt with herbs, fat-free sour cream, or fresh salsa, rather than chips and cream-laden dips.

4. Serve crispy pita triangles, flat-bread and Melba toast as alternatives to salty, high fat snack crackers. Be aware of the calorie content of some holiday foods and beverages.

5. A beautiful array of exotic fresh fruits is a wonderful and refreshing end to any meal - pineapple, kiwi, mango, pomegranate, blood oranges and grapes are a colourful feast for the eyes and taste buds.

6. Let the holiday spirit move you! Enjoy regular activity during the holidays - strive for 30 to 60 minutes of moderate activity a day.

Regular exercise not only will give you more energy to cope with the stress of the holiday bustle, but it can also help to compensate for some of your food over-indulgences!

Every bit of physical activity you can sneak in counts. If you can't get out of the house, do indoor exercise while watching your favourite TV show or chatting on the phone - squats, stretches, legwork, sit-ups, push-ups, tread-

mill... the possibilities are endless.

7. Make physical activity part of the holiday fun to provide a balance to eating. Plan a cross-country ski afternoon, skating or a hike combined with a potluck.

8. Maintain your weight throughout the holidays by being careful about your choices. Have breakfast and several small meals throughout the day so you are not tempted to overeat later in the day.

Limit the number of appetizers you eat, especially if you are planning to have a full meal later. If you are having a buffet, choose the smaller size plate, survey the choices before you start filling your plate and take only what you need to feel satisfied.

9. Give a gift of health that will last the whole year - an exercise ball is great for stretching; a yoga video and mat; golf lessons; some light weights for strength training; pedometer for someone who enjoys walking.

10. Track your eating and activity level over the holiday season to help you stay on track. Dietitians of Canada EATracker at www.dietitians.ca/eatracker is a convenient and easy to use tool.

Source: Dietitians of Canada



8 Wing Health Promotion

177 Hercules St., Bldg 119

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?

Remember, an extra 500 calories per day results in gaining a pound a week. Commit yourself to a holiday goal. This planning can help stop most of the weight gain that tends to creep up on you during the festive season.



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

Quit smoking? How to stay quit over the holidays

Celebrate being an ex-smoker and try these tips for keeping smoking off your mind:

Be a host. Consider hosting the family dinner to keep your mind occupied - shopping and cooking will certainly keep you busy. If you would prefer being a guest this year, consider making a special dish to take with you.

Don't overindulge. Holiday feasting can spark a tendency to overindulge. Be aware of how much you are eating and drinking; it's easy to give in to temptations.

Stay away from alcohol. Stick to club soda, non-alcoholic punch, or apple cider. This will curb the urge to light up when drinking and will help keep off extra pounds.

If you decide to drink, try alternating an alcoholic drink with a glass of ice water.

Avoid spicy and sugary

foods. These tend to enhance the cravings for cigarettes.

Nibbling on low-calorie foods, such as carrot sticks, apples and others will satisfy the munchies without putting on extra pounds.

Stretch out meals. Eating slowly and pausing between bites will make the meal more satisfying.

For dessert, grab a tangerine or pear, or crack nuts - something that will keep the hands busy.

Because quitting smoking during this season can add to the usual seasonal stress, staying quit will be a challenge. As always, plan ahead. Here are tips on how to manage the stress while staying smoke-free:

Parties may give some people jitters. If you drink alcohol, water down your drinks and put plenty of ice in them. Always choose a non-alcoholic drink first.

Keep busy at parties by

playing bartender, serving snacks, and meeting guests to keep your mind off smoking. If the urge to smoke presents itself, put something in your hand other than a cigarette.

Treating yourself to something special for staying smoke-free is a good reward. As a celebration of staying quit, consider giving yourself that special something you have always wanted.

Waiting until the last minute to shop can cause frustration and leave you wanting a cigarette. When you are ready to lose control, stop and think.

Take hold of yourself and start a conversation with someone in line next to you, take along a book or catalogue to look through while waiting, or enjoy a new music CD.

If you have a weak moment during the holidays and slip, don't panic. Decide to begin again and remind

yourself of your commitment to quit.

Here are more strategies that have helped smokers kick the habit:

Picture success. Plan ahead and think of how you will deal with stressful situations without turning to the usual crutch of a cigarette.

Take a breather. Relaxation exercises can help relieve the urge to smoke. Take a deep breath, hold it for a second, then release it very slowly. Repeat 10 times.

Remember, the urge to smoke is only temporary.

Work out. Exercise, like swimming, running, and racquet sports, helps relieve tension and the urge to smoke.

Exercise will also burn off those extra pounds you may have gained from holiday feasts.

Fifteen minutes of cardio a day will significantly reduce cravings.

★ Gymnasium Holiday Hours of Operation

Thursday, December 24t - Gym closes at 1400 hrs

Friday, December 25 - Gym Closed

Saturday, December 26 - Gym re-opens at 0900 hrs

Regular hours through until Thursday December 31

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A record-setting 8 Wing campaign

The campaign is over and the money is still being counted, but it's clear that the 2009 Government of Canada Workplace Charitable Campaign at 8 Wing/CFB Trenton was a tremendous success.

So far, more than \$ 121,000 has been collected for the United Way, Quinte Region. That's a record for our campaign. And that total is bound to rise as money continues to come in.

There are many, many people the executive committee of the GCWCC would like to thank for helping make the event a success: PSP for organizing the campaign opening event, the Wing Commander's Challenge; Apollo Athanasopoulos who did an outstanding job organizing the Wing Commanders Golf Tournament; HCol Ed Robertson of 424 Squadron and the rest of the Barenaked Ladies, along with Sarah Cripps and Chatterbox who all donated their time and talent for a fundraising concert and Wing Food Services for preparing the delicious charity luncheons and providing a venue for the close out ceremonies.

Many units held Wing wide fundraising events including Dental, 24 Health Services Centre, EME, CFLAWC, ATESS and Wing Imaging. Several other units held internal fundraisers from unit golf tournaments to pancake breakfasts and everything in between. Thank you to everyone for all your hard work.

Also, thank you to James Leblanc of the Wing CE paint shop for looking after our billboards and to Webmaster Bevin Stephenson for putting all our information on the webpage.

The committee would also like to thank the United Way of Quinte for their assistance with our campaign. And of course the Unit canvassers: without your tremendous efforts the Wing goal of 100 per cent canvassing would not be possible.

Last, but not least, a big thank you to the members of 8 Wing / CFB Trenton for their outstanding generosity. The money you have donated will help people in our community in ways too numerous to mention.

THREE APPRENTICES HIRED IN ALERT



Photo: 2Lt Cynthia Kent, 8 Wing Public Affairs

Canadian Base Operators has hired three apprentices from the Inuit community to work at CFS Alert. They are (from left) Inootiq Manik, from the power plant, Patrick Manik, who works in the kitchen, and Pauloosie Qamaniq, who is with the maintenance crew.

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8 Wing Apprenticeship Program continues to grow

by 2Lt Cynthia Kent,
8 Wing Public Affairs

With half its civilian workforce approaching retirement age, the 8 Wing CFB Trenton Logistics and Engineering Branch is turning a challenge into an opportunity thanks to a \$21 million recruitment and retention program through the Assistant Deputy Minister (Human Resources-Civilian).

That program has allowed the branch to hire 16 apprentices in the past year, the most recent in November. Wing Logistics and Engineering Officer, Lieutenant-Colonel Sean Lewis, had a message for those apprentices when he met with them in early December.

"You are the future of this civilian side of this Wing," LCol Lewis said. "We have phenomenal public servants here in Trenton and you've got great big shoes to fill - this is your challenge."

The average age of people employed across the public service in Canada is increasing and a number of people are nearing the retirement age. Departmental statistics and labour market forecasts predict retirement rates of more than 50 per cent in some work groups.

LCol Lewis expects



Photo: 2Lt Cynthia Kent

BACK (from left): David Lamers, Carpenter Shop; Carter Little, Electrical Shop; Kris Brunton, EME; Ryan Parsonson, EME Taylor Cole, Carpenter Shop; Brad Scholten, Electrical Shop; Mike Carr, Central Heating; Brandon Dafoe, RM Shop; Percy Lindsay, Plumbing Shop; Debra Markman, CHRO; Kalen Johnson, CHRO. **FRONT (from left):** LCol Sean Lewis, Wing LEO; Barry Turner, UNDE; Matt Smyth, RM Shop; Kevin Mumby, Central Heating; Bill Granger, EME; Brian Jones, Central Heating; Ryan Rivers, Paint Shop; Lois Scharfe, Wing CE. **MISSING:** Tracy Astbury-Hart, cook apprentice and Marie Bailey, CHRO.

the Branch to lose anywhere from 30 to 50 per cent of civilian personnel in the next three to five years.

Because it also has a mentorship aspect, the apprenticeship program does more than just replace a person. The apprentices are teamed up with experienced trades people who pass on their knowledge of the intricacies of the Wing and tricks of the trade to the next generation of employees. In many ways the appren-

tices will grow in tandem over the next few years with all the renewal activities in Trenton.

"You have been selected from a large group of applicants and your job is to train and earn your accreditations as soon as possible. Listen closely to the folks that have been assigned to you and learn from what they show you," LCol Lewis told the apprentices. "They have all the knowledge you need to be successful in your

respective trades."

LCol Lewis also reminded the apprentices of the people who are helping them get ahead. In particular, Debra Markman, Marie Bailey and Kalen Johnson of the base Civilian Human Resources Office, Barry Turner, president of local 637 of the Union of National Defence Employees and Lois Scharfe, the Management Services Officer with 8 Wing Construction Engineering. He also

discussed the continued fantastic support of Air Division A1 staff, key to providing many of the required financial resources.

"Without so many doing all that work and making this happen behind the scenes," he said, "we would not have been nearly as successful with this extremely important effort."

An apprentice accepted into the 8 Wing program gets a paycheque, free tuition and upon successful

completion of the course, a full time government job.

When an apprenticeship opportunity comes up, it is advertised on the Internet on the public service jobs site. An applicant then applies on line. If selected for the next stage, the person will be contacted for a test and interview based on the statement of merit criteria for the position.

From there, the successful applicants are contacted.

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Vital research being conducted at the top of the world

by 2Lt Cynthia Kent
8 Wing Public Affairs

High on a hill overlooking CFS Alert, Environment Canada is conducting important research on the atmosphere.

The purpose of the World Meteorological Organization's Global Atmospheric Watch (GAW) program is to gather scientific information on the atmosphere. The goal is to improve our understanding of the impact of pollutants in order to help better predict climate change and air quality impacts on the ecosystem. Environment Canada runs the GAW Observatory at Alert, NU.

Marjorie Shepherd is manager of Climate Chemistry Measurements and Research Section for Environment Canada and is the Alert GAW Observatory manager. She says Alert, being so far away from any major sources of pollution, is an ideal place to do this type of research.

"The arctic sees everything we put into the atmosphere," she says. "Alert is a sentinel from where we can watch the atmosphere change."

The day to day operation of the lab is handled by Byron Felske. He maintains the equipment, takes air samples when needed and troubleshoots any problems with equipment or programs.

Felske and Co-op student Graham Pope, make sure the lab runs smoothly. The information and data that is gathered is sent to Toronto and around the world to be analysed by

Canadian and international scientists.

Felske, a mechanical engineer by training, will be in Alert for 13 months with a one month break. And he's really enjoying his job.

"It's given me a lot of exposure to a lot of instruments I've never worked with before," he says. "I've been here four months now and time has flown by."

Environment Canada has a long history in Alert. It was there that North America's northern most weather station was established in 1950.

That station continues to provide meteorological support to the Department of National Defence operations today.

Shepherd says the relationship between DND and Environment Canada is also vital to the success of the research at the Alert Global Atmospheric Watch Observatory. The technicians live on the base

in Alert and get support from personnel there.

"We could not do it without the support of DND," Shepherd says. "We are grateful on many levels for DND's continued support maintaining this activity."

The GAW program started in 1975 with scientists taking a simple flask sample of the concentration of carbon dioxide in the arctic atmosphere once a week. Today, there are thirteen national and international organizations working with Environment Canada to take measurements at Alert.

Shepherd says changes in the atmosphere impacts people around the world, so it's important that this type of research continues.

"Atmosphere issues don't respect geo-political boundaries," she says. "We all need a strong scientific understanding of how the atmosphere operates."

Photos: 2Lt Cynthia Kent, 8 Wing Public Affairs



Co-op student Graham Pope cleans snow from equipment at the Global Atmospheric Watch Observatory at CFS Alert



Byron Felske checks equipment at the Global Atmospheric Watch Observatory at CFS Alert.



Co-op student Graham Pope checks equipment at the Global Atmospheric Watch Observatory at CFS Alert.

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Planning ahead for winter weather



Submitted by 8 Wing General Safety Office

It's easy to be deceived by a sunny winter's day, especially when you are working hard.

Make sure you are prepared to work safely in the cold weather. Hypothermia and frostbite can sneak up on you unexpectedly, especially when you are occupied with your job.

Hypothermia occurs when the core temperature of your body falls below the normal level. If your body becomes too cold, your vital organs cease to function properly. If unrecognized and untreated in the early stages, hypothermia can eventually result in death.

Symptoms of hypothermia include shivering, chattering teeth, confusion, slurred speech, lack of coordination and eventually unconscious-

ness.

Frostbite is when your flesh freezes. It can occur even without the symptoms of hypothermia. Your extremities, such as your ears, feet, fingers and cheeks, are prone to frostbite in extremely cold weather.

Symptoms of frostbite are quite different from hypothermia. The exposed skin will first appear reddish, and then a greyish-white color.

Both hypothermia and frostbite can progress to a medical emergency and therefore require immediate first-aid treatment.

The easiest way to prevent hypothermia or frostbite is to dress for the conditions and to be aware of how your body is coping with the cold.

Try these suggestions for cold weather work:

- Wear several layers of loose-fitting clothing. Then you can adjust by removing or adding a layer or two. Even simple activities such as frequently getting in and out of a vehicle can create a challenge for maintaining a comfortable body temperature.

-To stay dry as you work, dress so that the layer next to your skin can "wick" the moisture away. Wet clothing can lose up to 90 per cent of its insulation value and drain your body heat away.

- Make sure your hands and head are covered at all times to minimize your heat loss. Wear an approved cold weather liner under your hard hat for added warmth.
- In severe weather conditions, particularly cold winds, you may need to cover your face with a scarf or woolen mask.
- Extra socks, gloves, and boot liners are easy to stash in a pocket or pack. Then if yours get wet, you can easily change for a quick warm-up.
- Besides providing warmth for your hands, gloves must protect you against your specific job hazards - for instance, cuts, punctures, burns, chemicals or electricity.
- Your safety footwear should keep your feet warm and dry. Extra boot liners and warm winter socks will help.

But if someone in your

group shows signs of hypothermia, what can you do?

- Move the person inside to a warmer temperature. The cab of a truck with the heater running will help.
- Give your co-worker a warm drink if he is conscious. Never give alcohol to a hypothermic person. It will increase the heat loss.
- Get to medical assistance immediately.

If frostbite occurs, move to a warmer area and re-warm the afflicted part with your body heat. Cold hands can be placed under armpits.

Warm hands can help re-warm ears, cheeks or feet. But, never rub a frostbitten area, because you can destroy tissue cells. Get medical assistance as soon as possible for frostbite.

Dress for the weather and your outside work will be more comfortable.

But, remember, it is sometimes difficult for you recognize the symptoms of frostbite or hypothermia in yourself.

Make sure you and your companions keep a close watch on each other for the warning signs.

An "Open Letter" to all personnel of 8 Wing/CFB Trenton from a retired WGSO

My friends! For the past twenty-one years, I have been *tremendously* privileged to be associated with the Wing General Safety Office.



The purpose of this "Open Letter" is simply my attempt to offer some form of thank you and farewell to the many, many folks who have contributed in one way or another to our General Safety Program and to count so many of you as my friends.

It is my belief that the General Safety Program at 8 Wing/CFB Trenton is "Rock Solid" and is as good or better than any in DND. This is not intended to insinuate that any credit should flow to any particular individual.

The wonderful thing about the General Safety Program at 8 Wing/CFB Trenton can be summed up in two words: "participation" and "commitment!" Other words like; "Cooperation" and "Involvement" also come to mind.

Throughout my twenty-one years, the Commitment of senior management to our Safety program has been phenomenal.

The Safety and Health of everyone on this Base, including Contractors and other visitors, has always been a prime consideration. This has remained true even when considering the operational priorities and the tremendously high levels of activity across this Base, which, in one way or another, affects us all.

Similarly, the Participation level across this Base could be used as a model for any Safety Program, anywhere, anytime. Our Safety courses are almost universally (over) loaded. Our General Safety meetings are always, "standing room only". My telephone/e-mail systems carried messages every day of people's unselfish concerns for the safety of others.

I don't think that I regret a single day of my 54-year association with DND. I have no illusions about my performance. 8 Wing/CFB Trenton continues to have unnecessary accidents, but I leave behind me an extremely competent, energetic, and people-caring office.

I have been proud and honoured just to be part of this program. It is time for fresh ideas to ensure the Safety program remains vibrant. I pray you will give my successors the same level of support, guidance and help that you have given to me.

I wish you all safety and happiness!

Thank you,
Don Heans

Tips to help you safely deck your halls

Submitted by 8 Wing General Safety Office

Klutzy comedians having accidents while decorating for the holidays is a stale joke.

In real life it's not funny if you fall or start a fire. However, you and your family can spruce up the house safely by following some guidelines.

Safety checklist before the holidays

Put any fuel that can catch on fire in a safe container outside the home.

Test your home's multipurpose fire extinguisher.

Test the batteries in your fire alarm.

Clear any clutter out of escape routes from your home.

If toddlers will be visiting, install safety gates at tops and bottoms of stairs.

Check your throw rugs for non-slip backings.

Place nightlights in your hallways.

To prevent fall hazards, install window guards with emergency release mechanisms on high windows.

Test the ground fault circuit interrupters (GFCIs), both indoors and outdoors.

Tree trimming

Before you buy a live tree, bend some needles in half. If they break easily or don't spring back, the tree is too dry. At home, put your tree in a non-tip stand kept filled with water.

Place it at least three feet (one meter) away from a heat source, and near an electrical outlet.

Never put candles on a tree.

Before you string on the lights, inspect the bulbs, sockets and cords for damage.

Replace lights that have frayed cords or broken sockets.

String no more than three strands of lights together.

Great safety gifts to give and get: Smoke alarm; ear muffs; cooking

thermometer; car emergency kit; reaching aids; safety goggles; escape ladder; fire extinguisher; carbon monoxide detector.

Decorations

If you buy a decorative plant for the holidays, ask the florist if it's poisonous to kids or pets. Keep questionable plants out of children's reach.

Reach for the star, but don't reach far!

- Face a ladder while climbing, and wear non-slip soles.
- When reaching to crown your tree with an ornament, keep your body centered on the ladder.
- On a stepladder, stand no higher than the second rung from the top.
- When nailing Santa onto the roof, remember that the highest safe standing level of an extension ladder is third rung from the top.
- Place your outdoor ladder well away from power lines, on level ground.



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A letter from the Chief of the Air Staff on the end of the Centennial of Flight celebrations

The year 2009 will be one to remember for Canada's Air Force. This year has seen a remarkable spectrum of celebrations commemorating one of the most significant and, indeed, essential events in the exploration and development of this great nation - the birth of powered flight.

For Canada, with its vast and expansive landscape, the aeroplane has been a significant contributor to Canada's cultural and commercial growth. Since those very early days of flight, the Air Force has been an integral component of Canada's aviation legacy.

We, in the Air Force have enjoyed the privilege and honour to be part of this great tribute to aviation. Throughout the year, from coast to coast to coast, the Air Force was present at a multitude of Centennial of Flight celebrations. This was our year to connect with Canadians on a grand scale and to showcase who we are and what we do.

We celebrated proudly in the North during Sourdough Rendezvous Festival, in the East during the Royal Nova Scotia International Tattoo and in the West at the Calgary Stampede.

We paid tribute to the countless war-time

accomplishments and sacrifices during the rededication of the British Commonwealth Air Training Plan Memorial Gates in Trenton, Ont. and at Battle of Britain parades across the nation. From flypasts to air shows, our Centennial of Flight display was visible and engaged audiences of all ages.

With our superb Canadian Forces Snowbirds flying "100 Towns for 100 Years", the CF-18 Century Hornet graced with the names of 100 greats in Canadian aviation, the uniquely refurbished Hawk One F-86 Sabre and the specially repainted Centenaire Tutor, we captured the hearts and imagination of our fellow Canadians.

As Commander of today's Air Force, I am proud and honoured to see the level of teamwork, passion, inspiration and imagination that went into each unique activity and event.

I personally congratulate all the men and women of the Air Force, as well as our civilian colleagues, for their contributions to the overwhelming success of the centennial celebrations. We are an organization built by people who embrace their aviation



history with fondness and pride.

I encourage each of you to take a moment to visit the Air Force's Centennial of Flight website to view the collection of images and

stories that capture the memories of this great year. It's a true reflection of your hard work, dedication and love of aviation.

Per Ardua Ad Astra

Log in to Facebook to help create a virtual time capsule

As the Centennial of Flight celebrations come to a close, you can help the Air Force create a virtual time capsule to commemorate this important milestone in Air Force history.

And the best part is, you can be at the centre of it all!

Starting on Dec. 8 and running through to December 31, 2009 the Centennial of Flight Facebook page will be available for military and civilian members of the Air Force, and the general public, to post photos, videos, images, comments and memories to help create

a virtual celebration everyone can participate in and enjoy.

Some ideas for posting

Post a photo of yourself on the job or better yet, get a group of folks from your section together and post a group shot

Post photos from Centennial of Flight celebrations that you personally attended or worked on as part of your job with the Air Force

Post your thoughts on the Canadian Centennial of Flight and what military aviation has

meant to you

Anything else you can think of that will allow visitors to experience Air Force life through your eyes

Just log in to your Facebook page, or create a new account at facebook.com

Then search for "Canadian Centennial of Powered Flight" and make your posts.

Log in from home as firewalls may prevent using Facebook from your workstation.

Posts will be monitored to ensure the highest quality possible.

Lettre au nom du CEMFA

L'année 2009 sera inoubliable pour la Force aérienne du Canada. Durant cette année, nous avons vu une gamme remarquable de célébrations commémorant l'un des événements les plus importants et certes essentiels de l'exploration et du développement de ce grand pays : la naissance du vol propulsé.

Pour le Canada, un pays au territoire vaste et étendu, l'avion a grandement contribué à la croissance du commerce et de la culture. Depuis les premiers jours de l'aviation, la Force aérienne fait partie intégrante du patrimoine de l'aviation au Canada.

Nous, membres de la Force aérienne, avons eu le privilège et l'honneur de participer à ce grand hommage à l'aviation. Toute l'année, la Force aérienne a été présente à une multitude de célébrations du Centenaire de l'aviation se déroulant d'un océan à l'autre. C'était notre année pour établir un lien à grande échelle avec les Canadiens et pour nous faire connaître et expliquer ce que nous faisons.

Nous avons fièrement célébré dans le Nord durant le festival Sourdough Rendezvous, dans l'est au Tattoo international de la Nouvelle-Écosse, et dans l'ouest au Stampede de Calgary.

Nous avons rendu hommage aux innombrables accomplissements et sacrifices consentis en temps de guerre, durant la reconsécration des grilles commémoratives du Programme d'entraînement aérien du Commonwealth britannique à Trenton en Ontario, et les défilés de la bataille d'Angleterre partout au pays. Des défilés aux spectacles aériens, notre Centenaire de l'aviation a été visible et a attiré un public de tous âges.

Avec nos superbes Snowbird des Forces canadiennes qui ont survolé « 100 villes en l'honneur du 100^e anniversaire », le CF-18 Hornet du Centenaire orné des noms de 100 personnalités de l'aviation canadienne, le F-86 Sabre *Hawk One* remis à neuf et le Tutor du Centenaire repeint spécialement pour l'occasion, nous avons saisi le cœur et l'imagination de nos compatriotes canadiens.

En tant que Commandant de la Force aérienne d'aujourd'hui, je suis fier et honoré de voir le niveau de travail d'équipe, de passion, d'inspiration et d'imagination qui ont été mis en œuvre dans chacun des événements et des activités. Je félicite personnellement tous les hommes et les femmes de la Force aérienne ainsi que nos collègues civils pour leur contribution à ce franc succès des célébrations du Centenaire. Nous sommes une organisation qui a été bâtie par des gens qui regardent leur histoire de l'aviation avec affection et fierté.

J'encourage chacun de vous à prendre un moment pour visiter le site Web du Centenaire de l'aviation créé par la Force aérienne afin de voir la collection d'images et de reportages qui immortalisent les souvenirs de cette grande année. Ce site est le pur reflet de votre labeur, de votre dévouement et de votre amour de l'aviation.

Per Ardua ad Astra

Allez sur Facebook, pour aider les responsables du Centenaire de l'aviation à créer une capsule historique

Maintenant que les célébrations du Centenaire de l'aviation sont terminées, vous pouvez aider la Force aérienne à créer une capsule historique qui commémorera cet important jalon de l'histoire de la Force aérienne.

Et surtout, vous pouvez être au centre de l'action!

Du 8 au 31 décembre 2009, la page Facebook du Centenaire de l'aviation sera ouverte aux militaires et aux employés civils de la Force aérienne,

ainsi qu'aux membres du public. Ils pourront afficher des photos, des vidéos, des images, des commentaires et des souvenirs pour contribuer à la création d'une capsule historique qui sera accessible à tous.

Voici certaines suggestions

Affichez une photo de vous-même au travail, ou mieux encore, une photo de groupe des membres de votre section.

Affichez des photos d'événements du Centenaire de l'aviation auxquels vous avez assisté, ou auxquels vous avez participé en tant que membre de la Force aérienne.

Affichez vos réflexions sur le Centenaire de l'aviation et sur ce que l'aviation militaire signifie pour vous.

Affichez tout autre document qui, à votre avis, permettra aux visiteurs de faire l'expérience de la vie dans la Force aérienne.

Allez sur votre page Facebook, ou créez un nouveau compte à l'adresse www.facebook.com, puis cherchez « Canadian Centennial of Powered Flight » et affichez vos documents. Faites cela à la maison, car des pare-feu interdisent l'accès à Facebook depuis votre poste de travail.

Les documents affichés seront contrôlés pour garantir la meilleure qualité possible.



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| <p>06 FORD F150 FX4 SPORT</p> <p>9845 4X4, Crew cab, short bed, alloy wheels, pwr seat, step bars, park aid, pwr pedals, key pad entry, air, cruise steering controls, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 60,000kms.</p> <p>Payments Include EVERYTHING!</p> <p>\$22,995</p> | <p>06 CHEV COLORADO</p> <p>A9914 3.5L-V6, Extended cab, Automatic, short bed with bed liner, alloy wheels, burnt orange, traction control, air, cruise, tilt, AM/FM/CD/MP3, 67,000kms.</p> <p>Payments Include EVERYTHING!</p> <p>\$11,995</p> | <p>07 GMC SIERRA SLT</p> <p>10093 4X4, 5.3L-V8, Crew cab, short bed with bed liner & tow pkg., pwr heated leather seats, wood grain trim, pwr sunroof, rear sliding windows, 20" alloy wheels, OnStar, dual climate controls, traction control, satellite radio, CD, air, tilt, cruise, pwr mirrors, windows, locks, factory remote start, keyless entry, 51,000kms.</p> <p>Payments Include EVERYTHING!</p> <p>\$29,995</p> | <p>07 GMC SIERRA</p> <p>4X4, Nevada Edition, 4.8L-V8, Extended cab, short bed, bed liner, 4th dr., alloy wheels, air, dual climate controls, chrome step bars, air, tilt, pwr locks, AM/FM/CD, 53,000kms.</p> <p>Payments Include EVERYTHING!</p> <p>\$18,995</p> |
| <p>07 GMC CANYON</p> <p>10147 4X4, 3.7L-V6, Extended cab, bed liner, 4th dr., alloy wheels, air, cruise, tilt, AM/FM/CD/MP3, pwr locks, mirrors, windows, keyless entry, 52,000kms.</p> <p>Payments Include EVERYTHING!</p> <p>\$18,495</p> | <p>06 GMC SIERRA SLE</p> <p>10005 4X4, 4.8L-V8, Nevada Edition, extended cab, short bed, bed liner, tow pkg., 4th dr., alloy wheels, chrome step bars, dual climate controls, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 54,000kms.</p> <p>Payments Include EVERYTHING!</p> <p>\$18,995</p> | <p>08 CHEV SILVERADO LT</p> <p>10054 4X4, 4.8L-V8, Extended cab, chrome wheels, air, tilt, OnStar, 4th dr., air, AM/FM/CD, 82,000kms.</p> <p>Payments Include EVERYTHING!</p> <p>\$18,495</p> | <p>06 GMC SIERRA SLE</p> <p>8383 4X4, Crew cab, short bed with bed liner and tow pkg, pwr seats, chrome step bars, steering controls, dual climate controls, AM/FM/CD, air, tilt, cruise, pwr windows, locks, mirrors, keyless entry, only 49,000kms.</p> <p>Payments Include EVERYTHING!</p> <p>\$23,495</p> |

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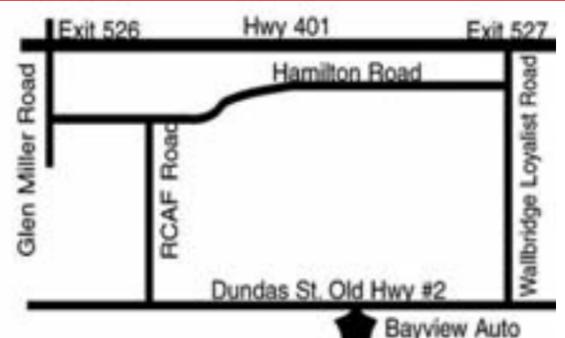
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations 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.

Attention All Aircrew - Retired/Serving

You are cordially invited to attend the Annual Flight Engineer Hosted Aircrew Christmas Gathering on December 27, at 413 Wing AFAC (located at 230 North Murray Street in Trenton).

Dress is casual and the day's events will begin at 1300 hrs (running through until 1700 hrs).

Cost is \$5 (to cover the cost of pizza).

Come on out and catch up with old friends. Five dollars will get you some food and a chance to win a door price. It doesn't matter if you can stay one hour or four hours, come out and enjoy the max-relaxed atmosphere and good company. Helmets are allowed and war stories are encouraged.

Merry Christmas and Happy New Year!

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.

Pennies for Pets

The Quinte Humane Society is accepting all change in the Pennies for Pets Campaign. They will count it, roll it and even pick it up. You can also drop off your pennies and change at the shelter at 527 Avonlough Rd or call 968-4673

Writers' Circle of Quinte West

The Writers' Circle of Quinte West meets the third Saturday of each month (except July and August) at the Quinte West Public Library, at 10 a.m.

For more information on the club please contact Robert at 394-3381 ext. 3325.

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 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.

Trenton Trimettes

Join Trenton Trimettes, a support group that encourages weight loss through healthy eating and exercise.

Guest speakers and exercises are offered.

The Trimettes meet Mondays at St. Clements Astra Chapel on Namao Drive from 7 - 8:30 p.m.

For more information, call Sue at 613-394-3992 or Shiela at 613-392-0353.

Seeking Post Secondary and Non-Graduate Mentor Applications

The YMCA Federal Public Sector Youth Internship Program has been renewed for five years which is a testament to the great job all of our Mentors are doing.

We are presently seeking individuals who work in the Federal Public Sector to volunteer to mentor an intern for employment experience. We are recruiting mentors in the Belleville and Trenton area as well as in the Lindsay and Peterborough area. We are also recruiting in the Durham Region, including Ajax, Whitby, Pickering and Oshawa.

We have positions available for:

- High School graduates for 6-month internship
- Non-Graduates for 9-month internship

Please have a look at our website for more information on Mentoring an intern, or contact: Elaine Power at 613.392.2811 Ext 3834 or via email to power.ea1@forces.gc.ca; or Liz Semark at 613.392.2811 Ext 7640. Please visit our website at: <http://www.canada.fpsyip.com>

If you would like to apply for an intern, please fill out the RFI (Request for Internship) application (found online), along with a description of the internship. Please fax applications to 613.965.3733. Thank you.

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: Ice Cube Painting



Have you ever tried painting a picture using tinted ice cubes?

This is a simple art activity that will encourage your child's creativity while you enjoy some Comfort, Play and Teach™ time together!

YOU WILL NEED

Ice cube tray; water; food colouring or powdered paint; paper; tray; smock to protect your child's clothes.

INSTRUCTIONS

Place a sheet of paper onto a tray.

If using ice cubes tinted with food

colouring, place one or two onto the paper. Your child can grasp each ice cube and slide them around on the paper, creating patterns as the ice melts.

If using clear ice cubes and powdered paint, sprinkle two different colours of paint onto the paper so your child can observe what happens as the colours combine.

Comment on the way your child is painting (e.g., "Look at how you are making circles with the ice cubes!") or on the pattern he has created (e.g. "Your picture reminds me of falling snow!").

Enjoy this more with Comfort, Play and Teach™:

COMFORT

Let your child know that you admire the artwork she has created.

Knowing that you

appreciate her efforts will build her self esteem and encourage her to explore her creativity even further.

PLAY

Making paintings using ice cubes helps your child to think about creative ways to make designs.

What else can you experiment with?

Try painting with feathers, pine cones, cotton swabs, crumpled tinfoil or other unusual items.

TEACH

Painting with ice cubes introduces science concepts like freezing, melting and colour combining in a way that is simple and fun.

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

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

Mealtime.org Perfect Quiche with Potato and Artichoke

This recipe is delicious for breakfast, lunch or dinner. It is prepared in just 10 minutes and often provides leftovers for a nutritious snack. It is also a good source of calcium, potassium and protein.

Ingredients:

- 4 large eggs
- 1 frozen, unbaked (9-inch) deep-dish pie crust
- 1 can (15 ounces) sliced potatoes, drained
- 1 can (14 ounces) artichoke hearts, coarsely chopped and pressed in strainer to drain thoroughly
- 1/2 cup sliced green onions
- 1/2 cup low-fat milk
- 3/4 cup shredded Gruyère or Swiss cheese, divided
- 1 tablespoon Dijon-style mustard
- 3/4 teaspoon salt
- 1/4 teaspoon pepper

Preparation Time: 10 minutes **Cook Time:** 60 minutes

Preparation: Place a baking sheet on the center rack in the oven and heat the oven to 325° F. Separate one of the eggs and brush the pie crust with the egg white. Layer half of the potatoes in crust, followed by layers of artichoke hearts, green onions and remaining potatoes. Warm the milk in a medium saucepan over medium heat until bubbling at the edge. Remove from the heat and stir in 1/2 cup of the cheese until melted. Stir in the mustard, salt and pepper, and the remaining eggs and yolk. Pour the egg mixture over the vegetables and sprinkle with the remaining cheese. Place the pie on the baking sheet and bake for 50 to 60 minutes, or until the egg mixture is set, the crust is brown and the top is golden. Cool on a rack for 10 to 15 minutes before serving. Serves: Eight

Nutritional Information Per Serving: Calories 202; Total Fat 11g; Cholesterol 117mg; Sodium 563mg; Carbohydrate 17g; Fibre 1g; Protein 9g

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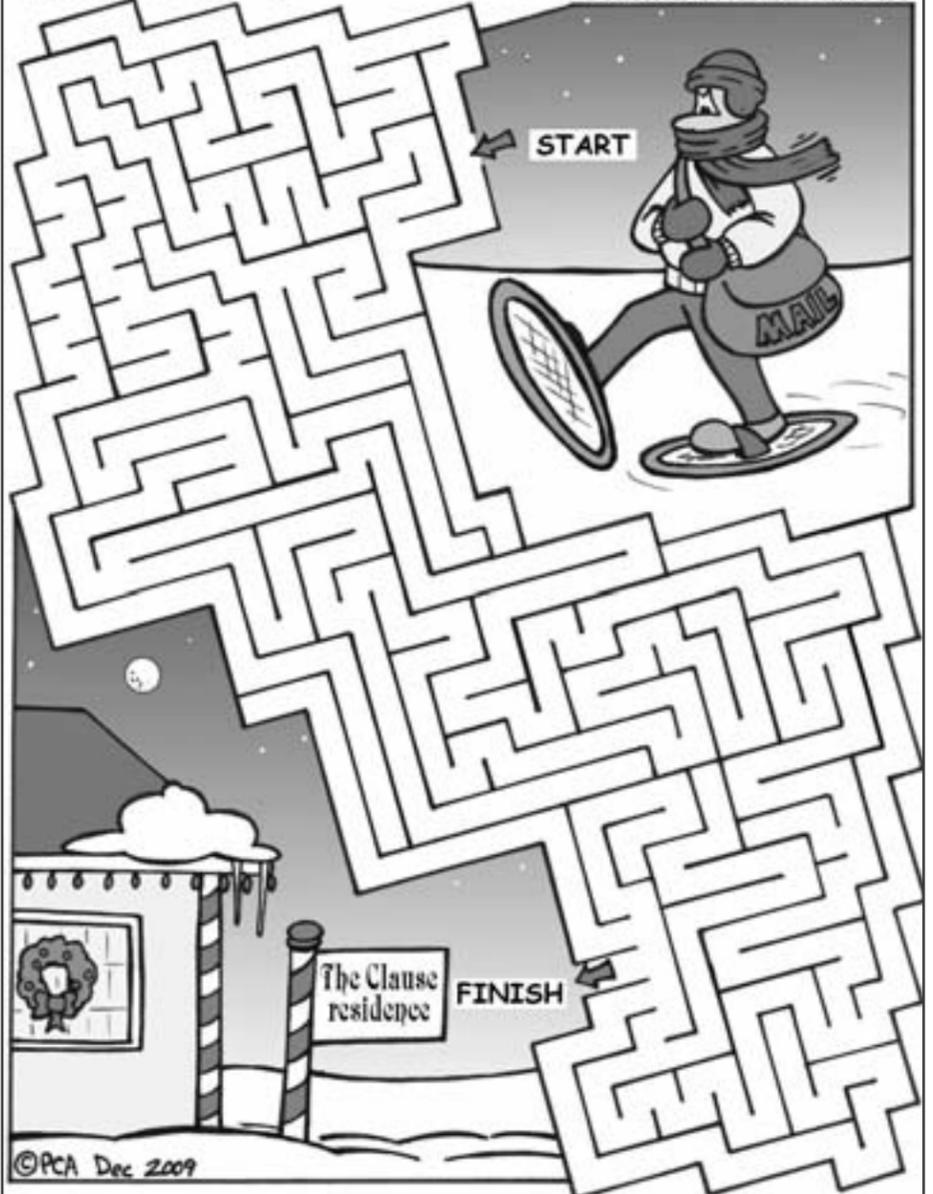
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ANSWERS: 1. LETTERS 2. HOW 3. MAIL BAG 4. TURTLE 5. EYES NORTH 6. HORIZON 7. SHIPPERS
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DEAD END ?

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Nadiya's Zodiac Starcast

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC
For expanded forecasts visit www.nadiyashah.com

December 20 – December 26

Theme of the week: All weeks hold the potential for expansion and change. With that acknowledged, this is a significant week. Major configurations by cosmic power players reflect the important choices we are making to move our lives in a direction more empowered. I wish you a wonderful holiday season. It will be a great week, enjoy!

ARIES (March 21-April 19): You are ready to take hold of your destiny. There is a major, far-reaching change this week that holds the potential to take you off the path you have been traveling and onto something that feels blessed by fate. Make your choices consciously and you will be very inspired by the results.

TAURUS (April 20-May 20): We all have times in life when we feel less than secure. There are also areas of life that we can feel less than confident in. This week holds the potential to finally release a long held insecurity. By acknowledging your worthiness, the world opens up to you.

GEMINI (May 21-June 20): You get your chance at a spotlight and glimpse new ways to share your brilliance. Taking your shot will transform you. It involves letting a chapter close. Sometimes you have to step into the uncertainty of a bright new future before you know exactly what it looks like.

CANCER (June 21-July 22): The concept of a "defining moment" is thrown around in our Oprah world. The term relies on the assumption that we can, in any moment, reach pinnacles and turning points that shape our entire life. This week presents a moment that can define you well into the future.

LEO (July 23-Aug. 22): A recent episode of "Smallville" featured the Green Arrow occupied in an escapade designed to help him reclaim his inner-hero. In some way, you see yourself as less than heroic. You are on a road that will lead you to look in the mirror and be an inspiration to yourself.

VIRGO (Aug. 23-Sept. 22): Your daily life may be inspired, but it is the immediate concerns of finances that will ask for your attention. Stay true to your potential or the choices may be made for you. Make living a daily life that feels truly fulfilling your priority. The money will follow.

LIBRA (Sept. 23-Oct. 22): There is a force within you that you can trust. There is something within you that you can believe in. You have the power to work on your own behalf and turn the tides of fate in your favor. This week brings rewards of what you know about yourself.

SCORPIO (Oct. 23-Nov. 21): You were born with the remarkable gift of being able to remake yourself through contemplation and conscious decision. This week holds the opportunity to move towards greater authenticity in one powerful moment. Trust what you feel.

SAGITTARIUS (Nov. 22-Dec. 21): The week is filled with the seemingly small but highly significant. It is your appreciation of the opportunities in front of you and your willingness to run with the chances that pop up that make nothing less than magic available to you.

CAPRICORN (Dec. 22-Jan. 19): For the last 2 years you have slowly been coming to terms with the things that are no longer useful in your life. This week provides the rare chance to make a decision about what you no longer need. Align your will with that of a higher power.

AQUARIUS (Jan. 20-Feb. 18): You have become increasingly aware that your life is blessed. You can jot down some reasons, but most are not easily expressed. It is a deep inner knowing you possess. Continue to hold onto it. You will continue to draw wonderful events that support what you believe.

PISCES (Feb. 19-March 20): Various experts in psychological theory acknowledge the power of our fears. This week brings an insight into your fears that is nothing short of awesome. Your inspired moment holds the potential to change your entire life path for the better.

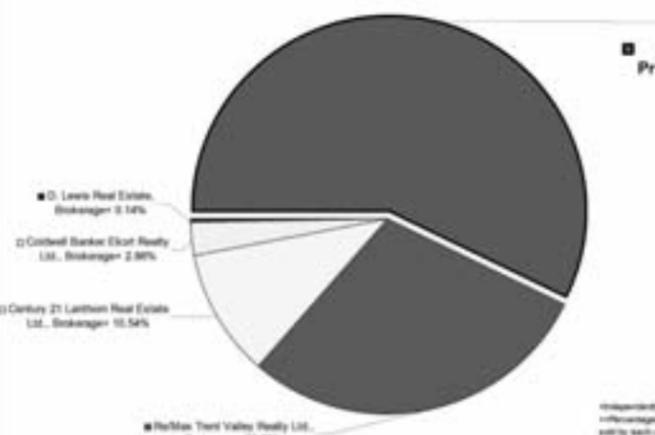


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MISFITS BY BRIAN CODAGNONE

NOT SO GREAT IDEAS #237:
SAFETY ENGINEER ELLSWORTH BINGUE BELIEVED THAT A PERSON COULD SURVIVE A FALL FROM A GREAT HEIGHT IF HE WERE SUSPENDED IN A WATER FILLED BAG. THIS THEORY WAS NEVER PROVED, HOWEVER, AS ELLSWORTH DROWNED ON THE WAY DOWN.



IN THE ZONE BY BRIAN CODAGNONE

GROWING UP IN FREDERICTON, NEW BRUNSWICK, WILLIE O'REE DREAMED OF SOMEDAY PLAYING IN THE NHL.

IN 1958 HE JOINED THE BOSTON BRUINS FOR 2 GAMES, BECOMING THE FIRST BLACK PLAYER IN THE LEAGUE. HE RETURNED TO THE BRUINS IN 1960-61 FOR 43 GAMES.

AFTER THAT, WILLIE CONTINUED PLAYING MINOR LEAGUE HOCKEY IN A CAREER THAT SPANNED 23 SEASONS. MOST PEOPLE DIDN'T KNOW THAT HE PLAYED DESPITE BEING NEARLY BLIND IN ONE EYE.



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Friday, December 11
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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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at Fraser Park

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Upcoming Entertainment for Evergreen Memories 2009

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
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

Children's Crafts and Entertainment
Saturday, December 12th 1-4pm
Juggler, Face painting, Children's choir



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Les activités pour Mémoires de sapins de Noël 2009

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
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

Amusement et bricolage pour les enfants
Le samedi, le 12 décembre - 13h-16h
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Double doors lead into the large double-height foyer with a vaulted ceiling. A U-shaped stairway leads to the second floor and separates the foyer from the great-room complex.

The great room itself is bayed out slightly and features a corner fireplace and windows overlooking the back garden. The dining room enjoys access to a sundeck through sliding doors.

The garage, with its bonus room above, is set at an angle to the house and linked to it by a mud room (with laundry facilities), an office, a three-piece bath with a shower stall and a walk-in pantry.

This home measures 85 feet, three inches wide and 58 feet five inches deep, for a total of 2,510 square feet of living space.



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| 07 | 08 | 09 | 10 | 11 | 12 | 13 |
| <p>open to the public 12:00 - 2:30 ouvert au public 12:00 - 2:30</p> | <p>Performance/ artiste Heldi Hayward 7-8pm</p> <p>open to the public 12:00 - 2:30 ouvert au public 12:00 - 2:30</p> | <p>Seniors' Tea and Song - 2pm-3pm</p> <p>Un thé et une chanson pour les seniors 14h-15h</p> <p>Entertainment by Walker Walker in Four Million Barber's Top Quartet 7-8pm</p> <p>open to the public 12:00 - 2:30 ouvert au public 12:00 - 2:30</p> | <p>Christmas Classics Story Time/ Une histoire classique de Noël (Anglophone)</p> <p>Mr. Keri Rose 7-8pm</p> <p>open to the public 12:00 - 2:30 ouvert au public 12:00 - 2:30</p> | <p>"Locking around the Christmas Tree"</p> <p>Laurie Schoder 7-8pm</p> <p>open to the public 12:00 - 2:30 ouvert au public 12:00 - 2:30</p> | <p>Children's Crafts and Entertainment 1pm-4pm uggles, face painting, Children's choir</p> <p>Arrangement et bricolage pour les enfants 1h-4h (uggles, peinture sur visage, chorale d'enfants)</p> <p>open to the public 12:00 - 2:30 ouvert au public 12:00 - 2:30</p> | <p>Choir Caroling/ Choral/ Chansons de Noël The Lady of Peace Choir 12pm</p> <p>Chor Chantons Noël 12pm</p> <p>open to the public 12:00 - 2:30 ouvert au public 12:00 - 2:30</p> |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| <p>open to the public 12:00 - 2:30 ouvert au public 12:00 - 2:30</p> | <p>Performance/ Artiste Heldi Hayward 7-8pm</p> <p>open to the public 12:00 - 2:30 ouvert au public 12:00 - 2:30</p> | <p>Seniors' Tea and Song - 2pm-3pm</p> <p>Un thé et une chanson pour les seniors 14h-15h</p> <p>Entertainment by Walker Walker in Four Million Barber's Top Quartet 7-8pm</p> <p>open to the public 12:00 - 2:30 ouvert au public 12:00 - 2:30</p> | <p>Christmas Classics Story Time/ Une histoire classique de Noël (Anglophone)</p> <p>Mr. Keri Rose 7-8pm</p> <p>open to the public 12:00 - 2:30 ouvert au public 12:00 - 2:30</p> | <p>"Friends and Neighbours"</p> <p>Sponsored by in collaboration with le Trenton Holiday Inn Bridget Jordan Wade 8-9:30pm Gendry François 7-8pm</p> <p>open to the public 12:00 - 2:30 ouvert au public 12:00 - 2:30</p> | <p>Closing Day Journée de fermeture</p> <p>open to the public 12:00 - 2:30 ouvert au public 12:00 - 2:30</p> | <p>open to the public 12:00 - 2:30 ouvert au public 12:00 - 2:30</p> |



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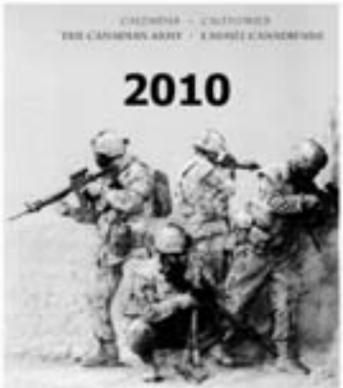
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Remembering ... Canada's first long-range transport

by Jodi Ann Eskritt
Wing Heritage Office

8 December 1965 – Air Marshal Wilfrid Austin Curtis, (Ret'd) CB, CBD, DSC, ED, LL.D rose before the assembled members of 437 (Husky) Squadron on parade inside RCAF Station Trenton's 10 Hangar, stepped forward and took his place upon the podium.

A veteran fighter pilot in the Royal Naval Air Service during the First World War, Curtis joined the RCAF Auxiliary after the war and rose to the highest ranks within the air force concluding his career as Chief of Air Staff. After his retirement in January 1953, Curtis remained active in air force matters. He was a particularly apt speaker for this occasion.

"Over the years," Curtis addressed the crowd, "several aircraft have achieved a certain measure of fame because of their apparent intention to keep flying indefinitely.

"In the RCAF, the Dakota is certainly one such airplane, and so was the Harvard. There is no doubt that another member of this distinguished group of aircraft is our venerable North Star."¹

Before this formal gathering of dignitaries, service personnel and civilians, A/M Curtis prepared to say farewell to the Canadair North Star – the aircraft he himself had accepted into RCAF service eighteen years before.

The North Star, the RCAF's first major post-war acquisition, arguably made Air Transport Command's reputation.

Conceived in the final years of the Second World War, the North Star, like so much else in Canadian aviation at the time, owed its inception to the influence of C.D. Howe, the Minister of Transport. He had a hand in the creation both of Trans-Canada Airlines (TCA) in 1937, the company who acquired the North Star as the centrepiece of its fledgling civil air transport service, and of Canadair in 1944, the manufacturer that emerged from the ashes of Montreal's Canadian Vickers to build the North Star.

"In September 1947," A/M Curtis continued, "as the Chief of the Air Staff, I had the honor [sic] of accepting the first North Star aircraft into our service, thus providing the RCAF with



Photo: DND Photograph

Air Commodore R.J. Lane, AOC Transport Command addresses crowd at the North Star Retirement, 8 December 1965.

it first world wide Air Transport capability. Since that time, these Canadian-built aircraft have established an outstanding reputation for safety and durability on global operations."²

The first North Stars were delivered to 426 (T) Squadron, re-formed after the war at Dartmouth in August 1946. Snags with aircraft serviceability delayed initial training, but by January 1948, 426 had managed sixteen flights.

And increasingly, the crews operating the aircraft became aware of its most distinguishing trait – noise.

The unpressurized RCAF version lacked any extra insulation that might have helped muffle the sound of four powerful Rolls Royce Merlin 620 engines. Flights were "...so noisy that when we sat in our bucket seats with our backs to the fuselage, you could scream into the ear of the man next to you and he could not hear you."³

Noisy it might be but the North Star had potential. Something it amply demonstrated on a domestic flight from Vancouver to Halifax on 14-15 January 1949 – the first non-stop trans-Canada flight.

As the decade drew to a close, the North Star could be found flying in support of Exercise "SWEET BRLAR" testing Canadian and American arctic capabilities, Operation "RED RAMP" providing vital supplies to a flood ravaged Winnipeg and Operation "RE-SUPPLY", the airlift to northern weather sta-

tions including Mould Bay, Isachsen, Eureka and Alert.

Then, on 25 June 1950, Communist North Korea invaded South Korea and Canada, along with other UN-member nations, was drawn into the conflict. 426 (T) Squadron and its North Star aircraft were to play a major role in Operation "HAWK", the airlift in support of operations in Korea. Within the month, six North Stars, their aircrews and 185 ground personnel left RCAF Station Lachine (Dorval) headed for their operational base at McChord Air Force Base near Tacoma. En route they made a fly past over Ottawa in tribute to the late Prime Minister W.L. Mackenzie King, then lying in state within the Parliament Buildings.

They found McChord in a state of frenzy, but the "Thunderbirds" wasted little time lost amid the chaos and within hours they were at work – on 27 July three North Stars were in the air headed for Japan.

From July 1950 to June 1954, 426 Squadron and the North Star made history. As part of the Korean Airlift they completed 599 round trips across the North Pacific, logged 34,000 flying hours and carried 13,000 personnel and 7,000,000 pounds of freight and mail – all without a single fatality!

The Korean Airlift may well have been the North Star's moment of glory but its reputation was built on what some might consider more routine duties. No.4 Operational

Training Unit (OTU) arrived at RCAF Trenton with remarkably little fanfare in January 1954. Yet its arrival "...produced 'the impact of a colossus' and that it will result in considerably increased flying activity at the air base, already known throughout Canada as the University of the Air. Long range and trans-oceanic flights will be features of the new branch of training here."⁴

The North Star, along with the C-119 Flying Boxcar and C-47 Dakota, occupied No.9 Hangar, newly built to provide No.4 OTU with a home at RCAF Station Trenton. Originally formed in March 1952, No.4 OTU provided conversion and continuation training in support of Air Transport Command's medium and heavy aircraft. The training required frequent cross-country trips and flights overseas. Trenton, situated between two major Canadian cities, presented an ideal location and so No.4 OTU moved in from their temporary home at RCAF Station Lachine (Dorval). But they did more than just train; when required they assumed transport duties across Canada and internationally in support of Canada's UN commitments.

In 1962, No.4 OTU acquired four more North Stars as 426 (T) Squadron was disbanded. Along with the aircraft, the OTU assumed even greater responsibilities and the nickname "213 Squadron" (half of 426).

But the North Star's heyday had passed. On 14 November 1965, North Star 17508 returned to Trenton following a run to the UN Emergency Force contingent stationed at El Arish, Egypt; along her fuselage painted messages of farewell from each unit she had visited en route.

"There are many serving and ex-RCAF members who will pause and reflect wistfully on past experience with this time-honored [sic] transport. The retirement of this aircraft brings to a close a memorable and splendid era in the history of the RCAF. The North Star will always hold the place of honor [sic] it has forged for itself though long and faithful service."⁵

The honour guard formed a corridor. Led by the RCAF Pipes and Drums, F/L John A. "Bud" McNair and Sgt Paul Pawliuk, each a veteran North Star aircrew member, carried the logbooks of 17506 forward. In accepting them, A/M Curtis declared the North Star officially retired.

The crowd stood as the band played *Auld Lang Syne* followed by *O Canada*.

1 - *Trentonian*, 10 December 1965.

2 - *Ibid*

3 - *Don Roy memories* (www.home.westman.wave.ca/~donroy/donroy02.html)

4 - *Trenton Courier-Advocate*, 12 February 1954.

5 - *Trentonian*, 10 December 1965

Watch for the **2010** DESKTOP CALENDAR
in the December 18th issue of
The Contact Newspaper

Contact



Lights on 8 Wing's water tower continue a Christmas tradition

by Tom Philp,
Contact Staff

Continuing a tradition that began in 1991, staff from 8 Wing/CFB Trenton's Electrical Shop have once again brightened the holiday season by installing Christmas lights on the base water tower.

According to shop supervisor, Harry Maroney, the tradition began 18 years ago when he and Roy Armstrong installed a small display of Christmas lights on the north side of the tower, at the request of Chief Warrant Officer Fred Lord.

CWO Lord was the Production Supervisor at Wing Construction Engineering at that time, and he also helped with that first installation.

"The first year we did not use supporting wire cables for the strings run vertically from the upper to lower catwalks. Fred and I spent the better part of a Sunday, during a snow storm, fixing the lights as

they stretched from high winds and smashed against the tower wall," Maroney said. "The next year we installed the cables. I don't know what we were thinking that day, but I would not do that again!"

Maroney said that the only climbing installers had to do then was to climb down from the upper catwalk to the lower catwalk; and that he only had to scale the outside from the ground up on one occasion, "and that was enough!"

"That was during the summer months and in support of operational systems, not Christmas lights, and the elevator had failed," he said.

Since its inception, the Christmas lights set up has had power supply, support cables and associated timers permanently installed, reducing annual upkeep and updating to about 16 person-hours. It's a job begun, and continued by the Wing Electrical Shop.

"No other shops have been involved, as most are not familiar with the particular fall-arrest equipment used to gain access," Maroney said. "Although we do install the system during normal working hours, any personnel involved are on a volunteer basis subject to qualification and training."

Installation personnel this year included Joe Dunkley, Stewart Hoekstra, Roy Armstrong, Cecil Chestnut and trades apprentice, Brad Scholten.

"We are considering expanding the display somewhat next year to include lighted presents at the base of the trees," Maroney said. "We may also be going to LED lights, as the newer styles provide a higher level of illumination than the older LED's."

You can see the water tower light up in all its glory this Christmas season between 1630 hrs and 1930 hrs, seven days a week.



Left: Members of 8 Wing's Electrical Shop (left to right) Brad Scholten, Roy Armstrong, Joe Dunkley and Stewart Hoekstra, along with their colleague Cecil Chestnut, are the trades people responsible for lighting up the base water tower again this year. Christmas lights were not displayed in 2008 because the tower was being renovated. In this photo, the crew is wishing everyone a very Merry Christmas from the top of the Wing!

Above: It's a long way from the ground to the catwalk that surrounds the top floor of 8 Wing's water tower, but that's where three members of Trenton's Electrical Shop found themselves last week, checking to see that the Christmas lights installation was working properly.



Photos: Tom Philp

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Shoppers celebrate CANEX Plaza grand opening

Top Right: Colonel Russ Williams, Commander, 8 Wing/CFB Trenton cuts the cake to officially open the CANEX Plaza on December 2. Col Williams was assisted by (left to right) Andy Moreau, manager of the Trenton CANEX store, Gerry Mahon, president of CANEX National, Bev Woods, owner of Leading Edge Dental Hygiene, located in the plaza, and Andre Bouchard, present of SISIP. Bouchard was also on hand to help Col Williams cut a cake celebrating the 40th anniversary of SISIP.

Established in 1968, CANEX operates a diverse international merchandising organization that provides a wide range of goods and services to the Canadian military community. In Canada, business consists of retail, grocery, petroleum, food services and special service outlets operating at CF Bases/Wings and Units. In Europe, similar facilities are operated in Germany for NATO.

"It's clear that this is a wonderful facility," Col Williams said. "There is no doubt that, in combination with the other services offered on the Wing, those located here at the CANEX Plaza are good for the people who work here, and for all base personnel."



Above: About 60 people attended the combined official opening of 8 Wing/CFB Trenton's CANEX Plaza and 40th anniversary celebration of SISIP on December 2 in the plaza foyer. Tim Hortons provided free coffee and Timbits to go with the delicious cakes cut for both occasions.

Right: Staff of Leading Edge Dental Hygiene, located in the 8 Wing/CFB Trenton CANEX Plaza suggested strongly that celebrants brush their teeth after eating cake.

SISIP CELEBRATES 40 YEARS



SISIP celebrates 40 years in business this month with parties across Canada. Trenton was not forgotten, as Colonel Russ Williams, Commander, 8 Wing/CFB Trenton helped Andre Bouchard (centre) cut the ceremonial cake on December 2 and the SISIP outlet in 8 Wing's CANEX Plaza. Also pictured here are Gerry Mahon (between Col Williams and Bouchard), and (left to right) local SISIP staff members Denise Read, France Desormeaux, Dan Andrews (branch manager), Michele Fisher and Tim Lafontaine.

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Capt M.C.L. van der Kamp

received a CF Fitness Award, Bronze seal, presented by Maj A.T. Spott, CO 2AMS.



Pte N.M. Smith

received the Op Athena medal, presented by Maj A.T. Spott, CO 2AMS.



MCpl J.B.S. Hamel

received his CD, presented by Maj A.T. Spott, CO 2AMS.



Capt B.E. Oliver

received his CD1, presented by Maj A.T. Spott, CO 2AMS.



Cpl S.J.A. Hobson

received his CD1, presented by Maj A.T. Spott, CO 2AMS.



Sgt J.R. Harries

received his CD2, presented by Maj A.T. Spott, CO 2AMS.



Cpl T.L. Ashbee

received a promotion to that rank, presented by Maj A.T. Spott, CO 2AMS and CWO C.A. Halpin, SCWO 2AMS.



Cpl J.D. Dalziel

received a promotion to that rank, presented by Maj A.T. Spott, CO 2AMS and CWO C.A. Halpin, SCWO 2AMS.



Cpl R.A. Osmond

received a promotion to that rank, presented by LCol J.R.R.R. Chaloux, CFSAL Borden CMDT



Cpl S.L. van Drecht

received a Certificate of Service, presented by Maj A.T. Spott, CO 2AMS.

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Attention Readers
Due to the holiday season, *The Contact* will publish a day prior, on Thursday, December 24. Classified ad deadline for this week will be **Tuesday, December 22 at noon.** 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.



A worthwhile 'sport' for the do-it-yourself home renovator

(NC) - The winter Olympics in Vancouver is an exciting time for Canadians to rejoice in the love of sport. Along with a sense of hope and pride, the spirit of the Olympics can also bring about that 'yes I can' attitude in each of us and inspire us to take on new challenges in every part of our lives.

If you're a handy homeowner, you may be interested in embarking on a new indoor 'sport' this winter. Do-it-yourselfers looking for a cost-effective project should consider re-insulating their attic. This renovation can not only help reduce a home's energy consumption, but can also help save homeowners up to 28 per cent* on monthly heating costs while helping to save the planet, too.

"An attic insulated to R-50 can help create a comfortable and energy efficient home, while also helping to save a half-ton**of greenhouse gas emissions every year,"

says Michael Macey, Insulation Expert at Owens Corning.

To achieve a value of R-50 in your attic, top up on the amount of existing insulation you already have in place up to 15 inches when using PINK FIBERGLAS batt insulation or 18 ½ inches when using PROPINK blown insulation. It's easy for any handy homeowner to do and the long-term benefits in energy and cost savings year after year are valuable rewards!

Up for the challenge but considering project costs? Don't fret - government grants are available today to help support you as you take on a re-insulation project. Now, topping-up on your attic insulation is more affordable than ever. When insulating the attic, Natural Resources Canada offers up to \$750 to help offset your project costs. In addition, the Home Renovation Tax Credit (HRTC) can help you save up to another

\$1,350 on eligible home renovation costs, including materials and contractor services, when you qualify.

Ready for the challenge? Learn step-by-step instructions on how to re-insulate your attic by visiting insulationtax-credit.ca. And act fast - some government incentives are only available for a limited time so get going on your indoor home projects today. For details about the ecoENERGY program, visit oec.nrcan.gc.ca. Learn more about the HRTC by visiting actionplan.gc.ca.

**Savings vary depending on the original amount of insulation in your home, climate, house size, air leaks and personal energy use and living habits. **Based on an average attic size of 1700 SF with existing R19 insulation, averaged over seven cities in Canada. The colour PINK is a registered trademark of Owens Corning. ©2009 Owens Corning. All Rights Reserved.*

Colour takes baths from blah to aha

(NC) - Today's bath has been redefined as home spa, the one place in a home where you can retreat to for a reviving pick-me-up. So, when it comes time to give this room a pampering of its own, consider paint and the power of colour. It's a quick, easy and economical way to invigorate the space.

"A splash of paint can be the perfect tonic for toning up a tired bathroom," suggested Benjamin Moore colour expert Sharon Grech. "Whether it's just a fresh coat of existing colours or a whole new palette, budget-conscious consumers will appreciate the affordability."

In today's volatile housing market, a bath makeover remains a home renovation that still is a wise investment, increasing a home's value. Often, just a simple paint job can be so transformational that it also can achieve comparable payoffs whether your plans are to stay put

or re-sell.

When it comes to bathroom paint, conventional wisdom has always dictated that only a high-gloss finish will do, to avoid telltale water spots and streaks from showing. Now, according to Grech, Benjamin Moore has developed Aura Bath & Spa a matte finish paint that locks out moisture. "It is exceptionally eco-friendly, low-VOC premium performance paint that retains the colour integrity regardless the steamiest conditions and offers a terrific option for consumers." The new formulation is

available in 1,800-plus colours.

With a choice of colours that extensive, deciding which ones to use can be the biggest challenge. "The cool palette of blues, greens and watery hues is, of course, a popular choice for creating a calming and serene setting," she advised. "Think about using the warmer end of the spectrum—yellows, oranges and pinks—if you want a room that wakes up the senses and is more stimulating and lively."

You can learn more online at benjaminmoore.ca.



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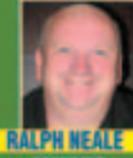
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