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## Proving change is a good thing

by Tom Philp, Contact Staff

Change for the Environment, a greening initiative running from April 30 to May 4 in both Belleville and Quinte West, got a pledge of support from 8 Wing/CFB Trenton this week when Lieutenant-Colonel Debbie Miller Wing Administration Officer, and Wing Chief Warrant Officer Tom Secretan demonstrated that a little change is a good thing.

LCol Miller and CWO Secretan attended the official Change for the Environment launch April 20 in Belleville, bringing along an aviator's helmet full of Canadian coins donated to the cause by base personnel.

Funds raised during the "Change" campaign will be divided equally among the Ontario Lung Association, Quinte Chapter, Lower Trent Conservation Authority and the Quinte Conservation Authority. Although 8 Wing is not involved directly in running the program, LCol Miller said the base supports it completely.

"We wanted to be a part of this great effort for the environment, and to be a part of securing our kids' future," she said.

Other dignitaries attending the official launch at Belleville City Hall included Mayors John Williams and Neil Ellis, police and fire service officers, school representatives, and conservation authority staff and Board members.

"It makes perfect sense for Quinte West to be involved in this worthwhile project," Mayor Williams said.

LCol Miller said 8 Wing/CFB Trenton is participating in the Change for the Environment initiative by encouraging both military and civilian personnel to donate their loose change to a good cause by filling drop boxes at any of these locations:

Belleville and Trenton City Halls; all Belleville and Trenton Fire Service and Police Service stations; Independent Grocery Stores in both cities; Belleville Canadian Tire; Quinte and Lower Trent Conservation Authorities; Ontario Lung Association, Belleville; Frankford Municipal Building and Library; Foxboro Foodland; Quinte Pediatrics; Sweet Escapes; Kelly's Guardian Drugs; Empire Theatre and Tri & Run Sports.

For more information, please visit [www.changefortheenvironment.org](http://www.changefortheenvironment.org).



LCol Miller, 8 Wing Administration Officer, and CWO Tom Secretan, 8 Wing Chief Warrant Officer, contribute to the Quinte West change bin during the campaign launch on April 20 at Belleville's City Hall. Photo: Amber Gooding, Contact Staff

## ATESS receives unit commendation

Photo: Cpl David Hardwick, 8 Wing Imaging



Lieutenant-Colonel John MacCaul (right), Commanding Officer of Aerospace and Telecommunications Engineering Support Squadron, receives the Canadian Forces Unit Commendation coin from the Chief of the Defence Staff, General Walt Natynczyk.

by Tom Philp, Contact Staff

Canadian Forces Chief of Defence Staff, General Walt Natynczyk, presented the 8 Wing/CFB Trenton Aerospace and Telecommunications Engineering Support Services (ATESS) Squadron with a CF Unit Commendation during a brief ceremony April 21 at the National Air Force Museum of Canada.

Gen Natynczyk presented the squadron with a scroll, gold medallion and special flag commemorating ATESS' "exemplary" logistics work in late 2006 to deliver newly-manufactured Exposed Crew Protection Kits (ECPK) to Canadian Forces in Afghanistan.

The ECPK is designed to protect deployed soldiers traveling in a LAV III armoured vehicle, who are exposed to possible enemy fire. The kits provide additional protection around the air sentry hatches, and include bullet-proof glass.

All three ATESS flights were involved in the project initiated by the Assistant Deputy Minister Material. In early December, 2006, ATESS determined the timelines and activities required to deliver the ECPKs in theatre, and worked 24/7 to complete the project ahead of schedule on December 22.

"This is truly a great day to be in the Air Force," Gen Natynczyk said. "The people from ATESS did an outstanding job, working

together to save lives. On behalf of all CF members, I commend you for your determination, your dedication and the great service you have given. This couldn't have been accomplished without the support from everyone."

"To my team, I say this is indicative to what we bring to the entire CF team," said Lieutenant Colonel John MacCaul, Commanding Officer of ATESS. "This is one example; but our work also goes beyond and allows our unit to be a key link to operations. This award symbolizes that link."

A CF Unit commendation can be awarded to any unit that has performed a deed or activity considered beyond the demands of normal duty. It is approved by the CDS after the unit itself applies for it. In the process, a CF Decorations and Commendations Advisory Committee considers the recommendation for the commendation, which then recommends it to the CDS, who is the final authority.



Canadian Forces Unit Commendation commemorative flag.

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## Wing Commander's Column

A message from Colonel Mike Hood



I am happy to announce our participation in the "Change for the Environment" initiative with the communities of Quinte West and Belleville.

8 Wing/CFB Trenton is committed to being excellent stewards of the environment, and this worthy initiative is a great way for us to contribute to that positive change – one spare dime at a time.

That said, I would like to take some time to talk about a different kind of change.

Change is hardly a new concept at 8 Wing/CFB Trenton. Indeed, we are in the middle of a transformation that started almost two years ago as we prepared to receive the first CC177 Globemaster in August 2007.

Change will undoubtedly be ever-present at 8 Wing/CFB Trenton - certainly over the upcoming three years – as we rebuild and improve our ability to support the Canadian Forces missions at home and abroad.

In fact, the pace and scope of change that is happening is unlike what any other Wing is experiencing. As a result, we are starting to become accustomed to change, and I would say that this flexibility is serving us well as we plot our course into the future.

I certainly believe in the axiom that "flexibility is the key to air power" because I see it on a regular basis here at 8 Wing/CFB Trenton. It is not an easy thing to maintain the same standard of service and performance when things around you are in a state of change.

In the face of that challenge, however, we have succeeded in accomplishing our mission because we have been flexible and adapted to that change.

Flexibility also means having a positive approach to change. We are creatures of habit, and change can sometimes be an unsettling prospect for many people.

I have, however, seen the 8 Wing/CFB Trenton team

embrace the change, from innovating new procedures for getting passengers on to aircraft to altering fitness routines while the running trail portion by the drainage construction was closed.

In sum, the pace of change at 8 Wing/CFB Trenton will likely not abate for some time. Construction will continue to radically change the face of Trenton, with further construction starting this year on both the south and north sides to enhance our training facilities and enhance amenities like staff parking.

We must also prepare to receive and adapt to the C130 'J' model Hercules (arriving in May 2010) – an aircraft which will further enhance our capabilities at the Wing.

These changes are good, and as we continue to exhibit the flexibility that has served us well we will continue to achieve our mission and set new standards for the Air Force.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



The Yukon Galley welcomed Technical Sergeant Megan Winkel (right), Senior Airman Chris Pope (centre) and Airman, 1st Class Melissa Ballard(left). Their unit is here for an exchange to work on different projects around the Wing. These U.S soldiers from Air National Guard based in Nevada are embedded with our staff for a period of two weeks to get a glimpse of our daily operation.

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# Your Stories

from days gone by...



The following story was sent to us by a young woman that made it a top priority to find out about a great uncle she never had the chance to know. Her tenacity paid off, and she has now pieced together her own story, and has chosen to share it with our readers. This summer she will be attending Canadian Forces and Air Display Weekend 2009, on July 4 and 5, with her grandfather, to see a Lancaster up close and personal.

We would like to hear your story. If you have something to share, email [cfstories@gmail.com](mailto:cfstories@gmail.com). Please contact Amber Gooding, Assistant Editor, at 613-392-2811 ext. 3978, or via email at [amber.gooding@forces.gc.ca](mailto:amber.gooding@forces.gc.ca), if you have any questions. We would also be happy to help you tell your story, so if you would rather have someone contact you for an interview, please do not hesitate to ask.

We hope you enjoy the following story. As you will see, generations later loved ones are still here to help carry on the memory of Canadian Forces personnel, highlighting their service and dedication to our country.

My story is about my great uncle that I have never known. During the Second World War, I had an uncle that flew in a Lancaster Bomber as a tail gunner. On November 1st, 1944 he died on a mission with 106 Squadron.

It took years of searching, and dedication, for me to find out what had happened to my uncle. Some other people had tried once or twice to find out as well, but had given up early as it was a hard task.

I myself, never gave up and 12 years after I started my search (I am now 23-years-old) I finally discovered what had happened to him and where his body lays.

I have made numerous trips to the museum/foundation centre that is currently home to the Halifax Bomber in Trenton (National Air Force Museum of Canada) and I have never myself been to an air show at the base but that is because I never needed too!

I use to live on West Moira Street in Belleville and I would just sit with my parents on my back deck and watch the air

show from home. Every time I saw the planes, or heard the planes, it would make me think of my uncle and how much my grandfather misses him still to this day. The loss of his brother when he was only 10 years old has made my relationship with my grandfather an even closer one.

We now go on trips together to the museum, watch movies and documentaries together regarding the Second World War, and enjoy looking at artefacts from my uncle, Sergeant Clifford Eugene Leroy Cook.

My grandfather told me today that the air show is coming back this year and that it is suppose to have old bombers and air craft. Immediately I told him that it is a date – that he and I are going. I know that it is going to be an emotional day and event to see a Lancaster up close and then to see it fly. We will be there, thinking of my great uncle that died in service, and how he was loved and is greatly missed.

Nicole Van Luven,  
Belleville, ON



Sgt Clifford Eugene Leroy Cook



Photo: Jacek Szymanski, Combat Camera Photo Editor

A Vintage Wings of Canada Lancaster conducted a flypast at the 67th Anniversary of the Battle of Britain parade, at the Canada Aviation Museum in September 2007.

## Search & Rescue UPDATE



424 Squadron has flown five missions since our last article. First out was our Griffon, tasked to aid the US Coast Guard near Watertown, New York, for a reported vessel on fire. Rescue 493 flew the assigned patterns and did not locate any one in distress. They were released and returned to Trenton.

The next mission was for our CC130 tasked to investigate an ELT near Montreal. The ELT signal was homed to what appeared to be a shipping depot. JRCC released the crew and they returned to base.

Later that same day, both our Griffon and Hercules were sent to Eastern Lake Huron to investigate a possible canoeist in difficulty near Southhampton. A concerned citizen had reported that he saw a man in a canoe 2000 feet off shore and he appeared to be in "trouble". Our Griffon had to turn back due to weather, but the Hercules arrived on scene and flew three hours but could not locate any one in distress.

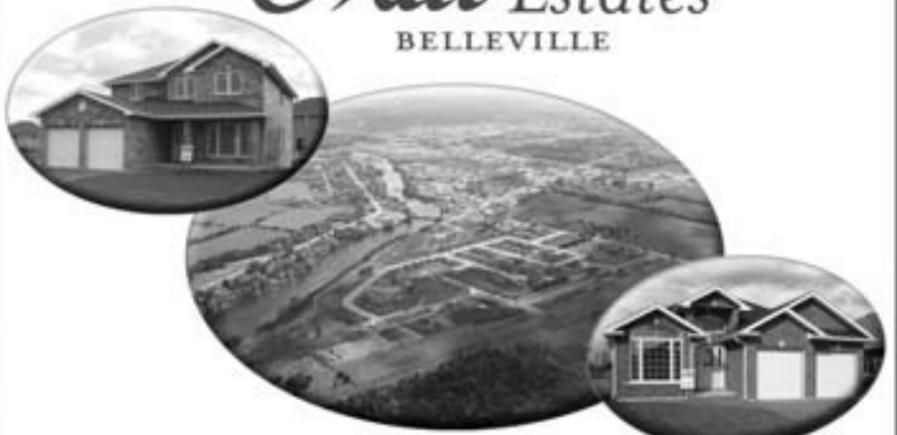
Next up was a mission again for both aircraft, this time for a missing man in an aluminum boat in the Penetanguishene area. This person had been missing for four days when 424 Squadron got tasked. Both our CC130 and Griffon searched all day and our Griffon continued with a fresh crew into the night. This search is still ongoing.

Until next week, stay safe!

Missions for 2009: 45    Missions for April: 8    Persons rescued: 9

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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.**

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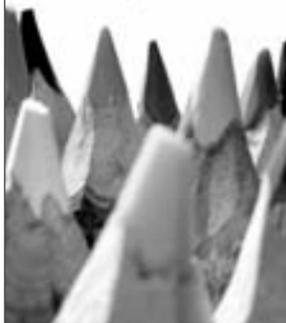
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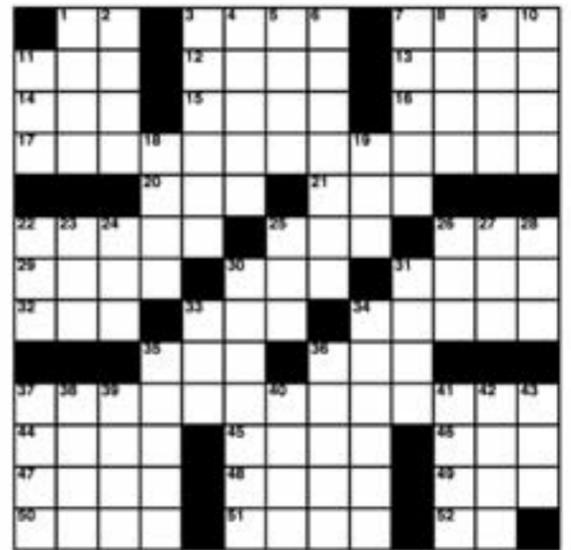
By Bernice Rosella and James Kilner

#### ACROSS

- Part 1 of today's quote
- Mislay
- Comedian King
- Bill's companion
- Square pilaster
- Part 2 of today's quotation
- Ad \_\_\_\_\_
- Dock
- Decorates a cake
- End of today's quote
- Supernatural being
- Garden tool
- Part 3 of today's quote
- Cyst
- Breezy greeting
- Rip
- Defeat decisively
- Loaf
- Sacred chest
- Your, biblically
- L. Riel was one
- Prefix denoting life
- Male heir
- Part 4 of today's quote
- Tennis star Kournikova
- New Delhi dress
- Conclusion
- Part 5 of today's quote
- Track
- Companion of don'ts
- Tolkien tree people
- Hawaiian goose
- And, to Andre

#### DOWN

- Fraternal org.
- Concentrations
- Household pet
- Root vegetable
- Machine gun



- Alluding to soil
- Stage whisper
- Crazy
- Prayer ender
- Retreat
- Greek letter
- Mind
- Charged atom
- Musical syllable
- That woman
- Sign
- Route
- Fervid
- Prefix denoting near
- Affirmative

- Lord \_\_\_\_\_ of Fleet (The person quoted)
- Diet
- It is, poetically
- Moving
- Defeats
- Plastic wrap
- Created
- Sweetsop
- Do needle work
- Roof projection
- Grant
- Sheepshank or bowline
- Passports etc.

See Answers, Page 25



### This Week in Contact

1979 – The CANEX Expressmart published a price survey to show how prices there compared favourably with those in other area stores. Items listed included a 3-bag unit of 2% milk (\$1.57); 24-ounce loaf of white bread (50 cents); 425-gm box of Cheerios (\$1.25); a 1.5-litre jug of liquid Tide detergent (\$1.09); and a carton of any brand of king-size cigarettes (\$7.99).

1989 – Colonel C.G. Diamond, Commander, 8 Wing/CFB Trenton officially opened the new 424 Squadron operations room and aerospace command centre in 9 Hangar. The Ops room featured a custom-designed console made by AMDU personnel, and was completed "in near-record time."

1999 – Corporal Chris Bothen, ATESS, was named Male Athlete of the Year (1998) for his outstanding accomplishments in triathlon. Cpl Bothen was a member of the Canadian team at the 1998 World Military Championships in Antwerp, Belgium; he finished fourth in the amateur division at the St. Croix International Triathlon; and won four triathlons in Ontario in the month of August alone.

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



# Officers' Mess looks to youth to preserve tradition

by Tom Philp, Contact Staff

There are some traditions that are definitely worth preserving. That is why certain British Army rituals begun in the early 18th century are still followed in the 21st century Officers' Mess at 8 Wing/CFB Trenton; and it is why the current executive and management of the Mess are looking to the latest crop of new officers to keep those traditions alive.

"The Mess dinner is a good example," said Major Kevin Tromp, currently enjoying six months of duty as the President of the Mess Committee (PMC) here. "What began as a last meal shared by officers heading into battle is preserved today in our Mess as a formal dinner."

Major Tromp, his Vice PMC Major Loic Roy (also on a six-month roster), and Mess manager, Petty Officer 1 Marc Gaudet are the principal guardians of traditions, both ancient and modern, at the Officers' Mess (OM) at 8 Wing. Together with the 12 members of the OM executive, these officers oversee the budget, operation and important social activities of this venue.

"While the social nature of the Mess is unquestionably important, we must also remember the historical aspect," Major Tromp said. "It is our responsibility to keep up our traditions."

Housed in a designated heritage building immediately east of Wing Headquarters, the Trenton OM holds the honour of being the oldest such Mess in the Canadian Air Force. A tour of the building reveals rich oak trim and panelling, functional fireplaces, a grand dining room, large main lounge, and the famous Oak Room lower bar. The atmosphere is relaxed; but the section of offices along one corridor speaks to the business nature of this facility.

"The function of the Mess is to promote camaraderie among its members and guests," PO1 Gaudet said, "although it's not just a social gathering spot."

Gaudet pointed to the annual practice of inviting Royal Canadian Legion Members to enjoy the New Year's levy here, and then introducing younger 8 Wing officers to the community by visiting many local Legion branches the same day.

"It is an excellent way of supporting the Legion while allowing established members of the Mess to introduce newer, younger officers to the concept of community service," Major Tromp said.

Sometimes, the quiet atmosphere of the Mess is also the perfect place for officer's to share ideas about better ways to get things done on the base.

"A lot of business, and not just formal Mess business, is conducted here in a quiet, social environment," Major Roy said. "Important decisions are often made without having to go through the channels of email, memos and other means of communication."

Business and tradition often come together at the 8 Wing OM in other ways. The Mess hosts dignitaries from other countries, and provides overnight accommodation in the four guests suites should they require them; monthly social functions are held, ranging from wine and cheese gatherings to the formal New Year's ball. Trenton's OM is also the

venue for many important ceremonies, such as the April 16 investiture of Ed Robertson as the Honorary Colonel of 424 Transport and Rescue Squadron; and a special garden party will be held on the Mess lawn as part of the July Air Force celebrations, to be attended possibly by a member of Britain's Royal Family.

Recently, the Mess executive voted to refurbish a set of silverware that dates to the 1930s. It had become tarnished and worn to the point that it was no longer serviceable. Once re-plated and lacquered, the heirloom set will be displayed for members and visitors to appreciate, just as they admire the valuable collection of Canadian art on the Mess walls.

"Again, it's a matter of honouring tradition," said Major Tromp. "One of my goals as PMC is to encourage new, younger officers to be part of the Mess experience, and to further the traditions themselves."

"I would like to see more Officer Cadets and Second Lieutenants enjoying this place," he said. "They are the future of the Mess; and if they don't use it, there is always the danger that our Mess will die out."

That sentiment is shared by Colonel Mike Hood, Commander, 8 Wing/CFB Trenton.

"We all have a role in inculcating the traditions, heritage and ethos of the Air Force into the next generation of leaders," Col Hood said. "I am a strong proponent of the role the Mess has in the Air Force and am a strong believer that, the better you know your leaders, peers and subordinates ... and this is where the social aspect of the Mess comes into play ... a stronger operational team results."

The Mess roll currently lists about 500 regular, dues-paying officer members and 100 associate members whose ranks include retired officers and noted civilian officials.

The day-to-day operation of this building, to ensure members and guests continue to receive the exemplary service for which the Mess is known, is the responsibility of PO1 Gaudet, whose knowledge of tradition is extensive. The Mess manager has nearly a decade of this type of service to the military.

"Marc has a tremendous amount of experience, and it shows in the way our Mess is run so well," Major Tromp said. "When he leaves, there will be big shoes to fill."

In the meantime, PO1 Gaudet is working closely with Majors Roy and Tromp and their executive team to plan interesting Mess events. Those plans include more jam sessions, a casino night, an increase in the video game inventory, special concert tours to Toronto, and ramping up the ever-popular "TGIT" (Thank Goodness It's Thursday) gatherings.

All three 8 Wing members believe tradition and history must be preserved; but they also understand the importance of offering a place for recreation, relaxation and fun.

"The onus is on us to get the fun going," Major Roy said. "We're the officer corps, and as leaders, we owe it to them."

Two upcoming events are worth marking on your calendars. The OM will host a Mother's Day Brunch on May 10 and a Bingo on May 30.

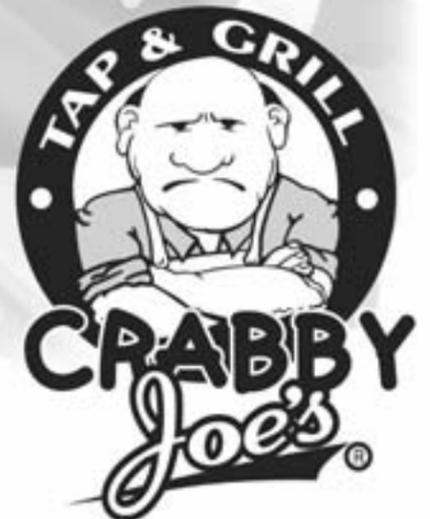


**Major Kevin Tromp (right), 426 Training Squadron and President of the 8 Wing/CFB Trenton Officers' Mess Committee (PMC) is dedicated to encouraging new and younger members of the Wing's officer corps to become more active in Mess activities. Working with his Vice PMC, Major Loic Roy (left), 8 Air Movements Squadron, Mess Manager, Petty Officer 1 Marc Gaudet, and the other committee members, Major Tromp is looking for ways to raise the profile of the Officers' Mess, including the expansion of social activities and informal gatherings. All three Mess affiliates pictured here believe that the best way to preserve its history and traditions is to instill them in the next generation of officers.** Photo: Tom Philp, Contact Staff

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# 8 Wing Personnel at Work: Corporal Oscar Aradanas

by 2Lt Jennifer Jackson,  
8 Wing Public Affairs OJT

As members of the Canadian Forces, all of us have at one time or another been on exercises where we needed to use fuel, drink clean water, and be environmentally friendly.

For Corporal Oscar Aradanas, making sure these resources are both available and disposed of properly is the main part of his job.

Cpl Aradanas joined the Canadian Forces in June 2003 as a Water, Fuels and Environmental Technician (WFE Tech) because he was looking to do something challenging and different.

He was posted to 86 Airfield Systems and Utilities (86 ASU) Flight here in Trenton in August 2004, after completing his occupational training at the Canadian Forces School of Military Engineering in CFB Gagetown.

One of eight technicians employed at 86 ASU, Cpl Aradanas enjoys working with a team that is responsible for monitoring the disposal of waste water, maintaining the POL (petroleum, oils and lubricants) site, and travelling to other bases across Canada to perform any WFE-related

maintenance they request.

Since 2004, Cpl Aradanas has travelled to CFS Alert, 5 Wing Goose Bay, 9 Wing Gander, 3 Wing Bagotville, 14 Wing Greenwood, 22 Wing North Bay and 19 Wing Comox.

In addition to these tasks, one of the main parts of Cpl Aradanas's job is to maintain a Reverse Osmosis Water Purification Unit (ROWPU), which is used to provide clean water to troops on field exercises.

"Maintaining the ROWPU is my biggest challenge," says Cpl Aradanas. "A lot of people rely on these machines, such as the DART [Disaster Assistance Relief Team], and units on exercise. Currently we are working on preparing a unit for deployment to Cold Lake, Alberta to be used in assisting the personnel working in reaction to the Winnipeg flooding." Cpl Aradanas takes pleasure in that his work is an essential and integral part in supporting CF operations.

"I find it rewarding to know that what I do helps others," he says. "When you are on exercise and drink clean water, at some point a WFE Tech was involved. More importantly, if you encounter a problem that deals with water, fuel, or the



Photo: Cpl Maggie Gosse, 8 Wing Imaging

**Corporal Oscar Aradanas fine-tunes the Reverse Osmosis Water Purification Unit. This unit is used in field operations to provide drinkable water to troops. Its main use is for deployment overseas, and for the Disaster Assistant Response Team (DART) in case of possible floods. Cpl Aradanas is a Water Fuel Environmental Technician (WFE Tech), at Canadian Forces Base Trenton. Cpl Aradanas joined the Canadian Forces in June 2003.**

environment, don't hesitate to let us know, that is what we are here for."

Cpl Aradanas resides in Trenton and is married with

twin 2-year-old girls. In his spare time he enjoys travelling and camping with his family.

One of the most interesting tasks he has been involved with

was a camera study in 2008, which searched for a blockage in the sewer line of the cooling system for the underground facility at 22 Wing North Bay.



## 8 WING QUESTION OF THE WEEK



### QUESTION:

"How important is the Mess experience for developing camaraderie?"



**Sgt Pernell Frantz**  
81 CEF

"It depends on what the experience is, but overall, absolutely positive!"



**MCpl A. Bainbridge**  
436 Squadron

"It's important because it allows interaction with members from other units."



**Pte Brent Alvaro**  
Wing Fire Station

"I don't really go to the Mess that often. We tend to socialize at the fire hall."



**PO1 Marc Gaudet**  
Manager, Officers' Mess

"It is important, especially when we can get together to discuss things going on here."



**Cpl (Ret'd) Harvey Boudreau**

"I originally joined the Mess because I wanted to golf. I stopped going when we could no longer smoke there."



## PET OF THE WEEK



Hi! My name is Livvie and I'm a young adult female pointer mix who was rescued from an overpopulated pound and travelled a long way to have a chance at a forever home...Where I will be loved and well taken care of always. I am good with other dogs and ride well in a vehicle. I am sweet, active and very affectionate!

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# SPORTS & RECREATION

## Air Force Run: May 31, 2009

With the growth of the sport of running and the immense importance of physical fitness in the Canadian Armed Forces, the Air Force is excited to host the first Canadian Air Force Run in Winnipeg, Manitoba on May 31, 2009.

Participants are required to pay the registration fees via the [www.airforcerun.ca](http://www.airforcerun.ca) website.

Claims will be raised for military members only for reimbursement of the registration fees (receipt required) by the Fitness and Sport Flight at 8 Wing/CFB Trenton following the event.

The Flight transportation priority will

be given to CF members, followed by civilian employees and dependants, pending availability of seats.

Registration fees are as follows: \$25 for the 5 km run, \$35 for the 10 km run and \$55 for the half marathon (21 km).

The tentative times CC117 flight and details for the event are as follows: Departure: 0400 hrs; Return: 1400 hrs; Participants: 160 people.

Visit the Official Website, via the splash page 'Air Force Run' link.

For more information please contact Dan Cormier, Military Sports Coordinator, at local 3373.

## Junior Sho-Dan-Ho Awarded to 8 Wing Martial Arts Student

On Saturday, April 18, David Bertin of 8 Wing Trenton's Martial Arts Club successfully completed a preliminary Black Belt exam known as the Shodan-Ho exam.

This exam consists of a complete review of all material from White Belt to Brown Belt in both Karate and Jiu-Jitsu. Due to David's age of 11, he cannot test for full Black Belt until the age of 16, thus earning him the title of Junior Sho-Dan-Ho in Chito Ryu Karate and Canadian Jiu-Jitsu.

David is the third in the Snow Tiger Association history to be awarded this rank, and in addition, David is



Photo: Submitted

From left to right, back row: Sensei Brad Bertin, Chief Instructor Sensei Robert Walther, Sensei Lynn Bertin. Shown from left to right, front are: Dmitri Larouche and new Junior Sho-Dan-Ho, David Bertin.

the first boy to earn this title.

A special thank you goes to Dmitri Larouche, who was David's sparring partner during the exam, as well as Chief Instructor Sensei Robert Walther whom instructed David since the age of four years old.

## Summer Kidz Kamp 2009

Summer is coming...are you ready for fun? The Community Recreation Association (CRA) is already planning for a high energy, fun-filled summer of adventure and fun.

If you are between the ages of six and 12-years-old, and enjoy swimming, playing sports and making new friends, this is the place to be this summer.

Activities include: swim and gym, games and crafts, music, animals, special guests, overnights and an awesome road trip each week!

The Kidz Kamp will take place at the RecPlex (21A Namao Drive), Monday through Friday, from June 29 to August 21, from 8 a.m. to 4 p.m.

Please note there is no Summer Kidz Kamp on Wednesday, July 1.

Before and After Care is available from 7 to 8 a.m. and from 4 to 5 p.m. for \$2 /hour/child or any part thereof.

Registration begins for the military community on Monday, May 4, at 8 a.m., and will begin for the general public on

Monday, June 1, at 8 a.m.

Cost for military community, based on a regular week, is as follows: \$95 per week for one child, \$165 per week for two children, and \$210 per week for three children.

Cost for the general public is as follows: \$110 per week for one child, \$185 per week for two children, and \$235 per week for three children.

Cost for the week of June 29 to July 3: Military Community: \$76 per week for one child, \$132 per week for two children, and \$168 per week for three children.

General Public: \$88 per week for one child, \$148 per week for two children, and \$188 per week for three children.

Daily Rate (space permitting): Cost for military community: \$25 for one child, \$40 for two children, and \$55 for three children.

Cost for the general public: \$30 for one child, \$50 for two children, and \$70 for three children. *Sorry no "day-trippers" on Trip Day.*

## Wing Hockey League (WHL) Finals

The Wing Hockey League (WHL) draws to a close with the final game in the A Division played at 1700 hrs, on Wednesday, April 8, seeing first place CJIRU defeat WLEO with a final score of three to two. Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer, presented the championship trophy to the CJIRU Team.

### DIVISION A: REGULAR SEASON TEAM STANDINGS

Team	GP	Win	Loss	Ties	Points	Place
CJIRU	21	14	5	2	30	First
CFLAWC	21	13	6	2	28	Second
WCE	21	12	8	0	24	Third
429 Sqn #1	21	9	11	1	19	Fourth
424 Sqn	21	9	12	0	18	Fifth
ATESS	21	9	13	2	14	Sixth
Hangar Hogs	21	9	15	0	12	Seventh
WLEO	21	5	14	2	12	Eighth

The B Division played at 1815 hrs, on Wednesday, April 8, seeing third place 436 Squadron defeating the Wolverine with a final score of three to two, in overtime to determine the B Division Champions.

LCol Debbie Miller, 8 Wing Administration Officer, also presented the championship trophy to the 436 Squadron team.

### DIVISION B: REGULAR SEASON TEAM STANDINGS

Team	GP	Win	Loss	Ties	Points	Place
ATC/8 ACCS	21	13	4	4	30	First
WTISS	21	11	6	5	27	Second
436 Sqn	21	12	7	1	25	Third
Wolverines	21	10	6	5	25	Fourth
Work Shops	21	6	12	3	15	Fifth
WTN/EME	21	6	12	2	14	Sixth
429 Sqn #2	21	5	15	1	11	Seventh

## National Lifeguard Course (NLS)

National Lifeguard is Canada's only nationally recognized lifeguard certification program.

National Lifeguard is a legal certificate for lifeguarding throughout the country, and the only lifeguard certificate recognized by the province of Ontario.

Candidates must be 16 years old to register and must have completed the

Bronze Cross Course and Standard First Aid and CPR Course. Attendance at all sessions is mandatory.

The course will take place on Friday, May 22, and May 29, from 5 to 9 p.m., on Saturday, May 23, and May 30, from 9 to 5 p.m. and on Sunday, May 24, and May 31, from 9 to 5 p.m.

Cost is \$295 for military community and \$320 for the general public.

## Hockey Skills and Drills

The Hockey Skills and Drills program is designed for young hockey players ages nine to 16-years-old.

This program focuses on body checking, angling, passing, shooting, scoring and defending. This will be a four-session program, scheduled to be held on

Tuesdays, May 5, 12 and 19, from 6 to 7:30 p.m. and on Tuesday, May 26, from 4:30 to 6 p.m.

Cost for military community members is \$40. Cost for the general public is \$45. Those interested are asked to register at the RecPlex.

## Roundel Glen Golf Course Passes (formerly the CFB Trenton Golf Course)

Purchase your 18 hole pass at the RecPlex. \$25.00 for Military and CRA members ONLY. One pass per person. Good for 18 holes.

## Video Dance

The new Much Video Dance will take place on Saturday, May 9, for those ages 12 to 16 years old.

The dance will run from 7 to 10 p.m. at the Southside Gym.

Admission is \$10 admission.

Please be advised that this will be an adult supervised event.



# FITNESS & HEALTH PROMOTION



## FAQ: What is Health Promotion?

The beginning of April marked the first anniversary of the Canadian Forces Health and Physical Fitness Strategy. It is clear that the 8 Wing/CFB Trenton community is well on its way to becoming healthy and fit for life.

As 8 Wing/CFB Trenton continues to build a "Culture of Health and Physical Fitness", health promotion has become more relevant than ever in helping the community achieve that goal.

The Health and Physical Fitness Strategy starts with Health. Many people do not realize that the definition of health is no longer simply "the absence of disease".

Health is a state of physical, mental, spiritual and social well-being and a valuable resource that allows us to meet the challenges of daily living and makes it possible to achieve our personal and professional goals. This is especially important for members of the Canadian Forces who must be ready to respond to a call to duty at any time.

Health promotion is the process of enabling people to increase control over, and to improve their health.

We do this by raising awareness and offering education that provides individuals with skills and tools to prevent health problems before they occur. Health promotion also considers communities and the social, environmental and economic factors that affect them. Programs and services offered by CF Health Promotion are evidence based; designed using information about the environment of CF members.

**How does HP support the Health and Physical Fitness Strategy?** HP services support the HPFS seven lines of operation involving leadership and personnel commitment to a lifestyle of healthy nutrition and weight, regular physical activity and addiction free behaviours.

HP supports the chain of command in facilitating

access to services by providing targeted delivery of program information at Wing events such as unit briefings and professional development days.

Personnel are supported by offering course schedules and information that accommodates the needs of the 8 Wing/CFB Trenton community.

**What services does HP provide?** Along with regular course schedules, HP services are available upon request and include: courses, briefings, campaigns, displays, and a resource library. Our focus is on prevention. Following best practices, all treatment requests will be referred to Health Services.

**What programs are offered by HP?** Programs fall within four core areas of the CF Strengthening the Forces initiative: Nutritional Wellness, Social Wellness, Addictions Awareness and Prevention, and Injury Prevention and Active Living.

Program topics include achieving a healthy weight and eating well, quitting smoking, addictions awareness, suicide prevention, managing stress, and more.

**Who qualifies for HP programs?** Regular and Reserve members and their dependents, full-time DND civilian employees (public and non-public) and their family members.

**How much does it cost?** All programs are provided free of charge.

**How often are courses run?** The course schedule is developed on a quarterly basis to meet current requirements. Requests for courses are welcome.

**How do I register for HP programs?** Register online at [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com) or call the Health Promotion office at x3768.

**Where can I find out more about HP programs?** Online, by visiting [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com). You may also visit [www.forces.gc.ca/health-sante/ps/hpp-pps/default-eng.asp](http://www.forces.gc.ca/health-sante/ps/hpp-pps/default-eng.asp)

Feel free to email your 8 Wing Health Promotion team at [healthpromotionTrenton@forces.gc.ca](mailto:healthpromotionTrenton@forces.gc.ca)



## Upcoming Courses

~ Health Promotion ~

**Weight Wellness:**

Tuesdays, beginning April 28, from 0800 to 0900 hrs (eight weeks)

**Managing Angry Moments:**

May 28, from 1300 to 1600 hrs

**Alcohol, Other Drugs and Gambling (AODG)**

**Supervisor Training:**

June 9 and 10 Jun, (one and a half days)

**Stress Take Charge:**

June 25, from 0900 to 1200 hrs

**Butt Out: Self Help (Smoking Cessation Program):**

By appointment, Wednesdays from 0830 to 1100 hrs and Fridays from 1330 to 1530 hrs

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

## Did You Know?

Health Promotion offers a resource library of nearly 300 books. Drop by the office at 177 Hercules St. to see what titles are available.



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

## Annual Surf and Turf Relay Race



On Friday, June 12, 8 Wing/CFB Trenton will host the 23rd Annual Surf and Turf Relay Race.

This local event has turned the corner and gained national participation from bases and wings across the country.

There will be a number of new elements including tin-mate, tin person and the much anticipated team category.

Those wishing to work with a trainer are asked to contact the 8 Wing Fitness and Sports Flight.

For more information, please feel free to contact Lisa Refausse, Race Director, at local 3328.



Photos: Contact archives



## Back by Popular Demand: HP Weight Wellness

Health Promotion brings Weight Wellness to the Southside Gym on Tuesdays, from April 28 until June 23, from 0800 to 900hrs (Please note, there is no class on June 16, 2009).

Improve your health and well being! Weight Wellness takes a realistic and positive view to achieving a healthy lifestyle with a self management approach to behaviour change.

Throughout the eight week program, you will develop personalized goals and learn skills to manage your eating habits and physical activity for a lifetime.

Reaching your goals will be easier with the opportunity to access the gym before or after class and resources to help track your progress.

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# VIEW FROM THE PINE



By Gilmour Tuttle

April 25, 2009 – Well, the 2008/2009 NHL Playoffs are not even a week old and already it is wincing time in Habsland. Already down three games to the despised Boston Bruins heading into Wednesday's tilt, not much has gone right for Les Canadiens thus far in the post season.

A decent Game One effort was wasted when a dumb-dumb Habs penalty late in the third period resulted in a game winning power play blast from Zdeno Chara. At the time, though, there was no reason to panic as Montreal had largely withstood the Bruin onslaught and looked like they were going to make a series out of it. I will admit to being a bit disappointed that the B's Millie Lucic continued to run and hide any-time big Georges Laraque was in the immediate vicinity, but I was rewarded a bit later when Mike Komisarek was able to give Boston defenceman Matt Hunwick a nice facial with a prolonged glove to the face.

Then came Game Two. Ouch. A steady parade of Canadiens to the Sin Bin resulted in a steady parade of Bruins to the score sheet as Boston was able to pour in three power play markers during the game. The big news in this game was not Carey Price (he was largely hung out to dry by his teammates) and was definitely not Lucic's cross check to the head of Maxim Lapierre (which resulted in a one game suspension). No, the REALLY big news is that both Alex Tanguay and Mathieu Schneider (OK, and Patrice Brisebois) ended up with mysterious "upper body" injuries which would keep them out of Game Three.

And what a Game Three it was. Missing arguably their top two offensive defencemen (Markov, Schneider) and two of their top six forwards (Tanguay, Lang, Why does everyone forget about Lang?), the Hamilton Bulldo.... err Habs came out

banging and crashing in front of the hometown crowd. Montreal was rewarded with a lead that held up until the dying minutes of the 1<sup>st</sup> period (Boston's Phil Kessel scored off a give-away in the Canadiens' zone) but that is pretty much where the good news ended. Boston slowly took the game over in the second period and following a goal from ex-Hab Michael Ryder late in the second, put the game away in the third period with suffocating defence.

So, Wednesday's Game Four will be a definite gut-check for Montreal players. Leading up to the game all they will all be spouting the same tired clichés to the media ("take things one shift at a time", "have faith with the guys in the room", yatta, yatta, yatta) but in the back of their minds many of them are probably wondering if they will be playing their last game in the bleu, blanc et rouge. Alex Tanguay, Alex Kovalev, Saku Koivu, Mathieu Schneider, Mike Komisarek, Robert Lang, Mathieu Dandenault, Tom Kostopoulos and Francis Bouillon are all facing unrestricted free agency this summer. If anything, Bob Gainey (provided he is still around come July 1) will have a lot of latitude to remake his roster heading into the 2009/2010 season.

**Western Conference:** San Jose Sharks (1) vs. Anaheim Ducks (8): You hear that choking sound? No, it is not Islanders GM Garth Snow laughing so hard at Brian Burke's proclamation that he is going after the Islanders' number one draft pick (read: John Tavares) that he is about to swallow his tongue. No, it is the sound of the San Jose Sharks season going down the crapper after dropping the first two games of their first round series (on home ice!) against the Ducks. Jonas Hiller is making Anaheim's Randy Carlyle look like a genius while the

Sharks are making bench boss Todd McLellan look like a 2009 version of Ron Wilson in 2008. I picked San Jose in 6 games. Swing and a miss!

**Detroit Red Wings (2) vs. Columbus Blue Jackets (7):** Everyone loves and underdog but nine times out of 10 the underdog still gets the living bejesus beat out of him. And so goes the Detroit and Columbus series with the Blue Jackets dropping the first three games to the Wings. It never helps that Detroit's supposed Achilles Heel, Chris Osgood, suddenly decides to channel Domink Hasek and only allows two goals through 90 minutes. I had Detroit in five and I still say Mason steals one for Ken Hitchcock and gang.

**Vancouver Canucks (3) vs. St. Louis Blues (6):** I have probably followed this series more closely than any other (except for the Canadiens and Bruins). Two things. First, from the crease (Luongo, duh) out this is probably one of the strongest Canucks team I have seen in quite some time. Second, I forgot how much I hate Keith Tkachuk (I hung out with too many Jets fans in my youth). Vancouver finished off the plucky Blues in overtime in Game Four off a goal by Alex Burrows. By the way, I picked the Canucks in four. Yes, I am *that* good.

**Chicago Blackhawks (4) vs. Calgary Flames (5):** The Hawks owned Calgary in the regular season. Guess what? Nothing much has changed. The Flames fought back for a nice Game Three win to narrow the series to 2-1 but I think the young Hawks have sewn more than a few seeds of doubt along the Red Mile. I selected Calgary in seven games but it will be a tough seven.

**Eastern Conference:** Boston Bruins (1) vs. Montreal Canadiens (8): So does

Montreal just have a flair for the dramatic and decided to spot Boston a three game lead? Maybe, and maybe Toronto becomes a Stanley Cup favourite next year (sorry, Leaf Fans, being a favourite in your minds does not count). I called the Habs in seven and have to stick with them or I will be forced to turn in my Youppi PJs.

**Washington Capitals (2) vs. New York Rangers (7):** The Caps were looking like the East's version of San Jose after dropping two games to the Blueshirts at home. Then along comes rookie netminder Simeon Varlamov (one goal against in 60 minutes) and Sean Avery (18 PIMs in Game Three) and badda-bing, the Caps bounce back with a 4-0 win in Game Three and suddenly fingers are moving away from panic buttons in Washington. I had the Caps in six. Looking good so far.

**New Jersey Devils (3) vs. Carolina Hurricanes (6):** Well, the Canes and Devils split games in Jersey and Raleigh. Brodeur has been good (not great) and the Hurricanes vaunted offense has been largely MIA. Potential backbreaker for New Jersey? Lighting cast off Jussi Jokinen's winning goal at 0.2 seconds of the third period in Game Four. I picked Carolina in seven and things are still on track.

**Pittsburgh Penguins (4) vs. Philadelphia Flyers (5):** Bahahaha. I may not be able to take joy in my Habs so I will find solace in the arms of another. In this case a short, flightless bird that walks like it is constipated and has really, really bad fish breath (I have no standards or self esteem). The Pens find themselves up 3-1 heading back home to Pittsburgh and can put Philly out of their misery with a Game Five win. I called the Penguins in six but will gladly be wrong if Sidney and Company can end things Thursday night.

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# Strong base connection to Batawa green centre

by Tom Philp, Contact Staff

The Eastern Ontario Sustainable Building Centre (EOSBC) officially opened for business in Batawa, Ontario April 17 with a ribbon-cutting ceremony attended by both military and civilian dignitaries.

EOSBC owner and green building guru Michael Tiffe, who also is a Military Family Resource Centre partner and a consultant for the 8 Wing Change for the Environment micro-Web site, cut the ribbon simultaneously with Rick Norlock, federal Member of Parliament and Lou Rinaldi, Member of Provincial Parliament, launching "a new era of green building" in the Quinte Region.

"One of the focuses of this centre will be to educate, to bring ideas and practical demonstrations of sustainability to the community," Tiffe said. "We located here because Batawa's ideals are in synergy with ours."

Tiffe was also accompanied by his

spouse, Lieutenant-Colonel Chantal Fraser, 8 Wing Administration and the base's official representative, Lieutenant-Colonel Debbie Miller. Tiffe's TAB Mechanical has partnered with the Batawa Development Corporation on this latest venture.

The new education centre is designed to provide the latest in green building information to consumers and industry professionals.

"It's great to see projects like the EOSBC working towards a healthier and greener Canada, and also that a local centre will be featuring green products produced by local manufacturers," Norlock said.

"This project will allow Eastern Ontario to be at the forefront of both environmental education and green entrepreneurship ... and a model for other communities, not just in Eastern Ontario but across the Province and beyond," Rinaldi said.

The EOSBC will offer green building seminars and workshops, beginning in May.



Photo: Submitted

Pictured at the ceremony held on Friday, April 17, (from left to right) are: Lieutenant-Colonel Fraser, Sonja Bata, Tiffe, Lieutenant-Colonel Miller, MP Rick Norlock, MPP Lou Rinaldi.

It will also serve as the home base for greenmechanicaleducation.com, which offers Web-based sustainable construction information. Tiffe will also relocate TAB Mechanical's

offices to the new site.

For more information, please feel free to contact Michael Tiffe by phone at 1-888-566-4398, or via email at info@tabmech.com.

## ATESS HQ OFFICIALLY OPENS



Photo: Cpl David Hardwick, 8 Wing Imaging

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, cuts the ribbon marking the official opening of the new Aerospace Telecommunications Engineering Support Squadron (ATESS) Headquarters Building. Lieutenant-Colonel John MacCaull, Commanding Officer of ATESS, is shown to the right of Col Hood.

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## Free head shave for cancer

by 2Lt Jennifer Jackson,  
8 Wing Public Affairs OJT

The Cut for the Cure campaign is at its halfway mark, but there is still time to volunteer!

Currently, five women and three men have volunteered to shave their heads in the name of cancer research. Ranging from Canadian Forces members to dependants, these volunteers all have their own reason for participating...what is yours?

Units are also getting involved in supporting the Cut for the Cure. Jerry Martin, a civilian contractor with the Aerospace Telecommunications and Engineering Support Squadron, challenged squadron personnel to raise at least \$500 in support of his going under the razor.

Perhaps there is someone at your

unit who can be coaxed to shed their tresses for a similar benchmark or more?

The participants will be receiving their free head shave from Aldo Poropat of Capelli's salon on May 22 in the Astra Lounge. The mess will be open starting at noon, and the cut is scheduled for 1330 hrs. Donations and participants will be accepted right up until "zero hour."

Those wishing either to volunteer or donate should contact Sergeant Dan Gorman, Chief Clerk for the Readiness Training Flight, at 613-392-2811 extension 2461, or drop by his office in room 113 of building 56.

The campaign is just starting to ramp up, with preliminary donations at approximately \$1700. The goal of the campaign this year is \$10,000 and it needs your support to reach it!

## Cut for the Cure: A little off the top



**Name:** Jerry Martin

**Occupation:** Civilian Contractor, ATESS

**Why are you participating?:** My wife and I recently lost a good friend to cancer. Cancer patients endure tremendous pain and suffering and are probably the most courageous people I know. I am happy to help raise money for this worthwhile cause and challenge any other civilian employee to do the same.

**What will you miss most about your hair?:** Obviously, my beautiful thinning grey hair. I will probably gain sunburn...followed by a new baseball cap.

## 7 Hangar opens for business

Photos: Submitted



Construction on 7 Hangar, located on the north side of the base, is now complete and well equipped to house the CC177 Globemaster.

by 2Lt Jennifer Jackson,  
8 Wing Public Affairs OJT

After weather damage delays, and rumours the design was too small for the Canadian Forces newest cargo jet, 7 Hangar (also known as the CC177 Globemaster III Hangar) is open for business, and yes—the aircraft fits!

Construction on 7 Hangar began in August, 2007 and was completed in September, 2008. After the installation of required equipment, 8 Wing took possession of the hangar for use on December 23, 2008. Total construction costs were \$6.3 million.

On December 28, 2008, wind conditions of 33 knots gusting to 52 knots resulted in damage to the bottom third of the centre hangar door, and a portion of the roof being blown off. This unfortunate incident caused a delay while an investigation was conducted, and repairs were made to both the door and the roof.

In conducting these repairs, the hangar door was upgraded to be more efficient against extreme wind conditions, and the damaged section of the roof was repaired with the addition of strong wind clips. The final repairs on the building were completed on February 15..

In an effort to prevent a reoccurrence of wind damage, usage restrictions have been temporarily put in place. These establish parameters for use of the hangar based on 48-hour

forecasted wind maximums provided by the Wing Meteorological Office. It is anticipated that these restrictions will be lifted this fall, once any possibility of further damage has been resolved.

Although 7 Hangar is a Wing asset, priority for use of the hangar has been given to 429 Transport Squadron's maintenance personnel.

On April 10, 2009, one of the squadron's maintenance crews successfully towed a CC177 Globemaster III into the hangar for the first time. Having use of a hangar big enough to perform maintenance on the CC177 Globemaster III is a huge advantage for the squadron.

"This hangar is able to provide shelter to 429 Squadron maintenance personnel while they perform minor tasks on the aircraft," said Major Guy Bouchard, 429 Squadron Senior Aircraft Maintenance and Engineering Officer. "Being out of the weather will allow us to be more efficient in our maintenance, and therefore more efficient overall in meeting our operational requirements."

In addition to CC177 Globemaster III maintenance, 7 Hangar has also been designated for use for in maintaining other airframes, and some unit requirements not related to maintenance.

However, each request is subject to availability of the hangar based on operational priorities.

VOLUNTEER - DONATE

# CUT FOR THE CURE

22 MAY 2009

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**FOR MORE D'INFORMATION:**  
Sgt Dan Gorman  
613-392-2811 ext 2461  
Dan.Gorman@forces.gc.ca



One of Canada's four CC177 Globemaster III's makes its way into Hangar 7.



# A "passionate" man becomes an Honorary Colonel

by Tom Philp, Contact Staff

The new Honorary Colonel of 424 Transport and Rescue (T & R) Squadron was invested formally April 16 at the 8 Wing/CFB Trenton Officers' Mess, an honour the recipient said ranks far above the many accolades he has received over the years.

Ed Robertson entered the room following military tradition, flanked by Colonel Mike Hood, Presiding Officer and Commander of the Wing, and Lieutenant-Colonel Tom Dunne, Commanding Officer of 424 Squadron, at a ceremony in the Mess' main reception room, in front of the squadron colours. After preliminary introductions by the event's narrator, 2Lt Linda Legault, LCol Dunne welcomed Robertson to the 8 Wing family before inviting him to sign the official investiture documents.

LCol Dunne provided historical background and a welcome to the "Tigers" newest Honorary Colonel (HCol).

"What does Honorary Colonel mean," he asked of the approximately 100 military and civilian personnel gathered for the ceremony. "It means many things to me and to the men and women of 424 Squadron – it means a proponent for the Canadian Forces, the Air Force, 8 Wing and for 424 Squadron in particular; it means a proponent for our service and our mission; it means an active voice and a tangible link with the Canadian public; it means a guardian of our traditions and ethos; it means a mentor, and it forms an important part of our squadron fabric, thus adding to our morale."

LCol Dunne called Robertson a "perfect fit" for the role of HCol as a person who has demonstrated a longstanding interest in the Tigers, the Canadian military and aviation, and one whose "vitality, talent, intellect and great sense of humour" make him "an outstanding addition to the squadron."

The squadron CO also poked a little fun at Robertson, who is famous for never tackling life in a small way.

"Now, again thinking big, you choose one of the best ways to join the military;

to bypass all those pesky little ranks like recruit, Officer Cadet, Second Lieutenant, etc.," LCol Dunne said. "I guess you might as well start big in this military career."

Following the signing, Col Hood extended an 8 Wing welcome to HCol Robertson.

"It is my pleasure today to introduce the squadron's new "performer," said Col Hood. "It was interesting to see Ed making sure he was wearing his hat correctly and practicing the salute a few minutes before our entrance."

Col Hood spoke of the strong, positive impression Robertson has made during his career in the entertainment world (Robertson is co-founder of the popular band Barenaked Ladies, hosts *Ed's Up* on the Outdoor Life Network, and has guest-hosted the science show, *Daily Planet*), and applauded him for being "passionate" about aviation, the military and its traditions, "and about people." He concluded his welcoming remarks with a clever play on the titles of a number of Barenaked Ladies songs, a move that prompted both laughs and groans from the newest 8 Wing officer.

HCol Robertson said the investiture was "the most incredible honour" he has received, above the plethora of music, entertainment and community awards he has earned.

"I have always been thoroughly blown away by the incredible work of our military, and I've tried to show that in four episodes of my TV show," HCol Robertson said. "It's a day I thought I would never see come. When I got the letter from the Defence Minister I was like 'this is real, I am actually going to be an Honorary Colonel.'"

As part of the investiture ceremony, flowers were presented to HCol Robertson's wife, Natalie; and gifts were presented by LCol Dunne's children Delaney, Shane and Kate to the Robertson children, Hannah, Lyle and Arden.

The colours were marched out at the conclusion of the event, with Col Hood, HCol Robertson and LCol Dunne at the rear. A reception followed in the Mess.

Photo: Tom Philp, Contact Staff



Ed Robertson, co-founder of the famous Canadian band Barenaked Ladies, was invested April 16, 2009 as an Honorary Colonel of 424 Transport and Rescue Squadron. After being welcomed by Presiding Officer, Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, and LCol Tom Dunne, Commanding Officer of the squadron, HCol Robertson spoke of his "incredible" admiration for the Canadian military, and how his investiture trumped all of the many entertainment and community awards he has earned over the years.



Photo: Cpl Lavallee-Raby, 8 Wing Imaging

Lieutenant-Colonel Thomas Dunne (left), Commanding Officer of 424 Transport and Rescue Squadron, Colonel Mike Hood (centre), Commander, 8 Wing/CFB Trenton, and Ed Robertson (right) sign the certificates granting the title of Honorary Colonel.

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# Running Trail partially reopens at 8 Wing/CFB Trenton

On 24 April 2009, the Southeast portion of the 8 Wing running trail will be reopened for use. This portion of the trail, which is located east of the Officers mess and runs south towards the Bay of Quinte, was closed in August 2008, to facilitate construction of a bio-swale (named Caribou ditch) to manage water runoff from the Wing. It is anticipated that the remaining northeast loop of the trail (which runs along the fence beside Highway 2), will be available for use in approximately two weeks. Happy running!



Photos: Submitted

## Steer clear of heavy lifting



submitted by  
8 Wing General  
Safety Office

Look for ways to avoid lifting. This doesn't mean you should hide in the storeroom when something needs to be lifted.

It means you should try to come up with strategies for getting your work done without heavy lifting.

How do you do that? One way is to examine your work routines to see how to do things differently.

For instance, instead of picking up items from a pallet at floor level, could the items be stored at waist height? Could supplies be purchased in bulk form and moved by conveyor instead of manually handled bags?

Lifting equipment is available for countless applications.

Operated by electricity, springs, hydraulics, air pressure and other energy sources, lifting equipment takes the weight

and requires the operator only to control and direct the work.

A hydraulic gate on a truck, a chain hoist, an inflatable lift bag, a spring-loaded platform and a workbench that can be raised or lowered with electric controls are examples of such lifting equipment.

Could your tasks be done more safely with such equipment? Talk to your supervisor if you have ideas for improvements.

Even in an office setting, lifting can cause severe back injuries. You should use a handcart to move furniture and cartons of stationery.

Find a spot at waist level for the box of paper usually kept on the floor next to the printer or copier.

Caregivers, whether employed in a health-care facility or helping a family member, are at risk for back injury from lifting and positioning patients.

Lift devices are seeing increased use in both occupational and home settings.

If you have lifting equipment available, use it. Take the time to grab a handcart or a pallet jack instead of moving something manually.

Use the portable or stationary patient lift devices every time.

Back injuries are the leading cause of lost days from work. These injuries occur both on the job and off.

Some serious back injuries happen all at once, but many seem to be the result of accumulated small injuries caused by lifting too much weight and lifting from awkward postures.

The correct way to lift manually is to crouch down close to the item, get a firm grip, and lift using the strength in your legs – not your back.

Better yet, get some help. Have another person assist you, or use a lifting device.

It's also important to maintain your general health to help prevent back injuries.

Keeping a healthy weight, getting enough sleep, rest and exercise, and managing stress help keep your back strong and flexible. Maintain good posture when you stand or sit, and avoid straining your back whatever you are doing.

Use your head to save your back by devising strategies to avoid heavy and awkward lifting.

## Safety Matters 2009: May 7

Come and join us Thursday, May 7, at the Southside Gym from 9:30 a.m. to 3:30 p.m. for Safety Matters 2009.

Open to the public and free of charge, Safety Matters 2009 is an interactive show, which will provide an excellent opportunity to see new and innovative products, get free samples and meet with the manufacturers direct.

We are bringing the professionals

right to you!

This will also give everyone an opportunity to see the support that is offered within your own community.

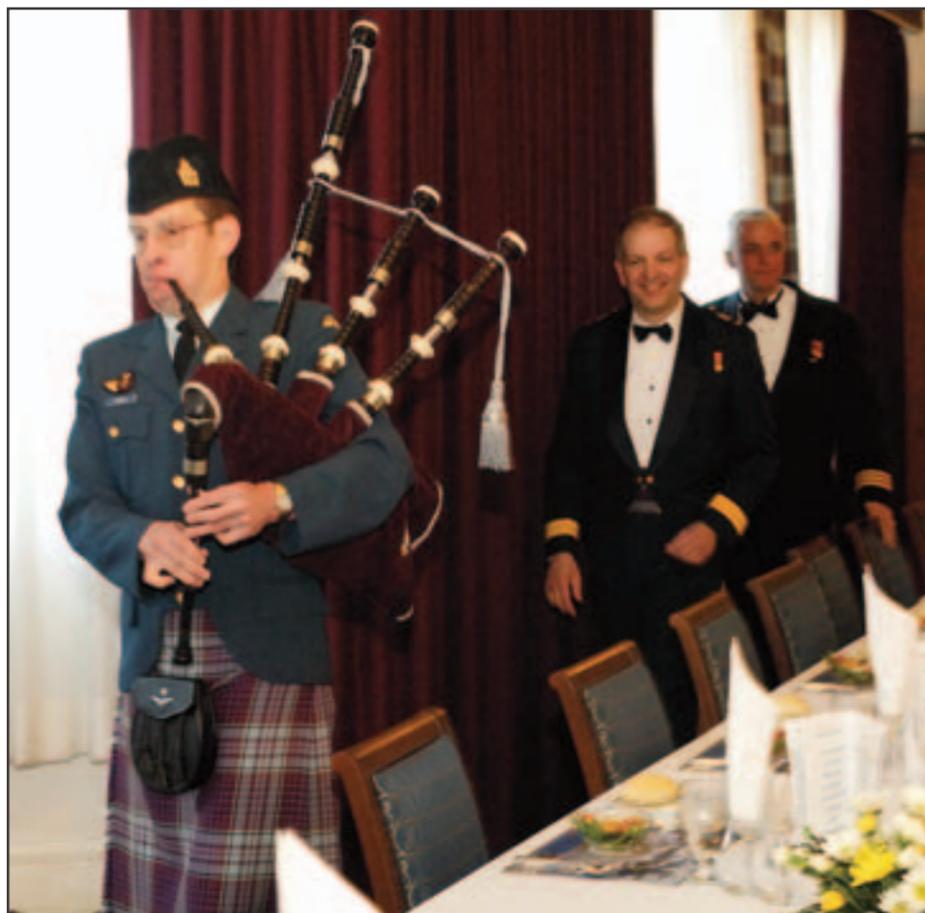
The sponsor of the event, Levitt-Safety will give a donation to the Military Family Resources Centre on behalf of all the participating vendors along with supplying cookies and coffee for distribution at the MFRC booth.

### Listing of the Health Vendors that are participating:

- 3M & AO Safety:** They will have respiratory, eyewear and hearing protection.
- Superior Glove:** It will be great way to see what's new for hand protection and they will provide samples
- Pelican:** They have flashlights (they supply flashlights for your maintenance) and heavy cases
- Ranpro:** Protective clothing such as rainsuits, Hi Vis, etc
- Moxie Trades:** PPE designed exclusively for women including boots
- Sperian Group:** This includes Uvex (eyewear) Miller (Fall Protection), Wilson (eyewear, respiratory) BioSystems (gas detection), Peltor (hearing protection) they currently supply your hearing protection.
- North Safety:** Eyewear, first aid, protective clothing, fall protection, head protection
- Canross:** Spill containment
- Encon:** Emergency eyewash and showers
- Reeves EMS:** Emergency First response equipment for Industrial and Military command and control equipment, decontamination, facility management
- Tallott Safety:** First aid
- RAE:** Instrumentation industrial hygiene
- TSI:** Instrumentation industrial hygiene
- Lakeland:** Protective clothing, disposable clothing
- Oberon:** Arc flash and electrical protective clothing and tooling
- Mat-Tech:** matting, anti static, anti fatigue, anti slip.....
- Marigold:** Hand protection
- Petzl:** Fall and rescue equipment
- Jenalex:** Manual lifting equipment
- Quatrex:** Spill containment products, shelters, and storage
- Ergodyne:** Ergonomic products and clothing for heat and cold
- GoJo:** Sanitation products
- Justrite:** Storage for flammable and chemical
- Streamlight:** flashlights
- Ansul:** Fire protection
- Levitt-Safety:** mobile fire services, Training and consulting including information on asbestos and ergonomics. Prescription safety eyewear, instrumentation products.



# Annual 8 Air Maintenance Squadron Mess Dinner



Photos: Cpl David Hardwick, 8 Wing Imaging Section

Left: The piper, Master Corporal Don Greer, leads Brigadier-General Terrence Leversedge, Director General Air Personnel, and Lieutenant-Colonel Arthur Agnew, Commanding Officer of 8 Air Maintenance Squadron (8 AMS), to the head table during the 8 AMS Mess Dinner held on April 16, 2009.

Above: The 8 Wing Trenton Concert Band performs for the gathered members at the 8 AMS Mess Dinner held at the Officers' Mess.



Padre, Lieutenant (N) Zbigniew Jonczyk (left), says the blessing before the meal at the annual 8 Air Maintenance Squadron Mess Dinner.



Lieutenant-Colonel Arthur Agnew (right), Commanding Officer of 8 Air Maintenance Squadron (8 AMS), presents a framed montage to Brigadier-General Terrence Leversedge (left), Director General Air Personnel.

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# Au sommet du monde : la Force aérienne devient le pouvoir de commandement pour la SFC Alert

par Stela Susic, DAP Air

La responsabilité pour la Station des Forces canadiennes Alert – le lieu habité en permanence le plus au Nord du monde – a changé de mains le 1er avril 2009.

La station, auparavant sous l'autorité du groupe du Sous-ministre adjoint (Gestion de l'information), est devenue une composante de la Force aérienne et une unité de la 8e Escadre Trenton, en Ontario.

« Nous sommes heureux de recevoir le commandement de la SFC Alert », a déclaré David Strong, un officier de l'infrastructure et des projets au Bureau de direction d'Alert à la 1re Division aérienne du Canada. « Nous avons prévu des idées et des initiatives nouvelles. Nous avons donc hâte de voir comment les choses vont évoluer au cours des prochaines années. »

Le personnel de la station recueille des renseignements d'origine électromagnétique à l'appui des opérations militaires, exploite et entretient des installations radio pour soutenir notamment les opérations de recherche et de sauvetage, et fournit du soutien aux services météorologiques d'Environnement Canada ainsi qu'aux chercheurs dans l'Arctique.

La passation du pouvoir de commandement se produit peu après la modernisation de l'équipement et des processus à la station. La modernisation a permis de réduire le nombre de membres

du personnel nécessaire pour gérer la station, ce qui a causé un changement dans le reste des activités.

« À mesure qu'a avancé la technologie, les opérations à Alert ont commencé à être effectuées à distance », a indiqué le Lcol Stewart Beal, de la Direction – Programmes (Air) de la Force aérienne. « Nous sommes maintenant à un point où la plupart du personnel militaire à Alert est du personnel de soutien. »

En conséquence, le soutien logistique qui était déjà fourni par la Force aérienne est devenu le secteur d'activité central, ce qui a exigé un changement officiel du pouvoir de commandement.

Actuellement, il y a 55 personnes à la station Alert : 21 militaires, 30 entrepreneurs commerciaux et quatre employés d'Environnement Canada.

La passation de commandement comprend le transfert de certaines responsabilités du groupe de GI à la Force aérienne. Les tâches qui relèvent maintenant officiellement de la compétence de la Force aérienne comprennent les opérations de la station, les installations militaires et l'équipement ainsi que la gestion de toutes les ententes, de tous les contrats et de toutes les politiques liées à Alert.

La SFC Alert est située à l'extrémité nord-est de l'île d'Ellesmere dans l'archipel arctique du Canada, à 817 km du pôle Nord géographique. Elle a été établit pour la première fois dans les années 1950 en tant que station météorologique.

# On top of the world: Air Force becomes command authority for CFS Alert

by Stela Susic  
D Air PA

Responsibility for Canadian Forces Station Alert—the most northern, permanently inhabited location in the world—changed hands on April 1, 2009.

The station, previously under the control of the Assistant Deputy Minister Information Management (IM) group, became an Air Force component and unit of 8 Wing Trenton, Ontario.

“We are pleased to receive command of CFS Alert,” said David Strong, an infrastructure and projects officer with the Alert Management Office at 1 Canadian Air Division. “There are new ideas and new initiatives planned, so we look forward to seeing how things will evolve in the next few years.”

The station's personnel gather signals intelli-

gence in support of military operations; operate and maintain radio facilities in support of search and rescue and other operations, and provide support to Environment Canada weather services and Arctic researchers.

The handover of command authority comes on the heels of equipment and process modernization at the station. The modernization reduced the number of personnel needed to manage the station, causing a swing in the balance of activity.

“As technology advanced, operations at Alert started being done remotely,” said LCol Stewart Beal from the Directorate of Air Programmes at the Air Force. “Now we're at a point where most of the military personnel at Alert are support personnel.”

As a result, logistics support that was already

being provided by the Air Force became the station's focal area of activity, demanding a formal shift in command authority.

Currently, Alert has 55 personnel: 21 are military, 30 are commercial contractors, and four are Environment Canada employees.

The transfer of command includes the handover of certain responsibilities from the IM group to the Air Force. Tasks that now officially fall under the purview of the Air Force include the operation of the station, military facilities and equipment; and management of all agreements, contracts and policies associated with Alert.

CFS Alert is located on the northeastern tip of Ellesmere Island in the Canadian Arctic archipelago, 817 km from the geographic North Pole. It was first settled in the 1950s as a weather station.

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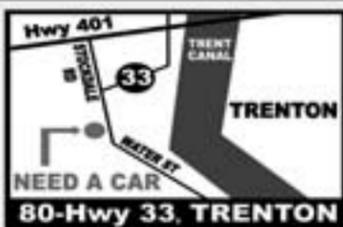
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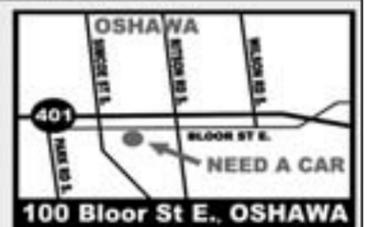
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to [steiner.al@forces.gc.ca](mailto:steiner.al@forces.gc.ca), at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

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Kids Help Phone has been providing help and hope to kids in your community since 1989. Help us celebrate our 20th Anniversary by walking and collecting pledges as part of the 2009 Walk for Kids Help Phone.

Join walkers in more than 55 communities across the country as they lace up to support children and youth in need.

Last year, almost 20,000 walkers raised \$3 million for Canada's only free, 24 hour, anonymous and confidential phone and web counselling service for kids. This year? It's up to you!

When you walk and collect pledges, you'll help ensure Kids Help Phone can continue to be there when kids in your community reach out for help and hope – and you'll earn great incentive prizes too! So grab your friends, family and co-workers, raise funds and join us on May 3rd in support of a very important cause – the health and well-being of our kids.

Collect pledges for a chance to win!

When you raise \$250 or more, we'll automatically enter your name in a draw to win two tickets to any of WestJet's regularly scheduled destinations. Draw terms and conditions are available at <http://www.walkforkidshelpphone.ca/whatsnew/rules.php>

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Registration: Email participants names (first and last) and team name (if applicable) to Capt Isabelle Arsenault: [isabelle.arsenault@forces.gc.ca](mailto:isabelle.arsenault@forces.gc.ca)  
Sgt Mike Leblanc: [michael.leblanc@forces.gc.ca](mailto:michael.leblanc@forces.gc.ca)  
or Sgt Rod Joice: [rodney.joice@forces.gc.ca](mailto:rodney.joice@forces.gc.ca)  
Register before 17 Apr 09 and get a chance to win extra prize!

*Opening Ceremonies take place at 0730 (at the Clubhouse), Steak Lunch will be served at 1230 (Clubhouse) and Closing Ceremonies will begin at 1500 (Clubhouse)*



### Annual Middleton Park Yard Sale

Saturday, May 23, 2009  
8 am - 2 pm

### Vente annuelle de garage du Parc Middleton

Le samedi, 23 mai 2009  
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If you live off base, and would like to rent a table at the Siskin Centre, please call the MFRC reception at 613-965-3575 to reserve it.

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# HOROSCOPES

Weekly Astrology by Christine Davison

April 26 – May 2

**ARIES** (March 21-April 19): Conversations with friends and acquaintances are the key to happiness and success. You've let yourself be secluded lately and it's been affecting you more than you care to admit. Travel may be necessary to strengthen bonds between yourself and an individual or organization that you've had past dealings with.

**TAURUS** (April 20-May 20): Take the reins this week, Taurus. People will view your ways as the right way. This will be an excellent time to ask difficult questions. A Leo may hold the answers you seek. A possible promotion or raise is just over the horizon. Things will feel more positive if you concentrate upon what brings you the most joy.

**GEMINI** (May 21-June 20): Money issues will be resolved this week. Emotional attachments and material things may be the subject of focus. You will discover a lot of ways of getting what you truly want, but it may be hard to get what you need if you are impatient. Try to listen to advice and wisdom from people who are as kind and clever as you are.

**CANCER** (June 21-July 22): Property gained through maternal sources may result in unusual or unforeseen difficulties. Problems with siblings or neighbours may be a result. Try to stop rumours before they start. An important piece of news will come to you through the mail. Don't believe everything you hear over the next few days. Be positive!

**LEO** (July 23-Aug. 22): Though it may be difficult for you flamboyant Leo, it's important to be a little bit more conservative than usual this week. There's a recent karmic debt that must be resolved though when settled, all parties involved will be left far better off. Staying closer to home may bring unexpected benefits.

**VIRGO** (Aug. 23-Sept. 22): It's time for pleasure or romance. There is luck with you. Any invitations to dinner or to parties should be accepted. Who knows what might happen with whom? There is a strong possibility of a new connection with people you will come to love and trust. Someone seems like they know you better than you know yourself.

**LIBRA** (Sept. 23-Oct. 22): A person who helped you in the past may be there to help you once more. Stress and worry has been a concern to you lately, Libra. Many of these issues may be resolved through a change in your diet. An old friend may soon make a surprise appearance. It may be time to try something new or perhaps, something quite old.

**SCORPIO** (Oct. 23-Nov. 21): Gain insight and assistance through those around you but what you need to attend to will need many hands to accomplish it. You may be a surprisingly kind and gentle leader and mentor with others easily falling under your guidance. You'll experience rewards and gestures of gratitude. Go have fun this weekend.

**SAGITTARIUS** (Nov. 22-Dec. 21): A deep, long-lasting relationship may suddenly become strongly sensual. Many things surrounding this relationship may need to remain momentarily hidden. Be careful as to what may later be uncovered by others. Travel may be necessary. Take joy wherever and whenever you can, even in unusual places.

**CAPRICORN** (Dec. 22-Jan. 19): Philosophical discussion and thought, travel and intellectual challenges all appear to dominate the coming weeks ahead. An important ceremony may require your attention. Any urges to travel or explore should be followed up upon. Feel free to express yourself and how you really feel deep down inside.

**AQUARIUS** (Jan. 20-Feb. 18): Relationships at school or the office may gain you new prestige. Your creative genius and unique way of looking at things will have helped out many on many different occasions. It will be well rewarded eventually. You are a trailblazer and a visionary. Keep up the good work. Trust your intuition.

**PISCES** (Feb. 19-March 20): Friends and acquaintances are brought together for a common cause. Try to be open when possible. There may be an esoteric or hidden quality to this union or reunion. Secrets may beget more secrets. Working with artistic, creative others may bring about a possible romantic liaison. New friendships may be in store.

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

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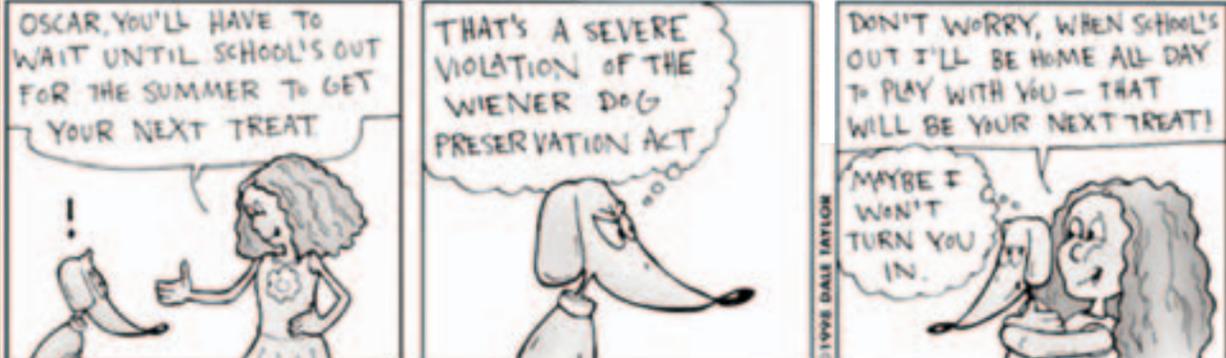
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**Not In My Backyard!** by Dale Taylor



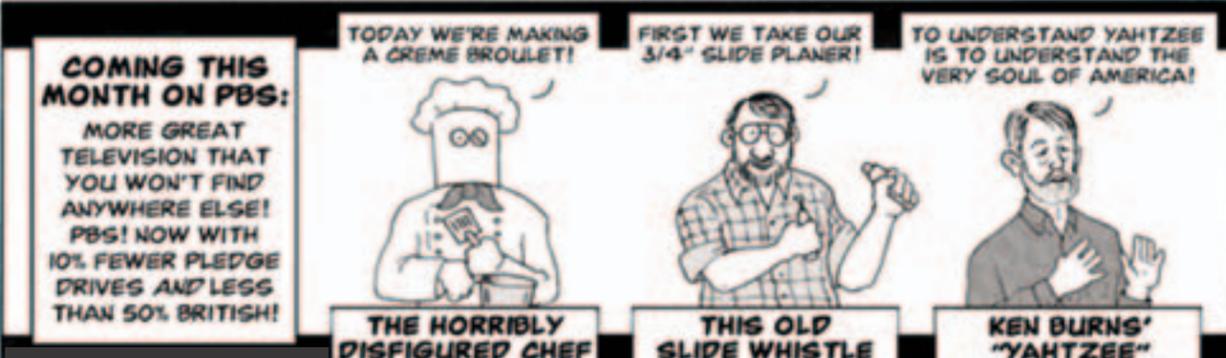
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**MISFITS** BY BRIAN CODAGNONE



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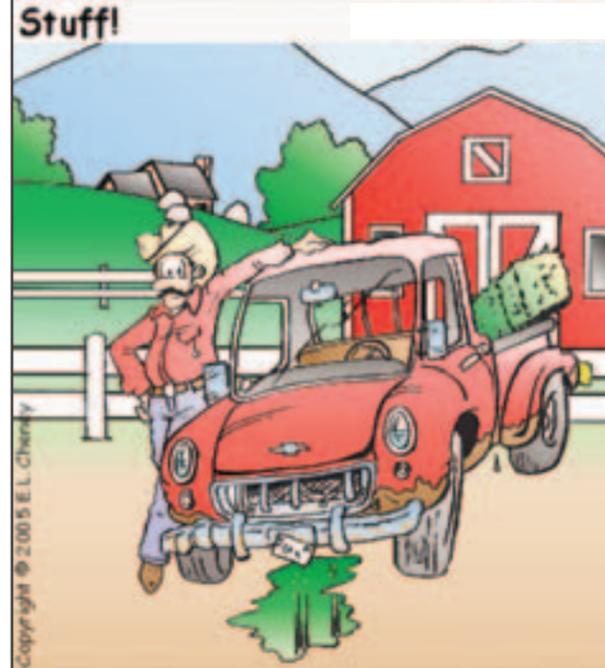
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*Father Philippe Boudreau*

Co-ordonateur de Vie de Chapelle

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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 Chaplains' 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 Chaplains' 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 later have the choice between their Wing Chaplains' 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 pré-nuptial, 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 pré-nuptial 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.

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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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# Greening 8 Wing

## 8 Wing Environmental Management Office: Small but mighty

by 2Lt Jennifer Jackson,  
8 Wing Public Affairs OJT

The 8 Wing Environmental Management Office is a small team with a big job. The mission of this six-member office is to “manage and deliver a world-class Environmental Compliance and Advisory Program to the Wing,” a task which they excel at to ensure 8 Wing/CFB Trenton is environmentally sound.

Located in room 305 of Building 22 (which also houses the Military Police Detachment), the Environmental Management Office was established in 1992, and is part of the Wing Logistics and Engineering Branch. Headed by Wing Environmental Officer Mr. Drew Craig, the office consists of four civilian employees and two Canadian Forces members.

Although the most visible program run by the office is the recycling program, this consists of only approximately five per-

cent of the total responsibilities of this busy office. In addition to managing the environmental programs in Trenton, the office is also responsible for programs in the northern outpost of Canadian Forces Station Alert/Eureka.

Currently, the Environmental Management Office has twenty-one different programs it manages, including radiation and hazardous material.

It is also responsible to provide consultations on every new construction design to ensure environmental compliance. Some of the projects the office is responsible for include: managing the clean up of 95 contaminated sites located at 8 Wing, Alert, and Eureka, ensuring the environmental safety and registration of all fuel storage tanks, reviewing and registering all Environmental Assessments, implementing an Environmental and Hazardous Material Training Program for members of the Wing, and a Pollution

Prevention Program. Members of the office also promote environmental awareness by writing articles for *The Contact*, and attending events and unit activities.

The one major objective of the 8 Wing Environmental Office is to ensure the Wing’s compliance with all environmental acts and regulations. To do this, the office works closely with all operational squadrons, sections and lodgers units located on the Wing. The office is also responsible to investigate all environmental incidents and events, and to suggest corrective actions. Their goal is to advise, not to assign blame.

“We are not an enforcement agency,” says Drew Craig, “Our job is to advise all senior staff on environmental issues, so they are better able to understand their environmental responsibilities.”

The 8 Wing Environmental Management Office is involved in virtually every undertaking by the Wing, and works in co-oper-



Photo: Cpl Maggie Gosse, 8 Wing Imaging

Shown from left to right, front row: Warrant Officer Ronnie White and Master Warrant Officer Gilles St-Onge. Back Row: Don Kovanen, Drew Craig, Donna Case and Dot Serre.

ation with every unit and all members. The work done by the office helps ensure that 8 Wing/CFB Trenton operates at a level above the minimum environmental standards, which reduces both our impact and environmental footprint.



## MFRC EVENTS



### UPCOMING EVENTS

**Dancing with the Stars of Quinte**  
**Thursday, May 21**  
**Yardman Arena, Belleville**  
**Tickets - \$20**  
**Cheer on *Base Chief Secretan* and dance partner *Debra Tosh***

*In support of VIQ and Big Brothers Big Sisters of Hastings & Prince Edward County*

**Belleville Bulls vs Brampton Battalion**  
**Tickets Available at MFRC for Play Off Games**  
**Round Three – Adult \$21.50, U12 \$15**  
**Seats are all Row G or higher in the attacking zone**  
**Thursday, April 23 at 7:15 p.m.**

### Dance Workshops

- Argentine Tango May 3 10am- 4 p.m.
  - Salsa Boot Camp May 9 10am- 4 p.m.
  - Cost \$45 per person
- Workshops require minimum of 12 participants**

### Triple P - Positive Parenting Program

**Seminars**  
**Mondays - June 1, 8 & 15**  
**6:30-8:00 p.m. MFRC Youth Centre**  
**Geared for parents with children 2-12yrs**  
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For additional information:  
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 contact: Jaimie Corriveau ext 4299



### Événements à venir

**Dancing with the Stars of Quinte**  
**Le Jeudi, 21 mai**  
**Yardman Arena, Belleville**  
**Billets – 20\$**  
**Venez encourager l'Adjudant-Chef de la Base Secretan et sa partenaire de danse *Debra Tosh***

*Au profit de VIQ et Big Brothers Big Sisters of Hastings & Prince Edward County*

**Belleville Bulls vs Brampton Battalion**  
**Des billets seront disponibles au CRFM pour les parties de séries**  
**La Troisième Série – Adulte 21.50\$, 12 ans et moins- 15\$**  
**Les places sont à la rangée G ou plus haut dans la zone d'attaque**  
**Le jeudi, 23 avril à 19h15**

### Ateliers de Danse

- Tango Argentin le 3 mai 10h- 16h
  - Salsa « Boot Camp » le 9 mai 10h - 16h
  - Coût: 45\$ par personne
- Un minimum de 12 personnes est nécessaire**

### Triple P – Programme “Parenting” Positif

**Ateliers**  
**Les lundis, 1, 8 & 15 juin**  
**18h30 - 20h00 Centre des jeunes au CRFM**  
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# FAMILY



## Activity: Lullaby Blanket



Listening to music while exploring art materials can be an excellent way to encourage your child to explore his creativity.

This Comfort, Play and Teach™ activity will let you and your child dream up new ideas through creative art!

**You will need:**

- A beautifully illustrated bedtime book
- A recording of lullabies (vocal or instrumental)
- Construction paper in pastel colours
- Paint (tempera or water colour)
- Brushes, crayons, markers, chalk, pastels or colour pencils that are soft colours

**Instructions:** Read the lullaby book to your preschooler and talk about

the pictures and the colours.

What does your child think of the artwork?

Then play some soothing music in the background as your child draws and paints.

As he or she draws, talk to them about bedtime, and what they enjoys most about it.

Encourage her to think about what makes her feel calm and relaxed and to use the art materials to create a picture that shows how she feels.

She can make many drawings or paintings, and when these are complete, display them so that they look like a cozy quilt.

Enjoy this more with Comfort, Play and Teach™:

**Comfort**

Painting and drawing to peaceful and calming background music can evoke different emotions and provide a way for your preschooler to express both his creativity and his feelings.

Try lullabies, classical or new age music.

**Play**

Your preschooler can explore different designs through creative art – dreamy dots, sleepy squiggles, zzzzig-zzzzags!

How many other ways can you and your preschooler describe the art that he or she creates?

**Teach**

Listening to different styles of music can show your preschooler how different composers and musicians express their feelings.

It might also help your child to discover what sparks their imagination. He or she will discover new ways to express their ideas through creative art.

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

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

### WHAT'S THE DIF ?

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**FIND THE 7 DIFFERENCES**



ANSWERS: WOMANS MOUTH 2 PURSE 1 MANS MOUTH 4 BUSH 5 WINDOW 6 PATH 7 DOGS BACK PAW

## Mealtime.org Thai Chicken Chowder

**Ingredients:**

- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 1/2 red bell pepper, chopped
- 3 garlic cloves, minced
- 3/4 cup jasmine or long-grain white rice
- 1/4 to 1/2 teaspoon green Thai chilli paste (see note)
- 2 cans (14 1/2 ounces each) petite diced tomatoes, drained
- 2 cans (14 ounces each) reduced-sodium chicken broth
- 1 pound skinless, boneless chicken-breast halves, cut in 1/2-inch chunks
- 1 can (13 1/2 ounces) light coconut milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoon fresh lime juice
- 2 tablespoons each chopped fresh basil and cilantro

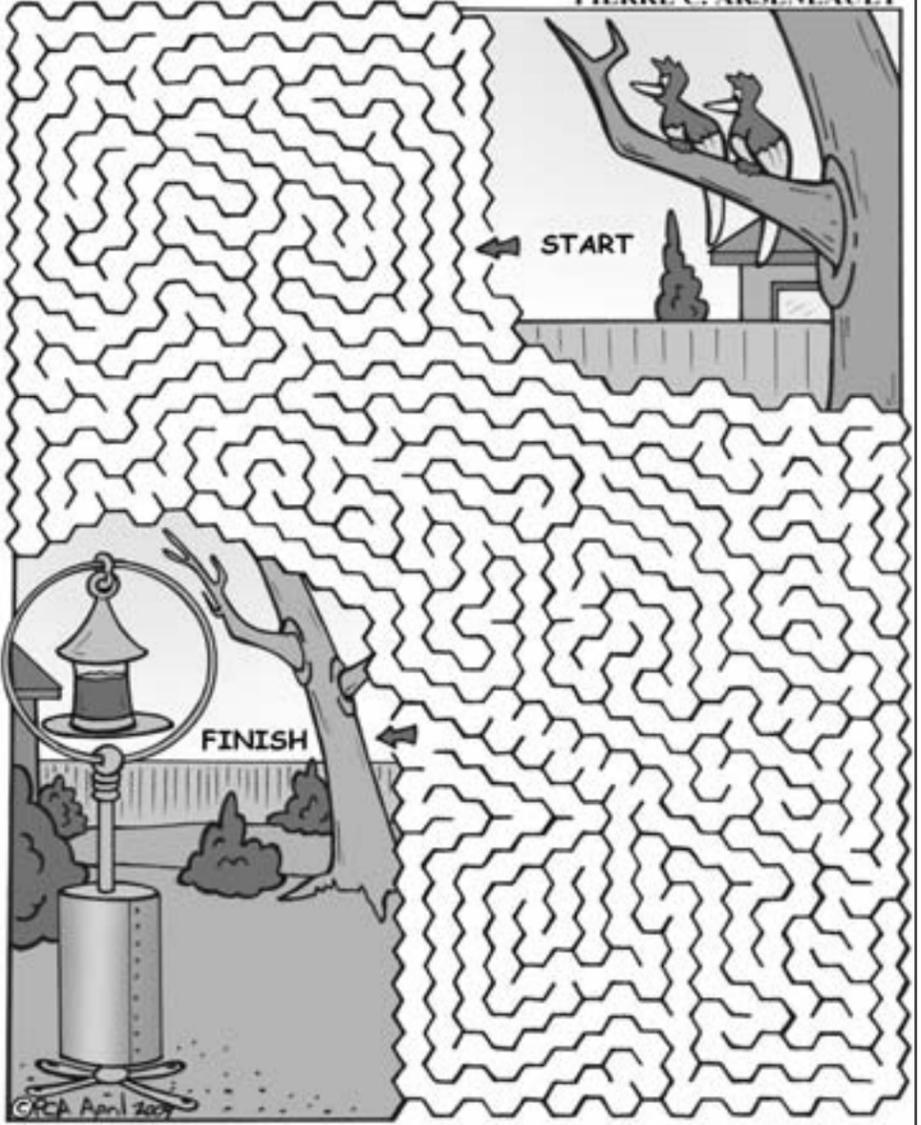
Preparation Time: 15 minutes Cook Time: 30 minutes

Preparation: Heat the oil in a large heavy saucepan or Dutch oven over medium heat. Add the onion, bell pepper and garlic and sauté for about five minutes until tender. Add the rice and chilli paste and stir for one minute until well blended. Add the tomatoes and broth and increase the heat to medium-high. Bring to a boil, reduce the heat to low, cover and simmer for 15 minutes, until the rice is tender. Add the chicken, coconut milk, salt and pepper; cover the pan and simmer for five to seven minutes until the chicken is cooked through (Do not overcook). Remove the pan from the heat and stir in the lime juice. Garnish with chopped basil and cilantro. Note: Thai chilli paste can be found in the International foods section of the supermarket. Serves: Six

*Nutritional Information Per Serving: 270 calories; 8 g fat; 42 mg cholesterol; 626 mg sodium; 32 g carbohydrate; 3 g fibre; 19 g protein.*

### DEAD END ?

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Showcase

# Showcase



**2Lt A. Geras**

received a promotion to that rank, presented by SWO CWO D. Daniels and LCol F. Martineau, CO 436(T)Sqn.



**Capt W. Freeland**

received the GCS and ISAF, presented by SWO CWO D. Daniels, 436(T)Sqn.



**Capt L. Anderson**

received the GCS and ISAF, presented by SWO CWO D. Daniels, 436(T)Sqn .



**Sgt P. Chrysler**

received the GCS and ISAF, presented by SWO CWO D. Daniels, 436(T)Sqn.



**MCpl D. Bickford**

received the GCS and ISAF, presented by SWO CWO D. Daniels, 436(T)Sqn.



**MCpl C. Vollbrecht**

received a promotion to that rank, presented by LCol F. Martineau, CO 436(T)Sqn.



**WO Ferris**

received his CC130 1000 hrs Certificate, presented by LCol F. Martineau, CO 436(T)Sqn.



**Sgt M. Lavictoire**

received a promotion to that rank, presented by A/SWO WO D. Maclean and A/CO Maj M. Carmichael, 436(T)Sqn.



**LCol S. MacEwen**

received a promotion to that rank, presented by LGen Gauthier, Comd CEFCOM.



**Capt C. Toth**

received his CD, presented by LCol A. Appels, Regional Cadet Air Operations.



**MCpl B. Denoon**

received his CD1, presented by LCol A. Appels, Regional Cadet Air Operations.



**Pte(T) T. MacInnis**

received a promotion to that rank, presented by MWO D. Lepage and Capt C. Ledrew, ATESS.



**Pte(T) P. Plourde**

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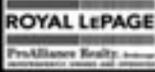
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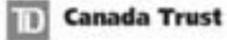
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 <p><b>MLS# 2092252</b> Price: \$219,900</p> <ul style="list-style-type: none"> <li>• 3 bedroom</li> <li>• 4 level split.</li> <li>• Cathedral ceilings throughout</li> <li>• Main floor den leads to deck.</li> <li>• Fully fenced yard with hot tub.</li> </ul>	<p><b>OPEN HOUSE SUN 1:00 - 2:30 pm</b> 66 Wallace Street Great brick semi-detached in Frankford, 2+1 bdrm, <b>MLS# 2091379</b> Completely renovated Price: \$159,900 Quiet dead end street.</p>	<p><b>OPEN HOUSE SAT 12:00 - 1:30 pm</b> 107 Wright Avenue • Perfect Starter • West End 2 bdrm bungalow, 1 bdrm in-law suite, quiet, mature neighbourhood • 12 minutes from Base <b>MLS# 2092251</b> Price: \$174,900</p>	<p><b>RAISED BUNGALOW</b> 149 Prospect Hill, Trenton • Great family home in fabulous west-end location, 4 bedrooms, 2 full baths. Extra large city lot. Perfect for a growing family. <b>MLS# 2091833</b> Price: \$244,900</p>
<p><b>OPEN HOUSE SAT 2:00 - 3:30 pm</b> 166A&amp;B Wallbridge Rd • Affordable duplex • Large country lot • Many updates • Great income property <b>MLS# 2092254</b> Price: \$172,000</p>	<ul style="list-style-type: none"> <li>• <b>MLS# 2091291</b> 1 Bleeker St, Trenton \$159,900</li> <li>• <b>MLS# 2091298</b> 123 Maple Drive, Belleville \$275,900</li> <li>• <b>MLS# 2092034</b> 3 Jones Street, Belleville \$149,900</li> <li>• <b>MLS# 2090978</b> 216 Herchimer Ave, Belleville \$184,500</li> <li>• <b>MLS# 2091795</b> 50F Cascade Blvd, Belleville \$134,900</li> <li>• <b>MLS# 2092235</b> 48 Village Drive, Belleville \$197,000</li> <li>• <b>MLS# 2091301</b> 727 Will Johnson Rd, Frankford \$101,000</li> </ul>	<p>159 Bethany Rd., Corbyville • 4 Bdrm, 2 bath Raised Bungalow • Lots &amp; lots of upgrades • 2+ acres beautifully manicured lot • Perfect home for the growing family <b>MLS# 2092093</b> Price: \$234,900</p>	<ul style="list-style-type: none"> <li>• <b>MLS #2091211</b> 790 Baptist Church Rd., Stirling \$349,900</li> <li>• <b>MLS #2091357</b> 863 Cooke Rd., Stirling 50 acre Hobby Farm \$249,900</li> <li>• <b>MLS #2091439</b> 177 D'Arby Pt Lane Waterfront \$389,500</li> <li>• <b>MLS #2087282</b> 187 Salem Road, Stirling Home + 100 acres \$274,900</li> <li>• <b>MLS #2091193</b> 1032B Crookston Rd., Tweed New Home \$249,900</li> <li>• <b>MLS #2090629</b> 46 Flynn Rd, Marlbank \$319,900</li> <li>• <b>MLS #2090632</b> Vacant Land Flynn Rd. \$59,900</li> </ul>

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**MLS #2092193**

Full brick, 3 bedroom bungalow in east-end Belleville. Full basement and carport. On bus route and steps from hospital, schools and shopping. One owner.



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**MLS #2090638**

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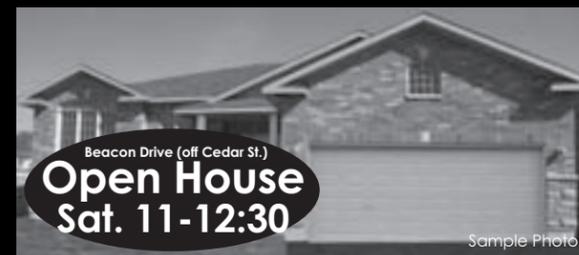
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**The Sapphire 1372 Sq. Ft. Trenton \$269,900**



University Ave.  
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