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## Recent CWO promotion showcases rank of elite class

by Amber Gooding,  
 Assistant Editor

Determination and dedication are a powerful combination, and are most certainly aspects that play into the consistent rise of one of the Canadian Forces newest Chief Warrant Officers.

As of August 2, 2010, Chief Warrant Officer Steve Johnson, formerly a Master Warrant Officer at 8 Wing/CFB Trenton's 424 Transport and Rescue Squadron, was promoted to the highest rank of non-commissioned members, at a ceremony held in 424 Squadron's 9 Hangar.

In attendance, in addition to CWO Johnson's wife, Laurie, three daughters, Katie, Jessica and Kelly, and other squadron personnel, was Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer.

"It's a beautiful day here for flying operations, and a

beautiful day for a promotion," said Col Cochrane. "I think we would all agree that it is a significant milestone...reaching the highest rank of a non-commissioned member, and such achievement should be recognized to the fullest extent."

Col Cochrane noted that CWO Johnson possesses the feature qualities that define his recent promotion and posting, and has worked very hard to achieve the level of success he can now claim today – although CWO Johnson has no intentions of stopping.

His career has taken him across the country since his enrolment on February 27, 1979, and his first posting to CFB Chatham from 1980 to 1985. CWO Johnson has spent many years throughout his more than 30-year career posted to North Bay, Cold Lake, Petawawa, Kingston and Trenton. His recently appointed position brings him to Ottawa, with the responsibility as the Directorate CWO at

Director General Air Equipment Program Management (DGAEPM).

"I know you're heading up to Ottawa with a significant amount of experience, and the excellent leadership and professionalism that you have shown," said Col Cochrane. "You have done incredible work since you have been here (2009) and I want to thank you for your dedication and professionalism, which will bode well with your Chief Warrant Officer rank."

CWO Kevin West added to what Col Cochrane had said, noting that a posting such as this is like starting a second career.

"Your sheer influence and impact on the Canadian Forces helps to ensure that everyone can get their job done, to the highest of standards," said CWO West. "It's a big promotion and with that comes a lot of responsibility, and I know you will do a fantastic job."

As CWO Johnson embarks on his newest chap-

Photo: Cpl Precious Carandang, 8 Wing Imaging



Newly minted Chief Warrant Officer Steve Johnson is congratulated by Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton (left), and CWO Kevin West, 8 Wing Chief Warrant Officer.

ter, he is quick to note that his career, and all that he does in his life, would not be possible without the support of his family, who have stuck by his side through all postings. He also thanks his mentors, who have helped to pave the way for him and others like him.

"It takes incredible support from the families in order for promotions like this to occur," said CWO West. "You should be proud, and your family should know they are extremely instrumental in making this happen."

Although modest about

his most recent success, and also undoubtedly about his achievements from days passed, CWO Johnson looks forward, with optimism and excitement, to the new adventure his Ottawa posting will bring, and the beginnings of the next stage in his successful career.

## QUINTE WEST FREEDOM OF CITY PARADE HELD FOR CADETS



Photos: Submitted



The City of Quinte West honoured the Trenton Air Cadet Summer Training Centre (TACSTC), with a Freedom of the City Parade, on the morning of Saturday Aug. 7, to commemorate TACSTC's 50th Anniversary. TACSTC will be holding its final graduation parade on Friday, Aug. 13 at 7 p.m. on the Main Parade Square of 8 Wing Trenton. This will be followed by an open house on Saturday, Aug. 14, at around 2:30 p.m. If you or a member of your family are an alumni of TACSTC, the Commanding Officer LCol David Wright would like to extend an invitation for you to join us in the celebrations.

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# 10,000 FLYING HOURS ACHIEVED

## Congratulations Warrant Officer Don Geddes



Photo: Submitted

Upon landing from his 10,000 flying hour milestone mark, Warrant Officer Don Geddes is greeted by some of his fellow 426 Squadron "Thunderbirds" who congratulate him as tradition dictates, by dousing him with a bucket of water. The hours were accumulated on three different types of aircraft: the CC138 Twin Otter, the NATO E3 AWACS and the mighty CC130 Hercules.

# WING LOGISTICS & ENGINEERING

## PICTURE OF THE WEEK



EME Mission Support Squadron personnel in Haiti take a quick break for a group photo. From 20 Jan - 15 March Sgt Archer, MCpl Crouchman, Cpl Brennan, and Cpl Okorofsky were deployed with 8 MSS to Jacmel, Haiti during OP Hestia. Their maintenance tasks included repairing the Gators that roamed the camp for supplies and provided camp security, repairs to the omega fork lift that was used to unload aircraft, and repairs to a John Deere that graded and dug for various airfield improvement projects. This was no easy task as the conditions were austere and daily temperatures were around 40 degrees Celsius.

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## Joint efforts for search and rescue in northern Quebec

by Sgt Andrew MacKenzie  
424 Squadron

On July 16, 2010, a 424 Transport and Rescue Squadron CC130 Hercules, "Rescue 336," was tasked by the Joint Rescue Co-ordination Centre (JRCC) to search for an overdue float plane in northern Quebec.

The tasking was to look for a missing de Havilland Beaver with six people on board that had not arrived at their destination. Thirty minutes back from the search area, Rescue 336 received a JRCC update that a second plane flying over the area had spotted a plane crash.

They had conducted some low passes and spotted survivors waving from the wreckage. At this time the two standby SAR-Techs began to dress so that they could parachute into the crash as soon as the target was located.

Once arriving on scene, the crash was spotted and Rescue 336 began low passes to assess the target and terrain. After a few runs an old logged out area was spotted 800m from the crashed Beaver and was chosen as the parachute drop zone.

The SAR-Techs were already dressed with parachutes and were dispatched from 2,000 ft in a full equipment jump. The drop zone was a very rough confined area landing with 20 knot winds but both SAR-Techs managed to land safely. The team leader and team member navigated to the crash location which was through some heavily wooded rising terrain.

Approximately 100m short of the crash they called out and heard survivors banging on the fuselage. Upon arriving at the crash they were met by one of the survivors (15 year old male) who miraculously appeared to be injury-free. He directed the SAR-Techs to a second survivor (59 year old male) who had severe burns but was conscious and speaking.

The team member began medical treatment of the two survivors and the team leader triaged the rest of the crash. Unfortunately the triage resulted in the discovery of four deceased persons. At this point the Hercules had to depart to

refuel and dispatched two light supply bundles and a heavy cargo net with spare medical gear and survival bags. Before the Hercules left they passed on to the SAR-Techs that a chopper from CFB Bagotville was one hour back from the crash scene with two more SAR-Techs and litters.

A suitable chopper insertion site was chosen close to the crash so the two SAR-Techs could be hoisted in and the patients could be extracted. The 439 Squadron Griffon arrived a short while later and hoisted in the two SAR-Techs and their stokes litters. The chopper had limited time on-scene before they would be low on fuel, so the four SAR-Techs immediately went to work preparing the patients for the extraction.

The 439 SAR-Techs conducted multiple hoists to extract the two survivors with the sequence going very smoothly. The 439 chopper had limited space and departed for the hospital in Chicoutimi, leaving the Rescue 336 SAR-Techs on scene.

The two SAR-Techs from Rescue 336 went back to the landing zone and packed up their parachutes, medical supplies, and survival gear. At this time Rescue 336 arrived back on scene to act as top cover and relayed that a 413 Squadron Cormorant from CFB Greenwood was inbound to extract the remaining persons.

After the extraction of the SAR-Techs and equipment, the 413 Squadron Cormorant departed for CFB Bagotville to reunite crews. With the mission completed, Rescue 336 crew went to ground after a long 18-hour crew day and the 439 and 413 Squadron chopper crews returned to their home units. The next morning Rescue 336 became Tiger 336 and returned to 8 Wing/CFB Trenton to re-supply the aircraft for the next mission to come.

*Crew members as follows: Maj Micky Colton - AC; Capt Nick Heiler - FO; Capt Todd Guenther - ACSO; Sgt Brian Harvey - FE; Sgt Chad Ingram - LM; Sgt Andrew MacKenzie - TL; MCpl Les MacLean - TM*

## Search & Rescue UPDATE

424 Squadron worked on three missions this past week.

First mission was for both our Herc and Griffon. They were sent to the Warton area to look for a very inexperienced crew on a 37-foot vessel that was in danger of capsizing. When the Herc arrived they found that the Canadian Coast Vessel Cape Commodore was on scene and once they had the vessel in tow, the Herc and Griffon were released.

Next, both the Herc and Griffon were tasked to assist the USCG looking for a person in the water (PIW) near Stony Point, NY. An 80-year-old man was missing after his small boat overturned. Both crews flew their assigned search patterns but were stood down when it was learned that the State Police had pulled the man from the water. The Herc crew returned to Trenton while the Griffon had to land at Watertown for fuel and then made their way back to Trenton.

Our last tasking was for the Griffon, sent to help the USCG investigate a flare sighting in the area of Alexandria Bay, NY. They covered all assigned search areas but found nothing. They were released by the Coast Guard and returned home.

Until next week, stay safe.

Missions for 2010: 100 Missions for Aug.: 10 Persons rescued: 5

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

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

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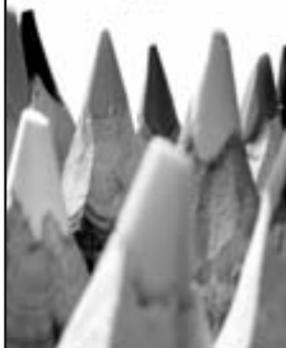
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# Canadiana Crossword

## Common Canadianisms

By Bernice Rosella and James Kilner

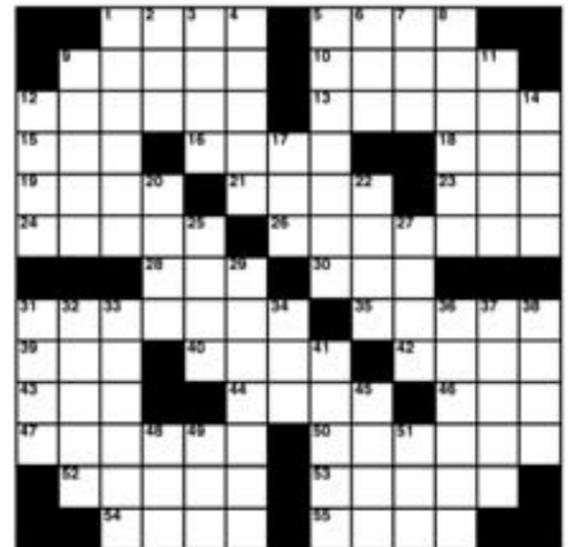
### ACROSS

- 1 Grandma in Gorki
- 5 Strafe
- 9 Don't give me the \_\_\_\_\_
- 10 Paragon
- 12 Sea birds
- 13 Divan
- 15 Before, poetically
- 16 Narcotics cop
- 18 Sunbathe
- 19 No \_\_\_\_\_
- 21 Canadian snowbirds' destination
- 23 Sixties halucenogen, abbr.
- 24 Up and about
- 26 Has the jitters
- 28 Common ball point
- 30 Beverage served hot or cold
- 31 Cheap like \_\_\_\_\_
- 35 Saint
- 39 Open, poetically
- 40 \_\_\_\_\_ frost
- 42 Saskatoon Colonists
- 43 Conference, abbr.
- 44 Common cookie
- 46 Conservative leader
- 47 Military headwear
- 50 That'll be a frosty \_\_\_\_\_

- 52 Farm machinery maker
- 53 Worshipped ones
- 54 Afternoon socials
- 55 Timbre

### DOWN

- 1 Lovelorn
- 2 Swiss river
- 3 Machine gun
- 4 Black tea



- 5 He's had the \_\_\_\_\_
- 6 Praiseful poem
- 7 Encountered
- 8 Skirmish
- 9 Mentors
- 11 Smallest
- 12 Prefix for millions
- 14 Terminates
- 17 Mil. organization
- 20 Little lies
- 22 Notion
- 25 Wealthy
- 27 Costume
- 29 Elects
- 31 Explosive device

- 32 Chose
- 33 Remorse
- 34 Goes with feathers, sometimes
- 36 You'll need to Stick \_\_\_\_\_ it
- 37 Regions
- 38 Home to Helen
- 41 Renovate
- 45 Church booklet
- 48 Shoe size
- 49 Lah lah leader
- 51 Bit of matter

See Answers, Page 25



## This Week in Contact

**1980 – CF personnel honoured** – Three Canadian servicemen, who were involved in the sheltering and evacuation on January 28, 1980, of six American diplomats at the Canadian Embassy in Iran, have been honoured with appointments as Members to the Order of Military Merit. They are MCpl George Edward Brian, CD, 49, of Winnipeg, Sgt James Gordon Edward, CD, 36, of Eriksdale, Man, and Sgt Claude Gauthier, CD, 35, of Lachute, Que.

**1990 – Wonder drugs deserve respect** – Many medical discoveries we take for granted owe their existence to a researcher's skill along with a bit of luck. Penicillin, for example, was discovered accidentally in 1928 when some bacteria in Alexander Fleming's laboratory were killed by a patch of mold. Since then, more than 40 other microbe-killing antibiotics have been discovered, changing the health care scene considerably.

**2000 – Cadet Tattoo coming to Trenton** – On Saturday, Aug. 26, nearly 600 of the finest young musicians in Canada will march onstage at Hamilton's Copps Coliseum. The event is the Canadian Cadet Tattoo, a stirring three-hour spectacle woven from a tapestry of music, Highland and Celtic dance, and uniquely Canadian military and cultural heritage.

Created by Lt J. H. MacDonald,  
 Compiled by Tiffany Gilroy.



# 429 Squadron returns to East Moore

by Sgt Rich Lees  
429 Squadron Loadmaster

A quick snapshot of one day in the operational life of a Squadron at war can really put things into perspective.

*Friday, June 11, 1943: Fifty-one Halifax bombers from 408, 419 and 427 Squadrons and 63 Wellington bombers from 426, 428, 429 and 432 Squadrons launched an attack on Dusseldorf, Germany. The crews were overhead their target at altitudes between 12,000 and 15,000 feet, ready to drop 145,000 pounds of high explosive ordnance and 275,000 pounds of incendiaries. According to reports, severe damage was caused to the target.*

*On that night, Sergeant S. Bruce of 429 Squadron returned early as the port engine on his aircraft was unserviceable. They landed safely on one engine. Sgt E. Eames' aircraft was hit in the tail by flak. Wellington X HF-542 failed to return from this mission and all crewmembers were reported "killed in action" after being shot down by a night fighter. Wellington X-HE-539 (coded AL-Z) also failed to return after being shot down by a night fighter. Four were killed but the pilot bailed out and evaded capture. Wellington X-HZ-355 (coded AL-G) was also shot down and its pilot was killed. One crew member bailed out and evaded capture, while three others bailed out and were taken prisoner by the Germans.*

It is Saturday afternoon in Sutton on the Forest, Yorkshire, England, and standing in the village hall is Betty. She sets eyes on a Canadian pilot.

In her finest summer dress and hat, she confidently walks over to the man she has been eyeing and asks, "Can you dance?" This is a question that has been asked a thousand times over in this tiny hall with many a young English girl having been entertained or courted by young Canadian airmen sent far from home to a modest little village of 600 people

in northern England.

However it is not 1943 and it is not wartime England. The flying operations at nearby East Moore ended over half a century ago. The bombers are gone, the buildings are gone and the runways and taxiways have been churned up by a farmers plough.

All that remains of those times are the village hall, the brides and children of those airmen who elected to stay or were killed on operations, the memories of those who witnessed the war as young people and the graves of some of the airmen who would never see our shores again. Yet even those memories are starting to fade with the passing of that generation.

Betty is now in her eighties and the act of Remembrance proves prophetic: "They shall not grow old, as we that are left grow old." Still, there is a youthful twinkle in Betty's eyes as she stands there talking and reminiscing with that Canadian pilot. She talks about days gone by and her friends who left to be with their Canadian husbands after the war.

Betty was fortunate, her husband elected to come back to England. He stayed in the area and they raised their children there.

Another man speaks about his father, formerly a resident of Saskatchewan, who was killed on operations flying out of East Moore. The father and son never met, but the gentleman says that chatting with Canadians helps bring him closer to the father he never knew.

It is for this man's father, Betty's husband and all the airmen and airwomen who served with the RCAF 6 Bomber Group that members of 429 Squadron went to York to pay their respects at the tiny cenotaph that the locals have erected.

Every June, the village holds a commemorative service for the aircrew of 429, 415 and 432 Squadrons who lived, flew, fought

and in the case of over 600, died, operating from the nearby East Moore airfield.

This year the 429 Squadron delegation comprised a cross-section of the squadron including pilots, loadmasters, maintainers and support personnel.

Lt Mylene Moreau and Capt Kevin Wight laid a wreath on the Squadron's behalf during the ceremony. Capt Trevor Lanoue, Sgts Karen Boundy and Rich Lees and Cpl Tim Templeman were also on hand.

Following the ceremony, attendees retired to the hall to talk with the villagers and were spoiled with a lovely spread of tea and sweets.

During the War, the quaint little hall hosted dances every Friday and Saturday night for the airmen. One English gentleman joked, "You had to be a good dancer in order to keep your girlfriend in those days, and it seemed that after the War when all the Canadians left all the women seemed to be gone too," but laughingly adds that he likes Canadians regardless.

How many lives were impacted by the events of the Second World War, or having the RCAF so close by?

It's likely no one will never truly know, but it emphasizes the importance that we as an organization should place on remembering our roots and re-forging those ties with all the people and places that were there at the beginning, and that we remember those who paid the ultimate price.

Unfortunately, Betty will not be with us forever and we are responsible for ensuring that our histories and personal experiences are not lost in time.

Each year the people of Sutton on the Forest welcome us with open arms, reminding us that, for a few years at least, Canadian airmen and airwomen called this place home and that, to this day, we hold a special place in their collective memories.



Photo: Submitted

Members from 429 (Transport) Squadron attended the sundial memorial in Yorkshire, England to commemorate the members of 429 who have lost their lives during the Second World War. Shown from left to right: Captain Lanoue, Captain Wight, Corporal Templeman, Lieutenant Moreau, Sergeant Boundy, and Sergeant Lees.

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# The beneficial factors of safe computing



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Take an ergonomic approach to your computer job. Good posture, workstation layout and work habits can help prevent many of these problems.

Here are some suggestions for safer computing:

- Your keyboard should

be placed at the height of your elbows. It should be tilted up slightly to help keep your wrists in a natural position.

Your wrist and lower arm should be parallel to the floor. Split-level desks with a lower surface for the keyboard are better for computer use than a standard desk.

- Use a cushioned wrist rest to put less strain on your wrists. Don't rest your hands on the keyboard or your wrists on the edge of the desk. Don't bend your hands up at the wrist.

- The computer mouse should be placed so your arm - from your shoulder to your hand - is in a comfortable relaxed posture.

- If you have to reach too far or twist and shift your body, the mouse is not in the right place on your worktable. Keep a loose grip on the mouse.

- Use your whole arm to operate the mouse, rather than just moving your hand and wrist.

- If you use the mouse a lot, in work such as graphic design or computer-aided design, use a desk extension for your mouse pad so you can rest your

entire arm on it.

- Instead of a mouse, consider alternative pointing devices such as a trackball or joystick.

- Type with a soft touch to lessen the impact on your hands.

- Adjust your furniture so you can maintain good posture as you work. Your knees should be at the same level or slightly higher than your hips.

- Use a footrest if necessary to achieve this position.

- Your chair should allow you to maintain the natural curves of your spine. If it doesn't have sufficient padding, place a lumbar cushion or a rolled-up towel against your lower back.

- Flex your fingers and wrists before you begin data entry. If you do rapid keyboarding, start slowly to warm up.

- Don't rest a telephone receiver on your shoulder while you are using the computer. This can cause injury to your neck and shoulders. Instead, use a hands-free headset for your phone.

- Take regular breaks from using the keyboard or mouse. You can use this

time to do non-repetitive tasks such as telephoning or filing.

- Promptly report any symptoms that could indicate Carpal Tunnel Syndrome or other Repetitive Strain Injuries.

- Early treatment and revision of your work habits and workstation are important in preventing long-term problems.

- Arrange your workstation so you can work efficiently.

- Frequently used materials and equipment must be placed where you can reach them easily without bending or stretching. Work surfaces should be free of clutter; items used only occasionally should be placed elsewhere.

- Your computer workstation should be free of tripping hazards. Cords should be located away from traffic areas.

- There should be a storage area for briefcases, handbags and other personal items.

- Pay attention to these ergonomic suggestions off the job too. Playing computer games or surfing the Internet at night can also contribute to Repetitive Strain Injuries.

# Drugs are a real killer

Submitted by Wing General Safety Office

Drug use on the job is a highly hazardous practice. Drug impairment is the cause of many serious workplace accidents: motor vehicle accidents, falls, fires and even violent incidents.

Making a decision to stay straight and sober at work is a decision to stay safe and to protect your fellow workers and the public.

Here is a quick review of common drugs and their harmful effects:

**Alcohol:** It's legal but it's lethal. It impairs your judgment, mental abilities and physical co-ordination. Your inability to think straight and perform physical activities can put you and your co-workers in serious danger. We all know drinking and driving is a dangerous combination, but so is drinking and working.

**Marijuana:** This drug also impairs your co-ordination and concentration, and affects your memory.

**Cocaine:** This drug stimulates the brain and alters the mind. The user engages in risky behaviors and is subject to mood swings including violent behavior. Crack is a form of cocaine, which is smoked.

**Barbiturates:** These drugs are also known as downers. They slow the body functions and cause extreme drowsiness as well as lack of balance and co-ordination.

**Amphetamines:** Also known as uppers, these drugs are powerful stimulants. They speed up the person's behavior, sometimes to the point of violent and bizarre behavior.

Use of these drugs endangers your safety at work, and the safety of everyone around you. If someone else is using drugs at work, he or she is putting your life on the line.

If you are having trouble with drugs or alcohol, get help. There are many recovery programs available to help you learn how to live straight and sober. Check the Yellow Pages or ask the company's employee assistance officer. A drug-free workplace is a safer workplace. Make a decision today to keep it that way.

## UAV Support Roles

MDA has a number of challenging, exciting opportunities in the growing field of Unmanned Aerial Vehicles (UAVs). We are seeking a UAV Payload Operator Instructor and Air Vehicle Operators (AVO)/Operations Managers to support the continued success of our UAV Program.

**Air Vehicle Operators (AVO)/Operations Managers (Afghanistan)**  
AVO/Operations Managers will oversee mission planning tasks, assist in the set-up and deployment of the UAV, operate the UAV system and installed sensors, use and maintain operations records and documentation, conduct post-flight debriefings, and serve as MDA's on-site manager when assigned that role.

**UAV Payload Operator Instructor (Suffield, Alberta)**  
The Payload Operator Instructor will train "ab initio" POs on performing checks and inspections of UAV payloads and equipment, troubleshooting technical issues, using maintenance records and other documentation, and mission preparation. He/She will be responsible for preparing lesson plans, tracking student progress, and briefing and debriefing students.

For complete job descriptions, terms of employment, and a summary of skills and experience necessary for consideration, please visit us online at: [www.mdacorporation.com/careers](http://www.mdacorporation.com/careers).

## PET OF THE WEEK

Talon is a dapper older dog who is seeking a loving, forever home. His owner's pretended he was a stray, likely so they would not have to leave a donation to help pay for his care. Talon is good on leash, and will only do his 'business' in the yard, never in his indoor or outdoor kennel. Likes to give kisses to humans, and nose nuzzles with other dogs. About 8 years old, and 70 lbs. Great temperament.

Contact the Quinte Humane Society for more information.

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# SPORTS & RECREATION

**WET AND WACKY BACKYARD FUN AND BARBECUE**  
 Please be advised that this event (that was scheduled for Sunday, August 15), has been cancelled.

## Youth Strength and Conditioning Class

The Youth Strength and Conditioning Class will take place on Tuesday, August 17, from 3:30 to 5:30 p.m.

Youth 12 to 16 years of age must take the Youth Strength and Conditioning Clinic in order to use the South Side Exercise Room.

This program will give attendees a basic understanding of how to use strength training and cardiovascular conditioning equipment as well as

weight room etiquette. This session will incorporate both lecture and physically active components. To graduate, participants must attend the full course. Please dress in active wear and runners. Graduates are asked to use the facility accompanied by an adult.

Cost is as follows: \$25 plus HST for military community members and \$40 plus HST for the general public.

## Join us for Fit Families: August 28, 2010

Join us for an hour or so of active fun. We know you want your family to make healthier lifestyle choices, to be more physically active and to make nutritious food choices.

So...to help you with this goal,

come join us on Saturday, August 28, from 9 to 10:30 am at the RecPlex.

Cost per family per date is as follows: \$10 plus HST for military community families, and \$15 plus HST for general public families.

## Summer Red Cross Swim Lessons

The final session of the summer will run from August 16 to 27, on Monday, Tuesday, Wednesday and Friday mornings for a total of two weeks (eight lessons). Register now at the RecPlex.



## 2010/2011 NHL SEASON

It's that time of year again. The 2010/2011 hockey season is almost upon us. The 8 Wing/CFB Trenton Hockey Leagues are open to Canadian Forces Military, DND and NPF full-time employees.

The start of Noon Hour Hockey League (NHL) is scheduled to commence on Monday, October 4, 2010 and teams will play during the noon hour at a cost \$80 per player.

Player registration for the NHL will commence on Monday, August 30, 2010. The Gymnasium Main Office hours are from 0800 to 1130 hrs and 1300 to 1530 hrs, Monday to Friday.

For further information contact the Military Sports Coordinator, Mr. Dan Cormier at local 3373.



**The Noon Hour Hockey League is designed for the recreational player to come out over lunch hour and enjoy some hockey action. The league is non-contact, and slap shots are not allowed.**

## Ontario Provincial Parks Day Passes

The Rec Association now has day passes available, which may be rented and signed out by military personnel and CRA members.

These passes may be used at any of the Provincial Parks in our area, such as Presqu'ile, Sandbanks, North Beach, Ferris, and Bon Echo.

Pay to sign out the pass; use the pass and return it either the same day or by 9 a.m. the following morning (or 12:45 p.m. on week-ends).

Cost for each pass is \$ 8 plus HST.

Please note: Limit of one pass per family. Sorry, no reservations.

Passes will be available on a first come - first serve basis.

For more information please call ext 3361.

## 2010 /2011 Wing Hockey League

It's that time of year again. The 2010/2011 hockey season is almost upon us.

The 8 Wing/CFB Trenton Hockey leagues are open to Canadian Forces Military, DND and NPF full-time employees.

The Wing Hockey League (WHL) will commence on Sunday, October 3, 2010 and will play every Sunday, Monday, Tuesday, Wednesday and Thursday evening.

The league organizational meeting will be held at 1000 hrs on Thursday, September 9, 2010 at the Gymnasium Conference room. All interested Team Reps are to attend.

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

## Roundel Glen Golf Course Passes

The PSP CRA now has passes for the Roundel Glen Golf Course.

Purchase your pass at the RecPlex at a cost of \$30 plus HST for 18 holes or the pass may be used for two nine-hole games. Passes are available to military personnel and CRA members only. *Note: There is a limit of one pass per member.*



The Roundel Glen Golf Course is one of the most beautiful and challenging courses in the Quinte area. Its clubhouse includes a pro shop, locker rooms, lounge, covered deck and a complete food and beverage outlet. There is also a driving range, chipping area, and putting green available.

## Albatross Outdoor Pool Recreational Swimming

Recreational swimming will take place in the Albatross Outdoor Pool on Sunday, August 22, from 1 to 4 p.m.

This is free for mili-

tary personnel with ID and CRA members.

Cost: \$2 each for military community (non-members); and \$3 each for the general public.

## Summer Kidz Kamp

We still have a bit of room in the last two weeks of camp.

The camp runs from 8 a.m. to 4 p.m. each day with extended care available from 7 a.m. to 5

p.m. at an additional cost. The camp is designed for kids six to 12 years of age.

For more information and to register please stop by the RecPlex.

## Junior Lifeguard Club

The Junior Lifeguard Club will take place on Monday, Tuesday, Wednesday and Friday (Session C - August 16 to 27, 2010), from 9:05 - 9:50 am., and Tuesday and Thursday evenings from July 13 to August 12 from 5:05 to 5:50 pm.

Cost: \$70 plus HST for military community, and \$80 plus HST for the general public.

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## Understanding Vitamins and Minerals Part 1: Fat-soluble Vitamins

Submitted by  
8 Wing Health Promotion

Vitamins and minerals are nutrients which are essential for good health. Because they are required in small amounts, they are called micronutrients.

Micronutrients boost the immune system; support normal growth and development, and help cells and organs do their jobs. Your body needs more than 50 different nutrients every day. No one food or food group contains all of these nutrients.

Eating a variety of foods is the best way to get all the vitamins and minerals you need each day. Check out how many daily servings you need to meet your nutrient targets at [myfoodguide.ca](http://myfoodguide.ca).

Vitamins fall into two classes: fat-soluble and water-soluble. Water-soluble vitamins and minerals will be discussed in parts two and three of this series.

The fat-soluble vitamins – A, D, E and K – dissolve in fat and can be stored the body. Therefore, it is important for a healthy diet to include some fat to help the body absorb these vitamins.

Vitamin A contributes to normal reproduction, growth and development while keeping our eyes, skin and immune system healthy.

Vitamin A is found in animal (e.g. milk, fish oil, liver) and plant food sources. In plants, vitamin A exists in a form called Beta-carotene (a type of carotenoid). Carotenoids are found in different amounts in vegetables and fruit especially those that are brightly coloured.

Beta-carotene is also known for its antioxidant properties contributing to wide range of health benefits. Health Canada recommends eating at least one dark green and one orange vegetable or fruit each day. Some good choices

are broccoli, romaine lettuce, spinach, carrots, sweet potatoes and winter squash.

Balanced, healthy eating will provide enough vitamin A. It is not recommended that you take a vitamin A supplement.

High doses of vitamin A are toxic and dangerous. For information on daily recommended intakes (DRI) and common food sources go to [www.eatrightontario.ca](http://www.eatrightontario.ca).

Vitamin D maintains normal levels of calcium in your blood thus playing an important role in bone health. Even if you are consuming enough calcium in your diet, without an adequate intake of vitamin D, your body won't absorb enough calcium.

Vitamin D is also involved in fighting infections, keeping healthy blood pressure and insulin production and recent research suggests that it may also have benefits in preventing some types of cancer

The skin is able to make vitamin D when exposed to the sun. Vitamin D is found in milk, soy beverages, margarine, other vitamin D-fortified foods and some fatty fish). Some people can be at risk of not getting enough vitamin D because they do not get enough in their diets and because of low sun exposure.

Individuals at risk are breast-fed infants, pregnant women, adults over 50 years, people with dark skin, those with limited sun exposure and with some medical conditions.

Health Canada recommends that everyone over the age of 50 take a daily vitamin D supplement of 10µg (400IU).

For more information on vitamin D go to [eatrightontario.ca](http://eatrightontario.ca) and [dietitinas.ca](http://dietitinas.ca).

Vitamin E is a powerful antioxidant whose main job in the body is to protect against cell

damage. Vitamin E may also play a role in maintaining a healthy immune system and protecting against chronic diseases, such as heart disease and cancer.

Vitamin E is found mainly in foods that contain fat and oils. Some examples are nuts, seeds, avocado, vegetable oils and wheat germ. Some dark leafy greens and fish are also sources of vitamin E.

Vitamin K gets its name from the German word koagulation, which refers to this vitamin's critical role in normal blood clotting.

Much of the vitamin K you need comes from "friendly" bacteria that live in your intestines.

Deficiency is extremely rare. You can get the rest from a variety of foods. The best food sources are romaine lettuce, spinach, kale and other leafy green vegetables; broccoli; cabbage; green peas; brussel sprouts; and beef liver.

There is also some vitamin K found in plant oils, such as soybean, canola and olive oils, as well as in egg yolks and dairy products.

Because fat-soluble vitamins can be stored in the body for long period of time, it is possible to take in too much of these vitamins, which may lead to toxicity.

Unless recommended by your doctor or health professional, avoid buying individual vitamins and minerals.

Eating a well-balanced diet is your best way of getting nutrients your body needs.

If you are concerned about your intake level, discuss the issue with a health care professional such as a physician or dietitian.

References: Sizer, F., Whitney, E., Piché, L.A. *Nutrition Concepts and Controversies. First Canadian Edition. 2009.* / *Dietitians of Canada: dietitians.ca* / *Eat Right Ontario: eatrightontario.ca*

## Did You Know?

The human body requires over 50 nutrients each day to stay healthy. These nutrients come from water, carbohydrates, protein, fat, vitamins and minerals.



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



8 Wing Health Promotion  
177 Hercules St., Bldg 119  
Phone: x3768

Email: [healthpromotionTrenton@forces.gc.ca](mailto:healthpromotionTrenton@forces.gc.ca)

Health Promotion Administrative Assistant:  
**Leslie Bedore**

Health Promotion Manager:  
**Angela Prescott**

Health Promotion Director:  
**Kendra Lafleur**

Visit [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com) to learn more about the programs and services offered by your 8 Wing Health Promotion team.

## Summer SPIN Classes

SPIN classes are taking place all summer long. Classes run on Mondays, Wednesdays and Fridays at noon; on Tuesday and Thursday mornings at 0630 hrs; and on Mondays at 1610 hrs.



Photo: Amber Gooding, Contact Staff

### MILITARY LANE SWIM

Military Lane Swim will take place at the Indoor Pool on Mondays, Wednesdays and Fridays, from 1200 to 1300 hrs, and the Outdoor Pool on Tuesdays and Thursday from 1200 to 1300 hrs.

We are happy to announce that Visa, Mastercard and Interac are now accepted at The Contact Newspaper.



### Unit PT Class Scheduling

Unit PT Class Scheduling for the 2010/2011 Fitness schedule is upcoming.

Please prepare your Unit's PT schedule and submit to the Fitness and Sports Flight. We offer a variety of classes and workshops to keep your unit/squadron fit.

For more information contact the Fit Coordinator at [lisa.refausse@forces.gc.ca](mailto:lisa.refausse@forces.gc.ca)

### Do you require a BFT?

BFT testing is now taking place on Thursdays by booking them through the Fitness flight at local 3328.

Please refer to the Army Fitness Manual for work up or request a workup from the Fitness staff. Please note the casualty carry is now a casualty drag.

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## Transport of Coast Guard gear shows off Air Force's airlift capabilities in the North

by Lieutenant (N) David Lavallee

How do you move nearly 200 cubic metres of equipment weighing around 30 metric tonnes to a remote community located in Canada's high Arctic?

With an airplane that's nearly 17 metres high, 53 metres long and weighs over 265 metric tonnes, the Canadian Forces CC177 Globemaster III, the heavy-hitter of the Air Force's air mobility fleets.

On July 5, a CC177 arrived in Hay River, N.W.T. to pick up the Canadian Coast Guard's Rapid Air Transportable (RAT), a suite of equipment used to respond in the event of oil spills if local resources become overwhelmed at a spill site.

The next day, on July 6, the RAT kit was flown to Resolute Bay, Nunavut.

The RAT suite breaks down into smaller, more manoeuvrable components that are used for a variety of purposes, including oil containment, skimming, storage, shoreline cleaning, decontamination and command and control.

In total, the RAT suite has the capacity to respond to a 150 metric tonne spill, which is equivalent to 150,000 litres of product. It will be used during Operation NANOOK, Canada's premier northern operation, which will take place from August 6 to 26, 2010.

During the operation, the Coast Guard will lead a whole-of-government exercise, which will test the response to a simulated oil spill. No actual oil spill will

occur.

Conducted by Joint Task Force (North), the formation that oversees Canadian Forces operations in Canada's North, since 2007 NANOOK has been one of three major joint operations conducted every year to demonstrate a visible presence in the Arctic with sea, land and air forces operating in the region.

"This is a great opportunity, not only to support our partners like the Coast Guard in meeting the Government of Canada's objectives for the North, but also to expand upon the Air Force's ability to operate in the Arctic," said Lieutenant-Colonel Iain Huddleston, Commanding Officer of 429 Squadron, which operates the CC177 fleet out of 8 Wing/CFB Trenton, ON.

Not only will the operation exhibit the ability of Canada's Air Force to operate in the North – which it does on a regular basis through search and rescue, sovereignty and reconnaissance patrols and defending the airspace of Canada and the U.S. under NORAD – but the transport of the Coast Guard RAT kit via CC177 is a demonstration of Canada's strategic airlift capacity.

It also illustrates the Government of Canada's consideration and respect for the environment.

During Operation NANOOK, the Canadian Forces will be working closely with territorial and municipal representatives to ensure compliance with their expectations for proper environmental management.



A CC177 Globemaster III being loaded with the Canadian Coast Guard emergency environmental kit. Photo: Cpl Darcy Lefebvre

## Le transport d'équipement de la Garde côtière illustre les capacités de transport aérien de la Force aérienne dans le Nord

Photo: Cpl Darcy Lefebvre



L'appareil CC177 à Resolute Bay, au Nunavut, livre la trousse environnementale d'urgence de la Garde côtière canadienne.

Par le Lieutenant de vaisseau David Lavallee

Comment déplacer près de 200 mètres cubes d'équipement pesant environ 30 tonnes métriques dans une communauté isolée de l'extrême arctique?

Avec un aéronef de près de 17 mètres de hauteur, de 53 mètres de longueur et d'un poids de plus de 265 tonnes métriques : l'avion CC177 Globemaster III des Forces canadiennes, le poids lourd des flottes de mobilité aérienne de la Force aérienne.

Le 5 juillet, un avion CC177 arrive à Hay River (T.N.-O.) pour ramasser un lot d'équipement d'intervention rapide de la Garde côtière canadienne, transportable par avion et destiné à servir en cas de déversement de pétrole lorsque les ressources locales deviennent submergées sur un site de déversement. Le jour suivant, le 6 juillet, l'équipement d'intervention rapide a été transporté par avion jusqu'à Resolute Bay (Nunavut).

L'équipement d'intervention rapide est constitué de pièces plus petites et faciles à manœuvrer, qui servent à diverses fins, dont le confinement, l'écumage et l'entreposage de pétrole, le nettoyage des berges, la décontamination et le commandement et contrôle, entre autres.

L'équipement offre une capacité d'intervention équivalant au total à 150 tonnes métriques, ce qui correspond à 150,000 litres de produit. L'équipement sera utilisé dans le cadre de l'opération NANOOK, la première opération du Canada dans le Nord, qui se déroulera du 6 au 26 août 2010.

Au cours de l'opération, la Garde côtière dirigera un exercice pangouvernemental visant à tester la capacité de réaction lors d'un déversement de pétrole simulé. Il n'y aura aucun

déversement de pétrole.

Sous la direction de la Force opérationnelle interarmées (Nord), la formation qui surveille les opérations des Forces canadiennes dans le Nord canadien, l'opération constitue l'une des trois principales opérations interarmées menées chaque année depuis NANOOK 2007 afin de démontrer une présence visible dans l'Arctique, où les forces maritimes, terrestres et aériennes mènent désormais des opérations.

« Il s'agit d'une occasion extraordinaire, non seulement pour aider nos partenaires comme la Garde côtière à atteindre les objectifs du gouvernement du Canada dans le Nord, mais aussi pour accroître la capacité de la Force aérienne à mener des opérations dans l'Arctique », a indiqué le Lieutenant-colonel Iain Huddleston, commandant du 429<sup>e</sup> Escadron qui exploite une flotte de CC177 à partir de la 8<sup>e</sup> Escadre Trenton (Ontario).

L'opération permettra de démontrer la capacité de la Force aérienne du Canada de mener des opérations dans le Nord, ce qu'elle fait régulièrement dans le cadre d'opérations de recherche et sauvetage et de souveraineté ainsi que de patrouilles de reconnaissance et de la défense de l'espace aérien du Canada et des États-Unis sous l'égide du NORAD.

Le transport de l'équipement d'intervention rapide à bord d'avions CC177 demeure toutefois une démonstration de la capacité de transport aérien stratégique du Canada.

Par ailleurs, l'opération illustre la considération et le respect du gouvernement du Canada pour l'environnement. Dans le cadre de l'opération NANOOK, les Forces canadiennes travailleront en étroite collaboration avec des représentants territoriaux et municipaux afin de veiller au respect de leurs attentes en matière de saine gestion de l'environnement.

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# A familiar face returns to command 8 Air Maintenance Squadron

by Capt Jennifer Jones  
8 Wing Public Affairs

The largest organization at 8 Wing/CFB Trenton welcomed a new Commanding Officer to its helm during a rainy, but emotional indoor parade held Friday, July 23 in 10 Hangar.

Lieutenant-Colonel Joe Fernandes, who just a few years prior held the position of Deputy Commanding Officer at 8 Air Maintenance Squadron (8 AMS), took over command of the unit from LCol Art Agnew, who is moving on to a posting in London, England.

"I can honestly say that there is no better place to be than 8 AMS," said LCol Fernandes in his address to the hundreds of men and women newly under his command. "It is because of your confidence in me that I have been given this opportunity to come home. I look forward to being part of the 8 Wing team again."

LCol Fernandes is posted in from the Canadian Forces Aerospace Warfare Centre and has just completed the Joint Command and Staff Program via distance learning through the Canadian Forces College in Toronto.

LCol Agnew took command of 8 AMS in 2007. A squadron rich in history, 8 AMS traces its roots to the beginning of flying operations in Trenton, but only became an official element of 8 Wing in April, 1993.

"The Change of Command is not about commanders," LCol Agnew said in his farewell address. "It's a chance for a unit to reflect on where they've been, where they are and where they are going."

Colonel Dave Cochrane, Commander of 8 Wing/CFB Trenton, presided over the ceremony.

"I am continually impressed with your dedication to the maintenance of our CC-130 E and H models," he said, addressing the men and women of 8 AMS. Then, turning to LCol Agnew, Col Cochrane described his and his team's dedication as "truly outstanding."

LCol Agnew passed on some words of inspiration to his former Squadron. "All of you will move forward from here whether it be in the mili-



Incoming 8 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel J.T. Fernandes (right), outgoing CO Lieutenant-Colonel A. Agnew (left) and Colonel Dave Cochrane (centre), Commander, 8 Wing/CFB Trenton, sign the Change of Command certificates on July 23, 2010. Photo: Private Allyssa D. Carter, 8 Wing Imaging

tary or elsewhere, but regardless of where you are going, take the esprit de corps you have learned here with you," he said emotionally, also citing his favourite quote: "You are all leaders," coined by former Chief of the Defence Staff, General (Retired) Rick Hillier.

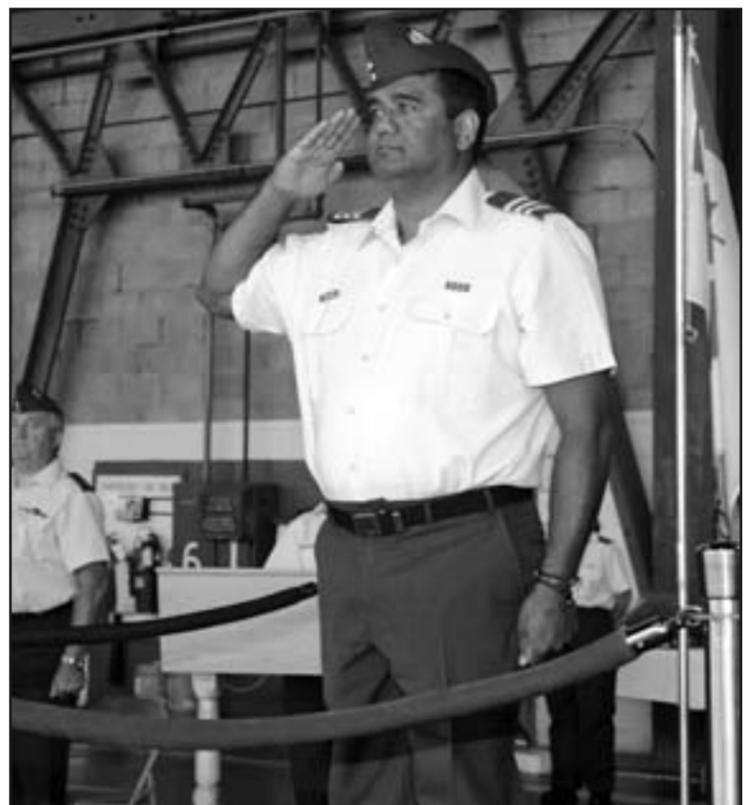
The mission of 8 AMS is to enable the Air Mobility Community to complete its missions on time and on target.

This means keeping Trenton's heavy transport aircraft ready to support Canadian Forces operations at home and abroad.



Above: Outgoing Commanding Officer Lieutenant-Colonel A. Agnew of 8 Air Maintenance Squadron salutes the parades march past, lead by LCol J.T. Fernandes, incoming 8 AMS CO. Photo: Private Allyssa D. Carter, 8 Wing Imaging

Bottom right: Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, passes the 8 Air Maintenance Squadron Mace as a symbol of turning over command to Lieutenant-Colonel Joe Fernandes during the Change of Command Parade, held at 10 Hangar. Photo: Cpl Levarre McDonald, 8 Wing Imaging



Incoming 8 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel J.T. Fernandes returns the general salute to the parade. Photo: Private Allyssa D. Carter, 8 Wing Imaging



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## Lieutenant-Colonel Keiver accepts command of 436 (Transport) Squadron

by Amber Gooding  
Assistant Editor

436 (Transport) Squadron carries the load, and not just because its highly respected motto defines that, but because 436 Squadron is a world class unit – ‘ready to take on whatever is needed.’

As personnel, guests, family and friends gathered under a replica of the first (powered flight) aircraft flown by the Canadian Forces, on display at the National Air Force Museum of Canada, 436 Squadron conducted out a Change of Command ceremony on July 29, as Lieutenant-Colonel Colin Keiver accepted command from outgoing Commanding Officer (CO), Lieutenant-Colonel Frank Martineau.

For three years LCol Martineau has worked alongside squadron personnel – a group that possess a significant

amount of decorations members proudly wear today – and feels a great sense of pride to be a part of a “continued tradition of dedication, professionalism and courage.”

“My dear Canucks – it was a privilege to serve in your company,” said LCol Martineau. “As I look at the individuals on parade that make up this extraordinary group of people – together we have achieved a broad spectrum of accomplishments over the last three years.”

LCol Martineau thoroughly enjoyed his time with 436 Squadron, noting the squadron has achieved a great number of accomplishments, helping to define a robust, high-readiness, and expeditionary squadron that 436 is today.

“The missions are always in good hands when the Canucks are given the task,” said LCol Martineau.

And LCol Martineau

knows the legacy of 436 Squadron will continue to shine, and its members will ensure just that.

As LCol Keiver prepares to embark on the newest chapter of his career, he brings with him a wealth of knowledge, experience and enthusiasm.

With over 4,000 flying hours (almost all in a CC130 Hercules), he holds a BA in Political Sciences and a Masters in Defence Studies. A seasoned pilot, first earning his wings in 1994, 436 Squadron’s new CO acknowledges the big workload ahead of them.

“We’ve got a lot of work ahead of us,” said LCol Keiver. “I can’t be everywhere at every time but what I need of you, specifically, is to be leaders at all times.”

His definition of leadership is quite simple...leadership is action, it’s not position.

“What I need from you as we continue with what Frank

has already started,” he said, “I need you all to step up to the plate and be leaders, and remember to take care of yourselves, take care of your families and take care of your people.”

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, was the presiding officer for the ceremony, which also recognized the dedication of “one of the most deployable units in the Air Force.” 436 Squadron is known for exceptional hard work, continued results, professionalism and dedication that create outstanding results, he said.

“I have had the distinct pleasure of working closely and flying with many of you,” said Col Cochrane. “I want to thank you for your exceptional hard work, professionalism and true dedication in directly supporting our troops overseas. There is no doubt in what you achieve – *on time and on target.*”

LCol Keiver acknowledged that during his time with 436 Squadron they will maintain the legacy operation in Afghanistan, stand-up the new CC130-J Hercules, on top of squadron maintenance, renovations and other significant changes, such as the influx of personnel at the squadron from just over 200 people to over 400 by the time his term as CO is done.

As the Squadron’s continued success delivers outstanding results “on time and on target,” LCol Keiver is proud to take command of such a prestigious squadron.

“As I stand here in the Air Force I find myself humbled by the responsibility I’ve been given and readily accept it,” he said. “I am proud to take command, and even more importantly, proud to call you squadron mates and I look forward to serving with you over the next two years.”



Lieutenant-Colonel Colin Keiver, incoming Commanding Officer of 436 Squadron salutes as he joins the Change of Command Parade on 29 July 2010.



Colonel Dave Cochrane (right), Commander, 8 Wing/CFB Trenton, passes the Squadron Colours to incoming Commander Lieutenant-Colonel Colin Keiver during the Change of Command Parade on July 29, 2010. This gesture is a symbolic act to signify handing over command.



Lieutenant-Colonel Frank Martineau (left), Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Lieutenant-Colonel Colin Keiver sign the Change of Command Scrolls during the 436 Squadron Change of Command Parade. LCol Colin Keiver is taking over Command of 436 Squadron from LCol Frank Martineau, with Col Cochrane in attendance as the Reviewing Officer. Photos: Cpl Levarre McDonald, 8 Wing Imaging



Lieutenant Colonel Frank Martineau (left) holds a farewell gift of Squadron Wings with Chief Warrant Officer Branko Horvat at the end of the Change of Command Parade. The parade was held at the National Air Force Museum of Canada on July 29, 2010.



# New Commanding Officer for 2 Air Movements Squadron

by Amber Gooding, Assistant Editor

On Friday, July 20, command of 2 Air Movements Squadron was handed over to Major Ken Mills, in a ceremony with equal parts tradition and surprise.

Relinquishing command of 2 AMS was Major Aaron Spott, who has, over the course of the past couple years, certainly left his mark at the squadron and with the many personnel that have had the opportunity to work with him.

Maj Mills' background and experience will compliment his new position with a "healthy and successful squadron at 2 Air Mov Squadron."

As personnel, guests and dignitaries made their way to the tarmac at the squadron, signs of a Commanding Officer well respected became apparent. Each name tag worn by squadron personnel identified one name – Spott.

"I guess they really did like me," said Major Spott, who is preparing to embark on his next task at hand, Staff College in Toronto."

The traditional Change of Command ceremony began with a Parade, turned over to the Deputy Commanding Officer (DCO) and Commanding Officer (CO), prior to the arrival of the incoming CO, followed by the arrival of Honorary Colonel Eben James Jr, and Presiding Officer Colonel Dave Cochrane,

Commander, 8 Wing/CFB Trenton.

Recognized for his dedicated leadership to the squadron, Maj Spott is quick to identify that he works alongside some of the very best. Standing before the squadron with a great deal of pride, Maj Spott took his first opportunity to address the crowd and turned his attention to his greatest source of support – his wife, Major Isabelle Robitaille.

"I'd like sincerely thank my wife for her devoted patience, love and support," said Maj Spott. "2 Air Mov Squadron demands a lot from its members, and we could not do what we do without the support of our families. From the bottom of my heart, thank you for sticking with me through this very challenging part of my career."

As Maj Spott reflected on his time as CO, he defined his tenure here as a single honour and privilege to be entrusted with the leadership of such a distinguished squadron.

"I continuously stood in awe of the steadfast devotion to the operation of both the Air Force and the Canadian Forces," he said. "Without a doubt, 2 Air Mov Squadron's considerable accomplishments and accolades to which they have been made will continue to contribute and define the motto 'service before self'."

With a rich squadron history of

global service to Canadian Forces air mobility operations, Maj Spott is fiercely proud to say that the men and women that stood on parade outside of the passenger terminal have built on that legacy of those who have gone before them, forging their own distinctive chapters.

"The ability of this squadron to maintain the delicate balance between our deployed and 8 Wing responsibilities, which are numerous, is entirely due to the hard work, sacrifice and commitment of these men and women," said Maj Spott. "Through all of the hardship, deployments, time away from family and friends – the dedication of personnel at this squadron has never wavered – not once."

In three very hectic years, the squadron tackled the positive challenges represented by the CC177 Globemaster, and not only produced the CF's only CC177 loading supervisors, but has also been providing a new generation of young and energetic traffic techs to fly on this aircraft as loadmasters.

"We've not only sustained our commitment to combat operations, but we have increased it," said Maj Spott. "2 Air Mov Squadron personnel are continually deployed around the world in support of vital operations every year."

Maj Spott spoke of the most important accomplishment, (personally and most recently), as the work carried out as part of Operation HESTIA, which saw the squadron in its entirety working tirelessly day in and day out for more than three weeks to support the airlift of over 3.5 million pounds of equipment and emergency supplies, and over 1,000 CF personnel in support of the Canadian Government's relief efforts in Haiti.

"When things were at the absolute worst in terms of the operational tempo faced by this unit, this squadron was at its absolute best," he said.

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, knows that Maj Mills will continue in the footsteps laid out before him, and with the high level of success that Maj Spott leaves behind... to build on a

squadron with the strength a million times their weight. Col Cochrane said he is confident Maj Mills will fulfill the heightened level of responsibility this appointment brings.

"You are joining a close team and an extended family of movements and air mobility personnel with an abundance of experience," he said. "Take care of your personnel and continue the operational focus that is expected of you and has been constantly demonstrated by 2 Air Mov Squadron and its members. Enjoy your appointment Ken and the challenges it presents as the time will go very quickly."

As Col Cochrane wished Maj Spott all the best with the next phase in his career, he expressed his appreciation for an impressive Esprit de Corps and strong dedication for the great work done by the squadron.

"Air movements is a cornerstone requirement for successful airlift and Trenton is the main hub and home of air mobility," said Col Cochrane. "Major Spott, it has been one busy command tour for you and the squadron, and you have done an exceptional job leading and guiding the professional team at 2 Air Mov Squadron."

With a multitude of concurrent operations, the strong work ethic demonstrated by the squadron, under the command of Maj Spott, has ensured effective leadership and continued improvement with training and course qualification initiatives which define effective movement operations on the flight line...all of which will be continued, and built upon, by new CO Maj Mills.

With little time to spare before taking command, Maj Mills graciously accepted his new appointment with optimism and excitement, and a sincere appreciation for his family, friends, colleagues and former CO.

"People are our greatest resource, and I endeavour to continue on with that," said Maj Mills. "To Spotty - I have great admiration for your determination and the leadership which has continuously distinguished itself through unprecedented operation tempo. Thank you for your insight on the challenges that lay before me. This is a great time to be an air mover and 2 AMS is highly sought after, highly respected and widely known for the skills they bring to every operation. I look forward to every day that I have the privilege to be Commanding Officer of 2 AMS, and to work with such talented people."

Maj Mills first joined the Canadian Forces as a reservist in 1990, before joining the Regular Force in 1991. Beginning his regular force career in Winnipeg with 733 Communications Squadron as a Teletype Operator, he later worked as a network administrator.

He went on to complete a Bachelors of Art degree at the University of Manitoba in 2000, after being accepted to the University of Training Plan for Non-Commissioned Members.

Later posted to 1 AMS in Winnipeg as a mobile air movements officer, Maj Mills was involved in various operations and exercises, including a deployment to Camp Mirage for six months in 2005.



Incoming Commanding Officer of 2 Air Movements Squadron, Major Ken Mills, salutes outgoing Commanding Officer, Major Aaron Spott (right), during the final march past, during the Change of Command Parade.



Outgoing Commanding Officer Major Aaron Spott (left), Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton (centre), and new incoming Commanding Officer of 2 Air Movement Squadron, Major Ken Mills (right), sign the official documents during the Change of Command Ceremony on July 30.



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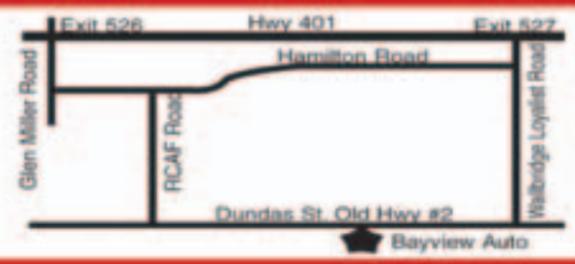
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### Auto Hobby Club

The Club is located at 3 and 4 Chimo, which is tucked away on the north side of the Base, in behind the salt dome. If you are looking for a place to repair your personal vehicle, the Auto Hobby Club provides the bay, certain tools, hoists and more. The Club operates year-round and all is volunteered time.

Hours of operation: Mon - Thurs from 6-7:30 p.m.; Sat from 9 - 11 a.m. Hoist bays \$20 a day, body shop bay \$10. Always looking to recruit new members and club attendants. Contact Sgt Lafleurat local 3623.

### Line Dancing Classes

Join us for Line Dancing at the Trenton Seniors Club, (61 Bay St.). Classes will be held on Monday mornings from 10 a.m. to 2 p.m. and Tuesday evenings from 6 to 8 p.m.

Cost is only \$3 per class. Teacher is Linda Nyholm and she will be specializing in beginners. Come on out and give it a try.

For more information call the office between 9 a.m. and 3 p.m. at 613-392-5400 or Betty at 613 392-3472. Thank you.

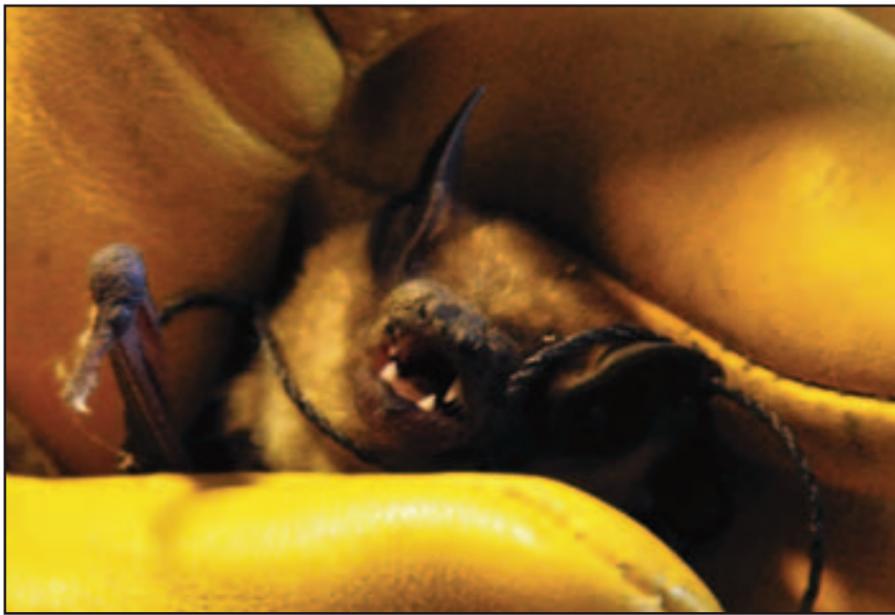


# IT'S A BIRD...IT'S A PLANE... NO WAIT - IT'S A BAT!

Photos: Lt Cynthia Kent



Jason Botting of Falcon Environmental Services escorts an unexpected visitor from the theatre of the 8 Wing/CFB Trenton Headquarters building on Friday, July 30. The wayward mammal was discovered by staff first thing in the morning and they called in one of Trenton's "birdmen." Botting quickly responded and rescued the bat, which was later released back into the wild.



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# FAMILY



## Activity: My Feelings Book



As you look at magazines with your toddler, talk about faces that you see.

Encourage him to identify emotions in the pictures, and then cut them out and paste them into a scrapbook.

Spending Comfort, Play and Teach™ time creating a special book will help your toddler learn and talk about his different feelings.

**You will need:** A variety of magazine pictures showing different emotional expressions (e.g., sad, happy, mad, surprised); a scrapbook; white glue and paper plate; glue stick or popsicle stick.

**Instructions:** Tear

pictures from the magazine so it is easier for your toddler to select those he wants to paste in his scrapbook.

Pour some glue onto a paper plate and demonstrate how to dip the stick into the glue and spread some on paper.

Encourage your toddler to press pictures into the scrapbook.

Ask, "Is that a happy face or a sad face?" Write down the word that labels the feeling, to help build your toddler's language and literacy skills.

Enjoy this more with Comfort, Play and Teach™:

### COMFORT

Cuddle up with your toddler and make time to look at the book you created together. Asking your child to share her ideas about the pictures makes her feel valued and gives her a chance to talk about her own feelings.

ings.

### PLAY

Your toddler can create his own pictures that represent his feelings. He can select crayons that are "mad" colours or "happy" colours and use them to draw. Encourage him to tell you about what he is drawing and then add his art work to the scrap book.

### TEACH

Model coping with emotions, using words like, "This makes me feel sad/happy." By talking through emotional experiences with your toddler, she learns words to describe her own feelings and begins to understand the feelings of others.

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

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

## Mealtime.org Garlic Spinach Bread

### Ingredients:

- 2 tablespoons extra-virgin olive oil, divided
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 can (14.5 ounces) no-salt-added chopped, spinach, drained and squeezed dry
- 1/2 cup diced, canned red bell peppers (pimentos)
- 12 large black olives, chopped (optional)
- Pinch crushed red pepper
- 1/4 cup freshly grated Parmesan cheese, divided
- Kosher salt and ground black pepper, to taste
- 1 pound frozen pizza dough, thawed

**Preparation Time:** 20 minutes **Cook Time:** 20 minutes

**Preparation:** Preheat oven to 425°F. Heat one tablespoon olive oil in a large skillet over medium-high heat. Add onion and sauté until tender, about three minutes. Add garlic and stir 30 seconds. Remove from heat and stir in spinach, peppers, olives, crushed pepper, three tablespoons Parmesan cheese, salt and pepper. Roll out pizza dough into a 12-inch round using just enough flour on the work surface and dough to keep it from sticking. Brush off excess flour and transfer dough to a baking sheet. Sprinkle remaining Parmesan over the center and mound the spinach mixture on one side of the dough leaving a 1/2-inch border of exposed dough at the edge. Brush the exposed edge with water, and fold the other side of the dough over top, stretching it so that it completely encases the filling. Firmly pinch the edges together sealing the filling inside. Cut four slits in the top and brush with remaining olive oil. Bake until crisp and brown, about 20 minutes; cool 10 minutes before serving. Cut in six wedges. Serves: Six

*Nutritional Information Per Serving: Calories 350; Total fat 10g; Saturated fat 1.5g; Cholesterol 5mg; Sodium 780mg; Total carbohydrate 50g; Fibre 3g; Protein 12g; Vitamin A 40 per cent DV\*; Vitamin C 35 per cent DV; Calcium 15 per cent DV; Iron 20 per cent DV. \* Daily Value*

## WHAT'S THE DIF ?

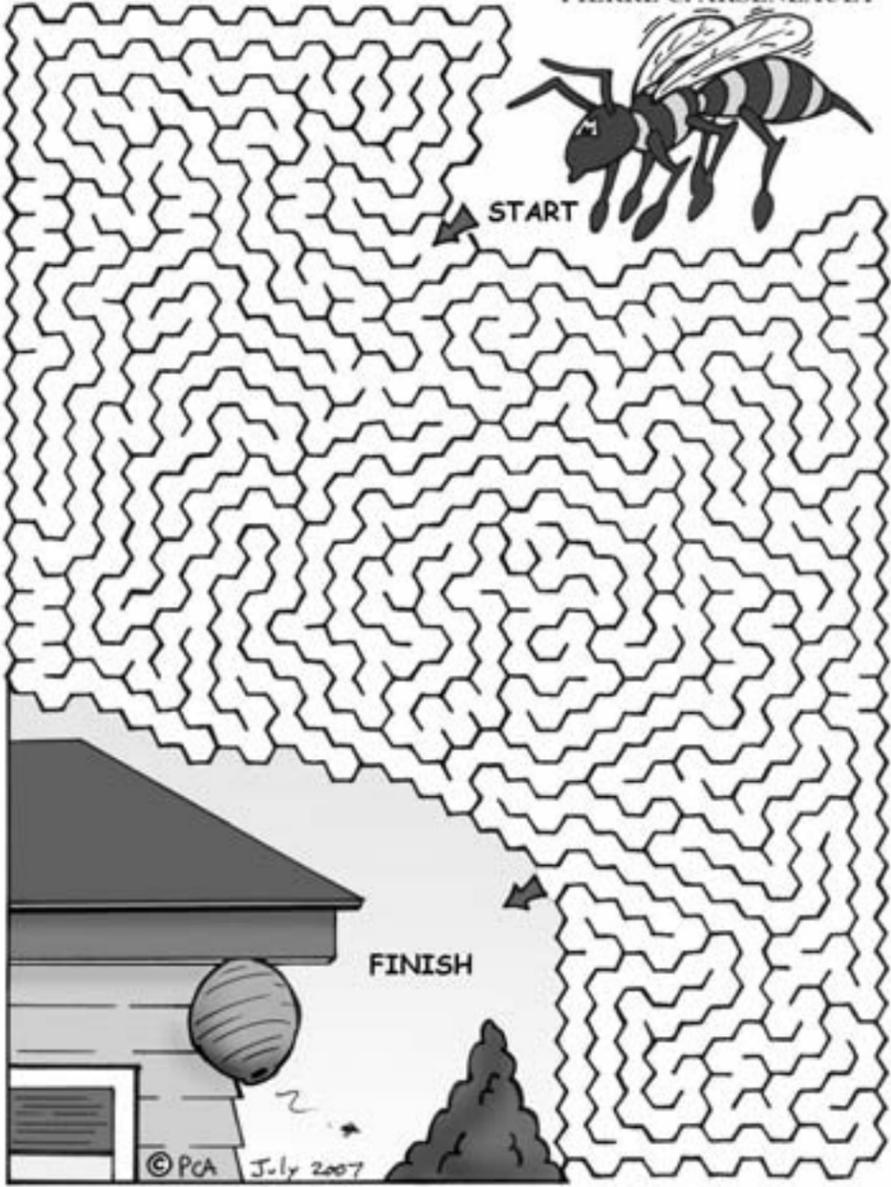


### FIND THE 7 DIFFERENCES



ANSWERS: 1. MISSING BIRD 2. BAG 3. MAN'S SHIRT 4. FENCE BOARD 5. TREE 6. ROOF 7. WOMAN'S MOUTH

## DEAD END ?



# Nadiya's Zodiac Starcast

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.  
For expanded forecasts visit [www.nadiyashah.com](http://www.nadiyashah.com)

August 15 – August 21

*Theme of the week: Our changing times are being reflected in the sky. A configuration known as the "Grand Cardinal Cross" hits a milestone this week. We are living through changing times. Personally, we are driven to work hard for our ambitions. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): Our idols are meant to inspire us to be better. But when we compare ourselves to others, we hold an idealized version of them, and no one is ever ideal. We all hold imperfections and weaknesses. Be mindful of this when admiring one of your role models.

**TAURUS** (April 20-May 20): Achilles was celebrated as a great warrior who also had a deep vulnerability. You feel the need to put forward a strong front and don't want to let others know of your disappointments. If you share your deepest feelings, they won't be used against you.

**GEMINI** (May 21-June 20): A key supporter appears to flip their position. While at first you may feel disappointed, you must also be honest with yourself. You don't need their support to do what you most desire to do. Be independent and live your own ambitions.

**CANCER** (June 21-July 22): Architectural designs represent the philosophy of a culture. They become physical representations of what the society at the time thought beautiful and important. Your own home is going through changes now. Be more self-directed so that the modifications hold meaning for you.

**LEO** (July 23-Aug. 22): An opportunity comes disguised as an increase in responsibility. It may look mundane on the surface, but if you choose to squeeze all the juice out of it, you could learn a lot and set yourself on a more fortunate path. Don't be afraid to take it on. It will bring better things.

**VIRGO** (Aug. 23-Sept. 22): A renewal of Greek thought flourished during the European renaissance. You are experiencing a revival of your own. Long forgotten childhood ambitions are coming to the surface now. If you don't take a chance, you will never know if it will work. It's worth a shot.

**LIBRA** (Sept. 23-Oct. 22): Those who leave a legacy have a name that becomes a symbol. The representation can become bigger than one's own life. You have been content living a quiet life. However, in the smallest moments you now have the potential to build something grand. Pay attention to the details.

**SCORPIO** (Oct. 23-Nov. 21): Half the people on the planet have never eaten an apple. The fruit that many in the world consider commonplace is exotic for others. You are taking for granted an aspect of your life that is a great blessing. You come to appreciate a skill for its potential as a great talent.

**SAGITTARIUS** (Nov. 22-Dec. 21): The Magna Carta was annulled 10 weeks after it was written, but once the blue print was in place, human rights could only grow stronger from then on. You thought you were moving forward, but your plans were recently scrapped. Don't let it fool you. This week, you revive a great idea.

**CAPRICORN** (Dec. 22-Jan. 19): You feel an increasing desire to stay close to home, but higher ambitions are calling. You feel driven to work harder than ever. Make sure you find the right balance you need between pushing forward and spending time in rest and reflection to make your actions more effective.

**AQUARIUS** (Jan. 20-Feb. 18): The process may be tedious, but a passport is needed if we are to enjoy the pleasures of international adventures. You are dreading a necessary protocol. However, you know you must comply if you want to do what you love. Trust the process and make it fun.

**PISCES** (Feb. 19-March 20): You desire to make a financial breakthrough, but may wish that there was an easier flow to bring about prosperity. You can make progress, but it will require that when the small opportunity presents itself, you run with it with all you have.

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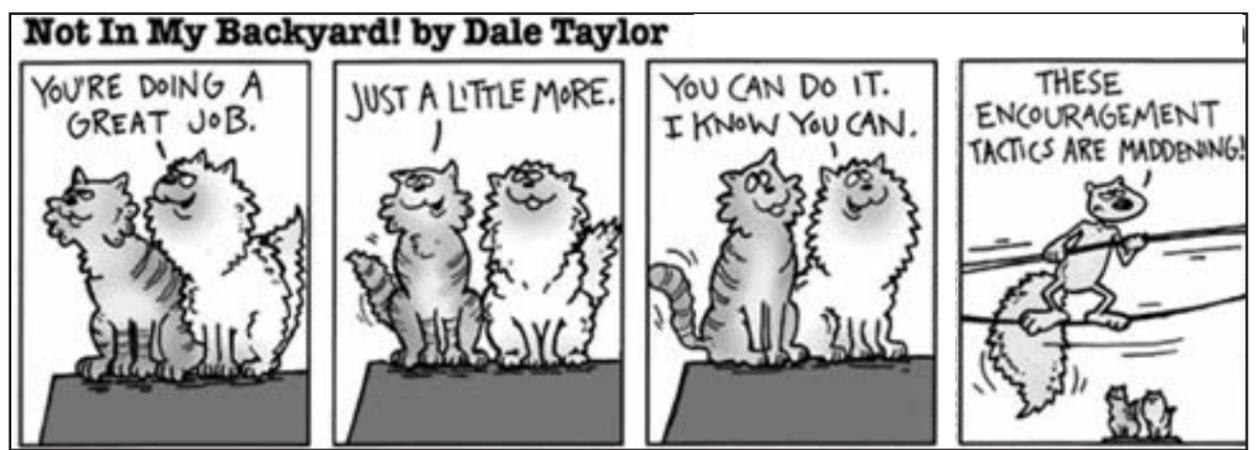
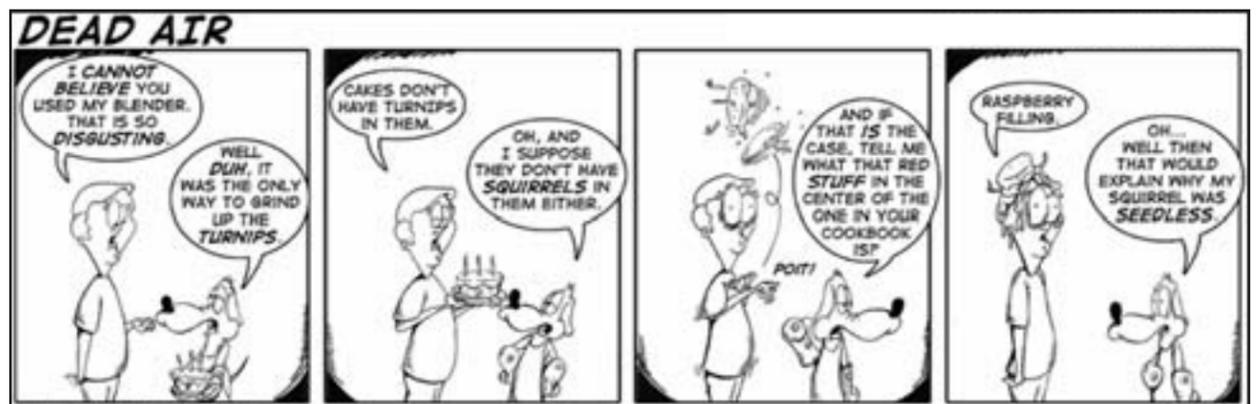
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.





# Ex PEROGIE et le Cours de parachutiste polonais

par Capt Nathan Scholey

Quinze parachutistes canadiens, représentant le Centre d'Instruction Supérieure en Guerre Terrestre des Forces Canadienne (CISGTFC) et le 3<sup>e</sup> Bataillon du Princess Patricia's Canadian Light Infantry (PPCLI), ont participé à l'Ex PEROGIE s'étant déroulé en Pologne du 05 au 21 juin 2010.

Il s'agissait d'un échange inaugural des Forces canadiennes et polonaises visant à développer des relations étroites entre nos deux nations par l'envoi de troupes aéroportées. L'opération a été supportée par la 6<sup>e</sup> Brigade d'assaut aérienne Polonaise de Cracovie, PL.

Bien que les 15 militaires canadiens prenant part à cette opération avaient déjà leur qualification de parachutiste ainsi que plusieurs sauts à leur actif, le brevet de parachutiste polonais consiste à compléter une semaine d'instruction suivie de 5 sauts obligatoires afin d'obtenir les ailes de parachutiste polonaises. Pas question de ne faire qu'un saut sans équipement afin d'obtenir les ailes!

Conséquemment, la formation a commencé par un cours abrégé des diverses techniques et théories de parachutisme polonais destiné à familiariser chacun d'entre-nous avec les procédures polonaises. Tandis que nous apprenons à adopter la forme d'atterrissage de parachutistes (FLP/« PLF »), où nous appliquons cinq points de contact afin d'assurer un atterrissage des plus sécuritaires que possible et ce, dans n'importe quelle direction, nos homologues Polonais tirent intentionnellement leurs « risers » en un tour de 360 degrés au besoin, afin de toujours forcer un atterrissage vers l'avant et ce, avec les pieds à plat.

Cette technique a été, au premier abord, difficile à maîtriser en toutes circonstances, contrairement à tout ce que nous avons assimilé à propos du parachutisme militaire dans notre carrière.

Toutefois, nous nous sommes rapidement adaptés à la méthode d'atterrissage polonaise ainsi que les techniques de sorties qui s'exécutent les jambes écartées. Une fois dans les airs par contre, le réflexe canadien refaisait rapidement surface avant d'atterrir sur le sol...l'idée d'atterrir les pieds plats sans roulade au sol fut difficile à vendre.

Le sac de largage du parachutiste (« PDB ») polonais a été toute une révélation lors de l'instruction sur l'équipement

avec ses 1.5 kg alors qu'il peut contenir autant que le notre qui fait par contre près de 10 fois son poids. Par la suite, nous avons commencé les cinq sauts de base pour l'obtention du brevet. Les sauts se font habituellement d'un hélicoptère polonais W-3 en utilisant le parachute AD-95, ou du CASA.

Les deux premiers sauts consistent à un saut administratif, suivie d'un saut avec l'arme (qui s'attache à l'avant sous la réserve). Ensuite, le quatrième saut se fait avec tout l'équipement dont le PDB qui s'attache derrière les fesses. Finalement, le cinquième saut est habituellement le saut de nuit.

Non seulement leur technique d'atterrissage est différente, mais leur approche de l'emballage du parachute était surprenante. Dans le cadre du cours élémentaire de parachutiste polonais, tous les candidats apprennent à plier et emballer leur parachute eux-mêmes et ce, sur la zone de largage – ZL – (« DZ »). Les points de RV de la ZL sont couverts de tapis où les soldats procèdent au pliage et à l'emballage de leur parachute sous la supervision des arrimeurs. La compagnie de soutien du CISGTFC est responsable de tous les parachutes des FC en tant que dépôt national, et veille aux normes strictes de sécurité afin d'assurer une supervision étroite des arrimeurs et emballeurs. En raison des contraintes de temps, l'emballage a été laissé aux hôtes et leurs procédures ont été confirmées par deux arrimeurs canadiens qui participaient à l'opération. Histoire de bien s'assurer que ce vieux modèle de conception russe était, à tout de moins, bien emballé. N'ayez crainte, la 6<sup>e</sup> Brigade d'assaut aérienne Polonaise a fait 19 000 sauts para en 2009 avec seulement 6 blessés au total.

Nous avons eu la chance de sauter avec différents parachutes polonais tels : parachute rond AD-95, saut en parachute carré ligne statique (en utilisant le AD-2000 équipé d'un Falcon 300), parachute en chute libre (à l'aide d'un Falcon 180), et un saut dans l'eau (en utilisant le AD-95). En outre, nous avons sauté sur une ZL située au sommet d'un centre de ski, à la jonction des frontières Polonaise, Tchèque et Slovaque, où un dîner a été consommé dans un village nommé Canada en raison du grand nombre d'émigrants ayant quitté la région pour le Canada à la suite de la Première Guerre Mondiale.

Basé sur la disponibilité des aéronefs, la 6<sup>e</sup> Brigade effectue un volume élevé de sauts au

cours d'une année et elle bénéficie de l'expérience de ses soldats. Il est courant de discuter avec de jeunes soldats Polonais ayant déjà des centaines de sauts à leur actif. Il y avait plusieurs parmi eux qui avaient déjà accumulé plus de 3000 sauts. Ceci fait donc de cette brigade une force hautement qualifiée dans la matière.

En fin de séjour, les militaires canadiens ont pu se familiariser avec les armes légères polonaises en prenant part à une journée de champ de tir. L'activité culminante de cette journée a été pour les militaires canadiens, la possibilité de faire l'examen pratique de « Marksman » polonais et d'en obtenir la qualification. Seulement quatre militaires canadiens ont obtenu la note minimale de passage dont la plus haute note, avec 87 % d'efficacité, obtenu par un 22, le major Eric Richard... Nos quatre confrères membres du contingent provenant du PPCLI étaient amèrement déçus d'avoir été battu par un 22 et de surcroît par un officier!

Dans le cadre de l'échange, les participants ont effectué une visite approfondie de Cracovie, dont deux sites de l'UNESCO: les Mines de sel de Cracovie et les camps de concentration d'Auschwitz et Birkenau. Les camps de concentration ont fait réfléchir sur la raison de notre existence et les raisons pour lesquelles parfois nous devons combattre une dictature. Comme le disait le commandant du contingent canadien, le major Richard « Pour que des régimes NAZI n'existent plus jamais. Que ceci serve d'avertissement pour l'humanité entière. Ignorez son histoire s'est se condamner à la répéter un jour ou l'autre. Si vous avez peine à expliquer à vos enfants l'existence du soldat, l'existence de notre Armée...voici 1.5 millions de bonnes raisons d'exister et d'intervenir militairement dans un conflit. »

L'exercice PEROGIE a fourni aux participants une expérience inestimable et l'occasion de travailler avec et d'apprendre et profiter de l'expérience d'une nation alliée. Nous rapportons avec nous des leçons apprises d'une brigade qui effectue près de 20000 sauts par année.

À nous maintenant d'en soutirer et implanter le positif au sein de nos TTP. En somme, cette expérience a contribué à améliorer les compétences des parachutistes canadiens impliqués tout en favorisant le développement d'opportunités de collaboration entre nos deux nations et ce, pour les générations futures.

*« Je me souviens. »*



**Soldat Znack après avoir complété un saut à ouverture automatique.**



**De l'avant à l'arrière: Caporal Desrosier, Sergent Willcott, Soldat Znack (Adjudant-maître aide Soldat Znack), Soldat Tartaglia et Capitaine Scholey.**



**Montré ci-dessus, de l'avant à l'arrière: Soldat Tartaglia, Caporal Desrosier et Soldat Znack durant la formation parachutistes des méthodes et de l'équipement polonais.**



## Air Cadets receive excellent service

by Captain M.I. Leguerrier  
Food Services Officer

On July 26, Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, accompanied by Wing Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer, Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer (WLEO) and Chief Warrant Officer Rolland Roy, Acting Wing Logistics and Engineering Branch Chief, conducted a familiarization tour of the 8 Wing Food Services

section, including the Yukon Galley and Flight Feeding kitchens.

Col Cochrane brought back some fond memories of his time as an Air Cadet and delighted in the opportunity to obtain feedback on their summer experience thus far, and serve a well-deserved lunch to several flights of cadets during their meal hour.

The competition was also fierce between WCWO West and LCol Lewis as they both ensured that healthy vegetables made their way to each cadet's plate!



Photos: Submitted

CWO Kevin West (left), 8 Wing Chief Warrant Officer, Col Dave Cochrane (centre), Commander, 8 Wing/CFB Trenton and Corporal Sanjay Balladin, of 8 Wing Food Services, serve lunch to cadets on July 26.



LCol Sean Lewis and CWO Rolland Roy, are seen dishing up some healthy options to cadets during the lunch hour.



CWO Kevin West (left), Col Dave Cochrane (centre), and Cpl Sanjay Balladin (right), embraced the opportunity to serve good food with great smiles at the Cadet Dining Hall at the Yukon Galley.

## 8 AMS Camp Trillium Golf Day

by Capt Mark Engelbrecht, 8 Air Maintenance Squadron

On July 22, 2010, 8 Air Maintenance Squadron (8 AMS) held its Sixteenth Annual Camp Trillium Golf tournament at Oak Hills Golf Course located near Stirling.

The event was a huge success thanks to support from a diverse group of individuals from the squadron, 8 Wing/CFB Trenton and from the great community we are so privileged to find ourselves serving in.

Our thanks go out to those people and companies from the surrounding area that participated in and contributed to the day's festivities.

We would especially like to thank Mr. John Smiley from Smiley's Independent Grocer, Bayview Auto, L3 and Mr. Ray Kaufman, and all the

others who donated so generously, supplying us with the best prizes ever.

Oak Hills Golf Course did a wonderful job bending over backwards to accommodate us, as always, and we would like to thank them for their continued support.

The two goals set for the day where one, to have fun, and two, to raise money for Camp Trillium.

From the feedback we got it was abundantly obvious we achieved the first goal easily. How can you not have fun on a free day off work where you get to play golf, enjoy a steak dinner and receive many great prizes?

We were able to raise just a little over \$11,000 allowing some 40 children living with cancer to go to camp, making this an absolute great charity for us to support.

We were also privileged this year to have

many individuals participate who have organized previous Camp Trillium Golf Tournaments. We would like to thank them as well for their continued patronage.

We owe a special thanks to people like Mr. Dave Alverson, one of the founding members who have been helping 8 AMS to organize this event since its inception.

Last but not least I would like to thank the volunteers from 8 AMS who made this event such a great success. Without your tireless canvassing for prizes and organizing we would not have been able to send as many kids to camp this year.

In conclusion the 8 AMS Camp Trillium Golf Day is an example of an event that brings out the very best in the community. Thanks to one and all for making the day such a huge success.



Former Commanding Officer, Lieutenant-Colonel Agnew hands the big cardboard cheque to Fiona Fisher, representative for Camp Trillium.

## 2 AMS DEPENDANTS RECEIVE BURSARIES

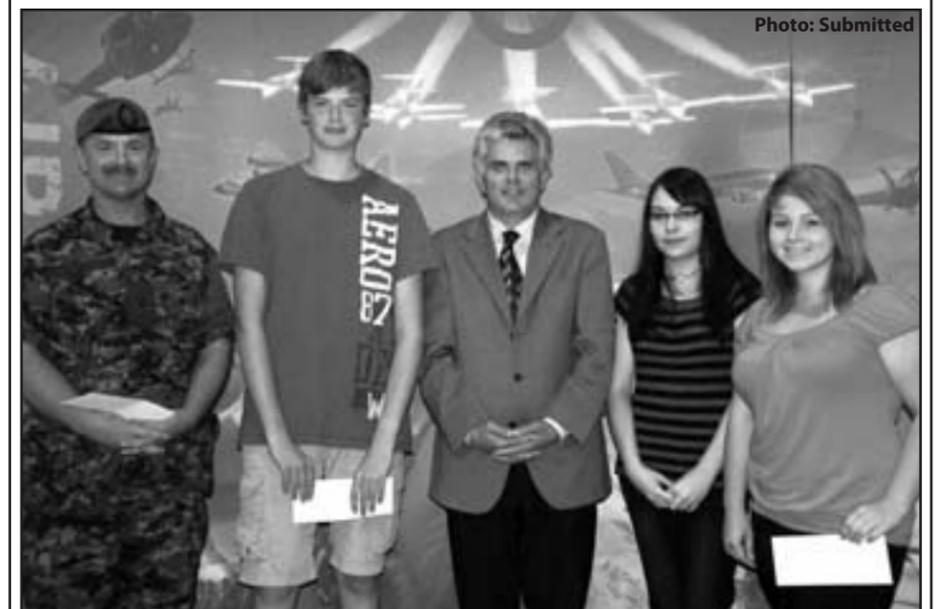


Photo: Submitted

Thanks to Honorary Colonel Eben James Jr., CEO of Trenton Cold Storage (TCS), four dependants of 2 Air Movements Squadron personnel received a financial bursary for their first year of post-secondary education. The deserving recipients from left to right were as follows: Brandon (son of Cpl Debra Hoekstra), HCol Eben James Jr., Samantha (daughter of Sgt Lawrence Smith), and Chantal (daughter of WO John Nichols). Missing from the photo is Alyssa (daughter of WO Drew Hine).



# Pennies from the Pyrenees update from HCol Rainbird

*This is Honorary Colonel Glenn Rainbird's account of the final week of his "Pennies from the Pyrenees" fundraising effort for the Trenton MFRC.*

*He climbed a total of 37710 feet and rode 958 kilometres from July 12-25 in the French Pyrenees taking many of the same routes as the Tour de France cyclists*

Monday and Tuesday (July 19 and 20) were great Tour watching days on the slopes leading up to the Col de Portet d'Aspet and Col du Tourmalet.

Our group was able to ascend the first but not the second before the roads were closed for the race. Each day provided steep vertical challenge for me as well as the Tour pros who added Col d'Aubisque on their 200 km Tuesday. Views from altitude with a sun filled sky both days were spectacular.

Wednesday (July 21) was a rest day for the Tour, but not for me. The epic Hautacam multi-switchback climb was within 20

kms of our hotel. Just enough distance to warm up before an attempt. The mighty Hautacam was conquered, but not painlessly.

Although averaging eight per cent, a section in the middle running more than three kilometres never dropped below double digits. It was one of the most gruelling sections I have ever encountered, especially in the cool drizzling rain that lasted all day. A long hot shower was a special reward.

Rain washed out any chance of riding the epic Tourmalet on Thursday (July 22) forcing a rest day. Cycling withdrawal was barely tolerable but on Friday (July 23) my body thanked me by responding with strength as we said "au revoir" to the mountains and made our way via bike and bus to Pauillac, near Bordeaux, to catch the Tour de France time trial.

The exit from the Pyrenees on Friday and the flat wine country riding on the weekend added 3,711 feet and 221 kilo-

metres to complete the Pennies pursuit. I am extremely pleased with the results and the benefit to the MFRC.

Completing this journey has been both challenging and inspirational. While I have climbed other Tour de France ascents in the past, the unfamiliar ones in the Pyrenees presented new tests of stamina and will.

Throughout, I was inspired when thinking of the CF personnel serving our great nation and the families who support them.

The incentive spurred me on when fatigue

threatened. Knowing that each vertical foot could add to results enabled a real boost when the top of each Col seemed distant.

A heartfelt "Thank you!" to all who committed funds; your generosity is very much appreciated. I trust you have enjoyed following along via my reports. I will be in touch with final fundraising results and pledge collection advice later in August after some relaxing vacation time in France and England with my lovely wife Jennifer and friends.

Cheers,  
Glenn



Photo: Submitted

Left: HCol Rainbird with a Tour de France spectator dressed in vintage race garb.

Above: HCol Rainbird celebrates a successful ascent of the fabled Hautacam, multi-switchbacked Tour de France finishing climb in the Pyrenees



## TRENTON

### Military Family Resource Centre



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#### MFRC-EVENTS & INFORMATION



## 152

STIRLING FAIR

Free Admission all weekend for Military members & their families; includes **George Canyon** concert.  
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#### CFRM-Événements et Information



## 152

STIRLING FAIR

Admission gratuite toutes les fins de semaine pour les militaires et leur : inclus le concert de **George Canyon**  
Pour un calendrier d'événements visitez:

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## 8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre



### WING CHAPLAIN SERVICES

#### SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

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

#### Unit Chaplains – aumôniers d'unités

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

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

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

### WORSHIP SERVICES

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

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

Chapel Life Co-ordinator

*Father Philippe Boudreau*

Co-ordinateur de Vie de Chapelle

#### Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

#### Confession - Réconciliation

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

#### Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

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

Chapel Life Co-ordinator

*Padre Jim Craig*

#### Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

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

#### Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

#### DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

### SACRAMENT OF BAPTISM

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

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

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

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

### SACREMENT DU BAPTÊME

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

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

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

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

## Planning to get married?

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

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

## Vous planifiez de vous marier?

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier 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 padre 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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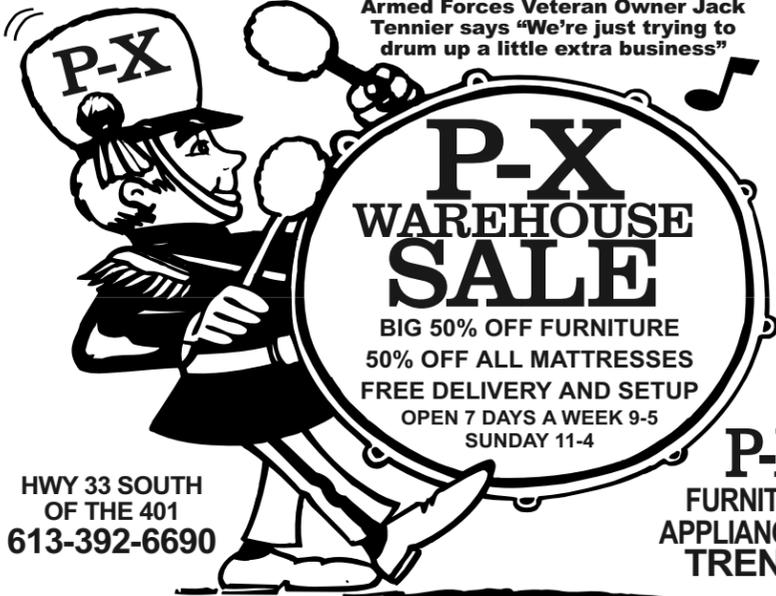
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**Compact Home**  
Plan Number 7-3-908

This compact home is well suited for today's smaller subdivision lot. The gabled roof, covered front veranda and stone and shingle accents lend character to the exterior, while inside, an efficient layout includes everything we've come to expect in a contemporary family home.

The covered front entry leads to a foyer with a coat closet on the right. Directly ahead of the foyer is the great room, where the gas fireplace is placed so it will cast its warmth into the dining area and kitchen. The dining area enjoys a large window, as well as a sliding glass door that opens on to a covered patio. The kitchen is separated from the great room and dining area by a three-seat eating bar and prep island. The L-shaped counter configuration promises efficiency, and a double-doored pantry will provide extra storage space.

A powder room is tucked around the corner from the foyer and beyond it, the laundry room has access to the two-car garage. The garage also has a door opening to the backyard. Up the U-shaped staircase, the master suite stretches across the back of the second floor and features a roomy walk-in closet. The en suite bathroom includes a shower stall as well as a soaker tub. The two secondary bedrooms share a three-piece bathroom. One of these bedrooms overlooks the front garden, while the other boasts a window with an extra-deep sill.

*This home measures 37 feet, six inches wide and 51 feet, six inches deep for a total of 1,650 square feet.*



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Showcase

# Showcase



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received the Wing Commander's Commendation, presented by Col D. Cochrane, WComd, 8 Wing/CFB Trenton.



**MCpl A Dilworth**  
received the Wing Commander's Commendation, presented by Col D. Cochrane, WComd, 8 Wing/CFB Trenton.



**Pte L. Campion**  
received the Wing Commander's Commendation, presented by Col D. Cochrane, WComd, 8 Wing/CFB Trenton.



**PO2 B. Lacey**  
received the Wing Commander's Commendation, presented by Col D. Cochrane, WComd, 8 Wing/CFB Trenton.



**Sgt T. Carter**  
received a promotion to that rank, presented by Maj K. Freitag OIC CMCC, Lt D. Richard DOIC SARNOCC, WO T. Hannam SWO CMCC.



**CWO J. Sampson**  
received a promotion to that rank, presented by Col D. Cochrane, WComd, 8 Wing/CFB Trenton and friends and family..



**Mr. Roger Snape**  
received his 25-Year Long Service Award, presented by Maj B. Baker, WCEO and MWO D. Foster, A/Sqn CWO.



**Lt P. O'Connell**  
received his CD1, presented by LCol R. Fetterly, WAdmin O.



**Cpl K. Grant**  
received the SSM Alert Bar, presented by LCol R. Fetterly, WAdmin O and MWO S. Spragg.



**WO S. Melanson**  
received the Aerobic Excellence Award, presented by LCol R. Fetterly, WAdmin O and MWO S. Spragg.



**PO2 R. Briggs**  
received the 100th Anniversary Naval Certificate, presented by LCol R. Fetterly, WAdmin O and MWO S. Spragg.



**CPO2 P. Clarke**  
received the 100th Anniversary Naval Certificate, presented by LCol R. Fetterly, WAdmin O and MWO S. Spragg.



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**MS K. Hedstrom**  
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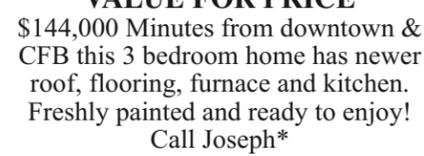
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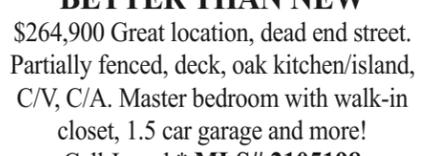
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**QUICK POSSESSION**  
\$171,000. Great 2+1 bedroom, new roof shingles(08), new furnace(07), C/A, 2 baths, open concept, workshop-down, deck, nicely landscaped.  
Call Bill Wallace\*.  
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- FOG LIGHT
- POWER GROUP
- 23,675 KMS
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- TINTED GLASS
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- STK#1277P

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## 09 DODGE DURANGO SLT



- 4X4
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- AUTOMATIC
- LEATHER
- TOW PACKAGE
- 25,049 KMS
- EX-RENTAL
- STK#R643

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## 08 JEEP LIBERTY 4X4



- 3.7L V/6
- AUTO
- NORTH PACKAGE
- SUNROOF
- POWER EVERYTHING
- TINTED GLASS
- EX-RENTAL
- STK#R615

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## 08 GRAND CARAVAN



- V6 ENGINE
- AUTOMATIC
- 3 ZONE AIR
- POWER MIRRORS
- 7 PASSENGER
- QUAD SEATING
- 29,899 KMS
- STK#1356P

**DRIVE AWAY PRICE \$21,998 ALL TAXES INCLUDED**

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- 3.7L V6
- 4X4/AUTO
- AIR/CD
- POWER GROUP
- ALLOY WHEELS
- 5,211 KMS
- EX-RENTAL
- STK#R631

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## 08 GRAND CARAVAN



- V6 ENGINE
- AUTOMATIC
- AIR/CD
- 7 PASSENGER
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- POWER GROUP
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- STK#1308P

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- POWER GROUP
- ALLOY WHEELS
- KEYLESS ENTRY
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