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## Millions more invested in 8 Wing infrastructure

by Lisa Bailey, Contact Staff

The transformation of 8 Wing/CFB Trenton will continue with the investment of another \$334 million in federal infrastructure money.

National Defence Minister Peter MacKay announced the funding for six projects at a press conference held September 22 at 8 Wing's CC177 temporary hangar as about 150 military personnel and contractors looked on.

It's the second announcement in as many years of major infrastructure projects at 8 Wing which, according to at least one senior officer, is experiencing "a watershed moment."

MacKay told the gathering Tuesday that he hoped they would view the investment in 8 Wing infrastructure, now totalling \$870 million since 2007, as "some indication of the value of the work you do."

"I can tell you with certainty that we appreciate your services," said MacKay, who cited the commitment, patriotism and professionalism of Canadian Forces members as

well as the sacrifices and risks they make.

Infrastructure renewal falls in line with the Canada First Defence Strategy, which sets a detailed road map for the modernization of the CF.

"Having the right infrastructure is absolutely essential to functioning as a modern military," MacKay said.

The work will not only improve training, accommodations and 8 Wing's ability to deliver its tactical and strategic airlift capabilities but also "bring significant economic opportunities to Trenton and the surrounding community," MacKay said. He estimated that more than 1,800 direct and indirect jobs will be created during the four-year construction phase, adding to the \$28 million that 8 Wing already contributes to the regional economy every year. He further noted that "high quality jobs" are "especially important in these economic times."

Five of the six projects announced are new buildings, with the majority of them changing the face of 8 Wing's flight line.

See "Minister of National Defence," Page 3

## DRIVING AHEAD FOR UNITED WAY



Photo: Tim Philp, Contact Staff

No pressure, Sir!! Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, was in the first tee fish bowl September 23 as he prepared to make the opening shot for the Wing Commander's Charity Golf Tournament at our own Roundel Glen Golf Course. Col Williams welcomed more than 120 golfers to the event, exhorting them to play well and dig deep during the day ... but not on the greens! All funds raised will go to the United Way of Quinte. Full coverage of the tourney, including photos of your favourite players, appears in the October 2 issue of *The Contact* newspaper.



Photo: Cpl Isabel Lavallee-Raby, 8 Wing Imaging

The Honourable Peter MacKay, Minister of National Defence, announced an infrastructure investment of \$334 million that will be injected into 8 Wing/CFB Trenton in the next few years. This investment will benefit the Trenton military and civilian community, by creating training centres and new infrastructure for the military members and by creating over 1,800 direct and indirect civilian jobs in the Quinte region.

## Strongman sets world record at 8 Wing

by Lisa Bailey and  
Capt Mark Peebles

He pulled it off – literally – and 8 Wing/CFB Trenton was happy to help make it happen.

The Reverend Doctor Kevin Fast set a new Guinness world record on September 17 by lugging a nearly 416,300-pound CC177 Globemaster III several metres along 8 Wing's East Ramp.

It was a formidable test of strength that took months to plan but less than 90 seconds to execute. It thrilled a crowd of about 100 air force personnel, family and friends, who shouted and clapped their encouragement to the Lutheran pastor from nearby Cobourg, ON.

Man and plane set up for what would be a dra-

matic showdown on a cool and cloudy morning. At just after 9:30 a.m., the signal went up and 429 Squadron ground crew in the plane released the brakes while others removed the chocks – and Rev Dr Fast, in a homemade harness tethered to the plane's nose-wheel, pulled.

After initially budging the massive jet a couple of inches, Rev Dr Fast strained and heaved as the aircraft slowed to a halt. Despite a slight falter, the well trained clergyman kept at it as the crowd and his son, nearby at the rope, cheered him on.

Suddenly the cargo plane started rolling again and Rev Dr Fast never stopped, pulling hand over hand on the tow rope connected to the mule truck

ahead, until the nose-wheel of the plane went well past the required 5-metre point to break the world record. The aircraft came to a rest after travelling 8.8 metres.

His mission accomplished, an elated Rev Dr Fast sent out a "big thank you" to 8 Wing and the Canadian Forces.

"The military made the impossible happen, in my mind," he said. "I tried to secure a plane at different airports with no success where here, they bent over backward to make this happen; and everybody was so supportive and so helpful."

"This is probably the greatest strength feat to date in the modern world and (CFB) Trenton made that happen for me," Rev Dr Fast said.

See "World Record," Page 10

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# MSS deployment to impact 8 Wing

by 2LT Cynthia Kent  
8 Wing Public Affairs OJT

Some vital training for the 8 Wing Mission Support Squadron (MSS) will have a direct impact on everyone working on the base this fall.

That's because more than 100 military personnel, mostly from the Wing Logistics and Engineering Branch, will be on pre-deployment training at CFB Petawawa from October 5 to November 17.

Everything from Food Services and Supply to Information Services and Transport will be affected.

Impacts will likely include reduced hours of service for Supply, fewer food choices at the mess, longer wait times for claims processing and paperwork, and if you're looking for non-emergency computer upgrades, you will have to wait longer. Help for emergency issues should not be greatly affected.

8 Wing MSS is led by Major Eric Cyr, the Wing Telecommunications and Information Services Squadron Officer in Charge.

He said personnel will notice service is reduced or slower because there will be fewer people left on base to do the job. There will be no backfill for the six weeks the MSS is away. Maj Cyr is asking people to be patient.

"Understand when you take 100 people from the Wing, you can't expect the same level of service," he said.

Most of the personnel will come from the Wing Logistics and Engineering Branch. However, there will also be personnel, mainly clerks, from other Branches as well.

The MSS is made up of five flights:

Communications and Information Services, Construction Engineering, Human Resources and Finance, Supply and Food Services, Transportation and Electrical, and Mechanical Engineering. It provides support to deployed airfield operations anywhere in the world it's needed.

8 Wing MSS took part in a five-day training exercise in April at Mountainview. Maj Cyr said the team performed very well there and he is expecting more of the same during the longer exercise in Petawawa.

"I'm very proud of them and what they've done so far," he said. "The spirit and teamwork is very impressive."

While in Petawawa as part of Exercise Osons Hammer, which is a confirmation exercise for the field engineers to prepare for the next Roto in Afghanistan, 8 MSS' mission is to design, build, sustain, and tear down camp KAF. The team will set up all the support needed to support 450 soldiers taking part in the exercise.

The MSS will be there two weeks ahead of the troops from Petawawa to get everything in place. That includes things like setting up and supplying a field kitchen, a communications network, generators, shower units, sleeping quarters, and much more.

The aim is to provide realistic training. 8 Wing MSS is due to deploy overseas next summer as part of the regular support squadron rotation.

At the end of the exercise in Petawawa, the MSS will enter a state of high readiness. That means the personnel are on a 21-day notice to deploy and will remain in that state for six months. It they do not deploy within that timeframe, the team will deploy overseas as scheduled in June of 2010.

## Take part in Canada's biggest fire safety campaign ever

Dear readers,

If you had a fire in your house, would your family know how to escape safely?

When smoke alarms go off, there is no time to lose. Everyone must know what to do and where to go.

Yet alarmingly, few Ontario families have a fire Escape Plan for their home.

Starting during Fire Prevention Week, running from October 4 to 10, 2009 and continuing all month, teachers and firefighters across Ontario – with help from Sparky the Fire Dog – will show our kids how to create and practise an Escape

Plan at home.

It's part of our national Great Canadian Fire Drill program – the largest fire safety campaign we've ever done.

To help you prepare your family's Escape Plan, we've developed a simple planning grid you can download free at [safeathome.ca/drill](http://safeathome.ca/drill).

Also take time to check all smoke alarms in your home to ensure you have one on every level and that they are not outdated.

If they are over 10 years old, replace them immediately!

Please do the Drill and count yourself in! Working together



we can reduce fire tragedies in all Ontario communities.

*Ontario Fire Marshal Patrick Burke, Chair, Ontario Fire Marshal's Public Fire Safety Council*

*Fire Chief Tim Beckett, Ontario Rep, Canadian Association of Fire Chiefs*

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



It was the best of times; it was the worst of times. The Wing Commander's Challenge brought out both last Friday. Once again Wing Supply canvassed its members to put forth their best and brightest for the gruelling challenges of the day. We ended up with three teams this year and all delivered in "Second to None" fashion. Congratulations to all participants and despite a little rain, performed in true sportsman like manner, even during the dodge ball game. As to be expected, PSP staff organized a fantastic day of fun, team building and morale boosting; thank you from Wing Supply. *SERVITIUM NULLI SECUNDUS*

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## Minister of National Defence visits 8 Wing, Continued from Page 1

The biggest project will accommodate 8 Wing's new fleet of CC177 Globemasters.

The \$122-million, two-bay Maintenance Hangar 1 will allow for first and second line maintenance of the aircraft under controlled conditions.

A construction contract will be awarded soon, with work expected to start this winter and finish in 2013.

A \$1.6-million contract to extend and realign the taxiway has already been awarded.

Another new fleet of aircraft, the CC130J Hercules, is behind another new building project. The \$84-million Air Mobility Training Centre will house the equipment and personnel needed to train operators and maintainers of the CC130J.

Construction is expected to start this fall, with a completion date of spring 2011.

The remaining projects include:

- A \$75-million garage putting all electrical mechanical engineering and transport activity under one roof. Construction will start in a few months with completion expected by summer 2013.

- A \$30-million facility to allow the Aerospace and Telecommunications Engineering Support Squadron to provide aircraft refinishing support not only to 8 Wing but all air force wings across Canada. Work will start this month and finish by summer 2011.

- A \$16-million, 99-room training accommodation building to meet today's

standard requirements for training lodgings. It's expected to be completed by 2012.

- A \$4-million material distribution centre to amalgamate supply and cargo handling on the flight line. Shovels are already in the ground, MacKay said, with completion expected by next summer.

### Rebuilding 8 Wing

Reacting to the funding announcement, 8 Wing's Logistics and Engineering Officer said the upgrades come as "tremendous efforts" are made at 8 Wing to mentor personnel.

"There's two things going on here – there's renewal of the infrastructure and of staff at the same time," Lieutenant-Colonel Sean Lewis said.

He noted that the work sets the base on a "critical path" as operations must continue during the construction boom.

It will alter the landscape as some buildings come down while others are erected, necessitating the relocation of equipment and personnel.

"It's going to be very, very interesting how we execute this over the next little while," LCol Sean Lewis said.

He noted that the extensive upgrading is essential for 8 Wing to fulfill its operational capabilities, among them air mobility and search and rescue.

"With the new platforms that are coming on line you absolutely have to marry that with the right infrastructure at the same time," he said.

LCol Lewis noted, for example, that only four of the Wing's 22 hangars can accommodate the current aircraft. Some buildings went up in the 1930s when single seaters were the order of the day.

The new buildings, with the latest technology and environmentally-sound features, will put 8 Wing in good standing for the future.

It all adds up to a "watershed moment" for 8 Wing, LCol Lewis said.

"You only rebuild a base every 70 years, and this is our opportunity to make this base much better than it was and keep it going for the next 70 years," he said.



**Peter MacKay, MND, shakes hands with Padre Blair Ross, 8 Wing Chaplain.**

Photos: Cpl Isabel Lavallee-Raby, 8 Wing Imaging



**Shown from left to right: Corporal Dan Dubuc, Warrant Officer Dave Macintosh, Captain Caroline Ly, the Honourable Peter MacKay, Master Warrant Officer Jean Blain, Private Scott Foreman and Corporal Benoit Fallu, all from Tn/EME Sqn.**



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## Search & Rescue UPDATE



424 Squadron had four missions in this past week. All four were for the CC130 Hercules.

The first tasking was for our Hercules to investigate a possible person in the water after the discovery of a capsized canoe in Lake Huron. The crew flew the two search patterns assigned to them but found no one in distress. They were released by JRCC and returned to Trenton.

Next mission was for an ELT in the area of Alexandria, ON. The signal was eventually picked up and homed to the local airport where the crew observed some people checking the aircraft on the ramp. The crew was contacted by radio from the aircraft on the ground to let them know that the ELT had been turned off. Rescue 337 was released and recovered in Ottawa.

Once again it was an ELT signal that brought out our Herc. This time they followed the signal to Plattsburg, NY. The case was handed off to the American authorities and they returned to Trenton.

The next tasking was for yet another ELT. This one took the crew to an area south of Val'Dor, Quebec. When they got to the area, no ELT signal was detected. The crew was stood down and continued with their planned training.

Until next week, stay safe!

Missions for 2009: 185    Missions for Sep: 15    Persons rescued: 17



## The Contact Newspaper

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

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### Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.  
*Jpeg-Maximum (8X10), 300 dpi*
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

### Letters to the Editor:

Internet: [ANDREA.STEINER@forces.gc.ca](mailto: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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## ATTENTION

### Contact readers and contributors

Please be advised that any articles and/or photos you wish to submit to *The Contact* can be submitted to Amber Gooding, Acting Managing Editor, at [amber.gooding@forces.gc.ca](mailto:amber.gooding@forces.gc.ca) (alternatively, the intranet address can be found on the DIN).

Our apologies to those trying to submit pieces to the paper for the last few weeks, as the regular account for submissions has been temporarily disabled.

If you wish to contact the publication by phone, or have any question or concerns, please feel free to contact Amber Gooding at 613-392-2811 ext. 3978.

Thank you for your patience during this time.

### LETTERS TO THE EDITOR

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## Canadiana Crossword

### Blasted Rattyfratz!

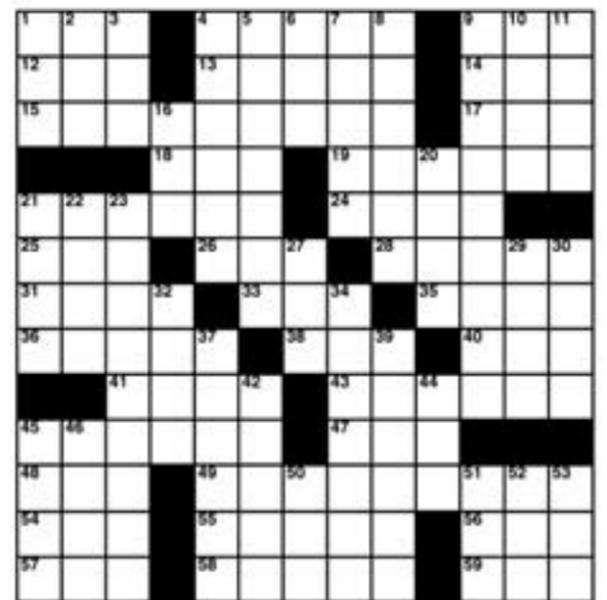
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Vessel
- 4 Embarrass
- 9 \_\_\_\_ Fonz
- 12 Kind
- 13 Mr. Claus
- 14 Of she
- 15 Medieval incantation
- 17 European free trade org.
- 18 Frodo friend
- 19 Yukon neighbour
- 21 Pamper
- 24 New Mexico aboriginals
- 25 AKA Clay
- 26 Calendar ref.
- 28 Pair
- 31 Classify
- 33 Turf
- 35 Canadian expletive expressing annoyance
- 36 American expletive expressing annoyance
- 38 Ang \_\_\_\_ (famed filmographer)
- 40 Employ
- 41 Beurling and Bader
- 43 Hexes
- 45 Temple name
- 47 Macaws
- 48 Here to Henri
- 49 Well \_\_\_\_ anyway!
- 54 About hearing
- 55 Legally impede
- 56 Enemy
- 57 Male child
- 58 French river
- 59 Cask

#### DOWN

- 1 \_\_\_\_ Rail
- 2 European mountain



- 3 Ring ref's ruling
- 4 \_\_\_\_ a mother can!
- 5 Indulges in give and take
- 6 Some
- 7 Ermine
- 8 Towed
- 9 Synonym finder
- 10 What the \_\_\_\_
- 11 Ms Bombeck
- 16 Crossed out
- 20 Reversed
- 21 I don't give a \_\_\_\_
- 22 Wings
- 23 Chemical process
- 27 Sun god
- 29 Shipping container
- 30 Summers to Sylvain
- 32 Inscribe
- 34 Ten sided object
- 37 Planter
- 39 Continent
- 42 Slop
- 44 Sought public office
- 45 Life stories
- 46 Prefix denoting outer
- 50 Sixties GM muscle car
- 51 Salamander
- 52 Gambler's acronym
- 53 Integer

See Answers, Page 25



## This Week in Contact

1979 – CANEX hosted a fashion show in the Junior Ranks Mess, presenting the new lines of fall and winter clothing. Clothing was modelled by store staff, who were supported by fashion-conscious base personnel and coached by Shelagh Llewellyn and Shirley Girard. The first of its kind at 8 Wing/CFB Trenton, the show was deemed a success.

1989 – Colonel Jeff Brace, Commander, 8 Wing/CFB Trenton, officially opened the 1989 Central Region Professional Driver's Competition (PDC) on base. The annual three-day event tested the driving skills of Privates, Corporals and some civilian members, and included written work, road rallies and manoeuvring tractor trailers.

1999 – 8 Wing/CFB Trenton celebrated the 50<sup>th</sup> anniversary of the Memorial Gates with a parade and ceremony in the presence of the Honourable Hilary Weston, Lieutenant Governor of Ontario, representatives from DND Headquarters, elected officials and two military attaches from New Zealand and Australia. The event included the unveiling of the 8 Wing/CFB Trenton Monument celebrating 75 years of Canada's air force.

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



# Wing Commander and Quinte West Mayor visit CFS Alert

by Capt. Mark Peebles  
8 Wing Public Affairs

Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, brought John Williams, Mayor of Quinte West, to Canadian Forces Station Alert on September 14 so 'he could see it to believe it'.

In visiting CFS Alert, Mayor Williams became the first mayor to visit the world's most northerly piece of permanent humanity.

Mayor Williams left CFS Alert on September 16 with a greater appreciation of what 8 Wing and the CF does in Canada's far North, and Col Williams hopes that will lead to greater community understanding as well.

"At the end of the day, when you are trying to communicate what it is that we do in Alert, it's imperative that the civilian leadership understand as well so they can spread the word," said Col Williams. "It's hard to spread the word when you haven't seen it first-hand. When it comes to Alert, you have to see it to believe it."

The visit coincided with the ongoing replenishment mission – Operation BOX-TOP – supported by 8 Wing/CFB Trenton and 17 Wing.

The operation ferries hundreds of thousands of litres of JP8 fuel which keeps the station running, along with tons of equipment, commodities and people, from Thule Air Force Base to Alert.

The operation runs twice a year and involves not just air crew but maintenance and movements crew from 8 Wing, 8 Air Communications and Control Squadron also deploys to Alert to direct the constant air traffic in and out of Alert.

Mayor Williams and Col Williams were joined by an entourage which included Lieutenant-Colonel Art

Photos: MCpl Susan Sampson, 8 Wing Imaging



Sign posts are shown above at CFS Alert that indicates mileage to various locations throughout the world. Standing in front of the 8 Wing/CFB Trenton sign are: Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer; Colonel Russ Williams, Commander, 8 Wing/CFB Trenton; Mayor John Williams, City of Quinte West; Captain Mark Peebles, 8 Wing Public Affairs; Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer; Master Warrant Officer Darryl Foster, SWO CFS Alert; and Major Sylvain Giguère, CO CFS Alert. CFS Alert is the most northern permanently inhabited settlement in the world and is situated on the north-eastern tip of Ellesmere Island in the Canadian Arctic Archipelago. CFS Alert has a full-time strength of approximately 60 personnel.

Agnew, Commanding Officer of 8 Air Maintenance Squadron and the Squadron's Honorary Colonel, Col Fern Villeneuve.

Also on board were Wing Chief Warrant Officer Kevin West and Wing Logistics and Engineering Officer LCol Sean Lewis.

It took a 13-hour journey in the back of a CC130 Hercules from Trenton, with stops in Iqaluit and Thule Air Force Base in Greenland, before the visitors arrived at CFS Alert at 2 a.m. the following morning.

After a brief rest, the group toured CFS Alert and its operations under the guidance of Major Sylvain Giguère, CO of

CFS Alert, and his Squadron Warrant Officer, MWO Darryl Foster. Mayor Williams was able to see all the various aspects of CFS Alert's operations which keep the 55-person outpost running – from the massive generators which heat and power the station to the sewage and water works plant.

The group also went up to the Global Atmospheric Weather Laboratory run by Environment Canada seven kilometres away on a plateau to the south of the station.

The lab measures, among other things, important air pollution data in support of national and international climate studies on greenhouse

gases.

Finally, the Mayor, Wing Commander and their entourage visited the memorials to those who lost their lives in the air crashes that occurred at Alert over its almost 60-year history.

Canada's north is something that Mayor Williams said has always captured his interest. He noted that he has visited Great Bear Lake a couple of times and had heard of CFS Alert – a place he said had always 'intrigued' him – a number of times.

"I think it was pretty exciting," he said. "To see the scenery here and in Greenland was something special. The whole experience was some-

thing I'll always remember."

Mayor Williams was also impressed at the scope of the operations at CFS Alert and its importance to Canada.

"I didn't realize until now what 8 Wing does in Alert and what Alert does for Canada," he said. "The emphasis nowadays seems to be with Afghanistan – and for good reason – but (what goes on at Alert) is something very important and I appreciate the work that the folks do in here."

With their distinguished guests departed, CFS Alert will prepare to receive the Olympic Torch when it makes its appearance at the station on November 8.



While at the Dr. Neil Trivett Global Atmosphere Watch Observatory Andrew Platt, (centre), from Environment Canada, shows an air sampling procedure to Colonel Russ Williams, Commander, 8 Wing/CFB Trenton (right), and John Williams, Quinte West Mayor. Environment Canada maintains an upper air meteorological service at CFS Alert.



Shown above, posing with an Inukshuk, from the left: Maj Sylvain Giguère, CO CFS Alert; MWO Darryl Foster, SWO CFS Alert; CWO Kevin West, 8 Wing Chief Warrant Officer; Capt Mark Peebles, 8 Wing Public Affairs; Col Russ Williams, Commander, 8 Wing/CFB Trenton; Mayor John Williams, City of Quinte West; and LCol Sean Lewis, 8 Wing Logistics and Engineering Officer.



# 424 Transport and Rescue Squadron families enjoy fun-filled day

by 2Lt Dustin West  
424 (T & R) Sqn

Baker Island was buzzing with activity this past weekend, September 13, with the families of 424 Transport and Rescue Squadron as they hosted their Annual Family Day.

The exemplary weather and the outstanding turnout of over 100 people made for a fantastic day of events for all ages.

The very young children were entertained by countless toys which were obtained from the Military Family Resource Centre.

Inside the Baker Island community centre, children were kept busy completing several crafts that included cupcake decorating, a candy jar guessing game, and aircraft ornament making.

Families were also treated to several events happening outside throughout the day.

The traditional bouncy castle provided endless hours of entertainment for the intermediate aged kids while a petting zoo attracted people of all ages. It consisted of a miniature pony, a donkey, goats and two young pot belly pigs.

The Search and Rescue Technicians contributed to the family day events by providing an obstacle course, a zip line as well as boat rides on their Zodiac.



**424 Transport and Rescue Squadron Honorary Colonel Ed Robertson, co-founder of The Barenaked Ladies, plays for the crowd of family and friends at Baker Island on September 13.**

The Military Police were also on hand accompanied by the base firefighters. They provided tours of their vehicles and showed off some of their equipment.

They let the kids play with the lights and sirens, and most of the squadron members can still hear the endless wailing in their dreams.

A 30-foot rock climbing wall at the event was a huge hit. A wide range of people scaled its heights and there was almost always a lineup.

The lunch time festivities

consisted of a typical barbecue which featured burgers, sausages, and salads.

There was also a custom made cake done up in tiger stripes complete with a SAR Tech under canopy, a Hercules airplane and Search and Rescue Griffon helicopter all in 3D.

Among the many highlights of the family day festivities – 424 was lucky enough to have their Honorary Colonel and co-founder of *The Barenaked Ladies*, Ed Robertson, in attendance.



**Honorary Colonel Ed Robertson (left) and Lieutenant-Colonel Tom Dunne, 424 (T & R) Squadron Commanding Officer, cut the cake during the Annual Family Day celebrations.**

Having played a show in Las Vegas the night prior, HCol Robertson took a red-eye flight from Las Vegas to Toronto (flying through the night) in order to attend family day.

The families of 424 Sqn were thrilled when he plugged in his guitar and played a private 40-minute set for the squadron. He played popular tracks from well known albums as well as some from his newer children's album for the kids.

The proverbial icing on

the cake for the day was the CC130 Hercules and CH146 Griffon flights provided for the family members of 424.

It was very exciting for the spouses and children of squadron members to have a chance to see what their loved ones do for a living, but perhaps more exciting was getting the opportunity to show them.

424 Sqn would like to pass on their thanks to WLEO, W Ops, and 2 AMS for their contribution to making this an outstanding family day.

Photos: Submitted



**A 30-foot rock climbing wall provided endless hours of fun during 424 Transport and Rescue Squadron's Annual Family Day.**

## PET OF THE WEEK

SABLE is a sweet nine-year-old spayed female Collie/Shepherd mix. She was surrendered due to change of address. A REAL DOLL! She doesn't like small dogs, but she loves people! Sable is loving, obedient, good on leash, clean and well-behaved. Needs a home with no young children.

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# SPORTS & RECREATION

## Registration: Red Cross Swim Lessons

Registration for 8 Wing community members will continue until Wednesday, September 30 at 3 p.m. Be sure to register prior to this. Registration for the general public will begin on September 30 from 5 to 7 p.m. at the RecPlex.

## Bronze Medallion and Emergency First Aid

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness.

Bronze Medallion is the first step toward a National Lifeguard Certification and is a prerequisite for the Bronze Cross Award. Participants must be 13 years of age

or older

This course will take place on Tuesday evenings, from October 13 to December 9, from 6:30 to 9 p.m. Please note that 100 per cent attendance at all classes is mandatory.

Cost is as follows: \$190 for military community members and \$210 for the general public. All manuals are included.

## Bronze Cross and Standard First Aid

Emphasis is placed on the candidate's ability to respond to a variety of aquatic emergencies using principles of teamwork and emergency procedures.

Bronze Cross is a prerequisite for the National Lifeguard Service course. Candidates must have completed Bronze Medallion and Emergency First Aid.

Please bring certification cards to the first class.

The course will take place on

Saturdays, from October 17 to December 12, from noon to 3 p.m. each week.

Please note that 100 per cent attendance at all classes is mandatory.

Cost is as follows: \$150 for military community members and \$170 for the general public.

Manuals used for this course are the same manuals used for Bronze Medallion.

## RecPlex Swim Schedule: Effective October 5

Military Fitness Lane Swims will take place in the Main Pool (open), Monday to Friday from 1200 to 1300 hrs.

Adult Lane Swims will take place in the Main Pool (open) during the following times: Monday, Wednesday, and Friday from 5:30 to 6:50 a.m. and from 10 to 11 a.m.; Monday to Friday from 3:30 to 4:30 p.m.; Tuesday and Thursday from 5:15 to 6:15 p.m.; and Saturday, Sunday and holidays from 3 to 4 p.m.

Rec Swims will take place in both pools (open) as follows: Monday, Wednesday, and Friday\* from 6:30 to 8:30 p.m.; Saturday 1 to 3 p.m. and 5:30 to 8 p.m.\*; and Sunday and holidays from 1 to 3 p.m.

\*On Friday and Saturday evening during the Rec Swim, the Bug Inflatable will be in the pool. It's super fun!

Parent and Tot Swims will take place in the Warm-up Pool (open) during the following times: Monday, Wednesday and Friday from 10 to 11 a.m. and 5:30 to 6:30 p.m.; Monday to Friday from 3:30 to 4:30 p.m.; Saturday, Sunday and holidays from 3 to 4 p.m.

Please note: There is an age restriction in effect, children must be between the ages of six months and five years old.

Seniors Lane Swim, for those 55 years and older, will take

place in the Main Pool (open) as follows: Monday Wednesday and Friday from 6:55 to 7:50 a.m., from 7:55 to 8:50 a.m., and from 9 to 9:55 a.m.

Space is limited and pre-registration is recommended.

Therapy Swims will take place in the Warm-up Pool (open), and the pool will be shared with Parent and Tot Swims. Therapy Swims will take place on Monday, Wednesday and Friday from 10 to 11 a.m.

PA Day Swims will take place on Friday, October 23 and Friday, November 16, from 1 to 3:30 p.m.

Drop-in fee for non-members are as follows:

Military community, non-members: \$1 (six months to five years old); \$2 (six to 17 years old); and \$3 (18 years and older).

General public: \$2 (six months to five years); \$3 (six to 17 years old); \$4 (18 years and older).

Note: Due to operational commitments, some programs may have to be cancelled on very short notice. Pool rules are in effect. Younger children may be required to pass a swim test in order to swim in the main pool.

For more information please contact the RecPlex Recreation Association reception at 613-392-2811 ext. 3361.

## Last chance league meeting

The I/S Floor Hockey last chance organizational meeting is scheduled for 1000 hrs on Tuesday, October 6, in the Gymnasium conference room.

The league is open to CF military, DND and NPF full-time employees.

Interested unit sports reps and executives are to attend subject meeting in

preparation for the 2009/2010 floor hockey season.

The league will play at the Gymnasium every Monday evening from 1800 to 2200 hrs. Players with no reps wishing to play, and for more information, please contact Dan Cormier, Military Sports Coordinator, by e-mail or at local 3373.

## Indoor soccer last chance meeting

Join us for the 2009/2010 Indoor Soccer League. The league is open to all CF military, DND, and NPF full-time employees. The teams will be mixed men and women so all are encouraged to join!

The last chance organizational meeting will be held on 1400 hrs on Tuesday, October 6. All interested team reps and/or

players are asked to join.

Games will be held on Tuesday and Thursday evening from 1800 to 2200 hrs.

Joining the league is easy; bring in a whole team or join individually!

Those interested in playing and having fun can contact Dan Cormier, by e-mail or phone at local 3373.

## 8 Wing Women's Hockey

*Calling all interested players*

The 8 Wing/CFB Trenton Women's Hockey Team is looking for players for this upcoming season.

Don't hold back on playing if experience or equipment is a problem.

Beginners or experienced players are welcome and equipment can be loaned if required.

Come and join the team for a season of fun! The team is open to regular and reserve force members.

For more information, please feel free to contact Nicole Bureau at ext. 2230 or at [nicole.bureau@forces.gc.ca](mailto:nicole.bureau@forces.gc.ca).

You can also contact Annie Morin at ext. 4565 or at [annie.morin@forces.gc.ca](mailto:annie.morin@forces.gc.ca).

## Shutdown notice: RecPlex pools

Please be advised that annual maintenance of the indoor pools will take place from Tuesday, September 8 and running through

until Sunday, October 4 inclusive. During this period of time, both indoor pools will be shut down. Thank you for your patience.

## Basketball Hoops Program: October to December

The Hoops Program helps kids to understand the game of basketball and develop skills. It is good for the beginner right up to those wishing to fine-tune their skills.

The program will take place on Mondays, from October 5 to December 14 in the RecPlex Gym. Please note: No class on Thanksgiving - Monday, October

12.

The program is split into two age categories: eight to 13 years will take place from 5:30 to 7 p.m.; and for 14 to 17 years old will take place from 7 to 9 p.m.

Cost: \$40 for military community members and \$50 for the general public. Pre-registration is required

## NLS Recertification

NLS Recertification will take place on Saturday, October 24 from 9 a.m. to 3 p.m. at the RecPlex.

Cost is as follows: \$70 for military community members and \$85 for the general public. Please note that you must be re-certified every two years, and proof of NLS is required (current or expired). Pre-registration required for this course.

## Power Skating for Kids

Power skating provides co-ed instruction covering power development, power strides, starting, stopping, lateral mobility and power drills.

This program will benefit kids who play hockey. Skaters must be at least five years old, be able to skate forwards, backwards and be able to come to a stop without running into the boards! Skaters will be broken up into groups depending on age, skills and ability.

Power Skating for Kids will run from October 19 to December 7, on Mondays from 4 to 5 p.m. Cost: \$65 for military community and \$75 for the general public. *Full hockey equipment is required, including sticks and mouth guards.*

## Reduced hours of operation

During the period of annual maintenance of the indoor pools from Tuesday, September 8 through to Sunday, October 4, the RecPlex will be open with reduced hours of operation.

They are as follows: Monday to Friday from 9 a.m. to 7 p.m.; Saturdays from 12 p.m. (noon) to 6 p.m.; and Sundays from 12 p.m. (noon) to 4 p.m.

PSP CRA Fall Brochure of Programs and Services is available at the RecPlex or check out all the programs and services at [www.cfbtrenton.com](http://www.cfbtrenton.com).

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# FITNESS & HEALTH PROMOTION



## Healthy eating for the vegetarian diet

A vegetarian diet consists of eating plant-based foods while avoiding animal products.

However, some vegetarians may also include eggs, cheese and yogurt, among other foods, in their diet.

Vegetarian diets can provide all the nutrients you need at any age, as well as some additional health benefits.

Vegetarian diets often have lower levels of total fat, saturated fat and cholesterol than many meat-based diets, and higher intakes of fibre, magnesium, potassium, folate and antioxidants such as vitamins C and E.

Vegetarian diets may lead to lower blood pressure, improved cholesterol levels, healthier weight and less incidence of Type 2 diabetes, all of which can reduce the risk of heart disease and stroke.

Vegetarians might want to familiarize themselves with the four food groups according to Canada's Food Guide.

The food groups include: vegetables and fruit, grain products, dairy products and protein alternatives such as beans, soy, nuts and seeds.

According to the guide, it is recommended that Canadians: enjoy a variety of foods, emphasize vegetables and fruit, cereals, breads and other grain products, choose foods that are lower in fat, especially saturated and trans fats, achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating, limit salt, alcohol and caffeine

The Dietitians of Canada have produced a vegetarian and vegan version of the food guide:

[www.dietitians.ca/news/download/s/vege\\_guide\(EN\).pdf](http://www.dietitians.ca/news/download/s/vege_guide(EN).pdf).

As with any food program, it is important to do some planning to meet nutrient needs. Here's what you may want to consider:

### PROTEIN

Plant-based foods can provide all the protein you need.

Protein-rich plant foods include: all soy products such as tofu, tempeh and beverages, cooked beans, peas and lentils, peanuts and peanut butter, most nuts and seeds.

It is no longer necessary to combine proteins for example, beans with grains, in the same meal in order to maximize protein absorption.

Other protein options include eggs (also rich in zinc and iron) and milk (high in zinc). Whole grains and vegetables also provide protein and are great sources of minerals.

### IRON

Vegetarians are at no more risk of iron deficiency than meat eaters.

While the version of iron found in meat (heme-iron) is more readily absorbed than the non-heme iron found in plant sources, absorption can be enhanced by combining non-heme iron options with foods high in vitamin C such as citrus fruits, tomatoes, broccoli or berries.

Good plant sources of iron include dark green leafy vegetables, dried beans or legumes, iron-enriched products (check labels), nutritional yeast and dried fruit.

An example may be a romaine lettuce salad with mandarin oranges.

### CALCIUM AND VITAMIN D

Calcium is important for strong bones and vitamin D is necessary for your body to be able absorb it.

Dairy products, almonds, sesame seeds, dark-green vegetables (such as broccoli, bok choy and kale), and black strap molasses contain calcium.

Other products are fortified with calcium, including soy and rice beverages, tofu and orange juice (check the ingredients). Vitamin D is often added to milk (but not cheese or yogurt), soy and rice beverages, and fortified margarine.

While sunlight allows us to produce our own vitamin D through our skin, it is typically not sufficient during Canadian winters.

As a result, these supplemented sources are important, especially for babies, children and older adults.

### VITAMIN B 12

This vitamin is necessary for cell division and blood formation. It can be found in fortified cereals, soy and rice beverages, and some types of nutritional yeast.

It's important to read labels to ensure you are getting enough B12. If you are vegetarian or vegan, consult your health professional about a B12 supplement if you are not sure you're getting enough from your diet.

Source: [heartandstroke.ca](http://heartandstroke.ca)

## Did You Know?

For those interested in gaining muscle mass with weight training (athletes and non-athletes alike) a little extra protein above the needs of sedentary individuals may help.

However, the amount needed is not a lot (anywhere from 1.2-1.7 g/kg/day), is often already consumed by most people and easily fits within the Acceptable Macronutrient Distribution Ranges of 10 to 35 per cent of energy from protein.



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



## Upcoming Courses

### ASIST:

30 Sep and 1 Oct, from 0830 to 1600 hrs

### Stress Take Charge (new version):

14 and 21 Oct, from 0830 to 1600 hrs

### Managing Angry Moments:

Fridays from 16 Oct to 6 Nov from 0830 to 1200 hrs

### Top Fuel for Top Performance:

3 and 10 Nov, from 0830 to 1600 hrs

### AODG Supervisor Training:

19 Nov, 0830 to 1600 hrs

For more information or to register visit: [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com)

## Battle Fitness Tests

Battle Fitness Tests are being offered alternating Fridays at 0730 hrs. To load yourself into this test call the Fitness Coordinator at 3328.

## New SPIN Studio opening soon

Join us on October 1 as we open and launch the schedule for our new SPIN Studio at the south side Gym.

Watch for a lot more classes in this state-of-the-art facility. For more information contact Lisa at local 3328.

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Strengthening the Forces, in partnership with the Military Family Resource Centre and 8 Wing Chaplains is offering:

## BASIC RELATIONSHIP TRAINING (A Couple's Communication Workshop)

Date: 7 November 2009

Time: 0830 to 1630 hrs

Location: Baker Island

Participants must pick up their workbooks before the workshop begins.

Workbooks can be picked up at the Trenton MFRC, Prevention, Support, and Intervention Coordinator

Deadline to register: 3 November 2009

For additional info contact PSI coordinator at 613-392-2811 ext 3899.

To register contact MFRC reception at 613-965-8575.

Health Promotion invites you to the two-day workshop:

## ASIST

(Applied Suicide Intervention Skills Training)

The emphasis of the ASIST workshop is on suicide first aid and helping a person at risk stay safe and seek further help. Learn how to recognize opportunities for help, reach out and offer support, estimate the risk of suicide, apply a model for suicide intervention and link people with community resources.

Date: 30 September and 1 October, 2009  
Space is limited.

Register online at

<http://healthpromotion.cfbtrenton.com>

\*\*There is no cost to attend this course\*\*





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## 8 WING HONOURS FALLEN COMRADE



Pallbearers from the Royal 22e Regiment, based in Valcartier, Quebec, carry their fallen comrade, Private Jonathan Couturier to an awaiting hearse on the ramp at 8 Wing/CFB Trenton. Members of Task Force Afghanistan, alongside Afghan and international partners, work together to bring peace and stability to the region. We remain focused and committed to bringing a better future for the people of Afghanistan. Our thoughts and condolences go to the family and friends of our fallen comrade. *Photo: MCpl Miranda Langguth, 8 Wing Imaging*

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# New World Record set at 8 Wing/CFB Trenton, Continued from Page 1

Carey Low, Guinness' Canadian record keeper for four years, officially measured the distance and announced that the long-standing record held by Australian David Huxley, who hauled a 412,000-pound Boeing 747-400 in 1997, had been smashed.

"There's a new world record for Kevin Fast," Low declared on the ramp.

"This is the most amazing one I've ever seen; I mean, look at the size of that plane. It's incredible," he said.

In all, Rev Dr Fast moved a total of 416,299 pounds. The Globemaster tipped the scales at 282,499 pounds while its fuel load added another 133,800 pounds.

"It was harder than I ever expected," he said. "It took me over a minute to pull five metres. That's pretty slow," he said.

Rev Dr Fast revealed that he had contemplated giving up three times during the pull but kept going when his son told him the aircraft was moving.

"It finally started rolling and after about two feet, I knew I was going to get to the end."

Rev Dr Fast's determination may also have been fuelled by the memory of August 21 when, during a test pull at 8 Wing, it took three tries to successfully move the CC177.



Photo: Corporal Brandon O'Connell, 8 Wing Imaging

**Reverend Doctor Kevin Fast from Cobourg, ON, pulls a CC177 Globemaster III aircraft to break the Guinness World Record for the heaviest aircraft pull by an individual. Rev Dr Fast pulled the 416,299-pound aircraft 8.8 metres. The event took place on the flight line of 8 Wing/CFB Trenton.**

He was awestruck at his latest achievement - his ninth Guinness world record - which will be featured in the 2011 edition of the Guinness Book of World Records.

"Obviously, I think this was the best, the biggest and the most impressive (record I've set), but I still don't have the nerve to look that plane in the

face," he said.

8 Wing/CFB Trenton now enters the record books as the site of the world's heaviest airplane pull by an individual. Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, congratulated Rev Dr Fast on a "very impressive" feat.

"You heard the crowd here.

I think everyone was pulling for the reverend," Col Williams said. "It's good for us. It's good for the Air Force and it's good for the local community. It's a very nice fit."

Col Williams also noted that the Wing managed to provide the first CC117 acquired by the air force for the record attempt.

"I think it is fitting that the first pull of the C-17 was done with Canada's first C-17," he said.

An avid Scottish Highland Games and Strongman competitor, Rev Dr Fast claimed his first Guinness record in 1998; he currently holds the record for the heaviest vehicle pulled over a level 100 feet.



Photo: Lisa Bailey, Contact Staff

**Above: Supporters from 8 Wing/CFB Trenton cheer for Reverend Doctor Kevin Fast as he pulls a CC177 Globemaster III five metres to set a new world record.**

**Right: Rev Dr Kevin Fast from Cobourg, ON, poses for a photo in front of the CC177 Globemaster while holding a copy of the 2010 Guinness Book of World Records.**



Photo: Corporal Brandon O'Connell, 8 Wing Imaging

## EYES N OPTICS

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## If it moves and doesn't have wings, 8 Wing's EME Flight keeps it going

by Tom Philp, Contact Staff

It's 65 years old, wears more hats than a haberdasher, and may just be the Energizer Bunny branch of the Canadian Forces.

The Electrical and Mechanical Engineering (EME) Flight of 8 Wing/CFB Trenton is one going concern. The unit can trace its history to 1944 and the formation of the Royal Canadian Electrical and Mechanical Engineers (a fusion of several Land Forces' engineering corps), with a mission "to ensure the fitness for operations of the land based technical equipment (less communications) of supported organizations."

Trenton's EME is also responsible for servicing vehicles and equipment at CFS Alert, and is on 24/7 standby as part of the Canadian Forces National Recovery Program, whereby wreckers from the closest base are dispatched to retrieve disabled military vehicles.

In short, EME is dedicated to maintaining, repairing, even retrieving any equipment with moving parts, with one caveat: it can't have wings.

Decidedly Army in orientation, Trenton's EME Flight last week played host to Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, for a sometimes "hands on" tour of its facilities. Other executive members accompanying Col Williams included Lieutenant Colonel Sean Lewis, Wing Logistics and Engineering Officer (WLEO), and EME's Commanding Officer; Deputy WLEO, Major Debbie Graitson; and

Wing Chief Warrant Officer Kevin West.

From being picked up in an EME wrecker and delivered to the sprawling shops south of Wing Headquarters, to chatting with a variety of technicians and trades specialists, Col Williams was treated to a sample of the services made available to the Wing by this Branch.

"The support provided here is critical to our operational success," Col Williams said.

Master Warrant Officer Jean Blain, Engineering Technical Quarter Masters Sergeant (ET for short) is the NCO overseeing about 38 military and 29 civilian personnel, across mixed trades and including apprentices, in five separate shops at 8 Wing. Those sections include vehicle service, weapons service, heavy and small equipment, refuelling, airfield maintenance support equipment (AMSE) and Ancillary. Twenty-five mechanics/technicians are needed on the main vehicle service floor alone.

"Not many people realize it, but (8 Wing EME) has about 750 pieces of moving Canadian Forces equipment, without wings, and another 1,200 pieces of equipment used for airfield operations, with more on the way," MWO Blain said.

"I'm extremely proud of the personnel we have," he said. "They fully understand what our requirements are, and are very dedicated, very committed to getting things done right."

Although only part of EME operations are underway on any given

day, the equipment and services available September 17 for Col Williams' review included administrative and control, emergency services vehicles, aircraft support vehicles, standard military pattern vehicles, welding and metal cutting services, and a wide range of unopened safes recovered from buildings throughout 8 Wing. Under the direction of Captain Caroline Ly, Acting Officer in Charge of 8 Wing's Tn/EME Squadron, and guided by Master Warrant Officers Blain and Joe Sampson, it took little time for Col Williams to meet one-on-one with his troops and get a "feel" for things.

Civilian mechanic, James Douglas, explained the type of service work performed by the highly skilled technicians working out of the EME Vehicle Repair Section on the south side of the base. From changing oil to changing engines, it's all done here.

Sergeant William Kochie, in charge of EME's Ancillary Section, coached Col Williams through one of the unit's softer services, allowing the Wing Commander to practice his sewing skills on an industrial machine. Taking a good natured ribbing about not losing any fingers during the lesson, Col Williams finished his project and was presented with the results: a sports bag in camouflage material.

Master Corporal Mike Baker, another EME jack-of-all-trades, presented a row of wall and floor safes recovered from various 8 Wing locations, inviting Col Williams to become a

master "safe cracker." Using electronic sensing devices and the dexterity that comes only with practice, MCpl Baker demonstrated how locked safes, the combinations for which have been lost or forgotten long ago, can be made to reveal their contents without resorting to cutting torches.

Speaking of which ... coverall-clad and wearing all appropriate safety equipment, Col Williams was taught how to operate a plasma cutter, cutting a pre-stamped metal plate under the watchful eye of Materials technician, Corporal Andy Petrie.

Towards the end of the EME tour, both Col Williams and WCWO West had the opportunity to do a little seasonal preparation for a staff car, mounting, balancing and installing winter tires on the vehicle. (Much to the delight of everyone in attendance except WCWO West, it took Col Williams only *one* attempt to engage his rim.)

"This has been eye-opening and a lot of fun," Col Williams said as he finished the EME tour. "It's just great to see the incredible experience and expertise among the folks here."

"I am obviously very proud of the EME Flight," LCol Lewis said. "These folks are like the Swiss knife of the Wing; they can fix anything that does not fly."

"As Col Williams said, this is another of the WLE Branch teams so essential to supporting operations at 8 Wing," LCol Lewis said. "These are exciting and interesting times for EME personnel."



Photos: Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, learned from the troops with hands-on experiences that included sewing with an industrial machine with Sgt William Kochie (top); using a plasma cutter with Cpl Andy Petrie (middle); and learning the art of electronic safe cracking from MCpl Mike Baker (bottom).

## 413 WING CELEBRATES ANNIVERSARY OF THE BATTLE OF BRITAIN



Photos, from left to right: Parade Commander C.L. "Tommy" Thomas (right) salutes Colonel Russ Williams, Commander, 8 Wing/CFB Trenton as he arrives at the Battle of Britain parade at 413 Wing, Air Force Association on September 20, to commemorate the 69th Anniversary of the Battle of Britain. Wreaths displayed in front of the Air Commodore Leonard J. Birchall Cairn. Col Williams (left), and 8 Wing Chief Warrant Officer CWO Kevin West give a salute of respect and homage to the Air Commodore Leonard J. Birchall Cairn.

Photo: MCpl Miranda Langguth, 8 Wing Imaging



# True spirit shines through at 2009 Wing Commander's Challenge

by Lisa Bailey, Contact Staff



Photos: Lisa Bailey, Contact Staff

**Wing Supply Warriors go for the ball in blind volleyball.**



**Sharing a pair of underwear while racing through a line of pylons are members of the Wing Transportation & Electrical & Mechanical Engineering team.**



**Second Lieutenant Dustin West is suitably attired for his team from 424 Transport and Rescue Squadron, known as "the Tigers."**

8 Wing/CFB Trenton personnel exercised their minds, bodies and charitable spirit during the Wing Commander's Health and Fitness Challenge September 18.

Held at the sports field near the South Side Gymnasium, the annual event engaged 15 teams of eight from around the Wing in friendly and non-competitive tabloid games. The challenge also officially kicked off 8 Wing's 2009 fundraising campaign for the United Way of Quinte, with all proceeds from a celebratory barbecue benefitting the agency.

Lisa Refausse, 8 Wing Fitness Coordinator, noted the Brain and Brawn theme fell in line with a health and well-being component to the challenge.

"There's a new health and fitness strategy in place for the Canadian Forces, so a lot of our events now carry that message," she said.

"We're trying to take an approach that's more wellness rather than just fitness," Refausse said.

With participation by Health Promotion as well as the Fitness and Sports Flight, the challenge featured activities that not only tested physical mettle but also health and wellness knowledge. In one relay game, for example, participants decked out as cooks used tongs to pluck healthy snacks out of a barrel. Another event required that teams come up with posters touting a healthy message.

During their morning break, while drying out from a rain shower, participants were led in yoga exercises and enjoyed nutritional snacks.

Refausse noted that the challenge drew "very good representation from the Wing," with civilians and military personnel from the flying squadrons to administration forming teams.

She also acknowledged that

the Wing, including the commander, "have been instrumental in making this day happen with the resources that we require."

On hand for the morning's opening ceremonies were Wing Chief Warrant Officer Kevin West; Colonel Russ Williams, Commander, 8 Wing/CFB Trenton; and Major Mike Thornley of 426 Transport Training Squadron, who is one of three co-chairs of the Government of Canada Workplace Charitable Campaign at 8 Wing in support of the United Way.

Noting last year's campaign at 8 Wing realized about \$110,000, Maj Thornley told the gathering that the goal for 2009 is 100 per cent canvassing of personnel.

Col Williams, after welcoming all challenge participants, made the rounds of the games with WCWO West and even took part in a few of them.

"Thank you all for your wonderful participation. It was great fun to watch," Col Williams later said at the barbecue, held at the Junior Ranks Mess.

He also expressed appreciation to organizers for all of their work and said the challenge was a "very successful" start to the United Way campaign.

Mark Philbin, chair of the community fundraising campaign, thanked everyone in attendance and noted "great events" like the challenge allow United Way programs to exist. He told 8 Wing personnel they may only be posted here for a few years, but "the seeds you plant today" through United Way contributions "will continue to finance programs long after you're gone."

The barbecue lunch was provided by the campaign team and cooked with WCWO West's team of eight Wing Chiefs. A ceremonial cutting of a United Way cake also took place.

After lunch, a number of

awards were presented. Teams earned points based on how they placed in each game, with the top three entries recognized.

Wing Transportation & Electrical & Mechanical Engineering Squadron finished first, with the 'Men In Tights' from the Canadian Joint Incident Response Unit second

and 424 Transport and Rescue Squadron third.

The Team Spirit award, as determined by PSP staff, went to the Warriors from Wing Supply - one of three teams entered by the squadron. Thanks for Coming Out honours were bestowed upon Wing Operations.



**8 Wing Supply team members answer questions that test knowledge during the Wing Commander's Health and Fitness Challenge on September 18. Following a Brain and Brawn theme, the games challenged participants' physical as well as mental prowess.**



**One member of the 8 Wing Imaging crew tries to stay in a blanket carried by his cohorts during the hot dog race.**



**The strain shows in their faces as members of a Wing Supply team pull with all their might during a tug of war with the Wing Administration squad. After the tug of war, teams were asked to create posters with a health and fitness message.**



**Flippers are traded for shoes during one of the many hilarious relay races run at the 8 Wing Commander's Health and Fitness Challenge. Participants manoeuvred through a line of pylons**



# Air Force Museum honours "a great friend of Canada"

By Tom Philp, Contact Staff

For some, it was the culmination of a journey that began in 1994 when they first met an unassuming Belgian historian. For George Spittael, it was the fulfillment of his wish that his vast collection of war graves photographs, documentation medals, ribbons, badges and other artefacts find their final resting place at the National Air Force Museum of Canada (NAFMC).

Spittael, now 85, spent 60 years taking photos of military cemeteries and sought out information to help identify war graves inscribed as 'unknown'.

The author of *Dual Along the Schipdonk Canal* and *Libera Me*, two books chronicling Canadian efforts in Belgium and North-western Europe during the Second World War, Spittael travelled to Trenton last week to attend the September 18 dedication of his life's work to the museum. NAFMC Executive Director Chris Colton, who chaired the event, described Spittael as "a great friend of Canada."

Colton said he first met Spittael in 1994 when he and Brigadier General (Ret'd) and former Commander, 8 Wing/CFB Trenton, Jeff Brace, travelled to Belgium to attend the 50th anniversary of the Allied liberation of that country from German occupiers.

"During celebrations, during presentations there, the name George Spittael kept popping up over and over," Colton told about 70 people invited to the museum to honour the Belgian historian. "Even with the language difficulties, I got the impression that this person must be special."

"I've met a great many exceptional people in my life, but none more so than ... George," Brace said. "He has earned my utmost respect."

Spittael has also earned the respect of governments throughout the world, including Canada. In 1993, he was awarded the Meritorious Service Decoration - Civilian, for his tireless work on behalf of Canada's fallen soldiers. That citation read: "Since the Second World War, Mr. Spittael, a Belgian citizen, has provided exceptional humani-

tarian service for Canadian families, by researching and documenting the grave sites of military personnel buried overseas during both World Wars. His efforts have brought peace of mind to many families. Now in his sixties, Mr. Spittael continues to guide Canadians to various cemeteries and battlefields of Europe".

Colton and Brace discovered just how very special Spittael is when they learned he wanted to donate his collection of war graves research not just to Canada, but to the NAFMC.

During a 2005 Chaplains' on-site study of First and Second World War European battlefields, Spittael approached his friend, Major Tim Gushue, Log (Air) Human Resources Officer with the Canadian Forces Aerospace Warfare Centre at 8 Wing and the Chaplain team, about finding a home for the collection.

The Canadian War Museum in Ottawa had been approached originally by Spittael; but that organization would not guarantee the researcher that his life's work would be kept intact. Gushue subsequently met with Colton and Brace, leading to the final push to bring the Spittael work to Trenton, where it would be housed as a single collection. Among the reasons Spittael wanted to relocate his collection to Canada: there are about 100,000 Canadian war graves overseas, when you combine the resting places of those who fell in both world wars.

"It really was a once-in-a-lifetime opportunity," Maj Gushue said.

Fifteen years from that first meeting, and a lot of effort on both sides of the Atlantic later, Spittael's wish has been granted. *The Spittael Collection* was officially launched here last week, complete with a ribbon cutting by Spittael and Colonel Russ Williams, Commander, 8 Wing/CFB Trenton.

Museum curator, Dr. Georgiana Stanciu, said Spittael's "Soldiers' Graves Throughout the World (1939-1945)" is "by far the most significant part of this wonderful collection."

Dr. Stanciu said the museum's task now is "to find enough space and time to prepare Mr. Spittael's collection" for



**Above: (left to right) George Spittael with his friends Hilda Lenaeerts, Major Tim Gushue, 8 Wing/CFB Trenton, and Brigadier General (Ret'd) Jeff Brace, September 18 at the National Air Force Museum of Canada.**

**Below: Museum Executive Director Chris Colton (left) and BrigGen (Ret'd) Jeff Brace appoint George Spittael as Honorary Lieutenant Colonel of the former Air Transport Group.**



public appreciation. The collection includes more than 2,000 photographs of war graves, plus assorted military memorabilia. Only about 20 per cent of those images and associated artwork are currently on display at the NAFMC.

"I want the people of Canada to know they have a true friend living in Belgium," said Spittael, following the official ribbon cutting. "I'm extremely happy my collection has found a new home."

As a special part of last week's dedi-

cation, former Sergeant Joris Edmond Albign (George) Spittael was made, retroactively, an Honorary Lieutenant Colonel of the former Air Transport Group. With Col Williams' permission, Brace and Colton presented Spittael with an Air Force jacket and rank insignia

For more information about Spittael and his collection, please contact the National Air Force Museum of Canada, (613) 965-7723, or visit [www.airforcemuseum.ca](http://www.airforcemuseum.ca).

## HONOURING SAPPER MARIEBETH WILKINS-SHORT

It has been seven years since our daughter, Sapper Mariebeth Wilkins-Short, 23 Troop, 2 Combat Engineer Regiment CFB Petawawa, was killed during a training accident at CFB Petawawa.

Mariebeth joined the Canadian Forces in January of 2000. Following her graduation from recruit training and trades training at the Canadian Forces School of Military Engineering (CFSME), Mariebeth was posted to 2 CER.

At the time of her tragic death she was completing her driver / operator course for the LAV III.

Mariebeth was a proud soldier and although her passing impacted our family beyond belief, we know that being a soldier and member of 2 CER was unquestionably her proud-



est accomplishment. Many times she spoke to us about how proud she was to be a Combat Engineer and how she loved what she was doing with her life.

She will never be forgotten

and forever lives in our hearts. Vaya Con Dios, CHIMO!

Sadly missed by Mom (Virginia) and Brian Hicks, Valarie and Grandparents Jim and Joan Gregson and Great-Grandmother Helen Austin.

**8 Wing Trenton Climbs for United Way**

25 October 2009

First team meeting  
29 September @ 1600hrs  
in the Express Test  
meeting area, South Side  
Gym

Team OPI Pte S. McKee  
[Stephanie.McKee@forces.gc.ca](mailto:Stephanie.McKee@forces.gc.ca)

Each team member MUST  
raise a minimum of \$50  
and register by October 14  
in order to participate.

**United Way**

More info available at <http://www.unitedwaytoronto.com/climbforunitedway/main.php>



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| <p><b>06 FORD F150 FX4 SPORT</b></p>  <p>9843 4x4, Crew cab, short bed, alloy wheels, pwr seat, step bars, park aid, pwr pedals, key pad entry, air, cruise steering controls, SR, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 61,000kms.</p> <p><b>Payments Include EVERYTHING!</b></p> <p><b>\$24,795</b></p>   | <p><b>06 FORD F350 LARIAT</b></p>  <p>9142 4x4, Crew cab, short bed with linex bed liner and tow package, pwr heated leather seats, pwr rear window, chrome step bars, integrated braking, wood grain trim, pwr pedals, steering controls, park aid, keypad entry, pwr heated mirrors, pwr windows, locks, alloy wheels, keyless entry, 21,000kms.</p> <p><b>Payments Include EVERYTHING!</b></p> <p><b>\$29,995</b></p> | <p><b>06 TRITON</b></p>  <p>75140 21X Earl Bents Edition pro bass boat, New mini-kota pro series trolling motor, new style lowrance gps, fish finder, 225 optimax mercury, 109 hours compressions up across the board.</p> <p><b>Payments Include EVERYTHING!</b></p> <p><b>\$29,995</b></p>                                | <p><b>06 GMC SIERRA SLT</b></p>  <p>9604 4x4, 5.3L, V8, Crew cab, short bed with bed liner and tow pkg., pwr sunroof, pwr heated leather memory seats, 20" chrome wheels, dual climate controls, air, tilt, cruise, XM radio/CD, pwr windows, mirrors, locks, steering controls, keyless entry, 72,000kms.</p> <p><b>Payments Include EVERYTHING!</b></p> <p><b>\$24,995</b></p> |
| <p><b>06 CHEV COLORADO LS SPORT</b></p>  <p>8948 RWD, Crew cab, bed liner, alloy wheels, 4<sup>th</sup> door, air, cruise, tilt, AM/FM/CD/MP3, pwr windows, mirrors, locks, traction control, 74,000kms.</p> <p><b>Payments Include EVERYTHING!</b></p> <p><b>\$13,495</b></p>   | <p><b>06 CHEV SILVERADO 1500 Z71</b></p>  <p>9251 4x4, 5.3 V8, Extended, short bed with bed liner, alloy wheels, chrome step bars, steering controls, dual climate controls, air, tilt, cruise, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 51,000kms.</p> <p><b>Payments Include EVERYTHING!</b></p> <p><b>\$19,995</b></p>  | <p><b>09 NISSAN FRONTIER</b></p>  <p>D9768 Crew cab, bed liner, air, AM/FM/CD, pwr windows, locks, mirrors, cruise, tilt, alloy wheels, keyless entry, only 32,000kms.</p> <p><b>Payments Include EVERYTHING!</b></p> <p><b>\$26,995</b></p>   | <p><b>06 GMC SIERRA SLE</b></p>  <p>5383 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 43,000kms.</p> <p><b>Payments Include EVERYTHING!</b></p> <p><b>\$23,495</b></p>  |



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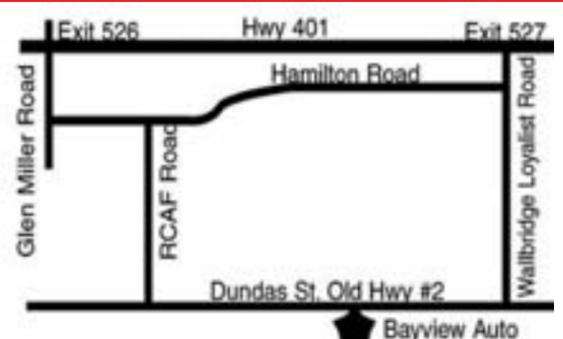


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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

The 8 Wing Family Violence Crisis Team presents

**take a Stand Against Family Violence**  
a family violence awareness & prevention week

Tues Oct 6 - Thurs Oct 8, 2009

the Astra Lounge Keynote speakers the Astra Lounge, CFB Trenton

**October 6 & 7 at 8:30am**  
Know the Consequences, Know Your Rights  
Get to know the Ontario laws regarding family violence.  
Speakers include:  
+ Belleville Crown Attorney, Joëlle Whyte + parole and probation  
+ Military police and Quinte police, + and many support agencies

**October 6 & 7 at 1pm**  
Understanding Relationship Violence - How Violence Forms  
+ Oct 6 Michael Gobeil Ontario Association of Police Speakers  
+ Oct 7 Dave Franklin retired RCMP

**October 8 at 8:30am**  
+ Why Women Stay workshop (Registration required - 613-967-1416 ext. 226)  
+ Healthy Relationships  
+ Managing Angry Moments  
+ Relationship Forgiveness

the MFRC Evening topics include Military Family Resource Centre, 30 Sukia Ave

**October 6 at 6:30pm**  
+ The Impact of Violence on Children Witnesses

**October 7 at 6:30pm**  
+ Trends in Youth Sexual Victimization  
+ On-Line Predators

**NO COST - Everyone Welcome**

Lunch available at the Yukon Galley for a nominal fee  
Free evening childcare at the MFRC available on the 6th & 7th (request only, by Oct 2nd - 613-965-3575)  
For more information call 613-392-2811 ext. 3651 or ext. 3573

**Cougars for Cancer**

Ramada Belleville, October 2, 2009

All Cougars for Cancers to fund research for women's cancers

Tickets are just \$35 and include a Pink Highlight, interactive hors d'oeuvres, fashions, demonstrations, displays, fun cash bar, a silent auction and more.

Tickets are available at the Canadian Cancer Society, The Ramada Belleville, the Cat's Meow and Miss Priss. Make a real night of it and take advantage of Ramada's special rate of \$65 (for a room for four). Book now at 613-968-3411.

For more information, please contact 613-962-0686.

**The 8 Wing Officers Mess Halloween Party!**



Friday, October 30th at 8pm

Live Music by AVRO

Prizes for Great Costumes

Tickets on Sale at the Mess Office Local 2205  
\$7 for Members \$10 for non-members

**QUINTE WEST FARMER'S MARKET**

MAY - OCTOBER 2009

Join us for a selection of seasonal vegetables, baking, perennials and crafts, located in the Front Street Parking Lot, downtown Trenton.

There's always wide selection of local harvest at great prices. For more information please call 613-392-3172.

**Auto Hobby Club**

Meeting: October 7, 6 p.m.

**Location:** North side of the base, past heavy equipment, behind the big sand dome

The agenda will include voting, and discussion on topics. Welcoming previous members and new members, or anyone interested in seeing what this fantastic club has to offer.

For more information, contact Sgt. K.R. Lafleur (613) 392-2811, Ext 3623  
Email: Lafleur Sgt KR@426 (T) Trng Sqn@Trenton

**The 14th annual "AD ASTRA" Stone Dedication Ceremony**



Date: Saturday, September 26 at 2 p.m.  
Location: The RCAF Memorial Airpark at the National Air Force Museum of Canada

Relatives, friends and members of the public are welcome to attend as we recognize all of the installed Ad Astra stones.

**Logistic Movers Association Biannual Reunion**

Knights of Columbus Hall in Trenton - Date: 02 - 04 Oct 09

02 Oct 09, Movers Classic Golf Tournament ( 0800 - 1600 Hrs ) 8 Wing Trenton Golf Course

02 Oct 09, Meet and Greet ( 1900 - 0100 Hrs ) K of C Hall

03 Oct 09, LMA Biannual Meeting ( 1100 - 1200 Hrs ) K of C Hall

03 Oct 09, Dinner ( 1900 - 0100 Hrs ) K of C Hall

04 Oct 09, Champagne Breakfast ( 0900 - 1100 Hrs ) K of C Hall

Hope to see you all there. All inquiries can be directed to the LMA website at www.lmacanada.ca or email at lma933mover@gmail.com.

Feature

FAMILY



Mealtime.org Southwest Soup

Ingredients:

- 1 tablespoon olive oil
- 1/2 cup chopped onion and 1/2 cup thinly sliced celery
- 1 can (10 3/4 ounces) low-sodium cream of chicken soup
- 1 cup low-sodium chicken broth
- 1 cup cooked wild rice
- 1 cup canned, sliced carrots, drained
- 2 cans (3 ounces each) premium chunk chicken breast in water, drained
- 1/2 teaspoon chilli powder and 1/2 teaspoon ground cumin
- Pinch ground chipotle chile
- 1 cup shredded, pepper jack cheese, divided
- 1/3 cup whipping cream
- 3 tablespoons chopped cilantro
- Cilantro sprigs for garnish

Preparation Time: 15 minutes Cook Time: 25 minutes

**Preparation:** In a large saucepan, heat oil over medium-high heat; add onion and celery. Sauté, stirring occasionally, 8 to 10 minutes or until softened. Stir in soup and broth. Add rice, carrots, chicken, chilli powder, cumin, chipotle chile and 3/4 cup cheese; bring to a boil, stirring occasionally. Reduce heat and simmer 10 minutes to blend flavours; stir in cream and chopped cilantro. Garnish with remaining cheese and cilantro sprigs. Serves: Six

*Nutritional Information Per Serving: Calories 252; Total fat 15g; Cholesterol 54mg; Sodium 472mg; Carbohydrate 15g; Fibre 2g; Protein 15g; Potassium 312mg; Vitamin A 3514 IU; Vitamin C 2mg; Vitamin D 7 IU; Calcium 133mg; Iron 1mg*

Activity: Eye Dropper Planets



Here's an activity that will encourage your child to explore a rainbow of colours as he creates his own solar system!

Mixing colours and making designs is a wonderful way to spend Comfort, Play and Teach™ time together!

**You will need:** Eye droppers; food colouring (primary colours); muffin tins; coffee filters; plastic place mat; hole puncher; and string.

**Instructions:** Pour a different colour of food colouring into each cup of

a muffin tin. You can create different colours by combining primary colours.

Show your child how to use an eye dropper. First squeeze the bulb and then dip the end of it into the food colouring. Release the bulb to fill the dropper. Your child can also use a plastic spoon to scoop and pour the food colouring.

Place a coffee filter onto the plastic mat. Your child can squirt different colours onto the coffee filter, creating interesting designs.

Allow the coffee filter to dry and then display it by punching a hole in the top, affixing a string and dangling it from the ceiling.

Your child can make several eye-dropper planets and create her own

solar system!

Enjoy this more with Comfort, Play and Teach™:

**Comfort:** Comment on what your child is doing as she chooses different colours and create unique patterns

**Play:** Make up stories together about what happens on each planet that your child is creating. Who lives on them? What do they look like?

**Teach:** Encourage your child to identify different colours. Talk about what happens when two colours are combined to create a new one.

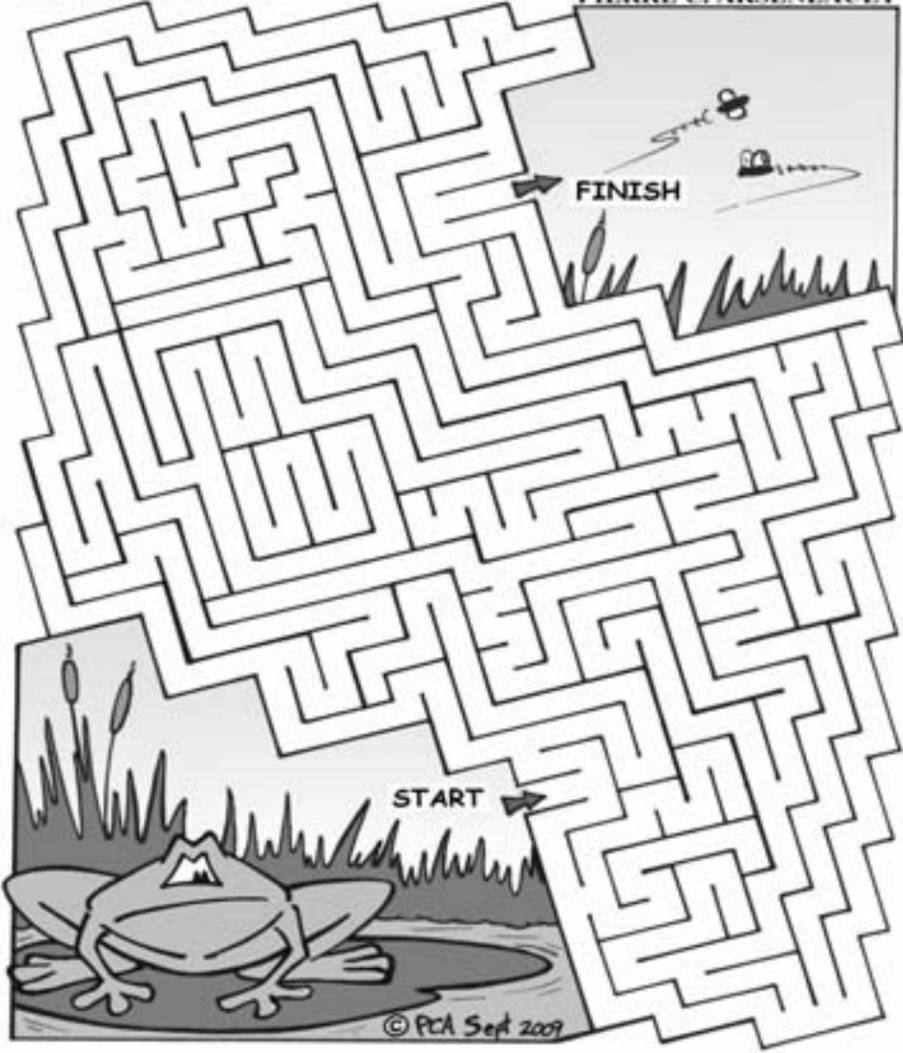
*Courtesy of the D-News Network, DND-CF Public Affairs Newswire.*

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

DEAD END ?

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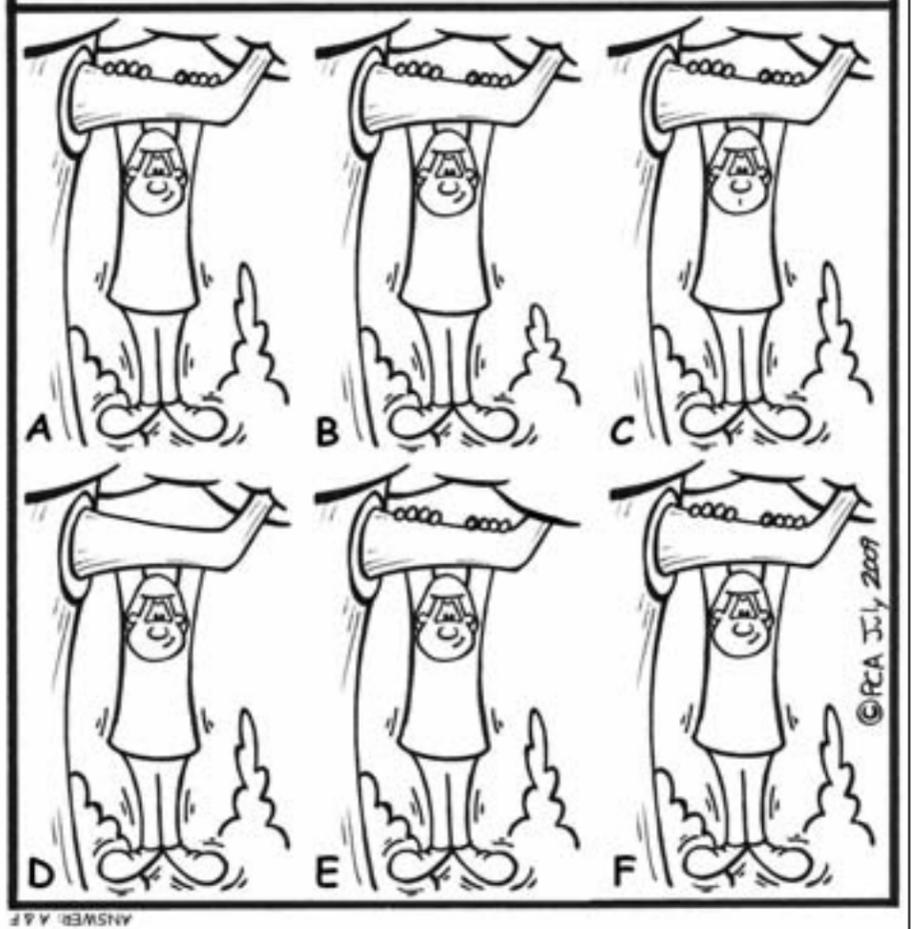


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# HOROSCOPES

Donna's Astrology Weekly  
www.donnavantoen.com

September 27 – October 3

*Theme of the week: Did you know that the word consider comes from Latin and literally means to act with the stars? Some of you have been doing a lot of considering this month while Mercury, the planet symbolizing thinking, learning, and reasoning, has been retrograde. You'll be please to know Mercury stops appearing to move backward on Tuesday, giving you the green light to move forward. Things will still be slow, but by next week they'll be back to normal!*

**ARIES** (March 21-April 19): You're concerned with work this week. In fact, you may be unnecessarily concerned. Though there are some adjustments still to be made, things are starting to move forward. By next week there should be nothing to worry about! Self-improvement projects are favoured.

**TAURUS** (April 20-May 20): You've probably made some revisions to your plans over the last three weeks. Put them on the back burner until next week, just in case further adjustments need to be made. Then get ready to roll, because it will be mostly clear sailing! Be gentle with yourself, but also be prepared to broaden your horizons.

**GEMINI** (May 21-June 20): Can you see through the fog? Both luck and denial are featured this week. Your interests turn to philosophical matters, as you win some and lose some without really understanding why. Dealings with authority figures may play a role. Stick to your plans rather than changing horses in midstream for best results.

**CANCER** (June 21-July 22): You may be interested in taking a trip. You may be looking for a raise. Or maybe you're looking at some sort of higher education or specialized training. In any case, your ambitions are emphasized. Go for it! Actively seek alternative routes to your goals. If stress is a problem, take your B vitamins!

**LEO** (July 23-Aug. 22): Things are in a state of flux. You may receive some sort of important communication from a relative. Or you may be waiting for this communication. Friends will also play a fairly big role in what goes on this week. If a minor annoyance crops up, deal with it before it becomes a major source of irritation. A stitch in time will save you nine!

**VIRGO** (Aug.23-Sept. 22): Help is needed to improve your cash flow, either at home or possibly in your business if you're self-employed. Adjustments to spending need to be made. Make them! You could see positive results as early as next month!

**LIBRA** (Sept. 23-Oct 23): The keyword for the week is cooperation. A long-standing domestic or relationship problem comes to a head. It can be resolved once and for all late this week or early next week. Won't that be nice?

**SCORPIO** (Oct. 23-Nov. 21): Passions run hot and heavy. Tempers may flare, but they're short-lived and replaced by tenderness. On other fronts, a co-worker may need some help with backlog or personal problems. Expect to have to adjust your schedule accordingly.

**SAGITTARIUS** (Nov. 22-Dec. 21): You're generally not described as a timid soul, though you're usually pretty easy-going. This week, however, your mood is downright feisty. Expect more social activity than usual, some of it with people who matter. Give some thought to their interests, not just yours. Otherwise, you'll wind up play alone!

**CAPRICORN** (Dec. 22-Jan. 19): Where's the fire? Probably on the work front. Something needs prompt attention, but someone else is blocking you or resisting what needs to be done. This is a case of differing perceptions or priorities. What happens depends on who's in charge.

**AQUARIUS** (Jan. 20-Feb. 18): The travel bug is in your blood. You're bored, restless, and itchy for a change of routine or scenery. Your energy level's high. Stress is minimal. Find something to stimulate your mind to pass the time.

**PISCES** (Feb. 19-March 20): Impulsiveness needs to be curbed. Otherwise you'll fall out of the frying pan and right into the fire. The grass won't necessarily be greener in a new job or a new relationship. Adjust your expectations before throwing in the towel!

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**DEAD AIR**

**GINGER & SHADOW** BY BARRY CORBETT

**DuJour**

**TRIP**

She's studying abroad.  
Her kindergarten was outsourced.

**Stuff!**

Jogging in the country!

# WO & SGT'S MESS

| SUN   | MON                    | TUES  | WED  | THURS  | FRI  | SAT                                |
|-------|------------------------|---|--|--|--|------------------------------------|
|       |                        |   |  | 1<br>Health Prom.<br>G/R   | 2<br>Zooney Lunch<br>TGIF<br>Traditional<br>Roast Beef | 3<br>                              |
| 4<br> | 5<br>TRSET CONF<br>C/R | 6   | 7  | 8<br>General Mess<br>Meeting<br>TGIF Family<br>Nights - Turkey<br>Dinner<br>Ballroom<br>6-8 & 8-10pm | 9<br>Zooney Lunch                                      | 10                                 |
| 11    | 12<br>                 | 13<br>Ballroom<br>7-9pm                                     | 14<br>FE's F/S 15:15<br>WO Foster<br>Ballroom<br>7-9pm | 15<br>Ballroom<br>6-8 & 8-10pm   | 16<br>Zooney Lunch<br>TGIF<br>October<br>Bratwurst     | 17<br>Air Force of<br>Canada M/L   |
| 18    | 19                     | 20<br>Health Prom---<br>Sharon Chernow<br>Ballroom<br>7-9pm | 21<br>M/L Snakepit--<br>Ballroom<br>7-9pm              | 22<br>G/R-----><br>WCWO Coffee<br>Ballroom<br>6-8 & 8-10pm   | 23<br>Zooney Lunch<br>TGIF Family<br>Nights -<br>Pizza | 24                                 |
| 25    | 26                     | 27<br>Ballroom<br>7-9pm                                     | 28<br>Ballroom<br>7-9pm                                | 29<br>Ballroom<br>6-8 & 8-10pm   | 30<br>Zooney Lunch<br>TGIF<br>Shepherd's Pie           | 31<br>Hilchey<br>Wedding Recep<br> |

# OFFICERS' MESS

| SUN | MON                               | TUES | WED | THURS                                   | FRI   | SAT    |
|-----|-----------------------------------|------|-----|---|---|--------|
|     |                                   |      |     | 1<br>BEEF<br>STEW                       | 2<br>SANDWICH<br>BAR<br>1130-1330                         | 3      |
| 4   | 5<br>BRIDGE<br>CLUB<br>1300-1600  | 6    | 7   | 8<br>FISH &<br>CHIPS                    | 9<br>SANDWICH<br>BAR<br>1130-1330                         | 10     |
| 11  | 12<br>BRIDGE<br>CLUB<br>1300-1600 | 13   | 14  | 15<br>OCTOBER<br>FEST<br>GOLF<br>TOURN. | 16<br>SANDWICH<br>BAR<br>1130-1330                        | 17     |
| 18  | 19<br>BRIDGE<br>CLUB<br>1300-1600 | 20   | 21  | 22<br>SPAGHETTI                         | 23<br>SANDWICH<br>BAR<br>1130-1330                        | 24     |
| 25  | 26<br>BRIDGE<br>CLUB<br>1300-1600 | 27   | 28  | 29<br>CHICKEN<br>FINGERS                | 30<br>HALLOWE'EN<br>PARTY<br>SANDWICH<br>BAR<br>1130-1330 | 31<br> |

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Bar Hours: Monday – Thursday 1500 to 1800 hrs -  
Friday 11:30 to 1330 (Toonie Lunch) & 1500 to 2030 hrs

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or Email: Briggs.RLE@forces.gc.ca



## OCTOBER 2009



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karen.campaigne@forces.gc.ca



## TRENTON Military Family Resource Centre



### MFRC-EVENTS & INFORMATION

#### Smile Cookie Campaign Sept. 21-27<sup>th</sup>



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### CFRM-Événements et Information

#### Campagne des Biscuits Sourire Sept. 21-27



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#### "Triple P" Toddler Series

#### "Bedtime Business"



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share and get some concrete ideas and strategies to handle the stresses of day to  
day routines when raising toddlers.

Friday, September 25<sup>th</sup> 10:00-11:00 or 12:00-1:00



**INTERNET SAFETY**  
Wondering what your child is up to on the Internet?  
Are they cyber friends or maybe not?

#### PRESENTATION BY THE OPP

Tuesday, Sept 29<sup>th</sup> Time: 7:00- 9:00pm  
For more information call local-2382

#### Séminaire Triple P pour les tout-petits

#### "L'affaire du lit"

Avez-vous de la difficulté avec la routine du coucher de votre enfant?  
Vous n'êtes pas seul. Venez-vous joindre à Kelly et Denise (poste 3598) afin de  
partager vos difficultés et apprendre de nouvelles stratégies pour gérer ce stress  
quotidien avec vos enfants d'âge pré-scolaire

Vendredi, le 25 septembre 10h-11h or 12m-13h

#### LA SÉCURITÉ SUR INTERNET

Vous demandez-vous ce que fait votre enfant sur Internet?  
Sont-ils des cyberamis ou non?

#### PRÉSENTATION PAR LA PPO

Mardi le 29 septembre Heure: 19h à 21h  
Pour plus d'information, appelez poste-2382



For additional information:  
www.MFRC.CFBTrenton.com  
Contact: Jaimie Corriveau ext 4299



Pour information additionnelle  
www.MFRC.CFBTrenton.com  
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Home of the Week

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Natural light will flood into all three rooms through the large windows that overlook the back garden. Ceilings on the main floor all reach nine feet - 18 feet in the great room.

*This home measures 46 feet wide and 61 feet, 10 inches deep, for a total of 1,588 square feet, plus the unfinished basement.*



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## Chaplain Services

# 8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre

**WING CHAPLAIN SERVICES****SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE**

Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre  
Administrative Assistant - adjointe administrative  
613-392-2811 x 2490

**Unit Chaplains – aumôniers d'unités**

LCdr Padre Steve Merriman, P; Capt Padre Philippe Boudreau, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale; Capt Padre Blair Ross (P)

**As support staff - comme personnel de soutien**

Rev Jim Craig, P Civilian Officiating Clergyman – membre du clergé civil

**WORSHIP SERVICES**

**Our Lady of Peace (RC)**  
Christian community – communauté catholique

**Notre-Dame-De-La-Paix (CR)**

Chapel Life Co-ordinator

*Father Philippe Boudreau*

Co-ordinateur de Vie de Chapelle

**Messes-Messes**

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

**Confession - Réconciliation**

Please, contact the Wing Chaplain's Receptionist to get in touch with a RC priest prior to coming over. *Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.*

**Chapel organisations (RC)**

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

**St. Clement Astra (P)**  
Protestant Community

Chapel Life Co-ordinator

*Padre Jim Craig*

**Worship Service**

Sunday Divine Worship, 1015hrs

Holy Communion:

1<sup>st</sup> Sunday of the month

**Parish organisations (P)**

Chapel Guild: last Tuesday – 1930hrs

**DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR**

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

**SACRAMENT OF BAPTISM**

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at Local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked.

The pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

For liturgical reasons and the baptism sacramental theology, baptisms are not celebrated during the Lent Liturgical Season.

Civilian parents who wish to have their child baptized at our military facility must first contact their civilian parish (whether or not they are active at that parish) before contacting our chapel. As Our Lady of Peace belongs to the Military Diocese of Canada, a letter of canonical jurisdiction from your civilian pastor giving the reasons supporting your request will be needed.

**SACREMENT DU BAPTÊME**

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême.

Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents.

Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême.

Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8ième Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

**Planning to get married?**

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic party must contact first the Wing Chaplain's Offices at 613-392-2811, Ext 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day. Please, keep in mind that pre-marriage classes are not offered from May to September. This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The latter have the choice between their Wing Chaplain's Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from... to the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

**Vous planifiez de vous marier?**

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier prénuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

Il importe également de prendre note que si le dossier prénuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date: voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.

Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

**CHAPLAIN EMERGENCY FUND**

You can help the chaplains help our military families most in need. *How?* Every time you make a purchase at our CANEX, ask to have the *Club Xtra* points put on the Chaplain's *Club Xtra* Card. The points will be used to help our military families during times of family crisis. For more information, ask one of the Canex employees.

**FONDS D'URGENCE DES AUMÔNIERS**

Vous pouvez aider les aumôniers à aider les familles de nos militaires qui en ont le plus besoin. *Comment?* Chaque fois que vous faites un achat dans notre CANEX, demandez que les points du *Club Xtra* soient crédités à la carte *Club Xtra* des aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales. Pour avoir des renseignements supplémentaires, demandez à l'un des employés du Canex.

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## Stairways: Fall prevention tips



Submitted by  
Don Heans,  
Wing General  
Safety Officer

Why do we need to worry so much about falls on stairs?

Stairs of all types have been used since ancient times, and because they are inherently hazardous, people have been falling on them, getting hurt or even killed in the process.

The vast majority of stairway falls result from a loss of balance. A very common contributing factor is neglecting to use handrails. The consequences can be quite nasty.

Because stairway accidents can cause severe injury and even death, building codes for stairs and ramps are justifiably very rigorous.

Good design can substantially reduce the potential for mis-stepping by providing us with the means to retrieve our balance, but even the best design cannot eliminate falling hazards entirely.

The need for proper design also applies to ramps. The fact is that some incidents can be caused by inattention and unsafe behaviour.

The best approach to minimize the hazard of falling down stairs is to encourage the building of well-designed stairways, combined with

training focused on raising our awareness of the potential for disaster.

### STAIR SURFACE

To reduce the risk of slipping on stairs, having a non-slippery surface on all steps, or at least on the leading edges is crucial.

Such a surface can be made of rubber, or metal or painted with special slip-resistant paint.

Regular maintenance of the stairs in good repair plus good housekeeping can reduce hazards for tripping.

### STAIR HANDRAILS

Attempts to design aesthetically pleasing stairways including handrails must not compromise functionality.

The prime function of the handrail is for holding as support while going up or down stairs.

It is therefore crucial to be able to grasp it quickly, easily and firmly if you should start losing your balance.

You should be able to run your hand smoothly along the entire length without having to adjust your grip. You should apply the so-called "tennis-racket grip" at all times when possible.

Guardrails 40 centimetres above the surface of the stairs are needed to prevent falls off the side of the stairs that are not equipped with a banister.

### VISIBILITY ON STAIRS

Improving visibility on stairs can significantly reduce the risk for common mishaps caused by misjudging distances.

Otherwise you can trip on a step or miss it completely. You can catch a heel on the edge of a step.

Such mishaps are a routine cause of twisted ankles, sprained knees or more serious injuries incurred by a total fall.

Recommended illumination should be at the minimum 50 lux level.

Use angular lighting and colour contrast to improve depth perception.

Use matte finishes on the treads to avoid glare.

Avoid patterned carpeting that may visually hide differences in depth.

Be very cautious on stairs if you are wearing bifocal glasses.

### WORK ACTIVITY

Use any means to persuade people to grasp the handrail while both ascending and/or descending stairs.

Avoid carrying objects with both hands.

Do not carry bulky objects that block your vision.

### HOUSEKEEPING

Good housekeeping is also vital to stair safety.

Nothing should be sticking out of the surfaces of stairs, handrails or banisters (like nails or splinters) that could cause a fall.

Spills, wet spots, or any debris should be immediately cleaned up.

Broken or malfunctioning lighting should be repaired or replaced.

Source: Canadian Centre for Occupational Health and Safety

## Preventing a kitchen fire in your home

(NC)—According to the Office of the Fire Marshal, cooking is the number one cause of fires in the home.

With Fire Safety Month approaching, the team at Canadian Tire has put together the following kitchen safety tips to help families cook smart and stay safe.

Do not leave pots and pans unattended and use oven mitts when removing pots and pans from the stove.

Wherever possible use rear burners. Pot handles that stick out can be easi-

ly bumped or grabbed by a small child

Take extra care when cooking with oil and grease and ensure you have a lid or spare cooking sheet nearby to cover a pan should the grease or oil catch fire.

Do not move the pan as it can spread the fire but use the cooking sheet or lid to smother the flames.

Keep your cooking surfaces and broilers clean to prevent splattered food from igniting.

When broiling use a pan beneath the broiler to

catch any fat drippings.

Avoid loose sleeves that may contact burners and catch fire.

Ensure you have a fire extinguisher nearby and that all family members know how to properly use it.

Overcook or burn your food and set off an alarm? Do not remove the batteries! While it may seem harmless at the time, it can turn into a deadly mistake.

Instead purchase a smoke alarm with a hush feature that enables you to temporarily 'hush' the

## Fire Prevention Week

This year's Fire Prevention Week is scheduled to run from October 4 to 10. The theme for this year's event is "Stay Fire Smart! Don't Get Burned".

As in prior years, the 8 Wing Fire Department will be holding fire drills at various buildings throughout the base.

All Wing personnel are advised to review their workplace Fire Orders in order to ensure they are familiar with the procedures to follow in the event of a fire.

In addition, the fire department will

be holding a host of activities on October 4 in conjunction with the MFRC Family Day.

All Wing personnel are invited to attend and bring their little ones to participate in events such as the Miniature Fire Fighter Combat Challenge, Fire Truck rides and a colouring contest.

If the past is any indication, these events are an enjoyable time for the little ones and adults alike.

For further information please contact the Fire Prevention Office at local 7880 or 3910.



Image reproduced from NFPA's Fire Prevention Week website, [www.firepreventionweek.org](http://www.firepreventionweek.org). ©2009 NFPA

## Semaine 2009 de protection contre l'incendie

Cette année, la Semaine de prévention des incendies se déroulera du 4 au 10 octobre. Le thème de cette année est « Avec Le Feu, Soyez Prudent! Évitez De Vous Brûler ».

Tout comme les années précédentes, le service d'incendie de la 8<sup>e</sup> Escadre mènera des services d'évacuation dans divers bâtiments de la base.

On conseille à tous les employés de l'Escadre de réviser les ordres d'incendie de leur lieu de travail afin de s'assurer qu'ils connaissent bien les procédures à respecter en cas d'incendie.

De plus, le service d'incendie organisera une multitude d'activités le

4 octobre en même temps que la Journée de la famille du CRFM.

On invite tous les employés de l'Escadre à y participer et à amener leurs enfants pour qu'ils puissent prendre part à des activités telles que le mini défi de combat des pompiers, la maison à évacuer, les tours en camions incendie et le concours de coloriage.

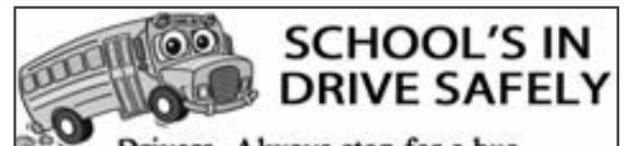
Comme en témoigne le passé, ces activités sont des moments agréables tant pour les petits que pour les adultes.

Pour un complément d'information, veuillez communiquer avec le bureau de prévention des incendies aux postes 7880 ou 3910.



nuisance alarms but ensures that it is still activated should a real fire start.

New at Canadian Tire is the Remote Hush Smoke Alarm that allows nuisance alarms to be silenced wirelessly from a distance. Also, the remote control can also be used to test the smoke alarm.



### Drivers- Always stop for a bus

Motorists travelling in both directions must stop when approaching a stopped school bus with its upper red lights flashing

### Parents and kids - have a bus talk before school

Remind your kids the rules of bus safety.

- Never distract the bus driver.
- Always follow his or her instructions.
- Find a seat right away and stay seated facing forward at all times.
- Do not place things in the aisle.
- Avoid rowdy behaviour.

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# Remembering...The tension in the Persian Gulf

by Jodi Ann Eskritt  
Wing Heritage Office

26 September 1990 – The announcement wasn't completely unexpected.

After all, Iraq had invaded Kuwait on the night of August 1 and 2, 1990; an action that was, itself, somewhat unexpected even though Saddam Hussein, the Iraqi President, had been rather vocal in his intentions with regards to his smaller neighbour and had been massing forces along the border between the two countries.

Most thought a compromise would be found without resorting to violence.

The day of the invasion the United Nations had approved Resolution No.660, co-sponsored by Canada, condemning the invasion and demanding that Iraq leave Kuwait. Having annexed his oil-rich neighbour, Hussein showed little sign of an imminent departure and so the sabres continued to rattle.

On August 6, 1990, Resolution No.661, also co-sponsored by Canada, closed off trade with Iraq. Sanctions were imposed and a coalition force, under UN authority, began building.

National Defence Headquarters (NDHQ) had begun studying the feasibility of potential responses to the crisis. The politicians considered the form Canada's contribution might take.

CFB Trenton was soon to feel the effects.

By August 10, Canada had committed two Royal Canadian Navy (RCN) destroyers, HMCS *Athabaskan*

and HMCS *Terra Nova*, and the supply ship HMCS *Protecteur* to help enforce the trade embargo against Iraq. Going along with them were five CH 124 Sea King helicopters (one more than normal complement)<sup>1</sup>.

Two days later, in the early morning hours, 8 Wing/CFB Trenton's Aerospace Maintenance Development Unit (AMDU) received the call.

The Avionic Projects Branch was tasked to Op FRICTION and was needed to provide technical assistance at CFB Shearwater immediately. They were on site and hard at work within 24 hours.

"The tasking of 'Op FRICTION' would be to install as many preselected systems on six Sea King shipboard helicopters as possible within the selected time frame.

These would range from sophisticated items such as electronic detection and countermeasure units, forward looking infra-red missile jamming equipment to the conventional machine gun and mount."<sup>2</sup>

The Sea Kings, due to be replaced shortly (and that would be another story), had not been modified for some time.

To complicate matters, they were configured for anti-submarine warfare not for surface interdiction operations in a desert environment. Anti-submarine equipment needed to make way for Forward Looking Infrared (FLIR 2000), stabilized binoculars, GPS, secure voice radio, infrared counter-measures, radar and laser warning sys-

tems, C-9 Light Machine Gun and chaff dispensing systems.

Furthermore, the work needed to be done in a fraction of the time normally allocated – less than two weeks – and while still respecting the strict engineering regime demanded in aircraft modification.

It was an extraordinary effort that had called all technical support staff from across the country. The AMDU team joined technical teams brought to CFB Shearwater from as close by as CFB Greenwood and from as far away as CFB Cold Lake; at its height over 150 personnel contributed to the effort.

If the needed supplies weren't available locally, T-33 Silverstar jets were on standby to pick up necessary parts from anywhere in Canada or the United States. No effort was spared.

Adding to the pressure was the continual addition of new requirements for the refit. Wooden floors were requested to reduce wear on the helicopter floors, cooling fans had to be added to onboard radar, extra passenger seats and desert survival kits were added. Modifications had to be made on each aircraft concurrently, a demand of the tight schedule, rather than prototyped serially on one aircraft.

Teams fell into a routine of installing new equipment, testing, re-designing if necessary and testing again in different aircraft.

Once one modification was prototyped on one Sea King it was approved for them all. This methodology caused a few problems when it was later

found that a modification interfered with other aircraft systems and needed to be changed in the field (at these times, the sixth Sea King proved its worth), however overall the approach was successful.

By 24 August, the last of the AMDU team members had returned to Trenton – their job done.

"This was a Herculean maintenance achievement that was unparalleled in Air Force history."<sup>3</sup>

For the moment, it might have seemed to the outside world as if this would be the extent of 8 Wing/CFB Trenton's contribution.

To the onlooker, air operations and training exercises continued as always with little apparent change to the general routine around the base.

But amidst that routine, 8 Wing/CFB Trenton personnel continued hard at work in support of operations. Soon, everyone would know the vital role that Air Transport Group (ATG) had to play.

On 26 September 1990, the "Trentonian" informed citizens that all air exercises at the base were suspended. The only exceptions were the continued obligation to provide support flights to CF Stations Goose Bay and Alert each week.

ATG had been tasked to support the deployment into the Persian Gulf. 436 (Transport) Squadron's CC130 Hercules and 437 (Transport) Squadron's CC137 Boeing aircraft were needed to re-supply overseas forces.

"The aircraft and personnel will be involved in the estab-

lishment and sustainment of military operations through re-supply flights."<sup>4</sup>

Just over a week later, the Trenton Squadrons were moving air support personnel and aircraft to Qatar, on the Arabian Peninsula. 2 Air Movements Unit (AMU) had already been busy loading over 750,000 pounds of military equipment for this first flight.

They were estimating having to load another 140 flights. A 10-person Mobile Air Movement Section (MAMS) originally tasked to the region was expanded to a 20-person team and rushed overseas. 429 (Transport) Squadron joined their comrades in 436 and 437 Squadrons already assigned to the operation.

The pace was unlikely to slow once hostilities broke out on 17 January 1991.

The Persian Gulf War would last until March 1991. Canada's in-theatre personnel strength would grow to 2,700 men and women; all dependent on supplies flown in by ATG aircraft totaling over 490,000 tons during the course of the crisis.

1. *A sixth helicopter was modified to remain at CFB Shearwater for research, evaluation, development and training.*

2. *Contact, 3 October 1990.*

3. *"Sea Kings in the Persian Gulf" by Col (Ret'd) Ernest Cable, OMM, CD (8th Annual Air Force Historical Conference, Cornwall, ON, June 2002).*

4. *Capt P.D. Peterson, CFB Trenton Information Officer, quoted in the Trentonian, 26 September 1990.*

## QUINTE WEST LAUNCHES UNITED WAY CAMPAIGN WITH CHILI LUNCHEON

Photos: Lisa Bailey, Contact Staff



Gathered at the United Way of Quinte's Chili Luncheon at the Trenton Legion September 15 to launch the 2009 fundraising campaign are (from left) Acting 8 Wing/CFB Trenton Chief Warrant Officer Colleen Halpin; Major Mike Thornley, co-chair of the Government of Canada Workplace Charitable Campaign at 8 Wing; United Way Executive Director Julia Gosson; United Way 2009 Campaign Chair Mark Philbin; Lieutenant-Colonel Dave Murphy, Acting Commander, 8 Wing/CFB Trenton; and Lieutenant Annie Morin, co-chair of the GCWCC at 8 Wing. Absent is the other GCWCC co-chair at 8 Wing, Maj James Marshall.



Marilynn Marley (left) of the Ladies Auxiliary of Royal Canadian Legion Branch 110 in Trenton, serves chili to Captain Sylvain Collard, Executive Assistant to the 8 Wing/CFB Trenton Commander, during the United Way of Quinte's Chili Luncheon on September 15. Staged at the Trenton Legion, the kick-off event to the United Way's 2009 fundraising campaign attracted 210 people and raised more than \$1,500 for 75 community programs through chili sales and draw prize tickets. Personnel from 8 Wing/CFB Trenton were among those who enjoyed the meal and hospitality.



# 2009 Canadian Forces Safe Driving Championship

by MCpl CJ Carpenter

It was a dark, misty, rainy weekend on August 30 and 31, 2009 when truckers and judges from across Canada descended on CFB Borden to attend, and compete, in the 2009 Canadian Forces Safe Driving Championship.

What is CFSDC you may ask? Well, here's a brief history of the event, dubbed "The Truckers Rodeo," and which dates back as far as 1948.

From 1948 to 1961 the Department of National Defence participated in the Armed Forces Division of the Canadian National Truck Driving Competition, sponsored by the Automotive Transport Association (ATA). The Rodeo of 1961 was the last pre-unification DND National Rodeo.

The regional Rodeo based on the Army, Navy and Air Force commands also discontinued and remained dormant until 1979. CFB Chilliwack held the first Pacific Region Truck Rodeo, sparking interest once again, and this led to the Atlantic, Eastern, and Central Regions hosting a Rodeo in 1980.

The interest generated by the competition prompted the decision to introduce a Rodeo to DND at a national level in 1981. The name Rodeo was changed in 1987 to Canadian Forces Safe Driving Championship (CFSDC).

These competitions are held to promote safety and to encourage CF Personnel and Civilian Drivers (MDOs) to develop and perfect professional skills and to provide an area in which to demonstrate these skills in a challenging competition.

The challenges that each competitor goes through not only provide individual recognition but also a sense of personal achievement and pride.

Last but certainly not least, it is an effective means of promoting awareness within the CF as well as the public, of the high degree of professionalism that already exists amongst career tradesman and the CF.

Competitions are held in each region and the best of each region comes to compete at a national level. There are four regions which include: Western, Central, Eastern, and Atlantic. There are five classes of competition: Straight Truck, Bus, HLVW, Tractor-Trailer, and Route Discipline.

Each event comes with its own difficulties, including a minimum of six obstacles that competitors must complete. There is also a written test comprised of various transport related questions, and a complete vehicle verification.

Each event has a first, second and third place winner. The scores for each region are added up, and the region with the highest total score brings home the Aggregate Trophy (one could compare it to the Stanley Cup!).

This year was a special year in that, not only did the Central Region take home the Aggregate Cup for a second year in a row, they also swept the HLVW portion, taking first, second and third place.

Congratulations go out to truckers Corporal C. Ainsworth (first place) and Private D.M. Richer (second place). Cpl P.C. Burton from 1 RCR Petawawa was the first 'User Driver' to compete in this competition at the national level.



Photos: Cpl Andrew Saunders

The Pacific Region team is shown above during the 2009 Canadian Forces Safe Driving Championship.



The Central Region team is shown with the Aggregate Award during the closing ceremony of the 2009 Canadian Forces Safe Driving Championship.

His ability and dedication proved to everyone that not only do User Drivers have the skill, but also the desire to show it, as he placed third overall. I know his home unit is proud of his success, as are we.

Other winners from the Central Region included Cpl C. Pelletier and

Pte A. Lachapelle finishing in third place for Route Discipline; Mr. G.A. Dowe, second place in the Bus Event; and Mr. L. Briere finished in third place for the Bus Event.

Congratulations again to all who competed. Let's see if Central Region can take it again next year.

## Canada Army Run continues to exceed all expectations

Ottawa, ON – Under sunny skies and perfect running conditions, 11,000 civilians and military personnel from across the country ran, walked or wheeled side by side in the 2009 Canada Army Run, a unique event that has become the fastest growing run in Canada.

Among the many inspirational stories and personal victories throughout the event, two stood out:

Orillia-based Rick Ball broke a world record for the single-leg amputee half marathon, with a time of 1:20:44.9 (the previous record was 1:21:46); and

Master Corporal Jody Mitic, who lost both legs in a landmine accident two-and-a-half years ago and who has been followed extensively by the media in recent weeks, successfully completed his first-ever half marathon.

"Today's event exceeded all of my expectations," said Commander of the Army Lieutenant General Andrew B. Leslie. "From seeing the pride of participating soldiers, including some who have suffered serious injuries, to the tremendous

outpouring of community support for the Canadian Forces, this event was inspiring from start to finish."

"Canada Army Run was created last year as a way for the military to say 'thank you' to Canadians for their support," said Run Director Major Chris Horecny. "It has turned out to also be a very tangible and personal way for Canadians to say thank you to the men and women who do so much for them at home and abroad. Today, we saw civilians and military personnel of all ages and abilities come together in a show of celebration, camaraderie and mutual respect. There's just no other event like it in Canada."

"I want to thank everyone who was part of today's event – including the participants, the volunteers, and the thousands who came out to cheer everyone on," said Gen Leslie. "Your involvement was truly appreciated. I would also like to congratulate both Jody Mitic and Rick Ball for their successes and to thank Rick for choosing Canada Army Run as the venue to break his world



Photo: Chantale Brisson

Warrant Officer Robert Comeau (left), from 8 Wing/CFB Trenton had the honour of having his photo taken after the run with the Honourable Peter McKay, Minister of National Defence, and WO Comeau's son, Dominic.

record. Both of these individuals have demonstrated to all the true spirit of "soldiering on."

The next Canada Army Run is scheduled for Septe-

mber 19, 2010.

Registration will open again on October 1, 2009.

To register, or for more information visit [www.armyrun.ca](http://www.armyrun.ca).

### RESULTS 2009 ARMY RUN

#### 5K Male:

- 1st: Private Ryan McKenzie (Victoria), 14:43.7
- 2nd: Rejean Chiasson (Ottawa), 15:03.7
- 3rd: Matthew McInnes (Ottawa), 15:25.1

#### 5K Female

- 1st: Emily Tallen (Kingston), 17:03.6
- 2nd: Joanna Brown (Carp), 17:27.3
- 3rd: Heather Ostic (Kingston), 18:22.0

#### 5K Military Only

- 1st Male: Private Ryan McKenzie (Victoria), 14:43.7
- 1st Female: Officer Cadet Celine Best (Kingston), 19:12.9

#### Half Marathon Male

- 1st: Lt. Charles Nadeau (Quebec), 1:11:46.4
- 2nd: MWO Stephen McNabb (Petawawa), 1:11:59.8
- 3rd: Matthew Leduc (Ajax), 1:13:27.0

#### Half Marathon Female

- 1st: Danielle Riendeau (Ottawa), 1:20:23.5
- 2nd: Jutta Merilainen (Petawawa), 1:20:30.7
- 3rd: Captain Marie Danais (Quebec), 1:20:36.6

#### Half Marathon Military Only

- 1st Male: Lt. Charles Nadeau (Quebec), 1:11:46.4
- 1st Female: Captain Marie Danais (Quebec), 1:20:36.6

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**Crossword Answers**

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| I | L | K |   | S | A | N | T | A |   | H | E | R |
| A | P | O | X | O | N | Y | O | U |   | E | C | M |
|   |   |   | E | N | T |   | A | L | A | S | K | A |
| D | A | N | D | L | E |   | T | E | W | A |   |   |
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# Is your home one in seven million?

(NC)—In Canada, there are seven million homes that are under-insulated. But that number may gradually be decreasing with the number of homeowners taking advantage of the government grants and incentives available today when insulating the home for energy efficiency.

“Upgrade the insulation in your home and don’t become one in seven million,” says Cheryl West, Insulation Expert, Owens Corning. “There’s no better time than now to make use of the helpful grants and incentives available when upgrading the amount of insulation in your home to meet recommended insulation standards.”

But, time is of the essence. The Home Renovation Tax Credit (HRTC) provides homeowners a 15 per cent non-refundable tax credit of up to \$1,350 when they perform renovations before February 1, 2010 – leaving only a few months to complete your insulation projects before next year’s deadline.

Fortunately, the ecoENERGY Retrofit program is in effect for at least another year. Plus, the federal government has raised the grant amounts by 25 per cent this year. Add provincial matching grants offered by select provinces and the rebates simply add up.

Insulating the home doesn’t mean that you need to conduct a complete home-overhaul. In fact, there are some projects that can be completed throughout a single weekend and that are quite cost-effective. For example, topping up on the amount of insulation in your attic only requires you to add to the existing insulation you already have.

So long your attic insulation achieves a value of R-50 – an equivalent of 15 inches of PINK FIBERGLAS batt insulation – you can qualify for the HRTC as well as the ecoENERGY Retrofit program grants. For an attic re-insulation project, that can mean up to more than \$2,000 available through government incentives.

And don’t forget about the savings on your energy bills. You can achieve up to 28 per cent savings on your monthly heating and cooling costs\*, all while helping the



Photo: News Canada

environment and reducing your carbon footprint. An attic insulated to R-50 helps save a half-ton\*\* of greenhouse emissions each and every year.

So, don’t delay and insulate today. For more information on the ecoENERGY Retrofit program visit [www.oec.nrcan.gc.ca](http://www.oec.nrcan.gc.ca) and for step-by-step instructions on how to re-insulate your attic for energy efficiency, visit [www.insulationtaxcredit.ca](http://www.insulationtaxcredit.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.*

# What does the EnerGuide label really mean?



Photo: News Canada

(NC)—Natural Resources Canada (NRCan) provides an energy efficiency rating tool for houses that could be used on all new houses built in Canada under its EnerGuide Rating System (ERS).

The ERS label lets you know how your home stacks up in terms of its energy performance. It shows you, and future buyers, exactly how energy-efficient your home is.

So how does the EnerGuide Rating System work? Your home’s energy efficiency level is rated on a scale of 0 to 100. A rating of zero represents a home with major air leakage, no insulation and extremely high energy consumption.

A rating of 100 represents a house that is airtight, well-insulated, sufficiently ventilated and requires no purchased energy. For a brand new house, a rating of 80 or higher is excellent.

The rating takes into account several factors including your building plans and building materials. An energy advisor evaluates each house and inputs all of the information he or she has gathered into a modeling software program developed by NRCan to provide the rating for your home.

Once your home is completed and the advisor has performed the final evaluation, the advisor ensures that you receive an EnerGuide rating label for your home. The label tells you the rating of your home and estimates of future annual energy consumption.

The EnerGuide rating label is a one-stop shop approach to knowing exactly how energy-efficient your home is. Remember, a higher EnerGuide rating means a more energy-efficient home.

Energy-efficient homes are more comfortable to live in because they usually have improved indoor air quality, ventilation and heating systems. When a home is energy-efficient, the reduced energy use translates into lower energy bills.

Energy-efficient homes require less energy which helps reduce greenhouse gas emissions that contribute to climate change and protect our environment for future generations.

The new home market in Canada is exploding with builders who want to become licensed as builders of EnerGuide-rated homes and buyers who want their services. It seems to be a win-win situation for everyone.

If you are planning to build or buy a new home in the coming months, spend some time on the NRCan website at [www.newhomes.nrcan.gc.ca](http://www.newhomes.nrcan.gc.ca).



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