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## Huge amount of construction ongoing and upcoming on north side

by Andrea Steiner  
Managing Editor

By this fall, approximately half a billion dollars in construction projects will be underway here at 8 Wing/CFB Trenton, with about \$275 million on the north side alone.

According to Major Phil Baker, Wing Construction and Engineering Officer, the north side will be undergoing quite a transformation in the coming months, and years.

A new entrance will be created for the north side, with the same configuration as the new south side entrance will have (wider, with extra lanes to allow for inspection and exit) and in the same place as the existing north entrance at RCAF Road and Westwind Avenue.

“Construction started last month of the north west ramp, just east of Uniform Taxiway, featuring 60,000 square metres of concrete for ramp space and 40,000 square metres of asphalt for taxiways,” said Maj Baker.

In addition, a new 1 Hangar, a two-bay CC177 hangar, will start construction this fall, to be located just east of the existing ATESS ramp. There will also be space for two additional hangars in this area, the first of which will be a two-bay CC130 hangar, with construction to start next summer.

Also this fall and in the same general area,

right across North Perimeter Road, will be construction of the new Transportation/Electrical Mechanical Engineering Squadron facility. Upon completion of this facility, and once WtN/EME personnel have moved in, the Trenton Air Cadet Training Centre will move into the existing WtN/EME building on the south side.

Also coming up is the ATESS refinishing shop, with construction to potentially start this

month on Alert Boulevard. And the fire hall will soon be relocated to a more central location on the airfield, just north of the current CC177 temporary hangar (the temporary hangar will likely be used as a storage facility upon completion of the new 1 Hangar).

The new fire hall will boast 16 bays – eight bays for ARFF, with crash trucks, on the airfield side, and eight bays for structural fire response on the opposite side of the building. Construction is to start this fall with completion



An artist's rendering of the new 1 Hangar



An artist's rendering of the new Fire Hall.

estimated at fall 2010 or winter 2011.

Maj Baker was also quick to point out the many workarounds required with all the construction and demolition going on.

“The current occupants of 5 and 6 Hangars are being relocated across the base to allow for the demolition of these hangars and the subsequent construction of the new 6 Hangar. This is just one example of the many workarounds necessary to maintain operations during this construction boom.”



An artist's rendering of the new 6 Hangar.

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# 426 SQUADRON CAIRN REDEDICATED

Photo: Pte Gisele LeBlanc, 8 Wing Imaging



Corporal Michael Meager (left), Pipe Major for 8 Wing Trenton and Lieutenant Kelly Begg, a bugler with the band, participate in the annual Memorial Service for 426 Squadron and 426 (Thunderbird) Squadron Association, on August 14, 2009 at the National Air Force Museum of Canada. During this ceremony, members rededicated the 426 (Thunderbird) Squadron Memorial Cairn. The ceremony was conducted by Padre Sid Horne, the 8 Wing Trenton Honorary Padre.

# WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Major Michel Lefebvre officially took over Wing Supply & Foods Squadron on July 24, 2009 from outgoing Major Dave Burley. The Squadron had an official Change of Appointment Parade, presided by the WLEO, Lieutenant-Colonel S.P. Lewis and attended by various dignitaries and family members. On the lighter side, the squadron held a hockey game in which the unit was divided equally and each team led by the Majors. Pictured are CWO Roy, dropping the "puck," Maj Burley to the left and Maj Lefebvre to the right.

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# 8 ACCS welcomes new CO and Honorary Colonel

by 2Lt. Vincent Bédard  
PAO OJT

8 Air Communication and Control Squadron (8 ACCS) got a makeover this week as Major Cathy Blue took the reins as CO of "The Gypsies" while Maureen P. Piercy became their Honorary Colonel at a ceremony August 17 at 8 Wing Trenton.

Major Cathy Blue said that she was honoured and blessed to come back and command a unit with which she was once a member. Sixteen years ago, 2Lt

Cathy Blue spend a number of months on OJT with the unit she would eventually come to command.

"8 Air Communication and Control Squadron has a rich, 40-year history of supporting operations both domestically at home and around the world," she said. "Those three months spent at the unit introduced me to what it is to be a team member of an elite, operationally-focused unit whose morale, esprit de corps and 'work hard - play hard' attitude was

the envy of all."

8 ACCS deploys high readiness air traffic services and communications and information systems anywhere in the world. Squadron members deploy globally as detachments and contingency teams in support of Air and Joint Operations.

Major Blue's focus as the new CO will be ensuring that the unit remains on the leading edge and has the necessary infrastructure to meet the demands of future operations.

"I want to ensure that the stage is set and the approaches in place to allow the men and women of this unit to continue to do what they do best - show the way," she said.

The ceremony also included the investiture of the unit's new Honorary Colonel, Maureen P. Piercy. Mrs Piercy is a known figure of the local community and President of Loyalist College. Major Walter Norquay, the outgoing Commanding Officer of 8 ACCS, had recom-

mended President Piercy for the appointment.

"With her appreciation for the work of the Canadian Forces and by virtue of her prominent place in the local community, President Piercy was an exceptional candidate as Squadron Honorary Colonel," he said.

As Loyalist's President, Honorary Colonel Piercy has taken on many leadership roles in committees and chairs for the development of Ontarian Colleges. She also announced participation in "Project Hero" which provides free tuition for dependents of Canadian Forces personnel who are killed while serving on a military mission. The scholarship program will provide financial assistance for tuition fees for up to six semesters and on-campus residence fees for the first two semesters for those eligible.

"I am deeply honoured to be appointed to this position," said Piercy. "8 Wing Trenton is a very important part of our region and Loyalist

Photos: Pte G. LeBlanc, 8 Wing Imaging



Major C.C. Blue, (left) signs her Change of Command certificate and officially takes the reins of 8 ACCS from outgoing CO Major W.S.F. Norquay (right). Colonel R. Williams, Commander, 8 Wing/ CFB Trenton (centre), served as the Presiding Officer.

College is proud to be a partner with the base in many initiatives which benefit our communities."

The illustrious tradition of honorary colonels was adopted from the British army well over a century ago. The goal of an honorary colonel is to work behind the scenes to provide a connection between the Canadian public and the armed forces. It does not confer authority or command function. An honorary colonel is an officer on

virtually all issues, with the exception of operations.

Honorary Colonels come from all walks of life, among them political satirist Rick Mercer, the Barenaked Ladies's Ed Robertson, the Olympian Mélanie Turgeon and so many prominent figures of Canadian society. By appointing Maureen P. Piercy, an influential and respected member of the local community as Honorary Colonel, 8ACCs continues this noble tradition.



The new 8 ACCS Squadron Honorary Col, Maureen Piercy (in centre), is receiving her Honorary Colonel certificate. This certificate was presented by Colonel Russ Williams, (left), Commander, 8 Wing/CFB Trenton and Presiding Officer for the ceremony, and Major W.S.F. Norquay, (right), outgoing CO of 8 ACCS Squadron.

## Search & Rescue UPDATE

424 had an extremely busy week last week, completing 11 missions. The first mission involved both the Hercules and the Griffon and they were tasked to search for an overdue boat in the Oliphant area. The Hercules arrived on-scene and conducted a short search but the person was found and the mission was stood down before the Griffon got airborne.

The next mission again involved both the Griffon and the Hercules aircraft. They were tasked to the Courtland area to look for a missing aircraft. The Hercules arrived on-scene first and began conducting search sequences. They then spotted a burn mark in a field. Upon investigation it was determined that it was the crashed aircraft. The Hercules then deployed three SAR-Techs who secured the scene and sent a man in an ambulance. The Griffon then arrived on-scene, landed in a field and picked up the SAR-Techs and proceeded to Hamilton airport to allow the SAR-Techs to re-board the Hercules. At this point the Griffon was stood down and the Hercules was re-tasked.

The new tasking for the Hercules was for a missing person in the water near Tobermory. The Hercules searched until the crew was forced to return to base to refuel and the crew was then stood down with nothing found.

The next mission involved again both the Hercules and the Griffon. They were tasked for a flare sighting 35 miles west of Trenton over Lake Ontario. After an extensive search nothing was found and both aircraft were returned to base.

The next mission involved the Griffon helicopter as it was tasked to search for a hot air balloon near St. Thomas Airport. There were reports of a balloon object seen floating along catching fire and then crashing. The Griffon noted a kite type object in field and it was later confirmed by OPP that it was a Chinese lantern type kite that had caught fire. The helicopter returned to base.

The next mission also involved both the Hercules and the Griffon. They were tasked to do a medevac for a drowning victim in the Algonquin area. The Griffon arrived on-scene and the SAR-Techs were hoisted down. The victim was recovered, transported to North Bay and he was transferred to hospital. Both the Griffon and the Hercules were stood down at this point.

At the time of this publication, there is an ongoing search for in the St Lawrence River near Point Fraser. The Griffon searched the shoreline until dusk Wednesday while the Hercules provided top cover. The search continued in the morning.

Until next week, stay safe.

Missions for 2009: 153 Missions for Aug: 17 Persons rescued: 12

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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  
**Intranet:** STEINER.AL@CFBTrenton@Trenton

All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



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## CORRECTION

A member of the 8 Wing/CFB Trenton-based organizing committee for the Military Police National Motorcycle Relay Ride was incorrectly identified in a photo caption in the August 14 edition of *The Contact*.

Sergeant Liana Whitman is with the Canadian Corps of Commissionaires.

*The Contact* regrets the error and any inconvenience it may have caused.

Effective August 24, 2009 until October 19, 2009, please contact Assistant Editor Amber Gooding for all Contact inquiries and submissions.

Have an opinion or story to tell?

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## Canadiana Crossword

### Time and Tide

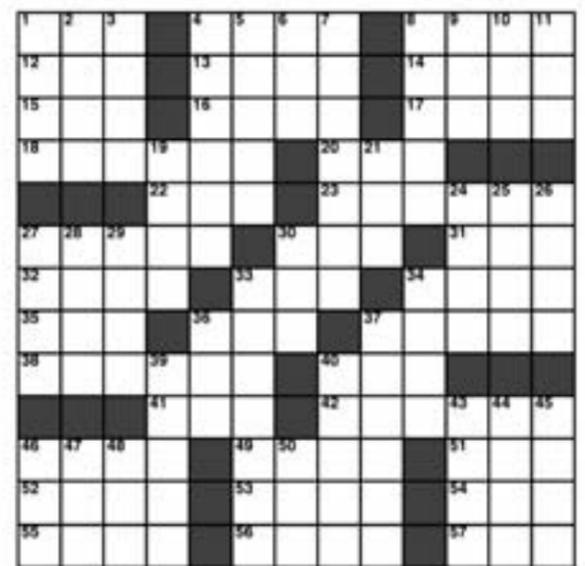
By Bernice Rosella and James Kilner

#### ACROSS

- 1 \_\_\_ time
- 4 Word preceding A to Z
- 8 First name in mystery
- 12 Squid juice
- 13 Tiny particle
- 14 Portal
- 15 Muscle car monogram
- 16 Landry's lot
- 17 Sari
- 18 Inexpensive inn
- 20 Have, to hibernians
- 22 Hosp. facilities
- 23 Land of Dayan
- 27 Time \_\_\_
- 30 Nucleic acid
- 31 Accounting pro
- 32 Youths
- 33 Bind
- 34 \_\_\_ time
- 35 Curling sheet
- 36 Whelp
- 37 Clamps
- 38 Examiner
- 40 Baseball's Maglio for one
- 41 Hotel
- 42 Eyelash
- 46 Prayer ender
- 49 Car part, slangily
- 51 Genetic info
- 52 Wind surge
- 53 Hades
- 54 Musical cognizance
- 55 Praiseful poems
- 56 Ripple
- 57 Sea bird

#### DOWN

- 1 \_\_\_ Tide
- 2 Atop
- 3 Gym events



- 4 Textile makings
- 5 Word before Royce
- 6 Prefix denoting ear
- 7 Implement
- 8 Lawn trimmer
- 9 Aussie icon
- 10 \_\_\_ tide
- 11 Sea raptor
- 19 Golf gizmos
- 21 Simile connector
- 24 Ones
- 25 Fencer's requirement
- 26 Overtakes on an oval
- 27 Dart, in a way
- 28 Shoe part
- 29 Certain days in March
- 30 \_\_\_ tide
- 33 \_\_\_ tide
- 34 \_\_\_ time
- 36 Write
- 37 With conceit
- 39 Shades
- 40 Burn with boiling water
- 43 Notion
- 44 Tree sloth
- 45 \_\_\_ time
- 46 Back then
- 47 Word before hole or bath
- 48 Legal and expert follower
- 50 \_\_\_ tide

See Answers, Page 26

## This Week in Contact

1979 – With a total time of 354.28, CFB Trenton finished fourth out of eight bases and four stations competing in the Air Command 1.5 Mile Semi-Annual Challenge. CFB Cold Lake took top spot with a time of 352.21. A total of 400 runners participated in the event.

1989 – A Memorial Cairn was dedicated on the northwest corner of the Air Transport Group Headquarters, CFB Trenton, by the Burma Star Association. Presiding officer Col CG Diamond, Base Commander of CFB Trenton, accepted the Cairn on the base's behalf. The association represents all past and present members of 435 and 436 Squadron. A memorial was also to be erected at CFB Edmonton where 435 Sqn was located.

1999 – Charles R. Maier, Athabaska Herald, presented members of the Aerospace and Telecommunications Engineering Support Squadron with their official squadron badge at the change of command parade. Maier, working out of Government House, was responsible for approval of all new Canadian Forces badges. The badge's basic design was created by Corporal Morningstar, a technician in the Non-destructive Testing Section of the Aircraft Engineering Flight. The phoenix, a key element of the badge, represents ATESS' restoration and modification activities which give new life to restored or modified components.

**Created by Lt J. H. MacDonald,  
 Compiled by Lisa Bailey.**



# Chief of the Defence Staff visits cadets at CRGS

Submitted by: Capt Gerald A. Joannis, CD, Public Affairs Officer, Central Region Gliding School

Chief of the Defence Staff General Walter Natynczyk visited the Central Region Gliding School (CRGS) on Wednesday, August 5, 2009.

Lieutenant-Colonel Douglas Moodie, Commanding Officer of CRGS escorted General Natynczyk as he conversed with cadets, officers and civilian staff members during the tour.

This was the first time a CDS had visited Mountain View and CRGS.

A former air cadet, his enthusiasm for the air cadet program was evident as he went amongst the cadets asking and answering questions. Although it had been some time since being in the venerable Schweizer 2-33, the memories flooded back as he went aloft for an aerial tour of the Mountain View airfield and the area surrounding.

Warrant Officer, 1st Class Abhay Fernandez piloted the glider, for which Gen Natynczyk presented him with one of his CDS Coins.

Gen Natynczyk also visited with the cadets attending the Introduction To Aviation course as they worked on their final lessons at Loyalist College.

Whether on the flight line or in the classroom, Gen Natynczyk reminded cadets that they would always be making choices...good or bad, but they had made the right choice in joining air cadets. He reminded them, had he not joined air cadets, he may not have chosen to attend military college, and would not have become the Chief of the Defence Staff. His final comment to all was to "keep making the right choices".



Photos: Submitted

Glider scholarship candidates, staff cadets and instructors stole a brief moment from their training day to have their picture taken in front of the glider with Gen Walter Natynczyk, CDS, this, his first tour of Mountain View and the CRGS. It will be a moment the cadets will talk about for the rest of their lives.



Chief of the Defence Staff General Walter Natynczyk (second from right) presented his CDS coins to Staff Cadet WO1 Casandra Merrill (left), LCol Douglas Moodie (second from left) and SSM Jim Davis (right), in recognition of their dedication and excellence in working with and training the cadets who are on course at CRGS.



Chief-of-Defence Staff General Walter Natynczyk (front) follows through, as Instructor/Pilot, WO1 Abhay Fernandez goes through the 'pre-flight' checklist in preparation for the launch of their glider at the Mountain View airfield. A former air cadet himself, the General was familiar with all the necessary procedures and precautions that were being taken to ensure a safe flight.

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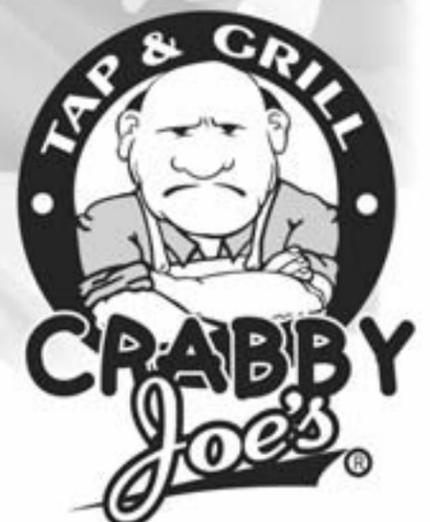
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# 1000 Islands Music Fest honours Canadian Forces personnel

by Amber Gooding,  
Assistant Editor

Signs of support for Canadian troops have become more prevalent over the years, and are shown in a variety of forms.

Organizers of the 1000 Islands Music Festival, held in Gananoque, ON, this past weekend (just east of Kingston), had a desire to give something back - in the form of music - to the men and women that represent our country each and every day.

Organizers of the inaugural music festival were proud to announce that military members and veterans would receive a free ticket with every ticket purchased for the opening day, explained Eric Alper, Director of Media Relations and Label Acquisitions for E1 Music Canada based out of Toronto, ON.

"Our involvement came through a desire to give something back, and what better way to honour these heroes than with a weekend of music," said Rod MacDonald, festival organizer. "We wanted to thank these heroes in a meaningful way for their service."

The gratitude didn't stop there. Almost every artist that took to the stage, whether Canadian or not, took a moment to recognize military personnel and our fallen soldiers, most often as a song dedication.

Some of the music industries biggest names were showcased throughout the event, covering a wide range of genres. From Canadians rockers such as Pilot Speed, IllScarlett,

Ten Second Epic and Simple Plan, to hip-hop artists Kardinal Offishall, Snoop Dogg and Akon - the festival itself brought forth some of the largest names to ever grace the town of roughly 6,000 residents.

Canadian Rapper and record producer Kardinal Offishall, originally from Scarborough, ON, is well aware of what it entails to be a soldier - to stand for what you believe in, regardless of what those varying circumstances may be.

"I feel that it's a real scenario - to live the life of a soldier," said Offishall. "My father-in-law just retired after 30 years of active duty. Through him, I got an inside look into what it really means. You don't always have to agree with the concepts generally perceived with war but I do absolutely agree with the concept of being a soldier and standing up."

Offishall noted that these men and women go out there and encounter many, many things that the general public couldn't imagine, or understand.

"My hat goes off to them. They do their job so that we can walk around here and have nice things like this (three-day music festivals) - my support goes to our soldiers and their families for sure."

Toronto artist Ko Kapches also makes sure to show strong signs of support to Canada's heroes, past and present. Although he himself doesn't have any direct ties to the military, Ko Kapches former girlfriend lost a cousin in combat and that has never been an easy thing for him to brush off lightly.



Photos: Amber Gooding, Contact Staff

Canadian artist and producer Kardinal Offishall is shown above during his Saturday performance.

"I'd like our soldiers to know that we're thinking of them all, and dream for their safe return," he said. "It is our duty to show signs of our utmost respect for those that put on their uniform to represent that red and white flag of our country."

It was hard to tell how many military members made it out to the three-

day event but both organizers and artists of this year's 1000 Islands Music Festival hope that the event was enjoyed by all.

With over 30 acts in three days, regardless of their nationality, CF personnel and their families were, and are, held in high regard and appreciated world-wide.



Although the crowds at 1000 Islands Music Festival weren't as large as anticipated, thousands of people made their way to the "Dingman Farm" in Gananoque for a chance to see a roster of artists that have established world-wide success (such as Akon, shown in photo on the left), and also a great list of Canadian independent and major label recording artists. Festival organizers provided a buy one, get one free deal to CF personnel and veterans, as a way to give something back to those who continue to give us so much.



## PET OF THE WEEK

Weaver is an adult female German shepherd. She was found wandering city streets and surprisingly nobody came forward to claim her. Weaver is a very sweet and friendly dog. She is deserving of a kind, loving and forever home. Do you have room in your heart and home for an older dog?

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# SPORTS & RECREATION

## Ladies Golf League Update

MONDAY EVENING LADIES LEAGUE: AUGUST 10

Due to the inclement weather – thunder, lightning and pouring rain! – the Roundel Glen Monday Evening Ladies League did not play on August 10. Play resumes August 17.

WEDNESDAY MORNING LADIES LEAGUE: AUGUST 12

The Game of the Day on August 12 was Bingo Bango. High score for the day, from the only threesome was Ruth Lynch, with 16 points. Sheila Williams was second with 13.

From the foursomes, top score was Joyce Fowler, with 13, followed by Ellie Kompch with 12, and Erma Wallace and Dawn Johnston with 11 each.

Low scores, with five each went to Gwen Scaletta and Jane Poirier. Chip-ins were recorded by Sandra MacDonald, on 10 and 17 for birdies and on 15, by Donna Kenny on 13, by Helen Westlake on 7, by Erma Wallace on hole number 2, by Joyce Fowler on 17 and by Gwen Scaletta.



## National Lifeguard Service Crash Course

The National Lifeguard Service (NLS) crash course will run from Monday, August 24, to Friday, August 28, from 9 a.m. to 5 p.m. each day.

Candidates must be 16 years or older to register and must have completed the Bronze Cross Course and have a current Standard First Aid Certification from one of the following agencies: Lifesaving Society, Red Cross, St. Johns, or Canadian Ski

Patrol.

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Research has shown that achieving the equivalent to walking for an hour throughout the day is health promoting - even in 10 minute intervals.



Transportation is one of the largest contributors of air pollution in Canada, with urban passenger vehicles producing almost half of Canada's transportation greenhouse gas emissions. By choosing active modes of transportation, you are contributing to the health of the environment, since walking, biking, and in-line skating have zero emissions.

Take Action! Some ideas that may help you consider adopting more active modes of transportation include:

Think twice about using your car for every trip. Could you walk or use your bike to visit friends?

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What other ways could you incorporate Active Transportation into your lifestyle?

For more information: [http://www.phac-aspc.gc.ca/pau-uap/fitness/active\\_trans.htm](http://www.phac-aspc.gc.ca/pau-uap/fitness/active_trans.htm)

Source: *Chronic Disease Prevention Alliance of Canada*

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# Camaraderie, common interest drives Auto Hobby Club

by Lisa Bailey  
Contact Staff

The 8 Wing Auto Hobby Club is not just for the mechanically inclined. Anyone, civilian or military personnel, is welcome to join and put their knowledge to work while sharing a common interest with new friends.

"It's a great opportunity to learn and to meet new people," says Sergeant Kevin Lafleur of 8 Wing's 426 Transport Training Squadron.

Sgt Lafleur, who is the club's vice-president, also notes that the club gives people a chance to improve their skills while working on their own vehicles.

Membership is mandatory in order to access the club facility, located on 8 Wing's north side, and its clean, heated bays and array of tools. They include specialty items such as an arc welder, pullers and torque wrenches.

"Safety is of the utmost importance," Sgt Lafleur says, noting members must be fully versed in how to use the equipment before touching it. An attendant is

always on duty during the club's operating hours to help provide instruction, he says, and other members who are present can also provide friendly guidance.

Two of the three bays are equipped with hoists while the other is used for body work.

They are available for very reasonable rates. It costs members just \$20 a day to rent a bay with a hoist or \$10 a day for the body work bay. Members with only a small or quick job to do can also rent a bay for just \$5 an hour.

It's a great deal, Sgt Lafleur says.

"You're basically paying yourself, you're doing the work for free."

Members, Sgt Lafleur notes, utilize the club facility and equipment to do a variety of tasks, ranging from oil or tire changes and cleaning to an engine overhaul. And it's not just cars and trucks that can come in. Members can bring in their boats, for example – as long as it's something they can tow with a trailer, Sgt Lafleur says.

Members must abide by the club's bylaws as well as pay dues of \$24 a year (September to

September), with the money helping to purchase new equipment.

"We're always trying to improve the Auto Hobby Club," Sgt Lafleur says.

The club currently has about 80 members; most live in the 8 Wing area although three travel all the way from Toronto. Both civilian and retired or current military, members range from Brighton Speedway competitors working on their cars, to the Toronto men who are restoring an old hot rod. Women are welcome too, Sgt Lafleur says, noting one female club member working as a civilian auto mechanic.

A member himself for three years, Sgt Lafleur says he decided to join because he has always enjoyed working on automobiles and learned about the club through friends.

"I love it," he says about the club.

"I spend more time there than you can shake a stick at."

Sgt Lafleur not only enjoys the physical work but also the camaraderie among the group.

He notes, for example, that a retired military member is like the



Photo: Lisa Bailey, Contact Staff

Working the hoist in one of the bays at the 8 Wing Auto Hobby Club site at 2, 3 and 4 Chimo is chief attendant Scott Harper, a retired master corporal. Behind him is an array of tools that club members can use to work on their vehicles.

"grandfather of the place."

"He will volunteer and help and he always has a smile on his face," Sgt Lafleur says.

Those interested in joining the 8 Wing Auto

Hobby Club can simply show up during the facility's operating hours of Monday to Thursday from 6 to 7 p.m. or Saturday from 9 to 11 a.m. and speak with the attendant. Or they can

contact any of the club executive members listed at the club facility, situated in the old runup bays to the fighter aircraft, at 2, 3 and 4 Chimo behind the salt dome on the north side.

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# CFB Trenton team marched to a first 30 years ago

by Lisa Bailey  
Contact Staff

Reminiscing over an album of photographs and newspaper clippings, Judi Christopherson and Carol McCrate smile and laugh a lot.

They're remembering back 30 years when they were part of the first team of Canadian servicewomen ever to participate in the International Four Day Marches Nijmegen. Representing CFB Trenton and sponsored by the Royal Canadian Dragoons, the women were among about 18,000 military marchers from Canada and elsewhere to converge in the Netherlands for the prestigious annual event.

Making history, though, isn't foremost in the minds of Christopherson and McCrate, two of four marchers who are still in the Trenton area.

"I don't think about that so much. It was fun. It was an experience," said McCrate, who was Private Banks back in 1979 and working in the base finance office. She now works in 8 Wing's Comptroller Branch.

"We were all stoked because we were looked upon so favourably and we were treated so well," said Christopherson, who was Private Meeks and a metal technician with the Base Aircraft Maintenance Engineering Officer. Today, she's community recreation director with Personal Support Programs.

Training for months in and around CFB Trenton, the two women and 12 other marchers brought home a team medal for completing the 25-plus mile marches every day for four days in July.

It was mission accomplished for the Canadian ambassadors from Trenton whom, McCrate noted, "were only going to do this once."

"We wanted that team medal," Christopherson said.

"Because we had put so much into the team," McCrate said, finishing the thought. "We wanted that for all our sakes."

"We were trained and we wanted to do well," she said. "It was pride."

Their perseverance earned the admiration of CFB Trenton's commander of the time, Colonel R.D. Russell. In a message read during the team's flight home, he congratulated the women on an "excellent performance and achievement."

"The dedication with which you applied yourselves during the long and difficult months of training has paid great dividends. You can be justifiably proud of your accomplishment which reflects great credit not only upon yourselves but also on all



**Members of the CFB Trenton team for the 1979 International Four Day Marches Nijmegen include (back row from left): Corporal Adele Nevill, Private Monique Plourde, Pte Judi Meeks, Pte Cathy Hinchcliffe, Pte Mickey Hewko, Pte Helen O'Donnell, Captain Leona Ruckpaul, Lieutenant Jane Bruce, Pte Katie Holbert, Sergeant Donna Rainey, Sgt Georgina LeBlanc, Pte Carol Banks, Cpl Lynn Lacroix, Pte Debbie Lavergne and Pte Debbie Young. Front row, from left: Sgt LeBlanc, Lt Louise Fish, Lt Nancy-Jean Taylor, Warrant Officer Vic Vermaat, WO June Strachan, Sgt Bill Sears, Sgt Ronnie Stubbart and Pte Jeanie Rowe. Four women – Nevill (now Terlecki), Meeks (now Christopherson), Banks (now McCrate) and Lacroix (now Moreau) are still in the Trenton area.**

female personnel of the Canadian Forces," he stated.

When the women started, they were a bunch of strangers answering an advertisement for a marching team.

McCrate, who had lived in Holland and was the daughter of a military man, said she came out for the experience, while Christopherson found it was "a golden opportunity" for excitement and adventure.

Neither of them had heard of the Nijmegen Marches but soon realized the commitment required to participate.

Five months of training began in February, with the women walking in circles in what is now the South Side Gymnasium. Physical education and recreation instructors Sergeant Bill Sears and Warrant Officer Vic Vermaat coached the marchers.

"It was cold, that's why we didn't march outside, but when the weather got better, you would see us marching everywhere in the area – all the backroads – we went everywhere," McCrate said.

Training continued in the dark, every morning before work, and on weekends.

The women carried metal bars in their packs while training but, unlike all other military participants, were later given the option of not carrying weighted loads.

Exercising that option was likely a wise decision as the team had just enough marchers.

"We couldn't lose anybody," Christopherson said.

Accompanied by Sgt Sears and support staff, the CFB Trenton team was the only Canadian team flown in for the march; the other seven were already overseas. The women

spent four days in Lahr, Germany before heading to Holland where McCrate at least was in for a surprise.

"I remember that was a shock, that there were tons of people and so many troops and then all of these civilians . . . People were watching us and cheering us on," she said.

"We were going over there like anybody else and we didn't realize we were so special until we got over there."

The all-female team stood out in more ways than one.

Aside from being flown in, they were housed away from a tent city set up for the other military marchers. They bunked on cots at a curling club which, Christopherson admitted, "was a lot better than sleeping on the ground." They also had such kitchen amenities as a toaster, as well as showers.

Out on the road, though, they marched in their combats and carried some weight with mess kits and water bottles on their web belts. They also helped to foster the camaraderie among the military teams.

Teams, for example, would march together for awhile, and McCrate and Christopherson recalled singing songs with the British and Dutch. It was fun and helped pass the time.

"We didn't even understand what we were singing at times," McCrate said with a smile.

"Everybody wanted to march with us because we were girls, we were a group of girls in the military. Everybody thought that was cool," McCrate said.

"We were certainly the focus of attention," Christopherson concurred.

"Back in Canada, you're just one of the people and you go

over there and we were unique, we were a novelty. It was a first," McCrate said.

The fact that they were Canadians endeared the team to the Dutch people that much more, Christopherson noted, since Canadian soldiers and airmen had liberated the area during the Second World War.

"Any time they saw us (Canadians), whether it be male or female, we got extra cheers," McCrate said.

Christopherson recalled the victory march on the final day of the event when all of the marchers paraded into Nijmegen and were showered with flowers by spectators lining the streets. People would even run into the rows of marchers.

" . . . when they saw the Canadians, they just loved us because Canadians helped to free them during the war," she said.

Another highlight was a visit to a Canadian military cemetery.

"That was very emotional," Christopherson said, describing row after row of crosses marking

the graves of the fallen.

Neither she nor Crate recalled any particular challenges with weather or terrain, but some marchers had foot problems or felt the effects of heat.

The two women credited their coaches for preparing them well.

"They trained us, they put us through the rigours because we were all fit, we were very fit when we went over there," McCrate said.

"We put a lot of miles on our feet. Like, a lot," she said.

Indeed they did. After Nijmegen, a number of the CFB Trenton team members took part in a Volksmarch when they went back to Lahr, Germany. McCrate recalled it was an uphill trek stretching about 10 kilometres.

It begged the questions, "What are we thinking? What are we doing?" McCrate said, but in their view, it was part of a once-in-a-lifetime opportunity.

"In that short period of time you want to pack in as much stuff as you possibly can," she said.



**Judi Christopherson and Carol McCrate reminisce as they look at old photographs of their Nijmegen days.**



# Operation Nijmegen comes along once in a career

by Lisa Bailey  
Contact Staff

It can test the mind, body and spirit, but the leader of 8 Wing/CFB Trenton's team in the 2009 International Four Day Marches Nijmegen said participation is worth it.

"It's something that everybody (in the Canadian Forces) should try to do once in their career," said Lieutenant Colonel Georgie Jones, formerly of the Canadian Forces Aerospace Warfare Centre at 8 Wing who's been posted to Ottawa.

She described last month's march in the Netherlands as a "phenomenal experience" not only for the personal challenge but also the history lesson and the public respect and adoration afforded by the Dutch people, particularly to Canadians.

Originally organized in 1909 by the Dutch military to boost the strength and endurance of infantry soldiers, Operation Nijmegen has evolved into a prestigious, international march with the Canadian Forces a steady presence since 1952. It's known as the Walk of the World – for good reason. Some 47,000 military, Air Cadet and civilian walkers representing 60 countries embark on 40-kilometre treks daily for four consecutive days in a region liberated by Canadian soldiers and airmen in the Second World War.

8 Wing's 11-member team joined 14 other CF teams at this year's event, held July 21 to 24. As military entrants, they marched in their CADPATs complete with field cap, brassard and issue boots or boots they bought themselves, and a minimum pack load of 10 kilograms.

Battling fatigue, foot problems and sometimes weather and terrain, the entire 8 Wing team completed the march to earn a team medal along with individual medals.

"They were thrilled at the end that they had done it," LCol Jones said.

"You start as a team, you end as a team. You work as a unit."

Months of intense training played a large part in their success but they were also carried by the camaraderie of other marchers and a wave of admiration from spectators, estimated at one million in all.

"It was a really interesting experience, when you see the people lining the side of the roads, little kids thrilled to get pins and older people who know the history of the area," LCol Jones said.

"They really, really appreciate Canadians in that area," she said.

"It's just the feeling of being there, that they love you so much and they still remember you and appreciate you so much.

"It just doesn't go away," she said.

Though not a competition, 8



Photo: Cpl Brandon O'Connell, 8 Wing Imaging

**The 8 Wing/CFB Trenton Operation Nijmegen team stands in front of the BCATP commemorative gates at 8 Wing July 15, preparing to leave for the 2009 International Four Day Marches Nijmegen in The Netherlands. Members include (from left) Corporal President, Cpl Turner, Cpl Van Eykeren, Cpl Quirion, Cpl Soo-Lim, Major Maziarski, Captain Merilainen, Sergeant Lefebvre, Cpl Carere, Private Waite, and Lieutenant Colonel Jones. Operation Nijmegen is a strenuous, 160-kilometre march over a four-day period carrying standard issued rucksacks. Canadian military contingents have marched at Nijmegen every year since 1952.**

Wing's team was the third fastest in completing each day's march, LCol Jones said.

"You want to get there and get it done so you have time to rest for the next day," she said.

The team, she noted, generally held to its "ideal pace" of six kilometres an hour while stopping at the three formal rest areas that were about 10 km apart.

The terrain was mostly flat as they passed through villages, along the tops of dykes and took major roads. A bit more challenging was the "Seven Sisters," a section of paved or cobblestoned roads marked by a gradual incline.

Weather wasn't much of a factor either. Temperatures were "perfect," LCol Jones said, adding it rained most nights and there was only slight humidity. The worst weather was torrential rain that fell as the CF marchers paid their respects at the Canadian military cemetery at Groesbeek.

"You're standing there in the rain and you're just soaked," LCol Jones said.

Housed at the Heumensoord temporary camp, the thousands of military marchers followed a very structured schedule. The entire Canadian contingent left as a whole at an assigned time each day, meaning they were sometimes rising as early as 2:30 a.m. to be on the road by 5:30. Following the march, they would rest, tend to their feet and other medical needs, eat and prepare for the next day.

Each day's official route stretched 40 km but, LCol Jones noted, they actually did 44 to 46 km given the march to the official starting point and return to camp. Most military marchers, too, carried more than 10 kg because of

their "consumable weight," i.e. food, cameras, etc.

Weariness would set in but there were ways to stay motivated. Singing, for example, helped. LCol Jones noted a Dutch officer, participating as an individual, sang with 8 Wing's team for two days. Military and civilian marchers would cross paths – a welcome distraction that resulted in song and interesting conversation. At the rest stops, set up by the British, a warm welcome awaited complete with liquids, hot soup and water refills for camel packs.

Back at camp, the marchers enjoyed one another's company; skits were even staged to boost spirits and build bonds.

The crowds, too, could "really perk you up," LCol Jones said.

"I think at a certain point the physical challenge becomes secondary . . . you're running on adrenaline and the crowds and the whole experience just carry you through," she said.

In villages, daises were set up for salutes attended by local officials; citizens hung out their windows, played music, held parties and handed the marchers chunks of cucumber and other food; the elderly and sick were wheeled out in their beds to see the marchers; Dutch children, taught about the Canadians' role in their liberation, passed out candy and eagerly asked for souvenirs.

" . . . little kids just want to slap your hand as you go by, and people cheer and yell," LCol Jones said.

"You feel like a rock star."

The opening ceremony rivalled that of an Olympic Games with fireworks, bands, a parade of nations and parachutists. And, on the last day of

the event, a five-km victory march was staged through the town of Nijmegen. It's called the "Via Gladiola," with the military marchers formed in their contingents and inundated with gladioli tossed by spectators.

Sombre moments came during the parade and wreath-laying at Groesbeek where many fallen Canadians from the Second World War are buried. A trip was also made to the Canadian National Vimy Memorial in France, site of a pivotal First World War battle.

The white granite pillars are visible for miles around and the memorial is surrounded by the preserved battlefield, including trench lines and even ordinance.

"It's just an awe-inspiring location," LCol Jones said.

The sites put things in perspective for the military marchers, she said, turning thoughts away from their blistered feet and ever-heavier packs to "what the soldiers went through and the conditions they lived and survived in (during the First and Second World Wars)."

LCol Jones herself may have thought of her father who fought through the Nijmegen area with 1 Royal Canadian Regiment during the Second World War. She saw a barracks and cemeteries in the region that were connected to 1 RCR.

## Training began in March

Ranging in age from 24 to 53, 8 Wing's team represented Logistics and Engineering, Administration, Transportation and Electrical and Mechanical Engineering Squadron, Canadian

Forces Land Advanced Warfare Centre, 8 Air Maintenance Squadron, 426 Transport Training Squadron, Aerospace and Telecommunications Engineering Support Squadron and the Canadian Forces Aerospace Warfare Centre.

To qualify for the march, they had to record a minimum of 500 km during training and complete back-to-back 40-km marches.

Physical and mental conditioning and team bonding were achieved through not only marching but also gym and pool workouts as well as nutrition counselling. LCol Jones said the emphasis was on quality preparation and discipline so the team could push through successfully.

Training began in late March and continued Monday to Friday. Of the 35 or so people who initially came out for the team, about 12 were left halfway through the training. It's a huge commitment, LCol Jones said, noting some dropped out for medical reasons and time constraints.

She commended the commanding officers of team members for giving them the time needed to prepare and take part in the march.

She herself noted this was the first time in her 30-year military career that she could commit the time.

"It's something I've always wanted to do."

The CF would prefer that 85 per cent of its march participants be first timers. LCol Jones can see the value in that.

It's not only a good test of oneself, she said, but a new appreciation is gained for a part of this country's history.



# Teens from around the world learn about the Air Force

by Lisa Bailey, Contact Staff

Close to 40 young visitors and their escorts from five countries learned a little about the Canadian Air Force during a stop at 8 Wing/CFB Trenton on July 22.

The youth, from Australia, Norway, Germany, South Korea and the Cayman Islands were taking part in the annual Army Cadet Exchange. Arriving in Canada the previous weekend, their visit to 8 Wing was highlighted by the tours of the CC177 Globemaster and CC130 Hercules. They were also to stop at the National Air Force Museum of Canada and the jump tower.

The visit made for an unforgettable eighteenth birthday for twins Kamilla and Tomas Skaret Gustu of Norway.

"It was my first time just sitting there (in the CC177 cockpit) and it was fun," Kamilla said.

Tomas said he'd already met

many great people and was enjoying seeing things such as the aircraft.

A member of the Norwegian Home Guard and the son of an Army man, Tomas said he plans to attend officer school. The exchange, he said, represented a great opportunity "to come to another country like Canada, which is far away from Norway, and experience new culture, new people."

"I want to experience Canadian culture," said 17-year-old Felix Mueller of Germany, who applied to ACE after reading about it in a military newspaper. Though in this country just a short time, he commented that Canadians are friendly and liberal. The culture, he said, seems to be a mixture of German, European and American.

Captain Clint Wilson, an escort with the Australian Army Cadets, described ACE as a cultural exchange program.

"Cadets get to see the cultur-

al differences and experience living in another country in a cadet environment," he said.

Information supplied by Major Brian Landels of the Connaught Army Cadet National Summer Training Center, who was on the Canadian Forces officers escorting the group at 8 Wing, stated ACE's goal is to 'foster international understanding, goodwill and friendship among Army Cadets (or equivalent groups) from around the world, and to build bridges between countries and networks between young people.

"The program provides Army Cadets the opportunity to develop leadership skills while encouraging citizenship, physical fitness and self-confidence."

Capt Wilson noted the young men and women on the exchange are potential leaders living in a global economy, so exposure to other cultures and ways of doing things helps foster

respect and interest among nations.

For youth from his country, ACE can "really broaden horizons" because Australia is "so far away from everybody else," said Capt Wilson. "You go back with your eyes opened."

Aussie Doyle Beaudequin said the exchange is excellent because "we have so many opportunities to do so much stuff." He listed shooting a C17 rifle, seeing the National War Museum, and enjoying white-water rafting and helicopter rides. The 17-year-old,

whose father was in the French army, said he's contemplating a career in the military.

Kimberly Walton, 16, of the Cayman Islands said she too, is considering a military career "because I think it's exciting, there are so many things, different things, you can do."

The young visitors were to be in Canada for a few weeks. While they were here, Canadian exchanges were abroad.

For more information on ACE, visit the website at [armyexchange.com](http://armyexchange.com).



Youth taking part in an Army Cadet Exchange jump for joy – and fun - in the hold of the C177 Globemaster during their visit to 8 Wing/CFB Trenton July 22.



Checking out the controls and cockpit of the CC130 Hercules during a recent visit to 8 Wing/CFB Trenton by Army Cadet Exchange participants are Felix Mueller of Germany (left) and Luke Robbins of Australia.

Photo: Lisa Bailey, Contact Staff



Captain Whitney Camm of 8 Wing/CFB Trenton's 436 Transport Squadron talks about the CC130 Hercules with participants in an international Army Cadet exchange program. A visit to 8 Wing's flight line was one stop during the recent visit by the youth and their escorts, who hailed from five countries.

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# Red ribbons raise funds for MFRC

Brian Goodfellow and Eleanor Bookman sold Red Ribbons in support of the Trenton Military Family Resource Centre.

Brian and Eleanor set up their booth selling Red Ribbons at the Belleville and Trenton Wal-Mart stores on August 1 and 2 and August 8 and 9. All the funds they generated were donated to the Military Family Resource Centre for the deployment programs. The funds will go towards purchasing items for the Christmas packages for the troops and for gifts for families for the Christmas Dinner for Deployed families.

Thank you to Brian and Eleanor for volunteering their time and making a huge contribution in support of military families.

They have so far raised over \$26,000 with their Red Ribbon Campaign. They have donated to the Kinette Club of Cornwall Chosen Solider care packages, Forces Hospital Comforts Fund, Petawawa MFRC, Soldier On Fund, Edmonton MFRC & Trenton MFRC.

If you haven't got your red ribbon yet, we are selling them at the MFRC reception at 50 Rivers Drive, Trenton. Please take a moment visit their web site at [www.supportcanadatroops.ca](http://www.supportcanadatroops.ca)



Photo: Submitted

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**DATE/TIME/HEURE :**  
29 Aug. 2009 / 29 août 2009  
Time / Heure : 1930 hrs / 19 h 30

**LOCATION/ENDROIT :**  
Location: Junior Mess / Astra lounge  
Endroit: Mess des caporaux et des soldats / salon Astra  
Cost of entry: non-perishable donation to the food bank  
Prix d'entrée: don de nourriture non périssable à la banque alimentaire

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# GRILLING IN TRADITION AT HQ



Photos: Lisa Bailey, Contact Staff

Top: Capt Jeff Gallagher and Maj Lori Sumner, both of A1 Co-ordination, grill up goodies at the 8 Wing Headquarters barbecue on August 18. Held Tuesdays from 1145 to 1300 in the gazebo at the southeast corner of the building, the barbecue raises money for the Trenton Food Bank.

Left: Pte Stephanie Arseneau (left) and Cpl Linda Thibeault, both of the 8 Wing Orderly Room, greet patrons. For the reasonable price of \$4 patrons can have a hamburger, sausage, or hot dog, chips, and a pop or water. For \$6 two protein options with buns, chips and a pop or water are yours to enjoy.

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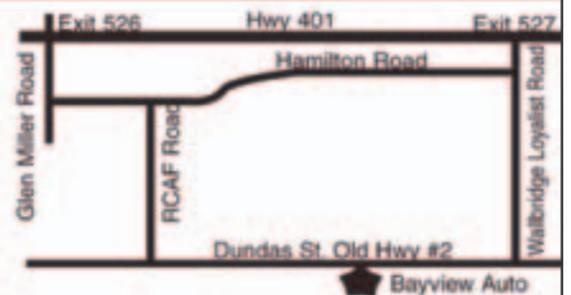


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Join us for a selection of seasonal vegetables, baking, perennials and crafts, located in the Front Street Parking Lot, downtown Trenton. For more information please call 613-392-3172.

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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](http://www.lmacanada.ca) or email at; [lma933mover@gmail.com](mailto:lma933mover@gmail.com).

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• Chloé Robertson  
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**DATE/TIME/HEURE :**  
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**Save a Stray Day**  
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Join us at Trenton Pet Valu for Save a Stray Day. There will be a number of games, prizes, silent auction, a BBQ, pet contests, fish pond for the kids (a prize each time), as well as a bake and craft sale. Low cost microchips will also be available available, and cats for adoption! For more information visit [www.fixedfurlife.com](http://www.fixedfurlife.com)

**Rednersville Road Art Tour**  
September 5 - 7, 2009

This Labour Day Weekend, drive the scenic Rednersville Road, County Rd 3, Prince Edward County, watch for the signs and visit the studios and workplaces of a wide variety of artists and artisans, beginning at 10 a.m. Pick up brochures at local establishments or call 613-394-5733 or 613-961-7331, or visit [rednersvilleroadarttour.com](http://rednersvilleroadarttour.com)

**ANNUAL HYDRANT FLOW TESTING**

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for firefighting operations.

Occupants may experience discoloration of their water and need not worry. If this occurs, simply continue to run your water until the discoloration disappears. The testing period will run from 1 June until approximately 1 September.

If there are any concerns, please contact the Fire Department business line at local 3511.

Feature

FAMILY



Mealtime.org Spinach Lasagna

Ingredients:

- 3 cups (12 ounces) shredded mozzarella cheese, divided
- 1 container (15 ounces) ricotta or cottage cheese
- 1/4 cup grated Parmesan cheese
- 1 teaspoon minced garlic
- 2 1/4 cups marinara-style pasta sauce, divided
- 12 no-boil lasagna noodles, divided
- 2 cans (15 ounces) unsalted spinach, well drained, divided

Preparation Time: 15 minutes Cook Time: 45 minutes

**Preparation:** Heat oven to 375°F. Mix two cups mozzarella cheese, ricotta cheese, Parmesan cheese and garlic; set aside. Pour 3/4 cups marinara sauce in a 9x13-inch baking dish; arrange four lasagna noodles over sauce. Pour 1/2 cup sauce over lasagna noodles; spread half of spinach over sauce; spread half cheese mixture over spinach; repeat layers. Top with last four lasagna noodles and remaining 1/2 cup sauce. Cover with foil and bake 45 minutes. Sprinkle with remaining 1 cup mozzarella cheese and let stand 10 minutes before serving. Serves: Eight

*Nutritional Information Per Serving: Calories 420; Total fat 18g; Saturated fat 10g; Cholesterol 45mg; Sodium 760mg; Carbohydrate 37g; Fibre 3g; Protein 25g; Vitamin A 60 per cent DV\*; Vitamin C 25 per cent DV; Calcium 70 per cent DV; Iron 15 per cent DV Per serving, this dish provides from MyPyramid: About 3/4 cup Vegetable Group, 1 ounce Grains Group; 1 1/3 cups Milk Group \*Daily Value*

Activity: Bread Dough Buddies



Preschoolers will love to mix together the following ingredients, and squeeze, stretch and shape the dough into crazy creatures they can bake, butter and bite into!

**You will need:** 1 1/2 cups warm water; 1 package dry yeast; 4 cups flour; 1 teaspoon sugar; 1 teaspoon salt; 1 egg, lightly beaten with 1 tablespoon of water; coarse salt, sesame or poppy seeds (optional).

**Instructions:** Preheat the oven to 425° F. Grease two baking sheets.

In a large mixing bowl,

dissolve the yeast in the warm water. Combine the flour, sugar and salt, and gradually stir it into the water and yeast mixture.

When enough dry ingredients have been added, begin to knead the dough on a floured surface. Keep adding the flour until it is all mixed in.

Children can use small pieces of dough and shape them into snakes, dinosaurs, insects - anything!

There is enough dough to make about 25 creatures. When all the dough has been shaped, place the creations onto the prepared baking sheets. Brush each creature with the egg mixture and sprinkle with salt or seeds, if desired. Bake for 25 minutes, and when cooled, enjoy!

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**Comfort:** Bread dough has a wonderful, soft texture and it can be very calming for a child to touch and squeeze it. Preparing this recipe together can be a very relaxing activity.

**Play:** Dough is a very open-ended material, inviting children to expand their imaginations and express their ideas - the possibilities are endless!

**Teach:** Making and baking dough teaches children about how cooking changes ingredients, explore concepts like wet and dry, soft and firm.

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

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

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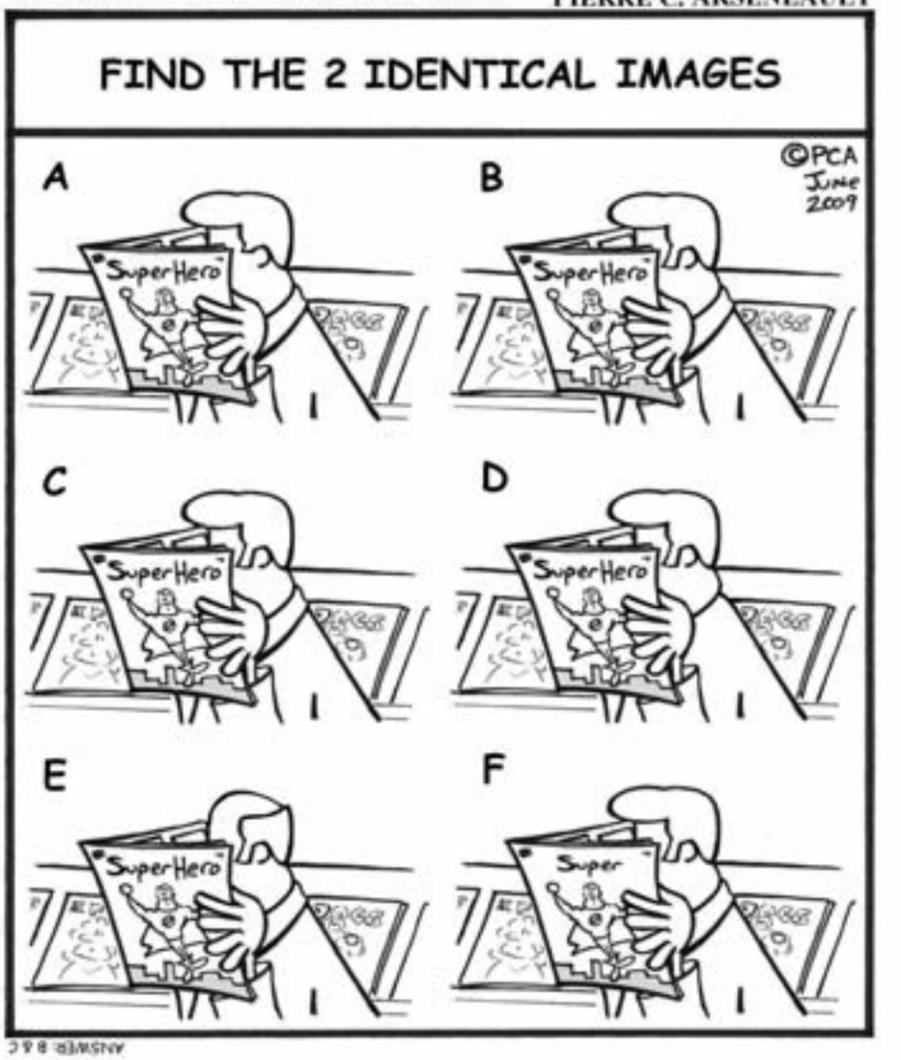


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**HOROSCOPES**  
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August 23 – August 29

*Theme of the week: Transits this week are both energizing and stimulating. Some of you will be caught up in back-to-school rituals, either because you have children or because of your own return to school as a teacher or student. Your attitude is liberal or open-minded. Many of you will find reasons to take risks or try new things. All in all, not a bad week!*

**ARIES** (March 21-April 19): Change and adjustment are the themes of the week. Your energy level is good. You may finally get rid of some old responsibility that's been dragging you down. There could be some curve balls or bumps in the road in terms of work, but all in all, it's not a bad week!

**TAURUS** (April 20-May 20): You're uncharacteristically restless this week. Resist the temptation to be out and about when you should be in and attending to routine stuff. Your popularity is high. Expect men to be issuing invitations. Avoid speculation and all should be well!

**GEMINI** (May 21-June 20): Let the fun begin! Also do the fine-tuning necessary to keep the good times rolling. This is a good week for income, especially for the self-employed and those working on commission. You're going to have to be careful that money doesn't burn a hole in your pocket, though, because it's also a week that's very conducive to spending money!

**CANCER** (June 21-July 22): You may be confronted with an unresolved issue from your past. Repressed feelings may surface. They could be pretty intense and may include anger that could impair your judgment. Curb impulsiveness!

**LEO** (July 23-Aug. 22): You've got some loose ends to take care of this week. They may or may not be your doing, but if someone trips over them, you'll be blamed. Be proactive in dealing with them. Watch your back and make sure that your cute little bottom is covered!

**VIRGO** (Aug. 23-Sept. 22): You also have some fine-tuning to do. In your case, it has to do with budget or finances. You may be able to save money by taking a trip out of your neighborhood. Exploring warehouse sales or outlet malls could yield some really good finds. Watch the paper for sales!

**LIBRA** (Sept. 23-Oct. 23): Diplomacy is usually something you excel in. That's good, because you'll be showing off those skills for the next four weeks. Business transactions should go well. Shopping is good. Your thoughts may also turn to some sort of self-improvement program.

**SCORPIO** (Oct. 23-Nov. 21): You're not normally one for bright lights and glitz, but this week it may be on your agenda. This is not so much your choice as it is a case of having to please someone else. While this is not a bad week, you can expect a lot of little things you don't want to do to crop up and insist on getting done. Don't sulk!

**SAGITTARIUS** (Nov. 22-Dec. 21): You're attracted to an interesting person who has a certain special something. This could be the start of a new romance or merely a very nice friendship. Some of you may meet this person while on vacation, others in a recreational setting or place of entertainment.

**CAPRICORN** (Dec. 22-Jan. 19): You see potential in someone that isn't obvious to others. On other fronts, you could be planning or taking a trip. Your energy level's good. Stress is minimal. Your focus is mainly on non-material concerns and interests. Overall, expect a decent week!

**AQUARIUS** (Jan. 20-Feb. 18): People are noticing who you're with more than they're noticing you. This could be beneficial or it could be difficult. If you're in a new relationship or one that's not going smoothly, expect well-meaning friends to meddle in your business.

**PISCES** (Feb. 19-March 20): If you're in a relationship, you may feel a need to show off or brag about your partner. If you're single, then you're inclined to show off or brag about yourself. Either way, others aren't too impressed and may not be too cooperative. Watch your temper!

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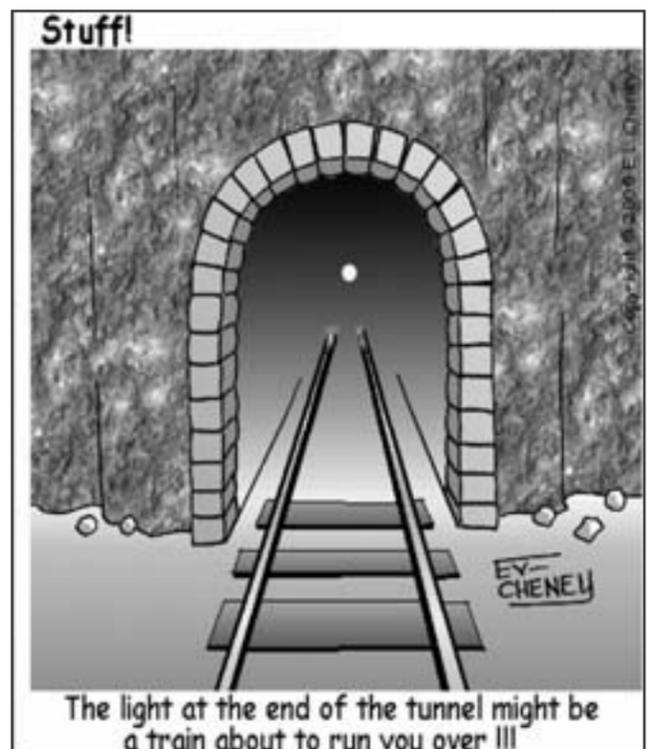
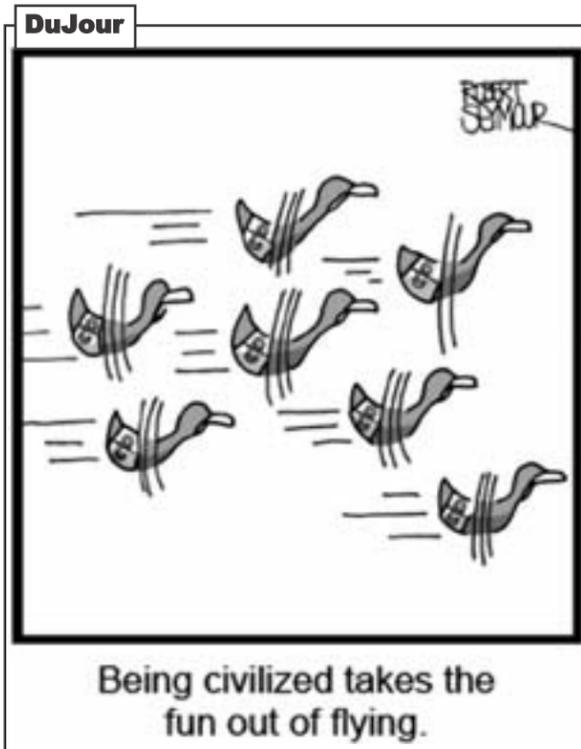
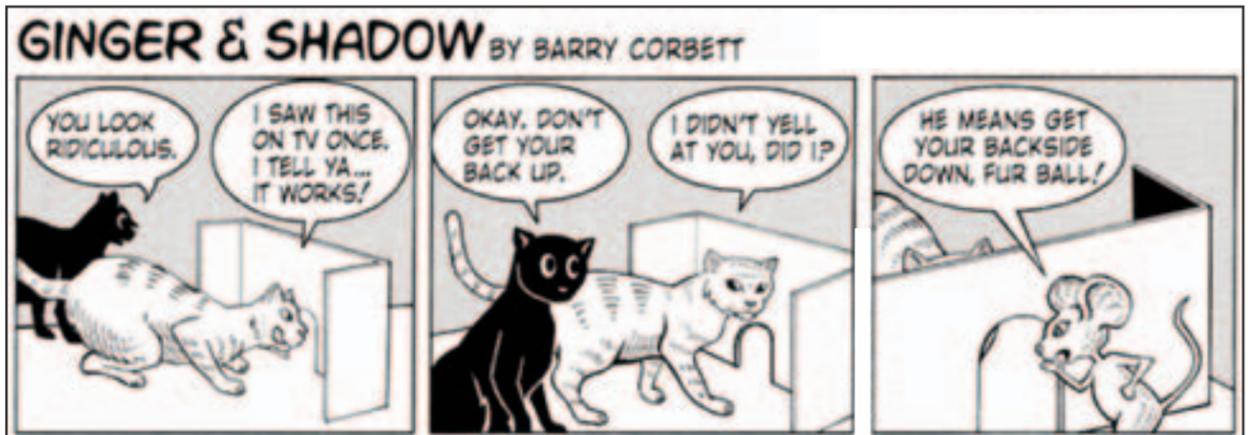
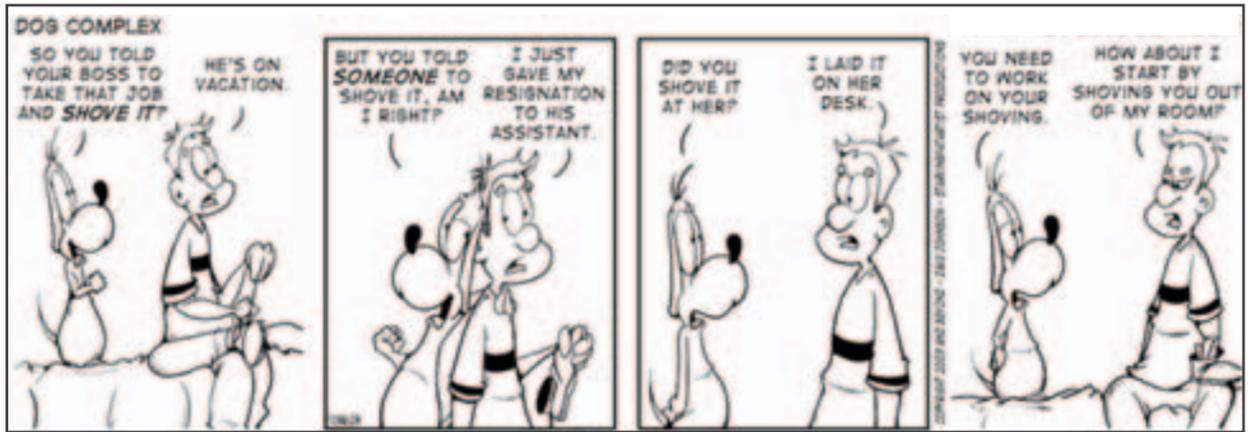
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<b>EVENTS &amp; INFORMATION</b>	<b>Événements et Information</b>
 <b>LET'S GO TO THE EX</b>	 <b>VIENS, ON VA AU EX</b>
<p>Join the MFRC on Saturday, September 5<sup>th</sup> on a bus trip to the CNE. The bus will leave the MFRC at 8 am and leave Toronto at 8 pm. Cost \$15.00 per person <u>Must register in advance</u> See the International Airshow!</p> <p><b>INFORMATION &amp; RESERVATIONS 613-965-3575</b></p>	<p>Joignez le CRFM le samedi 5 septembre pour un voyage en autobus au CNE. L'autobus partira du CRFM à 8h et partira de Toronto à 20h. Coût : 15,00\$ par personne <u>Les inscriptions sont nécessaires à l'avance</u> Voyez le Spectacle aérien international!</p> <p><b>INFORMATION &amp; RÉSERVATIONS 613-965-3575</b></p>
<p><b>Join us for an amazing show!</b> <i>The MFRC is doing a bus trip to</i> <b>Cirque du Soleil "OVO"</b></p>  <p><b>Date: Friday, October 16, 2009 at 4:00</b> <b>Ticket Purchase By Sept 15, 2009 at MFRC</b> <b>Cost: Adult \$100.00, Under 12 yr \$80.00</b> <b>All tickets will be for excellent seats in Level 1.</b> <b>Time: Depart MFRC 12:30 pm</b> <b>Depart Toronto approx 7:00 pm</b></p>	<p><b>Joignez-vous à nous pour un spectacle fabuleux!!</b> <i>Le CRFM organise un voyage en autobus au</i> <b>Cirque du Soleil "OVO"</b></p>  <p><b>Spectacle – Vendredi le 16 octobre 2009</b> <b>Achetez vos billets avant le 15 septembre 2009</b> <b>Tous les sièges seront excellents, situés au niveau 1.</b> <b>Heure: Départ du CRFM à 12h30</b> <b>Départ de Toronto à environ 19h</b> <b>Coût: Adulte 100\$, enfants moins de 12 ans 80\$</b></p>
 <b>Fun for the Entire Family</b> Saturday, Sept. 26, 2009 Bus departs MFRC @ 1:00 pm Depart Speedway @ 10:00 pm	 <b>Du plaisir pour toute la famille</b> Samedi le 26 septembre 2009 Départ en autobus du CRFM à 13h Départ de la piste de course à environ 22h
<p><b>Cost: Adult : \$40.00 6-12 yr: \$20.00 U5 yr: \$10.00</b> <b>Ticket deadline Sept 11, 2009 Minimum 40 participants</b></p>	<p><b>Coût : Adulte - 40\$ 6-12 ans - 20\$ 5 ans et moins - 10\$</b> <b>La date limite pour acheter les billets est le 11 septembre 2009</b> <b>Minimum de 40 participants</b></p>
 For additional information: <a href="http://www.MFRC.CFBTrenton.com">www.MFRC.CFBTrenton.com</a> Contact: Jaimie Corriveau ext 4299	 Pour information additionnelle <a href="http://www.MFRC.CFBTrenton.com">www.MFRC.CFBTrenton.com</a> Contactez: Jaimie Corriveau poste 4299

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*This home measures 39 feet wide and 66 feet, six inches deep, for a total of 1,656 square feet of living space, in addition to the unfinished basement included in the plans.*



Plans for design 10-2-216 are available for \$629 (set of 5), \$706 (set of 8) and \$755 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$25.00 for Priority charges within B.C. or \$45.00 outside of B.C. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and Priority charges. Our 41st Edition of the Home Plan Catalogue containing over 300 plans is available for \$13.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:

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LET'S GO TO THE EX

Canadian National Exhibition

Discount tickets for The Canadian National Exhibition are available at the MFRC.

Le CRFM vous offre des laissez-passer à prix réduit pour le Canadian National Exhibition.

You can check on-line at [TheEx.com](http://TheEx.com) for a line-up of events.

Vérifiez sur le site web pour les événements spéciaux [TheEx.com](http://TheEx.com)

VOYAGE EN AUTOBUS au Canadian National Exhibition.

There will be a bus trip to the EX on **Saturday September 5th** which is the 60th Anniversary of The International Air Show .  
The cost is \$15 for the bus only  
Departure from the MRFC at 8am - departs Toronto at 8pm.

**Le samedi 5 septembre**  
L'International Air Show célèbre son 60ième anniversaire.  
Départ du CRFM à 8 h et de Toronto à 20 h.  
Coût: 15 \$ pour l'autobus



**Fun for the Entire Family**  
**Du plaisir pour toute la famille**

The MFRC invites you for a day of fun and excitement at the Kawartha Speedway. Help us cheer on Derek Lynch as he races under the colours of the Trenton MFRC and Airborne Systems.

Le CRFM vous invite pour une journée de plaisir et d'excitation au Kawartha Speedway. Venez encourager Derek Lynch qui fera la course sous les couleurs du CRFM et Airborne Systems

**Saturday, September 26, 2009 / le samedi 26 septembre 2009**  
Bus departs MFRC @ 1:00 pm / L'autobus partira du CRFM à 13h  
Depart Speedway @ appr. 10:00 pm / Départ du Speeway @ 22h appr.

Cost / Coût	Adult / Adulte	\$40.00
	6—12 yr / de 6 à 12 ans	\$20.00
	Under 5 yr / moins que 5 ans	\$10.00

Ticket purchase deadline September 11, 2009 Minimum 40 participants  
Date d'échéance pour les billets, le 11 septembre  
Minimum 40 personnes



Are you new at 8 Wing/CFB Trenton?  
Come to the MFRC, get your plant, coupons, information as needed, have a tour of the place. We are looking forward to meet you.  
We also have Welcome Packages from other bases.

Êtes-vous nouveau à la 8e Escadre/BFC Trenton?  
Venez au CRFM pour avoir votre plante, coupons, de l'information et une visite de la place.  
Nous avons hâte de vous rencontrer.  
Nous avons les Trousses de bienvenue des autres bases.

**Partner's Away Wednesday Night**  
**6pm to 8pm**

Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.

**Groupe Partenaires au loin,**  
**le mercredi soir de 18 h à 20 h.**

Le service de garde est disponible, toutefois vous devez réserver à l'avance pour que nous puissions prévoir suffisamment de gardiennes pour les enfants.



To know more about Military Discount Program, please visit the MFRC website!!!

If you know of any businesses offering discount to the military, tell them about this program or tell us about them. Thank you!  
Pour plus d'information sur le Programme de rabais pour les militaires, svp, visitez le site Web du CRFM. Si vous connaissez des entreprises qui offre déjà un rabais aux militaires, informez-les de notre programme ou informez-nous de leur rabais. Merci!

**Canada's Wonderland** Get your tickets at reduced price at the MFRC

- Senior, Children, 3+ & less than 48" tall ----- \$28.00
- Any Day, May 3 - August 30 ( 3-59 years & over 48" tall) ----- \$37.00
- From August 31 - November 1 ( 3-59 years & over 48" tall)-----\$31.00
- **NEW "2009 Pay Once Visit Twice Ticket"** -----\$47.00

**Achetez vos billets au CRFM à prix réduit**

- Sénior, Enfants, (3+ & moins de 48" hauteur) ----- 28,00\$
- Un jour, du 3 mai au 30 août (3-59 ans & plus que 48" hauteur)----37,00\$
- Du 31 août au 1 novembre (3-59 ans & plus que 48" hauteur) ----31,00\$
- **NOUVEAU "Payez une fois, visitez deux fois "**-----47,00\$

The MFRC has now available for your convenience the Quinte West garbage tags. You can purchase them at the reception at the cost of \$2.50 each.

Vous pouvez maintenant vous procurer les étiquettes pour les sacs de vidange de Quinte West au bureau d'accueil du CRFM au coût de 2,50\$

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## Pararescuer did it all, including help fellow crash survivors

by Lisa Bailey  
Contact Staff

Steve Trent experienced it all during his time with a Royal Canadian Air Force search and rescue unit. In a span of just five years, from 1948 to 1953, the Saskatchewan native made a hazardous operational jump, evacuated a downed plane and was the subject of an aerial search.

He risked his life in the first two incidents, earning a U.S. Soldier's Medal for heroism. But he didn't think anything of it, then – or now.

"You just did your job. You're trained to think on your feet which I could do," said the former RCAF Leading Air Craftsman and member of No. 103 Rescue Unit.

"You're confident in doing your work."

The Trenton resident, who turns 88 this fall, quoted a saying that illustrates his approach to challenges.

"The difficult I do immediately, the impossible takes time."

Time ran against Trent on July 28, 1948 when the Canso plane he and nine others were in crash landed on the Mackenzie River during a supply run to Kittigazuit, Northwest Territories, on what he described as a "perfectly good day." Standing in one of the blisters to the rear of the plane, Trent said he had untied life rafts during the descent to "Kitti," which was a radio station during the Cold War. He'd also checked both blisters to ensure they worked properly.

"The crash was that gentle that I never got knocked off my feet," Trent recalled.

When the stalling Canso skipped on the water for the second time, he ordered everyone to get down. As the plane was sinking, he put the three American passengers and five crew members into two life rafts he'd launched then went looking for the only missing occupant – one of the plane's engineers.

Reaching the leading edge of the wing, Trent said he'd planned to stomp on the front escape hatch to release it but couldn't because of the rising water. The engineer was lost and only one person – the radio operator – was injured.

Trent said people on shore told him the entire evacuation only took seconds; he said he was there as part of his training and just doing what he could to help.

"Everybody does the same thing when they get in an emergency, you just think logically."

One of the evacuees, an American lieutenant, filed a report about Trent's efforts with his home RCAF Station at Edmonton but nothing came of it.

Recognition, though, did come Trent's way when, five years later, he made a perilous jump to search for survivors of an American RB-36 crash at Trinity Bay, Nfld. Returning to North Dakota from an operation in the Azores on



Mr Steve Trent displays his U.S. Soldier's Medal.

might be the possibility of survivors (this time)," he said.

"I thought I might help. We thought we might find a guy alive because of the crash at Goose Bay."

*"You just did your job. You're trained to think on your feet which I could do," said the former RCAF Leading Air Craftsman and member of No. 103 Rescue Unit.*

March 18, 1953, the plane was flying without the benefit of radar or radio due to the Cold War. Contrary to weather reports from a ship in the Atlantic, the plane was flying with a tailwind rather than a headwind, Trent said. Consequently, it was ahead of schedule and not aware of its proximity to land. Flying in cloud at a low level, it crashed into hilly and rocky terrain.

Stationed at Torbay Airport with 103 Rescue Unit, Trent volunteered to search for survivors since a survivor of another crash at Goose Bay, Nfld, the month before had been overlooked initially.

"We knew about that so we thought there

Now a corporal, Trent and another search and rescuer parachuted into the area late in the day. They made camp for the night then went to the crash site the next morning. They found no survivors, Trent said, but they did gather up secret documents and kept the plane's altimeter from a woodcutter who'd happened upon the scene, found the device and "wanted it for a souvenir."

"I said, 'No, give it to me,'" Trent said.

"It was the key to the crash because when they checked it they found they had not put in any of the corrections for atmospheric pressure so they were lower than they thought," Trent explained.

Most remarkable, though, was the parachute jump itself; it was made at only about 700 feet with darkness approaching and in marginal weather. They gained some altitude by landing on a frozen lake, Trent said, but he was actually more concerned about the flight before the jump.

"We were flying in cloud every once in awhile so we didn't have much altitude. I didn't want to run into a hill," he said.

"I was more worried about them flying into a hill than the jump."

At such low altitude, Trent said, they also had to be prepared to deploy the reserve parachute

*"We were flying in cloud every once in awhile so we didn't have much altitude. I didn't want to run into a hill," he said.*

immediately if the main one failed.

The dangers were very evident. In fact, Trent said, a B-29 crashed during the search for the RB-36. "The Americans lost two big aircraft and 33 men, including a general," he said.

The risky jump

earned Trent the U.S. Soldier's Medal, though Trent said he "figured he earned it at the Canso crash."

Ironically, just two years earlier and only 10 or 15 miles from the RB-36 crash site, Trent himself had been the subject of a search.

He and another RCAF member were missing for seven days, from Dec. 27, 1951 to Jan. 3, 1952, after experiencing engine trouble while headed to Newfoundland's interior to hunt caribou.

Their Fleet Canuck had set down on a frozen lake near dusk so they made camp for the night. When they went to take off the next

morning, the plane's engine wouldn't run fast enough "so we just stayed there and we were found seven days later," Trent said.

It wasn't particularly difficult or dangerous, he said; they simply rationed the food and used the equipment they'd packed for the

hunting trip.

"We just sat around and waited," Trent said.

He recalled lighting three fires, which is a universal distress signal, and catching rabbit for their New Year's Day meal.

On the seventh day, Trent said, they started to walk out but then spotted the search plane. Even then, though, they weren't completely out of the woods. The search plane encountered problems and they spent another night in the wilderness before flying out.

Through it all, Trent said he was never worried because his girlfriend at the time had foreseen it in a dream a month or two before.

"She had told me that I would go missing but not to worry, they will find you in seven days."

"I thought I better marry that girl and I did," Trent said.

He and Millicent "Millie" Penney had been married for 48 years when she died in 2000.

His advice for today's search and rescue technicians is not surprising given his own experiences.

"Don't worry about tomorrow," he said.

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# Showcase



**MCpl C. Parsons**

received a promotion to that rank, presented by LCol T. Dunne, CO 424 (T & R) SQN.



**2Lt B. Pierce**

received a promotion to that rank, presented by LCol T. Dunne, CO 424 (T & R) SQN.



**Sgt D. Finnegan**

received his CDI, presented by LCol T. Dunne, CO 424 (T & R) SQN.



**MCpl J. St Pierre**

received a promotion to that rank, presented by Maj WSF Norquay, CO 8 ACCS.



**Sgt S. McAleer**

received his CDI, presented by LCol T. Dunne, CO 424 (T & R) SQN.



**WO B. Michaud**

received a promotion to that rank, presented by LCol T. Dunne, CO 424 (T & R) SQN.



**Sgt C. Ingram**

received a promotion to that rank, presented by LCol T. Dunne, CO 424 (T & R) SQN with MWO Johnson (ASWO) presenting.



**Cpl H. Guenette**

received his CDI, presented by LCol J. MacCaull, CO ATESS, and CWO J. Wudrick, ATESS Squadron CWO.



**WO J. Hall**

received his CDI, presented by LCol J. MacCaull, CO ATESS, and CWO J. Wudrick, ATESS Squadron CWO.



**PO2 B. Lacey**

received a promotion to that rank, presented by Maj WSF Norquay, CO 8 ACCS.



**MCpl M. Anderson**

received a promotion to that rank, presented by Maj WSF Norquay, CO 8 ACCS.



**MCpl L. Bryant**

received a promotion to that rank, presented by Maj WSF Norquay, CO 8 ACCS.



**MCpl S. Reid**

received a promotion to that rank, presented by Maj WSF Norquay, CO 8 ACCS.

***Congratulations! Félicitations!***



*Showcase*



# Showcase



**Cpl L. Moreau**

received the Aerobics Award for Physical Fitness in the Canadian Forces, presented by LCol J. Komocki, CO 437 Squadron.



**Lt L. Rivera**

received her Canadian Forces Decoration with first clasp, presented by LCol J. Komocki, CO 437 Squadron.



**Capt G. Lawless**

received a General Campaign Star, presented by LCol J. Komocki, CO 437 Squadron.



**MCpl K. Hill**

received her Canadian Forces Decoration with first clasp, presented by LCol J. Komocki, CO 437 Squadron.



**MCpl J. Crane**

received a promotion to that rank, presented by LCol J. Komocki, CO 437 Squadron.



**LCol D. Reyenga**

received a promotion to that rank, presented by LCol J. Godwin and Col M. Dabros, CFAWC.



**MCpl A.A. Melanson**

received a promotion to that rank, presented by Maj A.T. Spott, CO 2 Air Mov Sqn.



**Sgt P.G. Roberts**

received a promotion to that rank, presented by Maj A.T. Spott, CO 2 Air Mov Sqn.



**WO A.C. Roach**

received a promotion to that rank, presented by Maj A.T. Spott, CO 2 Air Mov Sqn.



**Capt K. Wohlgenuth**

received his CD, presented by LCol T. Dunne, CO 424 (T & R) SQN.



**Capt V. Meunier**

received his CD, presented by LCol T. Dunne, CO 424 (T & R) SQN.



**MCpl L. MacLean**

received his CD, presented by LCol T. Dunne, CO 424 (T & R) SQN.

***Congratulations! Félicitations!***



# Taking your work home -- follow all safety standards



Submitted by  
The Wing General  
Safety Officer

The technological revolution has put workers right back where they were a couple of hundred years ago - at home.

While the Industrial Revolution moved the people into factories and other large workplaces, today's advances in electronics and communica-

tions make it possible for some workers to go back home.

Certain types of office work particularly lend themselves to telecommuting - working at home on a computer terminal linked to the office system. Clerical, data entry, sales, writing, art, design, planning and other tasks can be done off the usual work premises.

Working at home does have its hazards, many of them the same as those in the conventional workplace. If you work at home, you must plan your work station with safety in mind. Regular inspections of the work area will help prevent accidents.

Home workers must follow the same safety

standards which apply to the company's regular locations. Inspections for safety may also be part of your company's work-at-home plan.

Here are some reminders about home office safety:

Set up your work area with ergonomics in mind. Keep frequently used materials within easy reach and other items out of the way. Arrange tools and materials so you can move them without excessive stretching, twisting or bending. You should be able to look at your computer screen without tipping your head back and causing neck strain.

Provide adequate lighting. Overall lighting should be adequate to

prevent falls and other mishaps. Lamps should be positioned for close-up work such as reading. Your work surface and computer screen should be free of glare from lights and windows.

Makeshift office furniture won't do. Instead of using a cast-off kitchen table or chair, acquire the right furniture. Your company may have a program for providing the office furnishings.

Desks and tables should be at a comfortable height so you can work with minimum strain to your back, arms and hands. Your chair should be adjustable and should support your back properly.

Eliminate tripping hazards. Electrical cords

must be kept out of traffic areas. Boxes of paper and other materials must be stored where no one can fall over them.

Drawers of desks and filing cabinets can also pose tripping problems if they are left open. And filing cabinets have another hazard - tipping over if the top drawers are too heavy in contrast to the bottom drawers. When filling a filing cabinet, start with the bottom drawers and work up.

Don't let down your guard about fire safety at home. Keep an ABC fire extinguisher in your work area, ready to fight fires in paper, flammable liquids and energized electrical equipment.

Take care to not overload circuits. If the room

you are working in was not originally designed as an office, you probably need to have it rewired to accommodate electronic equipment such as computers, printers and copiers.

Try not to overload your own mental circuits either. Working at home can be stressful. Learn to close the door on your office at the end of the work day and forget about the job. Concentrate on your tasks during your shift and keep household interruptions to a minimum.

A safety-minded approach to your job will help you reap the personal and career benefits of working at home - just like the good old days!

# Imagine a life without fingers



Submitted by The  
Wing General Safety  
Officer

It's a digital world - and for human beings, it always has been.

Never mind personal computers and all the other high-tech gizmos that are supposed to make life easier. Those 10 digits protruding from your palms are just as useful, if not more so.

Whether hunting and gathering food on a prehistoric African plain or drilling for oil in the Gulf of Mexico,

we've always relied on our fingers to get the job done. Imagine what your life would be like without a thumb or an index finger.

Many industries provide plenty of opportunity to lose or seriously injure fingers. In fact, they rival the back as the body part involved most frequently in lost-time incidents.

In one example, a forklift operator was helping a crane operator straighten the cable on a spool. When finished, the forklift operator put his hand on the telescopic boom of the crane as he stepped down. He inadvertently placed his finger in a grease hole and a shear point was created. The employee's finger was snipped off between the tip and

the middle knuckle.

In another incident, a laborer was using a rag to check for oil leaks on hoses leading to and from a diesel engine. As he was doing so, something pulled the rag. The cooling fan had caught the rag and pulled his left hand into the blades, severing his fingers.

Such incidents demonstrate that injuries don't just happen. They are caused by workers not paying attention and by not thinking of what could go wrong before commencing work.

Many injuries to the fingers, hands and wrists occur for only a few reasons. They include:

Tools and equipment used improperly  
Employees failing to recognize or heed nip points, shear

points and pinch-points

Gloves aren't the proper type for the job

To avoid broken, crushed or amputated fingers, it is essential that employees get down to some basics. These include:

Conducting job safety analyses and pre-job safety meetings to identify potential hazards and how to deal with them

Following proper machine guarding and lockout/tagout procedures

Wearing appropriate clothing and personal protective equipment

Keeping your fingers intact depends on that most important of safety devices - the brain. It must know and be alert to the dangers that can damage or destroy your digital world.

**Know safety,  
no injury**

**No safety,  
know injury**

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G	T	O		B	L	O	C		G	O	W	N	
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G	U	S	T		H	E	L	L		E	A	R	
O	D	E	S		E	D	D	Y		A	U	K	

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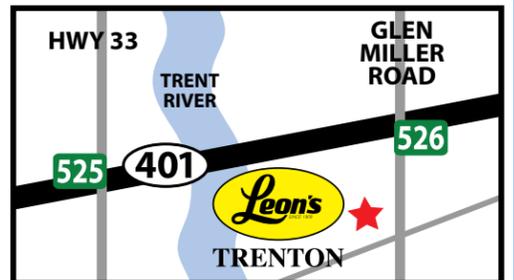
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