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• February 20, 2009 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 44 Issue Number 07 •

## Centennial of Flight in Canada: Silver Dart

The Silver Dart, piloted by John Alexander Douglas (J.A.D.) McCurdy made the first airplane flight in Canada on the 23 February 1909 over ice covered Baddeck Bay, Nova Scotia.

On its second attempt the silver-winged machine rose to a height of 3-9 m above the ice and travelled a total distance of 800m at approx. 65 km/hr. Over 100 of Bell's closest friends and neighbors witnessed the first flight of a British subject anywhere in the Empire.

The Silver Dart flew more than 200 times before being damaged beyond repair while conducting trials for the military at CFB Petawawa in early August 1909.

Silver Dart: The first powered, heavier than air machine to fly in Canada was built by J.A.D. McCurdy and his friend Frederick W. "Casey" Baldwin of the Aerial Experiment Association (AEA)

under the tutelage of Dr Alexander Graham Bell.

The "aerodrome" (Bell's preferred term) had a 14.9m wingspan and an all up weight of 390 Kg, pilot included.

The frame and structure was made of steel tube, bamboo, friction tape, wire and wood.

The wings were covered with Silver Japanese Silk, hence the name Silver Dart.

The engine, a 35 HP V8 was supplied by Glen H. Curtiss an American motorcycle designer and manufacturer who had been recruited as a member of the Association.

J.A.D. McCurdy, (2 August 1886 - 25 June 1961): Born in Baddeck, NS, he was known as "Douglas".

He attended St Andrews College and graduated from the University of Toronto in Mechanical Engineering in 1906.

In 1907 he joined Alexander



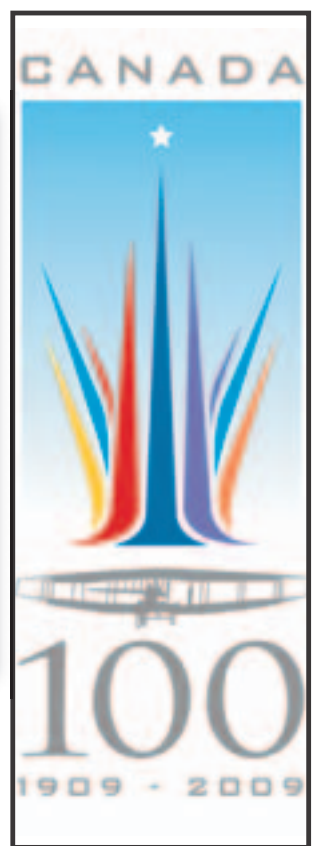
Photo: 8 Wing Archives

**J.A.D. McCurdy pilots the "Silver Dart" over Baddeck Bay, 23 Feb 1909.**

Graham Bell's Aerial Experiment Association. At the beginning of the Second World War he became the Assistant Director General of Aircraft Production. He remained

in that position until he was appointed Lieutenant-Governor of Nova Scotia in 1961.

« Centenaire de L'aviation », Page 5



## Base connection helps make local child's wish come true

by Tom Philp, Contact Staff

It was billed as the St. Valentine's Day Hair MassaCURE, designed to make a young boy's dream come true; and a Search and Rescue (SAR) crew from 8 Wing/CFB Trenton helped make it all happen.

Seven-year-old Isaiah Wannamaker lives with a rare form of leukemia. A remarkable young man, his wants are few; but the one thing he really wanted to have in his life seemed beyond his family's modest means.

Approached by the Make-A-Wish Canada, Isaiah had asked for a small, backyard pool in which to spend some quality family time when he was away from doctors, and hospitals and chemical treatments for his disease. That's where Lorraine O'Quinn and her

real estate colleague, Andrea Davis, enter the story.

O'Quinn and Davis are both military spouses, married to Sgt Thomas O'Quinn (CFB Kingston) and MCpl Richard Davis (426 Squadron, 8 Wing/CFB Trenton) respectively. More importantly, they have been involved in Make-A-Wish Canada activities in its Eastern Ontario region for several years.

This year's wish-granting activity involved a well-attended event at Trenton High School on February 13. Among those attending Friday's event, Quinte West Mayor John Williams said a few words of welcome; local singer Rob Wannamaker sang "Somewhere Over the Rainbow; and more than 50 fundraising participants who had dyed their hair pink in his honour were on

hand to greet the youngster.

And this year's wish-granting ceremony included a SAR crew from 8 Wing/CFB Trenton. After landing the helicopter on the Trenton High School football field, the SAR-Techs walked an unfurled banner with Isaiah's name printed on it to the school parking lot. There, more than 300 students, family, friends and community supporters had gathered to praise Isaiah's courage and offer him "a big surprise."

O'Quinn urged the crowd to move closer to the school so that Quinte West Fire Service drivers could move two fire trucks positioned to hide the young man's "wish." After the crowd complied, Isaiah was lifted to a microphone and uttered his first and only words of the day.

See SAR-Techs, Page 12

Photo: Cpl Isabel Lavallee-Raby, 8 Wing Imaging



**Seven-year-old Isaiah Wannamaker dons the appropriate headgear while checking out the interior of a CH146 Griffon helicopter from 424 Transport and Rescue Squadron**

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## From the Bull's Pen A message from the 8 Wing Chief Warrant Officer



"Declare Yourself a Success."

Words I've heard the Chief of the Defence Staff (CDS) say on several occasions.

So what does that mean? It means you've already made it. You've arrived.

No? Think about it.

Your goal was to join the Canadian Forces. Done! To pass BMQ/BOTC. Done! To pass basic trade training. Done! You've earned your wings or half wings. Done! You've become an aircraft commander/crew chief. Done! (etc.)

Now you're thinking, easy for you to say Chief. You've got a chest full of medals, hold the Senior Non-commissioned Member (Sr NCM) position on the Wing, you have the Wing Commander's ear and a pretty good pay cheque to boot.

All of that is true. So, when did I declare myself a success? July 15,

1981!

I was a young Master Corporal in 444 Tac Hel Sqn in Europe. I was chomping at the bit to be a Sergeant with a full five and half years in. I was in fact, a bit of an ass and quite full of myself.

I remember crying in my beer one night in the field when my crusty old Sergeant said to me, "You've already made it, and if you keep pushing you're going to fall. You'll lose your wife, your family, your friends; and in the end when you're done, well ... the medals won't hug back. Just do your job to the best of your ability and leave the rest alone, and for @#%\$^ lighten up."

Well, I followed his advice.

I've had a good career and an even better time. I love my job, and the CF.

I work very hard at balancing my job against my personal life, and even harder at ensuring my assistant does the same.

I guess what I'm saying is, ambition is good, but like all things, it must be taken in moderation.

The easiest way to do that is "Declare yourself a success now!" The rest will follow naturally.

Just a thought!

T.J. (Bull) Secretan  
CWO 8 WCWO

## Everybody has a story to tell...we want to hear yours

by Amber Gooding, Promotional Material Director

We want to hear your stories relating to one or more of the important anniversaries being celebrated as part of Canadian Forces Weekend 2009, at 8 Wing/CFB Trenton.

CF Weekend committee members are busy working diligently in preparation for this July, when the Wing will host one of the biggest historical weekends in the country this year.

With an estimated 50,000 of our "closest friends" expected to attend the two-day event on July 4 and 5, (which, may I also say, is absolutely free-of-charge), there will be something for everyone to enjoy.

The weekend itself will pay tribute to some major anniversaries this year, one of which takes place on February 23, 2009, marking the Centennial of

Powered Flight in Canada.

Other anniversaries taking place this year include the 85th Anniversary of the Royal Canadian Air Force, the 60th Anniversary of the Memorial Gates, and the 25th Anniversary of the National Air Force Museum in Canada.

Do you remember when the museum first opened? Were you, or someone you know, present for the dedication of the Memorial Gates? Do you have any historical photographs relating to the history we are celebrating this year?

If you answered yes to any of the above questions, we would really like to hear from you.

Please send your story and/or photo submissions to [cfstories@gmail.com](mailto:cfstories@gmail.com).

If you have any questions, please do not hesitate to contact Amber Gooding at 613-392-2811 local 3978.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



With one of Refuelling's new refuelling tenders known as the R11, we take on the tasking of topping up an Antonov cargo plane. This is one of five trucks that fill the massive plane with 160,000 litres of fuel during one of its stops at 8 Wing/CFB Trenton to load up with supplies to replenish overseas. This new vehicle is loaded with safety features that will enhance the safety of refuelling planes. This particular vehicle fuels faster than the present 18,000 refueller which allows our operators to finish approximately half-an-hour faster than with the old trucks.

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# Air Force museum showcases first Canadian flight

by Tom Philp, Contact Staff

The National Air Force Museum of Canada (NAFMC), located at 8 Wing/CFB Trenton is showcasing "an historic event," the first powered airplane flight by a British subject in Canada.

On February 23, 1909 engineer J.A.D. McCurdy made Canadian aviation history by piloting the Silver Dart, a "heavier-than-air machine" designed over a two-year period by the Aerial Experiment Association (AEA) under the direction of inventor Alexander Graham Bell. Described as a group of like-minded aviation enthusiasts dedicated to creating a "practical aerodrome," the AEA had supported several successful flights of the Silver Dart in New York State earlier in 1909 before shipping the plane to Baddeck, Nova Scotia, the location of Bell's summer home.

McCurdy flew the Silver Dart, with a wingspan of 14.9 meters and total weight of 390 kilograms (pilot included), across Baddeck Bay at elevations



Photo: Tom Philp, Contact Staff

**Georgiana Stanciu, curator of the National Air Force Museum of Canada, poses with a scale model of the Silver Dart, part of the museum's display commemorating the 100<sup>th</sup> Anniversary of flight in Canada.**

between three and nine meters over 0.8 kilometers, reaching an estimated top speed of 65 kilometers per hour.

The Silver Dart flew more than 200 times before being damaged beyond repair upon landing at what is now CFB Petawawa dur-

ing military trials in early August of 1909.

To honour McCurdy's first Canadian flight, NAFMC is displaying a large photo description of the event, and a scale reproduction of the 1914 Burgess-Dunne, the first

aircraft purchased for the Canadian military will also be displayed. The Silver Dart exhibition opens Friday, February 20.

As noted by Colonel Mike Hood, Wing Commander, 8 Wing/CFB Trenton in his February 13 column in The Contact,

flight "is the 'raison-d'être' in the Air Force - it is what we do. Thus, the history of powered flight in this country is our history as well."

The NAFMC is located just north of Cty Rd 2 on RCAF Road in Trenton. It is open 10 a.m. to 5 p.m., Wednesday through

Sunday from October through April, and seven-days-a-week from May through September. Parking and admission are free.

For more information about the Silver Dart, or any NAFMC event, please contact Georgiana Stanciu, curator, 613-965-3521.

## Search & Rescue UPDATE



424 Squadron had only two taskings this past week.

Our Griffon started things off when Rescue 491 was tasked to medevac a 24-year-old male who had sustained injuries when his snowmobile hit a tree. After refuelling in Sudbury, Rescue 491 proceeded to Burwash Lake. With the help of the OPP, the patient was carried to the aircraft and then transported to the Sudbury General Hospital. They then returned to base without further incident.

The second tasking was to look for a possible person in water in the Jordan Harbour. The crew was stood down before take-off as the object spotted was identified as a floating log.

Until next week, stay safe.

Missions for 2009: 23

Missions for Feb: 12

Persons rescued: 5



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### The Contact Staff

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



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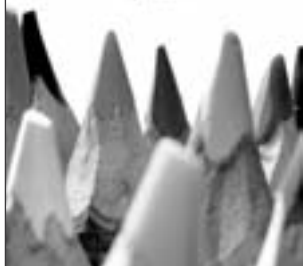
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# Canadiana Crossword

## A Canadian Kennel

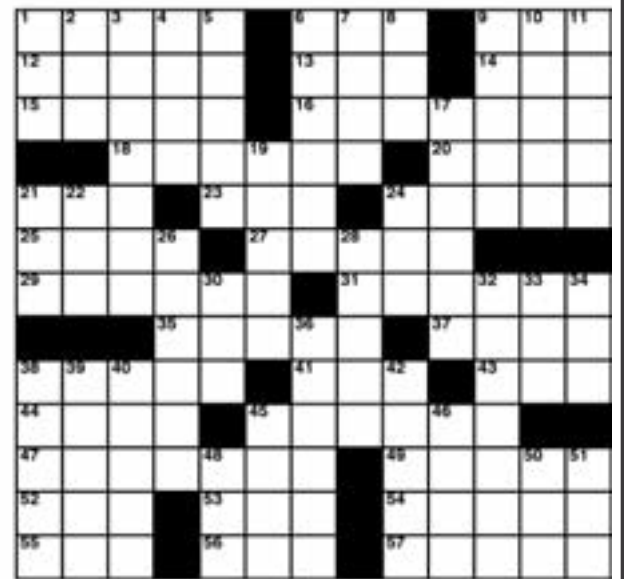
By Bernice Rosella and James Kilner

### ACROSS

- 1 Lapses of consciousness
- 6 Recede
- 9 Roman 205
- 12 Cede
- 13 Yellow trailer?
- 14 Cultivate
- 15 Hockey venue
- 16 Scottish \_\_\_\_\_
- 18 Irish \_\_\_\_\_
- 20 Objectives
- 21 Fisherman's fling?
- 23 Lady suffolk, maybe
- 24 \_\_\_\_\_ Apso
- 25 Taj Mahal locale
- 27 Wedding figure
- 29 French \_\_\_\_\_
- 31 Chinese \_\_\_\_\_
- 35 Salon service
- 37 Italy's capital, familiarly
- 38 Count follower
- 41 Pro \_\_\_\_\_
- 43 Armed conflict
- 44 Cruising, maybe
- 45 Chemical compound
- 47 Brittany \_\_\_\_\_
- 49 Common orange
- 52 Conger
- 53 Religious fig.
- 54 Goodnight \_\_\_\_\_
- 55 Undergrads
- 56 Take rays
- 57 Favourite of Elizabeth II

### DOWN

- 1 Accounting pro
- 2 Bruins' Bobby
- 3 Conductor
- 4 Lucy Maude creation
- 5 Aver



- 6 Admiration
- 7 Pub staple
- 8 Refuse entry
- 9 Porcelain
- 10 Campus figures
- 11 Word after vice
- 17 Grant a second audience
- 19 Twixt
- 21 Carpet feature
- 22 Sense of self
- 24 Romanian money
- 26 Hockeyist Aucoin
- 28 Bleacher bleat
- 30 Whopper, so to speak
- 32 On the other hand
- 33 Actress Thurmond
- 34 Swiss river
- 36 Swiped
- 38 Military establishments
- 39 Media chief Leonard
- 40 Pelt providers
- 42 Hyper
- 45 Second Greek letter
- 46 Starchy root
- 48 Adherent
- 50 CPR employee
- 51 Honolulu handout

See Answers, Page 22



## This Week in Contact

1979 – Ten students graduated from the first Basic Flight Engineer Course given by 426 (T) Training Squadron. Candidates for this course came from a variety of technical trades, and all held the rank of Corporal or Master Corporal. After successfully completing the 12-week program, graduates were posted to air bases across Canada.

1989 – The crew of Rescue 465, based at 8 Wing/CFB Trenton, was awarded the Wade Fisher Memorial Trophy for an "outstanding contribution to SAR" by a member, or members of 424 Squadron. Carried out in "extremely difficult conditions," the award recognized the crew's efforts in rescuing the injured pilot of a private aircraft which had crashed in a remote, mountainous area north of Quebec City.

1999 – 8 Wing/CFB Trenton's new Aquatic Centre hosted the Eastern Ontario Swim Association (EOSA) Championships. Eighteen teams from across the region were escorted to the pool deck by the Trenton Pipe Band. A total of 450 swimmers, ages 10-18, competed, including nearly 40 members of the 8 Wing/CFB Trenton Dolphins Swim Club.

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



## Centenaire de l'aviation : Silver Dart

Le Silver Dart, piloté par John Alexander Douglas (J.A.D.) McCurdy, a effectué le premier vol en avion au Canada le 23 février 1909 au-dessus de la baie de Baddeck glacée, en Nouvelle-Écosse.

Lors du deuxième essai, l'appareil aux ailes argentées a monté à une hauteur de 3-9 m au-dessus de la glace et a parcouru une distance de 800 m à environ 65 km/h. Plus de 100 amis proches et voisins de Bell ont assisté au premier vol effectué par un sujet britannique dans l'Empire.

Le Silver Dart a volé plus de 200 fois avant d'être endommagé irrémédiablement en menant des essais pour l'armée à la BFC Petawawa au début d'août 1909.

Silver Dart: Le premier avion propulsé aérodynamique à voler au Canada a été construit par J.A.D. McCurdy et son ami Frederick W. « Casey » Baldwin de l'Aerial Experiment Association (AEA) sous la tutelle d'Alexander Graham Bell.

« L'aérodrome » (le terme préféré de Bell) avait une envergure de 14,9 m et

une masse totale de 390 kg, pilote compris. Le cadre et la structure était faits de tubes d'acier, de bambou, de ruban isolant, de fil et de bois. Les ailes étaient recouvertes de soie japonaise argentée, d'où le nom Silver Dart.

Le moteur 8 cylindres de 35 HP a été fourni par Glen H. Curtiss, un concepteur et fabricant américain de motocyclettes qui a été recruté en tant que membre de l'Association.

J.A.D. McCurdy, (2 août 1886 - 25 juin 1961): Né à Baddeck, en Nouvelle-Écosse, il est connu sous le nom de Douglas.

Il suit des cours au St Andrews College et reçoit son diplôme en génie mécanique de l'Université de Toronto en 1906.

En 1907, il se joint à l'Aerial Experiment Association d'Alexander Graham Bell. Au début de la Deuxième Guerre mondiale, il devient directeur général adjoint de la production d'avions.

Il occupe ce poste jusqu'à ce qu'il soit nommé lieutenant-gouverneur de la Nouvelle-Écosse en 1961.



J.A.D. McCurdy pilote le « Silver Dart » au-dessus de la baie de Baddeck, le 23 février 1909.

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# 8 Wing Personnel at Work: Chief Warrant Officer Curt Campaigne

by 2Lt Jennifer Jackson,  
8 Wing Public Affairs  
OJT

As Chief of the “Gypsies,” Squadron Chief Warrant Officer Curt Campaigne manages more than just Drill, Dress and Discipline.

The SCWO (Squadron Chief Warrant Officer) for 8 Air Communication and Control Squadron (8 ACCS), colloquially known as the “Gypsy” squadron, is fundamental in ensuring this unique Canadian Forces unit continues to live up to its motto of “Showing the Way.”

CWO Campaigne enrolled in the CF in May, 1977 as an Aerospace Communications and Information Systems Technician (ATIS Tech).

Throughout his career, he has served in several positions, from a six-month tour in Alert in 1983, to the Telecommunications Warrant Officer for the MARLANT (Maritime Forces Atlantic) dockyard in Halifax.

Prior to his posting in

Trenton, he was employed as the ATIS Occupation Training Manager at 1 Canadian Air Division in Winnipeg, which involved working to help develop efficient training standards for his trade.

As SCWO of 8 ACCS, CWO Campaigne works with the Commanding Officer (CO) to ensure the squadron meets its mandate of rapidly deploying airfield communications and radar equipment, by ensuring the required resources of personnel and equipment are efficiently and effectively allocated. He is also responsible for co-ordinating any parades, honours and awards required for the squadron, and has previously fulfilled the role of Acting Wing Chief Warrant Officer.

CWO Campaigne is also active as a member of the CF Speakers Bureau, and has spoken to candidates at both occupational and leadership courses about his experiences, and on the CO/CWO relationship in an Air Command.

“Developing personnel is my favourite part about

being a Chief,” says Chief Campaigne, “Watching us complete our mission while also keeping people interested and maintaining high morale makes all my days complete.”

8 ACCS is a self-sufficient squadron always ready to deploy with 72-hours notice to set up an airfield anywhere in the world, so Chief Campaigne travels with 8 ACCS and CO Major Walter Norquay to squadron deployments.

When speaking about these trips he also comments on one of the disadvantages of being SCWO of a squadron that has deployed to places such as Florida, Egypt and Haiti.

“Often when the CO and I travel to areas where the squadron is deployed we don’t get to stay very long,” laments Chief Campaigne.

“We go to observe and make sure things are running smoothly, but ultimately we must return to Trenton to carry on with on-going squadron business here. I just don’t get the chance to get my hands dirty anymore.

However, he is very



Photo: Pte. Giselle Leblanc, Wing Imaging

**Chief Warrant Officer Curt Campaigne (r) of 8 Air Communication and Control Squadron (ACCS) is known colloquially as ‘Chief of the Gypsies.’ He is seen here conferring with Master Warrant Officer J. Ferlatte, also of 8 ACCS.**

willing to accept these small compromises, especially when compared with some of the extraordinary advantages of his current rank.

“One of the best things about being a Chief Warrant Officer in the CF is being in a position to share my experience and knowledge, but also having a unique influence on

those with whom I interact, whether it is a junior member or a senior officer.”

Born a military dependent, CWO Campaigne “claims” Kensington, PEI as his hometown. He is currently a resident of Belleville and was posted to his current position in August, 2007.

Chief Campaigne is

married and has four children ages 24, 19, 17, and 14 years.

His current “claim to fame” is that during this year’s Government Workplace Charitable Campaign his chili was chosen by Wing Commander Colonel Mike Hood as “The Best Chili at 8 Wing/CFB Trenton.”

## 8 WING QUESTION OF THE WEEK

**QUESTION:**  
“What would you do if you won a big lottery?”

 <b>MCpl Paul Pelley</b> 81 CEF “I’d pay off my debts, sell my house and move back to Newfoundland.”	 <b>Sara Sandbeck</b> Assistant/Rec Plex “I would pay off my student debts and take a trip to Italy.”
 <b>CWO (Ret) Guy Cote</b> ATESS “I would share it with family and friends.”	 <b>Heidi Shacklady</b> Defence Construction Canada “I would visit my family more, and build my dream home someplace warm.”
 <b>Brian Kodatsky</b> Civilian, ATESS “I’d probably stay at work just to tick everybody off!”	

## PET OF THE WEEK



I’m a senior chow chow, named Chia Pao (pronounced “Ky-Pow”) who is neutered and partially deaf/blind. I am a friendly boy who was picked up as a stray wandering alone in an industrial area. I love the outdoors, going for walks and lazing about. I am quiet, good on leash and like to cuddle sometimes. A home with no young children would be the best for me

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# SPORTS & RECREATION

## Astra Lanes Update

Bowlers at Astra Lanes have been busy with league play. I have nothing to report for the adult leagues however, the youth leagues have been burning up the lanes.

### Peewee Division

Peewee Bowler Madeline Gray bowled a 66 on January 31 to lead the Peewee's. Madeline was 16 pins over her average of 50. Super! Keep up the good bowling!!

Other Averages in the Peewee Division included Nathaniel Hendry with 83, Ethan Hendry with 79, and Drake Peirson with 68.

### Bantam Division

Patrick Mitts led the Bantams with a plus 61 over his average of 82. Patrick was followed close by Eric Gray who bowled 37 pins over his average of 103. Great bowling guys.

High Averages and High Singles in the Bantam Division included Eric Gray with a 103 Average and the high single of 159, and Ceileigh MacNeil with a 104 average and the high single of 169.

Other averages in the Bantam Division included Matt Laporte with 99 and Ashley Mailhot with 87.

### Junior Division

Heather Carrier led the juniors with games of 104, 111 and 114 for a total of 56 pins over her average for the day. Heather was followed close behind by Brittany Laporte who bowled a 129, 128 and 143 for a plus 30 over her average. The only junior boy that came close to the scores of the girls was Nicholas Mailhot who was 20 pins over his average. Now that is some good bowling!

High Averages and High singles for the Junior Division include Seamus MacNeil with a 150 average and a 237 single and Brittany Laporte with a 126 average and a 198 single.

Other averages in the Junior Division included Kendra O'Keefe with 117, Matt Mailhot with 111, Heather Carrier with 93, Alex Jones with 108 and Nicholas Mailhot with 98.

If you are interested in more information on leagues, open bowling times or birthday parties, please call Astra Lanes at 613-392-2811 ext. 3305

Keep your eye on your spot, and until next time....bowl well and have fun!

## Ontario Region Women's Hockey Championship

by Shirley Martin  
A/Military Sports Coordinator

The Ontario Region Women's Championship took place from February 9 to 12, 2009 at the RCAF Flyers Arena, with four bases participating which included Trenton, Kingston, Borden and Petawawa.

Borden had gone undefeated throughout the Round Robin Tournament and earned a bye to the finals.

Trenton made it to the semi finals, playing Petawawa. What a game it was, as Petawawa and Trenton both demonstrated talent and determination.

Petawawa won with a final score of five-to-four half way

into the double overtime period. The teams kept up to one another throughout the entire game, and those of us who were there enjoyed the game right to the end.

It was Borden vs Petawawa in the finals, which took place on Thursday, February 12, 2009 at 9:30 a.m.

It was another great game. Both Borden and Petawawa played well. The final score was two-to-one for Petawawa.

Petawawa will be representing the Ontario Region at the Canadian Forces National Championship, scheduled to take place from March 21 to 27, 2009 at CFB Halifax/12 Wing Shearwater.

The Petawawa team was comprised of the following: Cpl S.K. Wannamaker, Head Coach; Cpl C.R. Quarrington, Assistant Coach; OS M.A.M. Ceccato; Cpl R.C.A. Green; Capt R.H. Heudes; Lt (N) A.A. Brehm; Lt (N) J.K. McArel; Pte S.S. Sewell; Spr M.L. Ouelette; Lt C.R. Fournier; Pte L. T. M. Ouelette; PO2 H.D. Hahn; MCpl N.L. Barrett; Sgt M.C. Boon; Cpl K. Thomasen; WO M. Guay; MCpl S.L.C. Maysfield; and SLT J.C.L. Fidler-Augmentee (from ASU Toronto).

Congratulations to the Petawawa Women's Hockey Team, and good luck in the upcoming Nationals.

Photo: Submitted



The Ontario Region Women's Hockey Championship took place at the RCAF Flyers Arena with Petawawa taking first place and advancing on to the Nationals.

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## “March 1st, I QUIT” Challenge is back!

*Take the Challenge, and You Could Win!*

All military smokers and non-smokers, their immediate family members, Department of National Defence (DND) public and non-public fund employees are invited to take the “March 1st, I Quit!” Challenge and stay smoke-free for at least one month, from 1 March to 1 April, 2009.

Register at Strengthening the Forces Health Promotion Office from 21 January to midnight, 28 February.

You may also register online by visiting <http://hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete/default-eng.asp>.

The goal of the program is to prevent tobacco use-related diseases among Canadian Forces (CF) members.

The Health Promotion team recognizes that quitting takes practice and entering the “March 1st, I Quit!” Challenge

gives smokers another opportunity.

Want to increase your likelihood of success?

Sign up for Butt Out Self Help, a comprehensive smoking cessation program.

This coupled with a nicotine replacement therapy such as nicotine gum, the nicotine patch, the bupropion pill, or Champix will increase your success rate through a combination of behaviour modification and the use of medication to help reduce nicotine withdrawal.

8 Wing/CFB Trenton supports your efforts to quit. Local participants will be eligible to win one of five \$100 gift cards for CANEX. Five more reasons to Take the Challenge!

**8 Wing Health Promotion Office**  
177 Hercules St. Bldg 119  
Shalyn Mann, local 3768  
Angela Prescott, local 4122  
Kendra Lafleur, local 3767

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**One to Nine Months:** Cough, nasal congestion, fatigue and shortness of breath diminish. The body regains energy

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**Five Years:** Lung Cancer mortality rate of a former pack-a-day smoker decreases to almost half. From five to 15 years after quitting, the risk of stroke decreases and is comparable to that of a non-smoker. The risk of cancer of the mouth, throat and esophagus is 50 per cent less than that of a smoker

**10 Years:** Cancer mortality rate is similar to that of a non-smoker. Pre-cancerous cells are replaced. Risk of cancer of the mouth, throat and esophagus, bladder and pancreas decreases

**15 Years:** The risk of heart disease is similar to that of a non smoker

**Good luck to everyone who is participating in the “March 1st I Quit!” Challenge.**



## Upcoming Courses

~ Health Promotion ~

**ASIST (Applied Suicide Intervention):**  
March 19 and 20, from 0830 to 1600 hrs

**Top Fuel for Top Performance:**  
April 1 and 2, from 0830 to 1600 hrs

Register online at [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com)

## Did You Know?

Disappointed because you attempted to quit but started up again? It takes the average smoker six to 10 attempts before quitting for good. Never quit quitting!



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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.





# VIEW FROM THE PINE



I think I remember seeing something on TV this week about the Olympics kicking off in Vancouver in about a year's time. What's that all about? Is it supposed to be a big deal or something? Yeah, yeah, I know. The Olympics. Vancouver. Canadian soil. National pride. Crazy Canucks and Maple Syrup. Blah, blah, blah.

Sorry folks, I've never been a big fan of the Olympics (summer or winter) as for the most part I find the majority of the events mind-numbingly boring. Not to mention the fact that the NHL is forced to take a prolonged hiatus to accommodate the Games.

Accordingly, I have already mind-dumped all of the unimportant, non-hockey related items and have focussed my attention squarely on Canada's new national pastime, picking the 2010 Men's Olympic Hockey Team.

From now until when Stevie Y announces the final roster there will be numerous (and by numerous I mean countless) hockey broadcasters, reporters, writers and internet sites endlessly prognosticating about who should make the cut for the 2010 team. Now, being the most uneducated, uninformed and unprofessional of the bunch, I feel that my voice should also be heard. C'mon, anyone can listen to the Ron MacLean's and Don Cherry's of the world.

**Goaltenders:** Roberto Luongo (Canucks starter and no-brainer starter), Martin Brodeur (Ageless warrior will suit up once again for Team Canada although he will likely be relegated to back-up status in Vancouver), Marty Turco (Yes, he sucked in the first half of this season but has cranked it up a notch in the last couple of months. Was on the 2006 roster long with Luongo and Brodeur).

**Dark Horses:** Carey Price (Will have

to rebound in a huge way to make people forget about his post injury collapse this year), Steve Mason (Flash in the pan or the next big thing? The rest of this year and the start of next season will determine if he can push Price and Turco out of the way for the final goalie slot).

**Defencemen:** Jay Boumeester (Well he won't be a Panther anymore but he will be on Team Canada), Dion Phaneuf (His intimidating physical play and offensive play are rare commodities that Stevie won't pass over), Mike Green (Monster 2008-2009 season is impossible to overlook), Dan Boyle (Sharks D-man is a lock for 60 points every year), Brian Campbell (Not shining as brightly in Chicago as in Buffalo but will make the team nonetheless), Chris Pronger (Will make the cut as much for his size and strength as his offensive), Shea Weber (A Boumeester Part II. Plus he is a BC boy),

**Dark Horses:** Scott Niedermayer (This may be his last year. Again. The Olympics may lure him back for one more season), Dennis Wideman (Bruin standout has two solid years in Boston and will be seriously considered for the final slot).

**Forwards:** Sidney Crosby (Sid The Kid is a no-brainer selection), Joe Thornton (Set-up man extraordinaire will dish out assists all tournament long), Vincent Lecavalier (With the way things are going in Tampa, the Games, win or lose, will be the highlight of his season), Marc Savard (Savvy will be rewarded for his standout performance this year), Dany Heatley (Likely the lone Sens rep on Team Canada), Rick Nash (Blue Jacket will bring size and scoring from the left side), Patrick Marleau (Rebound year will pay off for the Sharks Captain), Shane Doan (Coyote leader will bring a defensive conscience

to the line-up), Jarome Iginla (Iggy wore an "A" in 2006 and will likely do so again in 2010), Martin St. Louis (An underdog pick given how he is flying under the radar in Tampa Bay this year but will provide speed and shots on net), Corey Perry (Youth movement in 2010 will start in the right side), Dustin Brown (Another underdog pick but he brings speed, heart and grit, not to mention a ton of shots. A younger version of the Stars' Brenden Morrow), Ryan Getzlaf (Size, skill and a nice mean streak. Oh, and he's from Saskatchewan).

**Dark Horses:** Mike Richards (Flyer could easily be chosen over Brown or Perry), Michael Cammalleri (I could easily go with Philadelphia's Carter or Gagne, Chicago's Toews or Ottawa's Spezza but I like what Cammalleri is doing in Calgary this year).

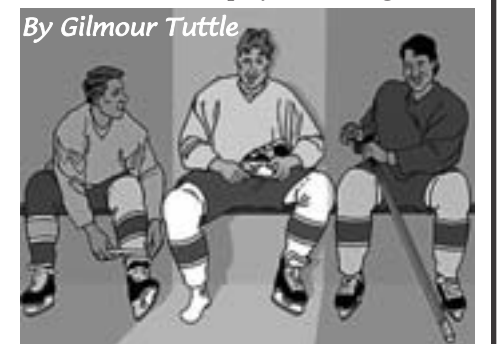
### CHARLIE POTATOES

**Teemu Selanne** (Oh, poor, poor Teemu. He was lighting it up before his freak injury back in December but has not yet hit his stride coming off the IR. His 3 goals and 4 assists in his last eight games are nice but the real sore spot is that only two assists came with the man advantage), **Markus Naslund** (Under the heading "I Told You So" comes Mr. Naslund. 17 goals, 18 assists and a -12 is probably not what the Rangers had in mind when they signed Markus in the offseason but that is exactly what the Canucks were thinking when they let him go), **Dion Phaneuf** (He is one of my favourite non-Hab players but he is significantly off his 2007-2008 pace. Not every D-man can reach 60 points each year but his -10 has been the biggest, and most unpleasant, surprise), **Olli Jokinen** (Gretzky must be tearing his hair out with Olli. I am sure the Coyotes were expecting more than the 17 goals

and 19 assists Olli has provided thus far), **Miroslav Satan** (Satan. Cool name, crappy stats. 14 goals and 18 assists playing with both Malkin and Crosby? Are you kidding me?).

### MEAT AND POTATOES

**Patrick Marleau** (How good is the kid from Aneroid, Saskatchewan? His 60 points so far this year already exceed last year's total of 48 and he is a whopping +23 to 2007-2008's -19. He has a legitimate shot at setting career point totals), **Corey Perry** (Still not consistent enough for my fantasy pool's but his 11 goals in 2009 are far better than his nine in the first three months of the season. He should continue to shine heading into the final month and a half of the season), **Alexander Edler** (Young Canucks rearguard has racked up three goals and six assists in his last seven games. If he keeps it up he will make it that much easier for Vancouver management to let Ohlund go in the off season), **Ilya Kovalchuk** (Atlanta superstar is on fire in the month of February with six goals and two assists in his last eight games), **Daniel Alfredsson** (Senator Captain is leading a late season resurgence in Ottawa with five goals and five assists in the month of February. The Sens will still not make the playoffs, though).



By Gilmour Tuttle  
Any responses can be sent to the Editor at [andrea.steiner@forces.gc.ca](mailto:andrea.steiner@forces.gc.ca)

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# Remembering...Warrant Officer Gerald William Alexander Bell

## Anniversary Anecdotes

by Jodi Ann Eskritt  
8 Wing Heritage Office

They called him "the brown birdman". At the controls of a Tiger Moth aircraft in the skies over Hamilton's Mount Hope Airport, he wasn't himself aware that he was making history.

Gerald William Alexander "Gerry" Bell was born on 17 February 1909, the son of Ernest and Florence Bell. A lifelong career in aviation did not, at first, seem to be in Gerry Bell's future.

Since 1928, much to his parents' delight, he had been studying medicine at the University of Western Ontario. But then Gerry experienced one of those serendipitous moments in life.

"This old biplane came whooshing over the family home, and landed in a nearby field."<sup>1</sup> Before long he was asking about the price of flying lessons. Medicine was not immediately left behind, however, as Gerry feared disappointing his proud parents. Instead he took to the skies secretly.

But it was not a secret he would be able to keep long to himself.

"I was at home one afternoon and the doorbell rang. I looked out a window and saw these two big guys standing there. They had rumpled grey suits and hats, and they looked pretty stern. I'm thinking to myself 'they're cops,'

but I couldn't think of what I'd done. Anyway, my mother opened the door and one guy says: 'Does Gerry Bell live here?' I'm sure my mother was close to a heart attack, but she managed to tell them I did.

'We're from the newspaper and we want to interview him about getting his pilot's licence,' the other guy told her. My mother started to tell them they must have the wrong Gerry Bell when I came to the door. I told them I was the guy they wanted and, yes, I did have my licence. My mother didn't know what to say. That was how my parents learned I'd been flying."<sup>2</sup>

The secret of "Canada's only Negro aviator," as printed in the *Hamilton Spectator* at the time, was a secret no more.

Gerry Bell had earned his private and commercial pilot rating in 1931. Soon he had also earned an Air Engineers Certificate. Then, he turned his sights to the fledgling Royal Canadian Air Force.

In the 1920s and 1930s, there were few opportunities for anyone seeking a career in military aviation.

The RCAF was small, training facilities few and jobs scarce. The policy of enlisting only those of "pure European descent" made it all the more difficult for a black man to be accepted into the Air Force, but

in 1931 Gerry Bell achieved just that. Having met the requirements and been accepted as an airman, he waited for an opening in the small force.

However, a vacancy did not open up before cutbacks, a result of the Great Depression, decimated the RCAF and left Gerry Bell waiting for a chance to enlist.

But he was not one to languish in waiting. He was a successful semi-pro boxer and a member of the Hamilton Olympic Club Track Team as a sprinter.

In 1933 and 1934, he competed against another famous black sprinter, the American runner Jessie Owens.

He even participated as a trainer in the 1936 Summer Olympic Games held in Berlin, Germany.<sup>3</sup>

It was an eventful year as Gerry also finally enlisted in the RCAF in 1936, joining Hamilton's No.119 (Bomber) Squadron, Auxiliary.

Thus began of a 28-year career with the Air Force and a 45-year career with aviation. During its course, Gerry Bell would test new bomber aircraft, train bomber pilots for the famed No.6 (RCAF) Command and join 424 Squadron flying operations against the enemy.

Following the war, he remained with the RCAF and served at bases across Canada and with No.3 Wing in Germany before a final posting to RCAF Station Trenton and



Warrant Officer Gerald William Alexander Bell memorabilia, on display at the National Air Force Museum of Canada.

retirement in 1961. Along the way he earned a Pilot Wing, an Air Gunner Wing and a Flight Engineer Wing.

Gerry William Alexander Bell died on 17 January 1989. He was buried at St George's Cemetery, Trenton.

His medals and memorabilia are displayed at the National Air Force Museum of Canada - a tribute to a modest man who

broke the colour barrier in Canadian skies.

<sup>1</sup> Quoted in *Akili: The Journal of African-Canadian Studies*, Vol.2 No.3 (November 1994).

<sup>2</sup> Interview published in *Pilots: Canadian Stories from the Cockpit* by John Melady (Toronto: McClelland & Stewart Inc., 1989) p.99

<sup>3</sup> Reported in *Akili*, 1994.

**85th Anniversary of the Royal Canadian Air Force**

**DID YOU KNOW?** The Aerial Experiment Association (AEA) included five members: Alexander Graham Bell, Frederick W. ("Casey") Baldwin, J.A.D. McCurdy, Glen H. Curtiss and Lt Thomas Selfridge, US Army.

The AEA built and flew three airplanes before the Silver Dart: the Red Wing, the White Wing and the June Bug (later renamed the Loon when pontoons were added in an unsuccessful attempt to create a seaplane). All the flights took place in the United States.

Alexander Graham Bell had experimented extensively with kites before moving to the question of heavier-than-air, powered flight.

**LE SAVIEZ-VOUS?** L'Aerial Experiment Association (AEA) comprenait cinq membres : Alexander Graham Bell, Frederick W. (« Casey ») Baldwin, J.A.D. McCurdy, Glen H. Curtiss et Lt Thomas Selfridge, de l'armée américaine.

L'AEA a construit et piloté trois avions avant le Silver Dart : le Red Wing, le White Wing et le June Bug (plus tard renommé le Loon lorsque des pontons ont été ajoutés pour tenter en vain de créer un hydravion). Tous les vols ont été effectués aux États-Unis.

Alexander Graham Bell avait mené beaucoup d'expériences avec des cerfs-volants avant de passer à la question des aéroplanes.

**100th Anniversary of Powered Flight in Canada**

60th Anniversary of the Memorial Gates

25th Anniversary of the N A F M of Canada

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Thursday, March 5<sup>th</sup>, 2009

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 Open to all members of 8 Wing, male and female, military and civilian.  
 Hosted by the Defence Women's Advisory Organization  
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<p>To register contact                  Kalen Johnson                  Kalen.Johnson@forces.gc.ca                  or                  CWO Curtis Campaigne                  Curtis.Campaigne@forces.gc.ca</p>	<p>Guest Speakers                  Info Booths                  Door Prizes                  Morning Refreshments                  Limited Seating                  Reserve Early</p>
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# The Contact



# SAR-Techs help grant wish, Continued from Page 1

"Move those fire trucks," he said, and the drivers rolled the rigs forward.

The two fire trucks, and two school buses had cordoned off a 29' x 13' fibreglass inground pool shell, donated by Oasis Pools. As Isaiah perched on the edge of his new pool, surrounded by an assortment of pool toys (some of which were donated by the SAR techs), he learned that the \$30,000 unit would be installed at his home this spring, complete with decking, fencing and landscaping donated by area companies and contractors such as Klemencic Homes, Sprout's Premier Earth Products, Green Thumb Landscaping, Carmen Nurseries, Rob Hall and Matt Down.

The looks of surprise and gratitude on the faces of Isaiah and his family were proof that Make-A-Wish Canada indeed helps realize people's dreams. And it's not the first time 8 Wing/CFB Trenton has been involved in the process.

Two years ago, nine-year-old "Philip" had his wish to own a Nintendo Wii system, and to shake hands with Spiderman granted, with a lot of organizational help from O'Quinn and Davis, and "phenomenal support" from 8 Wing/CFB Trenton.

The young man with a terminal heart condition was driven by limousine to Baker Island where Spiderman was waiting to greet him. Then a SAR crew arrived, hoisting down a member with a complete Wii system and other items. Finally, a CC130 Hercules made a low pass over the island to honour Philip.

"It was quite moving," O'Quinn said.

How appreciative is O'Quinn of last week's SAR-Tech involvement?

"Words can't ever describe what it means to fulfill the wishes of children like Isaiah," O'Quinn said. "And to have the SAR-Techs and other personnel from the base volunteer so readily is truly wonderful. They're my heroes!"

Friday, February 13, 2009 is a day seven-year-old Isaiah Wannamaker will forever remember as one when he was made an honorary member of a SAR-Tech crew from 8 Wing/CFB Trenton. With the help of a CF member, Isaiah directed the helicopter to land, and then watched as the crew presented a banner with his name. The young man was then given a personal tour of the chopper and allowed to wear a bit of SAR gear before waving a fond farewell to his new friends. His wish for a new swimming pool was granted.

Photo: Cpl Isabel Lavallee-Raby, 8 Wing Imaging



Photo: Cpl Isabel Lavallee-Raby, 8 Wing Imaging



Photo: Cpl Isabel Lavallee-Raby, 8 Wing Imaging



Photo: Tom Philp, Contact Staff



Photo: Cpl Isabel Lavallee-Raby, 8 Wing Imaging

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**06 HONDA RIDGELINE EX**



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**06 CHEV COLORADO**



8732 4x4, Extended cab, tonneau cover, MP3, AM/FM/CD, air, cruise, tilt, pwr mirrors, windows, locks, 78,000kms.

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**08 GMC SIERRA DENALI**



D8148 AWD, crew cab, short bed with tonneau cover, pwr heated leather memory seats, pwr sunroof, chrome wheels, factory remote start, pwr pedals, OnStar, DVD Navigation, chrome step bars, steering controls, wood grain trim, rear sliding window, traction control, 34,000kms.

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**06 FORD RANGER STX**



8759 RWD, Extended, tonneau cover, cruise steering controls, step bars, vinyl floor, air, AM/FM/CD, 41,000kms.

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**06 CHEV SILVERADO LT**



8652 4X4, long bed with bed liner, AM/FM/CD, air, cruise tilt, pwr windows, mirrors, locks, keyless entry, 78,000kms.

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D8777 4x4, Crew cab, pwr sunroof, pwr heated leather memory seats, tonneau cover, chrome step bar, OnStar, Sirius radio, CD, dual climate controls, pwr rear window, navigation, steering controls, high polish wheels, traction control, pwr windows, mirrors, locks, only 32,000kms.

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8398 4x4, Extended cab, short bed, alloy wheels, air, cruise tilt, pwr windows, mirrors, locks, AM/FM/CD, keyless entry, 57,000kms.

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**05 CHEV AVALANCHE 2500 LT**



S8717 R11 big back, 4x4, Crew Cab, short bed with bed liner & tonneau cover, pwr sunroof, pwr heated, leather, memory seats, chrome step bar, steering controls, DVD rear air, pwr pedals, AM/FM/CD, pwr locks, mirrors, windows, 76,000kms.

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**06 FORD RANGER SPORT**



8737 RWD, Extended, manual transmission, alloy wheels, AM/FM/CD, vinyl floor, 59,000kms.

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**07 CHEV SILVERADO LS**



D8385 RWD, OnStar, Crew Cab, steering controls, vinyl floor, crank windows, long bed, air, AM/FM/CD, pwr locks, cruise, tilt, keyless entry, Duramax Diesel, 27,000kms.

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8538 4x4, extended cab with short bed, chrome step bars, chrome wheels, MP3, cruise steering controls, air, tilt, AM/FM/CD, pwr locks, windows, mirrors, 49,000kms.

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8795 4x4, Crew cab, tonneau cover & bed liner, alloy wheels, chrome step bars, AM/FM/CD, MP3, air, cruise, tilt, pwr windows, mirrors, locks, keyless entry, 50,000kms.

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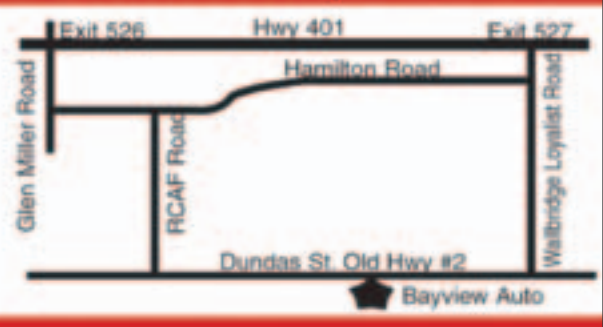


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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at [613-965-7490](tel: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](tel:613-392-2811) Ext. 7005 for more information.



Crime Stoppers (Quinte) Inc. presents:  
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These \$20 booklets let you save at many great restaurants AND help stop crime locally. Now on sale at the MFRC reception \$8 from every sale goes to TAPP-C (The Arson Prevention Program for Children) Valid until November, 2009

## Century of Flight Concert

An Evening of music with the Central Band of the Canadian Forces and The 8 Wing Concert Band.

February 25, 7:00 p.m. at Trenton High School

Admission: non perishable food item for the Trenton Food Bank

## Concert « Un siècle de progrès en aéronautique »

Une soirée musicale en compagnie de la Musique centrale des Forces canadiennes et de l'Orchestre de la 8<sup>e</sup> Escadre Trenton.

Le 25 février à 1900h à l'École secondaire de Trenton.

Droit d'entrée : Dons de denrées non périssables pour la banque d'alimentation de Trenton

### Friends of Quinte West Public Library Monthly Book Sale



SATURDAY, February 28  
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For more information,  
please call 613-392-3131  
All proceeds go to the Quinte  
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#### Open House

Tuesday, February 24  
6 p.m. to 8 p.m.  
Quinte West Public Library



Big Brothers Big Sisters of Trenton & District is hosting an Open House to give members of the public a chance to learn more about BBBS and the numerous volunteer opportunities available throughout the organization.

For more information, or to discuss BBBS opportunities, please call  
613-394-3472

### Trenton Trimettes

Trenton Trimettes is a support group that encourages weight loss through healthy eating and exercise. There will be guest speakers and exercise.

The registration fee is \$5 and monthly dues are \$8.

We meet Monday 7-8:30 pm at a new location, Bethel Pentecostal Church, corner of Herman and Dundas St. E., Trenton.

**For more information call Sheila at 613-392-0353 or Sue 613-394-3992.**

Please leave a message they will return your call.

*All fees are donated to local charities such as; Girls Home, Salvation Army, Three Oaks and many more.*

### Canadian Red Cross Centennial Celebration

Red Cross wants to hear from those touched by its services and programs. 2009 will be the 100<sup>th</sup> Anniversary of the Canadian Red Cross. During these years of service, many people have served and were helped by the Red Cross.

To help us celebrate our years of service in the community, we are presently looking for people that were touched by the Red Cross.

If you were a volunteer; a member of the Red Cross youth, a Corps member during the Second World War; a veteran that received Red Cross packages in POW camps, Red Cross nurses in outpost hospitals, a Canadian or immigrant reunited with his or her family, a blood donor up until 1998, or simply a recipient of one of our programs, if you have a story to share, we would be happy to hear from you!

Please call 613-966-0730 or email us at [Shirley.gregg@redcross.ca](mailto:Shirley.gregg@redcross.ca) and let us know how the Red Cross touched you!



#### **Free Seniors Computer Courses are back at the Quinte West Public Library!**

*Here is a sampling of courses to be offered in March:*

**Computer Essentials - March 9: 1 p.m.-2 p.m.**

**E-mail Essentials - March 16: 1 p.m.-2 p.m.**

**Internet Essentials - March 23: 1 p.m.-2 p.m.**

**"Hands On" Computer Training - March 30: 1 p.m.-3 p.m.**

**Space is limited, so sign up now by calling:**

**613-394-3381 (Ext. 3322 or 3325)**

**or in person at your Quinte West Public Library Branch**

# FAMILY



## Activity: Fantastic Fossils



Making a fossil from clay and plaster will inspire your child's curiosity about the natural world.

Here is an unusual craft that invites you to spend some Comfort, Play and Teach™ time being creative together!

### You will need

Clay or firm modeling dough; Small objects to press into the clay (e.g., pine cone, rock, twigs, toy dinosaurs); Two cups Plaster of Paris; 1 ¼ cups water; Empty margarine container.

### Instructions

Press some clay or mod-

eling dough into the bottom of the margarine container, to form a thick layer.

Press different objects into the clay and then remove these once you are satisfied with the design you made.

Combine the Plaster of Paris with water and then pour the mixture into the margarine container, completely covering the clay.

When the Plaster of Paris has hardened, remove it from the margarine container.

You will have created a fossil from the impressions made in the clay.

Enjoy this more with Comfort, Play and Teach™:

### Comfort

Involve your child in selecting a place to proudly display the fossil she made.

Family members will have the chance to admire it and to ask

about how they created it.

### Play

Go on a treasure hunt to find interesting materials to use for creating a fossil.

What kinds of household objects or nature items will make interesting impressions in the clay?

### Teach

Visit a museum and look at actual prehistoric fossils. Talk about how fossils are created in nature and what they tell us about plants and creatures that lived long ago.

*Note: Plaster of Paris forms a paste when it is mixed with water and then hardens into a solid, used in making casts, molds, and sculpture*

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

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

## Mealtime.org Chopped Salad

with Cilantro-Cumin Dressing

For a light meal that's tossed with a can of sweet corn, smooth black beans, and mild green chillies. Simply marinated with vinegar, fresh cilantro and spicy cumin, this flavourful combination – full of veggies – will leave you wanting more.

### Ingredients:

- 1 can (16 ounces) black beans, drained and rinsed
- 1 can (11 ounces) whole-kernel corn, drained
- 1 can (4 ounces) mild green chillies, chopped, undrained
- 1 red bell pepper, diced
- 1 cup thinly sliced celery
- 1 cup thinly sliced green onions
- 1/4 cup chopped, fresh cilantro
- 5 tablespoons olive oil
- 1/4 cup red wine vinegar
- 1 teaspoon ground cumin
- Romaine lettuce leaves, for garnish

Preparation Time: 15 minutes Cook Time: 15 minutes

**Preparation:** Combine the beans, corn, chillies, bell pepper, celery, green onions and cilantro together in a large mixing bowl. Whisk the oil, vinegar and cumin in a separate smaller bowl. Pour the dressing over the vegetables and stir until thoroughly coated. Let stand 15 minutes to blend the flavours, or refrigerate up to two hours before serving. To serve, spoon the salad onto a bed of lettuce or greens.

Serves: 12

**Nutritional Information Per Serving:** Calories 110; Total Fat 6g; Cholesterol 0mg; Sodium 310mg; Carbohydrate 12g; Fiber 3g; Protein 2g

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ANSWERS: 1. BACK WINDOW 2. CARROT 3. TREE BRANCH 4. MAN'S SCARF 5. BUSH 6. SNOW ON ROOF 7. COAT

# HOROSCOPES

Weekly Astrology by Christine Davison

February 22 – February 28

**ARIES** (March 21-April 19): Little hiccups may occur over the next seven days related to working too hard or too little. Try to find a happy medium and treat others kindly if they are experiencing the same issues that you are or if they are out of sync with your routine or ideals. Take some time to mediate and focus upon spiritual goals.

**TAURUS** (April 20-May 20): Others will support your ideas and may help you achieve your long term goals or humanitarian ideals. This could be a great time to focus your energy upon community works or have fun by joining new hobbies or clubs. You may make friends with people who are as creative or self-assured as you are. You can take the lead.

**GEMINI** (May 21-June 20): You might do something over the next few days that will get you noticed by a great deal of important people. Your public image may get a complete overhaul. If someone disapproved of you in the past then they'll soon realise just how amazing, talented and worthwhile you are. You'll receive popularity, awards, and rewards.

**CANCER** (June 21-July 22): Travel could fill the next few weeks with interesting news and new opportunities. Someone close to you could reveal their true feelings at some point soon; you may feel educated as a result. You may feel as if life is passing you by sometimes, so why not join in on the fun and learn something new? Share your stories.

**LEO** (July 23-Aug. 22): Interesting things can be learned if you follow your feelings and do what you feel will be of most benefit to yourself and those you care about. Try to lift your suspicions when dealing with mysterious or coy sorts. You may have a more positive time if you learn to delegate and trust. Expect financial windfalls.

**VIRGO** (Aug. 23-Sept. 22): Love could be found through travelling or it could be right there, waiting for you around the corner. If you love yourself and treat yourself well, then things should turn out alright for you on the relationship front. Picture what it is you want out of life, or whom, and don't be afraid to go after it or them.

**LIBRA** (Sept. 23-Oct. 22): This week, you may crave excitement and hunger for stimulating conversation. This is a good time for others who wish to help, nurture and heal. You might become more involved with people who are in need of your knowledge or assistance. Don't force issues. Try to relax, mediate and treat your mind, body and soul well.

**SCORPIO** (Oct. 23-Nov. 21): Creative energies may well come from deep and perhaps, dark places. You crave mystery, intrigue and excitement. Something beautiful could soon unfold right before your eyes. A loved one may crave your attention. Someone new in your life will be excited to see you. Families wishing for children may wish to try next week.

**SAGITTARIUS** (Nov. 22-Dec. 21): Others may not understand exactly where you are coming from right now, but they will support your ideas, thoughts and feelings. You are kinder than you often believe. Your self-sacrifice will not go unappreciated or unnoticed. Try to make sure that you aren't too caught up in feelings of melancholy or nostalgia.

**CAPRICORN** (Dec. 22-Jan. 19): Intellectual peers may take a newfound shine to you as your words will be witty, waggish and funny. You are worthwhile getting to know. People care a great deal for you and may express their feelings in the way they speak or through more tacit means. Writing or travelling may bring good news.

**AQUARIUS** (Jan. 20-Feb. 18): When push comes to shove this week, you'll always be there willing to lend a hand and give yourself a leg up at work in the meanwhile. Your personal values are of utmost importance to you and may help guide you along your way to financial freedom. Remember to be moral and karma may take care of the rest.

**PISCES** (Feb. 19-March 20): People will see you as an unusually kind, sympathetic and open-hearted person. You are able to achieve a great deal with just an ounce of inspiration. You are creative, wise and loving. Expect compliments upon your appearance and your artistry. Someone may throw you a party or give you a gift this weekend.

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

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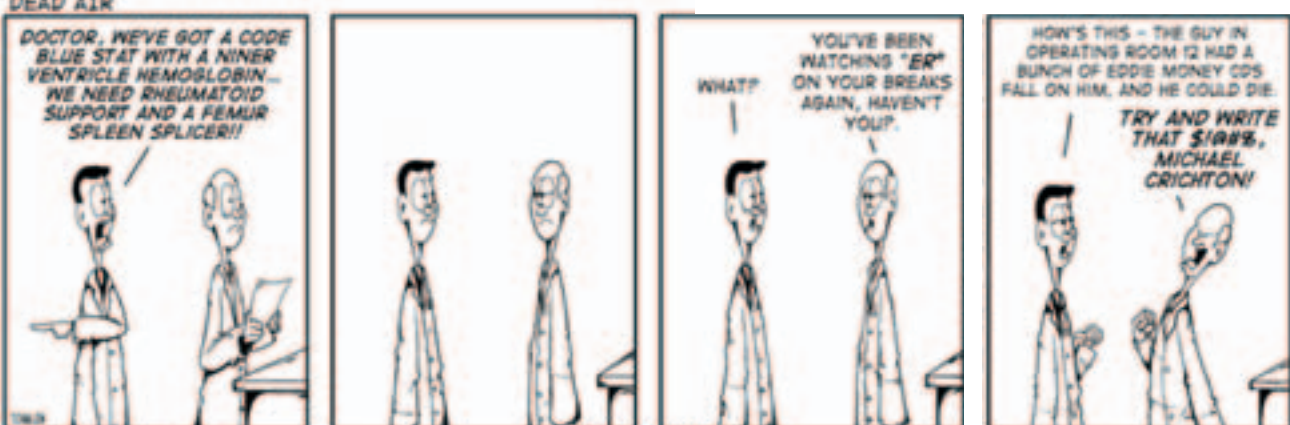
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**DEAD AIR**




Panel 1: Doctor, we've got a code blue stat with a niner ventricle hemoglobin... we need rheumatoid support and a femur spleen splicer!!

Panel 2: (Silence)

Panel 3: What? You've been watching "ER" on your breaks again, haven't you?

Panel 4: How's this - the guy in operating room 12 had a bunch of Eddie Money CDs fall on him, and he could die. Try and write that s---, Michael Crichton!

**Syntax Errors**



Panel 1: I lied the other day, I'm sorry... but I honestly don't like Britney Spears. Huh?

Panel 2: I said that only because that's what I thought I was supposed to say.

Panel 3: I always mute her music videos.

Panel 4: I'd rather bash my eardrum with a screwdriver than listen to her sing. Since when is she a singer??

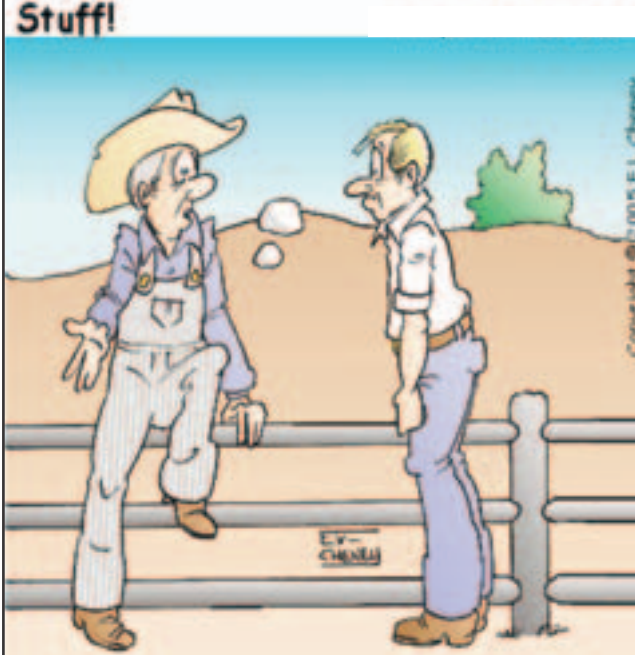
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**Stuff!**



"If there's anything you need, just let me know, and I'll tell ya how to get along without it!"





Safety



# Think about the possibilities: There's a safety message in Murphy's Law

Submitted by Don Heans  
Wing General Safety Officer

*Murphy's Law* states "If anything can go wrong, sometimes it will." That's a negative message. Safety is a positive thing. But when you think about it, *Murphy's Law* does have something to tell us about safety.

Safety planning means thinking of the worst that could happen, and taking steps to prevent it. Start with a negative idea, and end up taking steps for a positive outcome. As an example, if you temporarily place a box of

supplies in a rarely-used aisle, *Murphy's Law* says that somebody will walk along, fall over the box and break an arm. According to *Murphy's Law*, that "someone" could be you!

How can we put *Murphy's Law* to good use? We do this by imagining the consequences, then take measures to introduce safety into the situation as prevention. In other words, use your personal protective equipment and recommended safe work practices to protect yourself.

When you get in your vehicle and buckle up, you

don't do it because you think everything is going to go right, you do it because there is a chance that some drunk will run a red light, or that you'll hit a patch of ice and miss a curve on the road.

You wear your hard hat on the job not because you expect everything to go in your favour, but because there's a chance someone might drop a brick from above, or you might accidentally bump your head.

You use the handrail on stairs, not because you're confident that everyone else has looked after the job-site, but

because it makes good sense to protect yourself.

When you follow strict safety rules regarding confined space entry, it's not because you are optimistic that the atmosphere in there is fresh air, it's because of the chance that it may become short of oxygen or contaminated by noxious gases.

When you make sure machine guards are in place, you're protecting yourself - perhaps just the one time - when you can't pull your hand away fast enough.

When you learn CPR, first aid or rescue techniques, it

doesn't have much to do with the days when everything goes right. It has a lot to do with the rare occasions when a co-worker collapses with a heart attack or is seriously injured.

That's how *Murphy's Law* relates to safety. It means thinking of the worst thing that can happen, and taking positive steps to prevent that occurrence or to be prepared to deal with it.

"If anything can go wrong, sometime it will." Those are important words to remember in planning and practicing safe work procedures.

# Home of the Week

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Plan Number 6-3-364

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## Pilot/Air Combat Systems info session here

by Tom Philp, Contact Staff

Canadian Forces Pilot Career Manager, Major Chris Aston, and Air Combat Systems (ACSO) Career Manager, Major Peter Saunders will visit 8 Wing/CFB Trenton next week to conduct both a mass briefing and personal interviews.

The two career managers will be on base from February 24 to February 27.

The mass briefing for members considering a pilot career will be held 8

a.m. to 9 a.m., February 24, in the Officers Mess Upper Hall. The Pilot CM OPI is Captain Tim Sexsmith, who can be reached at Ext 3422, or via email, sexsmith.tg@forces.gc.ca.

The ACSO Mass Brief will take place the same day from 9 a.m. to 10:30 a.m. at 426 Squadron's Blanchard Hall. That will be followed immediately by a mass briefing for Construction Engineering officers at the same location, from 10:30 a.m. to 12:00 noon.

Captain James Brown is the ACSO CM OPI, and he can be reached at Ext 7380, or via email, brown.jl@forces.gc.ca.

Any officer who requires a personal interview should contact the respective OPI via email with preferred dates and times.

At least one alternate date/time must be provided.

The Career Managers advise also that Wing Commander briefings are scheduled for February 27, 9:30 a.m. to 10:30 a.m.

### MRIS

In conjunction with CFB Trenton, the Director of Casualty Support Management (DCSM) Detachment in Trenton provides 8 Wing with a Medical (Category) and Release Information Seminar (MRIS) program. The aim of this program is to provide Wing personnel and their chain of command with critical information through three seminar venues with distinctly different target audiences. The next seminar in this program to take place is the MRIS, the venue, target audience and applicable dates are as follows:

**MRIS:** To provide the member (and spouse) with a general understanding of the CF medical category and release process with a view to highlighting who the key service providers are within that process and having them discuss their respective roles and services. One seminar will be conducted on 25-26 Feb 09 at the Holiday Inn Trenton. \* **Registration is required;**

The current CF tempo of operations has dramatically increased the need for both services and treatment of our injured and ill members and their families. It is imperative that all members and the chain of command are informed about the medical category and release process as it involves the care and treatment of our injured and ill members. As a follow up to this program, the DCSM Detachment is willing to also brief individual units and staffs as part of their Professional Development programs. Please contact the Detachment Assistant Manager Bruce Leedham by phone at extension 5059.

\* **Note:** registration may be done by either faxing the registration form to the PSO office at 613-965-7353 or by completing the registration form and e-mailing it to [+WPSO@CFB Trenton W Adm@Trenton](mailto:+WPSO@CFB Trenton W Adm@Trenton).

### SLRM

Conjointement avec la BFC Trenton, le Détachement du Directeur – Gestion du soutien aux blessés (D Gest SB) à Trenton offre à la 8e Escadre un programme de Séminaires sur la libération pour des raisons médicales (SLRM). Le but de ce programme est de fournir au personnel de l'Escadre et à la chaîne de commandement des informations essentielles grâce à trois séminaires qui s'adressent à des publics distincts. Le prochain séminaire prévu par le programme est le suivant :

SLRM: Communiquer aux militaires (et à leurs conjoints) des connaissances générales sur les catégories médicales en vigueur dans les FC et sur le processus de libération pour des raisons médicales. Le séminaire mettra l'accent sur les principaux fournisseurs de services engagés dans ce processus, qui seront invités à parler de leur rôle. Le séminaire aura lieu les 25-26 février 2009 au Holiday Inn de Trenton. \* Inscription obligatoire.

En raison du rythme accru des opérations, les FC se doivent d'offrir des services et des traitements plus complets aux militaires malades ou blessés, ainsi qu'à leurs familles. Il est essentiel que tous les militaires, ainsi que la chaîne de commandement, soient informés des catégories médicales et du processus de libération pour des raisons médicales, car ce qui est en jeu, ce sont les soins et les traitements offerts à nos militaires malades ou blessés.

À titre de suivi, le Détachement du D Gest SB est prêt à donner également des briefings aux unités/individus dans le cadre de leurs programmes de perfectionnement professionnel. Pour plus de détails, veuillez communiquer avec le directeur adjoint du Détachement, par téléphone, au poste 5059.

\* **Nota :** Pour vous inscrire, remplissez le formulaire d'inscription et envoyez-le au Bureau de l'OSP par fax au 613-965-7353, ou par courriel à [+WPSO@CFB Trenton W Adm@Trenton](mailto:+WPSO@CFB Trenton W Adm@Trenton).

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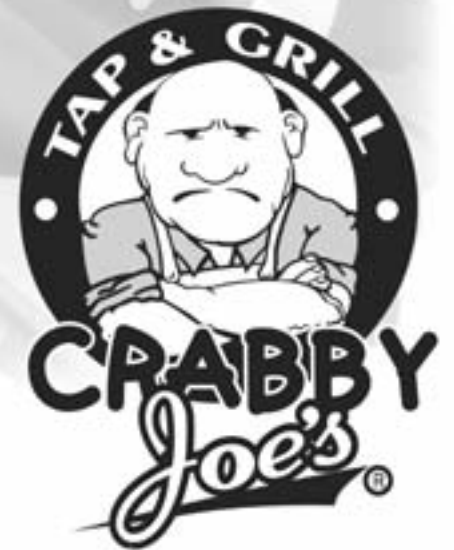
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# Can you identify this military aerodrome ?

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**March 24 – May 12 or March 25 – May 13**  
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 Tuesday 6:30 p.m. - 8:00 p.m. or 8:00 p.m. – 9:30 p.m.  
 Wednesday 6:30 p.m. – 8:00 p.m. or 8:00 p.m. – 9:30 p.m.  
 We are offering priority registration for all current dance students for this next session.



Registration will open up to the general community on Thursday, the 5th of March.

**Leçons de danses sociales, session IV**

**du 24 mars au 12 mai ou du 25 mars 13 mai**  
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 Les mercredis de 18h30 à 20h ou de 20h à 21h30  
 Les étudiants actuels ont priorité pour les inscriptions de la prochaine session.  
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 There is no cost to participate in the NAMI Family-to-Family Education Program. Over 50,000 family members in the U.S.A. and Canada have completed this course.  
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**Classes: February 23 - May 11, 2009 7:00 p.m. at the MFRC**  
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 For further information and registration, please contact Susan at 613-392-2811-2382  
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 Orillia Comedy Festival      Star of The Full Bawdy Comedy Show

**Friday March 6th, 2009**

**DOORS AT 8pm LAUGHS AT 9pm**  
**CFB Trenton Astra Lounge**  
 106 Yukon Street, CFB Trenton, South Side  
**Tickets \$15.00 per person**  
 Proceeds support the Military Family Resource Center

Tickets on sale at the following locations:  
 Trenton MFRC      M & M Meat Shop      Smylie's YIG  
Siskin Centre      232 Dundas E.      291 Dundas E.  
 30 Rivers Drive E.      Trenton      Trenton  
 CFB Trenton

**proskogroup**      Another fun event brought to you by your local MFRC  
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business • for sale • wanted • equipment • automobiles • child care • for rent • employment

### Information

#### CLASSIFIED

##### AD RATES

Word ad: 20 words \$3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

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All advertising must be dropped off at The CONTACT, 142 Yukon Street, Room 26, before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

##### ERRORS & OMISSIONS

Advertisers should check their ad the first day it appears. The CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad where in the error occurred.

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The CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content.

The CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code, The CONTACT reserves the right to make necessary changes in ad copy.

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CANADA'S #1 Super Stores

**BIG 40% OFF** All furniture  
**50% OFF** All Mattresses  
Free Delivery & Set up

Owner Jack Tennier, ex Naval Airman says thanks Quinte Area, for making us #1 for over 50 years.

**TRENTON** Hwy. 33 just south of 401 613-392-6690  
**50 Mile FREE DELIVERY & SET-UP**  
Yes We Have NO INTEREST NO PAYMENT See Store For Details  
**OPEN 7 DAYS A WEEK** Mon-Sat 9-5 Sun 11-4

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funkandgruven@bellnet.ca  
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**SMITTY'S APPLIANCES LTD.**  
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Toys - Videos - Magazines

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Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins. from 401 Brighton. Call  
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**For sale: Winnipeg**  
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For more info, contact David Thompson  
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Fully Loaded.  
Only 15,000 kms  
Asking \$23,000  
Call 613-921-5530

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"I likely clean for someone you already know."

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**Wanted to Buy**  
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for details

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Asking \$4000.  
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Utilities & cable included  
Affordable, quiet & secure

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Small furnished bachelor unit on water at Murray Canal & Hwy 33  
\$650/mth inclusive.  
Call 613-394-1563

#### House for rent in Belleville.

3 bdrm, garage, CA, \$975/mth plus utils. Available March 1. First, last and references required.

Non-smokers preferred.

Call 613-962-3559

3 bedroom duplex for rent \$850 +utils. Walking distance to CFB Trenton  
Call 613-394-2910

### Crossword Answers

C	O	M	A	S		E	B	B		C	C	V		
G	R	A	N	T		S	E	A		H	O	E		
A	R	E	N	A		T	E	R	R	I	E	R		
		S	E	T	T	E	R			E	N	D	S	
N	E	T		E	W	E		L	H	A	S	A		
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			R	I	N	S	E			R	O	M	A	
B	A	S	I	E		T	E	M			W	A	R	
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E	E	L			S	T	E			I	R	E	N	E
S	R	S			T	A	N			C	O	R	G	I



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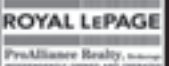


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### Saturday's Hourly Specials!

10:00-10:59am



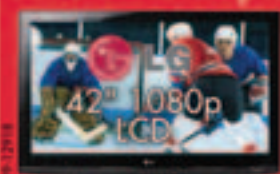
SAVE \$222  
Only \$1277

11:00-11:59am



SAVE \$281  
Only \$318

12:00-12:59pm



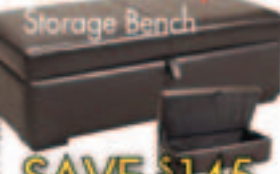
SAVE \$107  
Only \$892

1:00-1:59pm



SAVE \$212  
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2:00-2:59pm



SAVE \$145  
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3:00-3:59pm



SAVE \$411  
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SAVE \$375  
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SAVE \$701  
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