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# the Contact

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# Wing Commander focuses on teamwork and support

by Andrea Steiner
Managing Editor

A self-described people person, Colonel Dave Cochrane says there are two keys to success: teamwork and support.

The new Wing Commander here at 8 Wing/CFB Trenton cares very much about the well being of his personnel, and believes it is vital to support everyone on the base, both military and civilian.

"Obviously a priority is our continued operational success, but to do that we need to support our men and women, both military and civilian. People are a precious resource and for us to be successful, we have to take care of them and their families," said Col Cochrane. "We are involved in numerous operations but we can't forget about our people –it's finding that balance that is crucial."

Col Cochrane speaks of 8 Wing personnel with great pride.

"The 8 Wing men and women are very resilient and they continually show their professionalism and strong dedication in everything they do. I am extremely proud of the personnel here in Trenton and the exceptional capabilities that exist here."

Col Cochrane says that being Wing Commander has been a dream of his, and he is very much looking forward to getting out and meeting with the 8 Wing personnel in the various units and getting to know who they are and what they do.

"Having spent several postings here, I feel the base in Trenton is my home. My family and I love the local area and we have a strong bond with the community."

Col Cochrane says he has watched the base grow since the late 1980s and "it's amazing how we keep improving on building infrastructure and support to the personnel and their families." He cited the new hospital, dental clinic, RecPlex, gymnasium and arena, not to mention the new Family Medical Clinic, which just opened its doors this week.

"All of these provide excellent services to our families, which is a priority of mine."

Colonel Cochrane sees much to be positive about the future.

"I am excited with all the infrastructure and ongoing construction. I do realize that there are challenges associated with that, but the future is looking very bright and promising with our new aircraft fleet – the new CC130J Hercules — and all its associated support."

Col Cochrane noted that the first new J model Herc is expected to arrive in Trenton in the June timeframe of this year. 8 Wing will, over the next two plus years, acquire a total of 17 of these aircraft.

"It's quite amazing the work already being carried out with various projects on the Wing – the Air Traffic Control Tower, the Air Mobility Training Centre, and the hangar developments to name a few. It will be exciting over the next few years to watch the architecture of 8 Wing Trenton evolve from what we knew in the past."

Col Cochrane says he appreciates everyone's cooperation and understanding as we move forward, as he is well aware that parking, among other things, is and will be a challenge.

"The main challenge on the Wing will be to continue with the high ops tempo while implementing all these Air Force transformational activities, including the transition to the new CC130J aircraft platform."

The Wing Commander says 8 Wing's proven track record makes him very confident in the abilities of Trenton personnel to meet each new challenge.

"I am proud of the commitments that we've been dealing with – Op HESTIA, support to Afghanistan, and support to the Vancouver Winter Olympic Games. Our personnel have risen to the challenge extremely well."

"It's a team effort and teamwork is key to our success. I think it's important that we stand tall and proud. Our personnel do an exceptional job and they shouldn't forget that."

**Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton**

# Family Medicine Clinic opens for business on RCAF Road

by Andrea Steiner, Managing Editor

"New patients being accepted."

These four words will no doubt be music to the ears of many 8 Wing/CFB Trenton families.

The new Family Medicine Clinic, located at 95 RCAF Road, opened it doors on Monday, March 1, 2010, and its two physicians, Drs. Elena Dyachuk and Sebastian Leon, are accepting new patient applications – with military families taking priority.

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, visited the clinic on March 2, accompanied by Lieutenant-Colonel Ross Fetterly, 8 Wing Administration Officer; Chief Warrant Officer David Paradis, Acting Wing Chief Warrant Officer; and Fred Lord, Wing Realty Manager.

The doctors gave the visitors a guided tour of the small but well-equipped clinic, and introduced their two staff members, Sharon Gilchrist, Office Manager, and Kim Pederson, Registered Practical Nurse.

Dr. Leon said he and Dr. Dyachuk were very much aware of the plight of military families in need of a family doctor and assured Col Cochrane that they

See Clinic accepting new patients, Page 3

**Pictured from left to right: Dr. Elena Dyachuk, Fred Lord, Colonel Dave Cochrane, LCol Ross Fetterly, Dr. Sebastian Leon, and CWO David Paradis.** *Photo: Andrea Steiner*

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# Sharing an Olympic moment in Haiti

**by Lt(N) Kelly Rozenberg-Payne**
**Joint Task Force Haiti**

Members of Joint Task Force Haiti Headquarters in Port-au-Prince took time out of their day to express their support and cheer on Canadian athletes at the Vancouver Winter Olympics.

Under the tropical sun, soldiers, sailors, airmen and airwomen look forward to the Men's Hockey Gold Medal Match and are following the triumphs of our Canadian Athletes at the games.

"Despite our schedule and being miles away from snow and ice, we have to show our support for the hard work and dedication of our athletes," said Sergeant Benoit Russell of the Sherbrooke Hussars, currently serving on OP HESTIA.

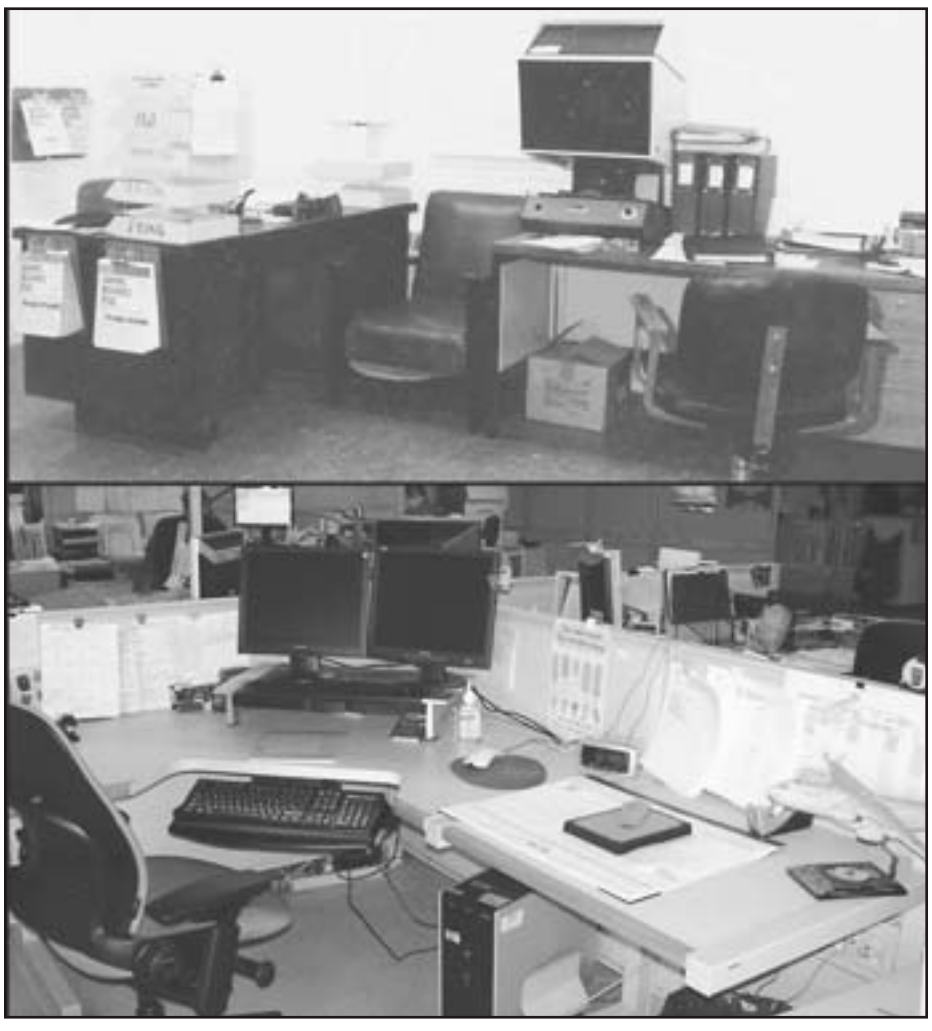
"The Games are a great opportunity for us to feel connected with friends and family at home", said Griffon pilot Captain Jon De Swert. "The games have been a great morale boost for everyone here, it's just part of being Canadian."

Approximately 1,700 CF members are currently deployed in Port-au-Prince, Jacmel and Léogâne on Op HESTIA as part of the Government of Canada's contribution to the international humanitarian aid and assistance mission in Haiti.

Photo: MCpl Robert Leblanc, JTFH HQ

**Sports fans from Joint Task Force Haiti Headquarters get into the mood for the grand finale of the Vancouver Olympiad: the gold medal game of the men's hockey tournament.**

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Wing Supply Squadron has kept up with the times and has modernized like all other units. Just take a look at a typical workstation. Top photo, from the mid 1980's, has no computer, a large wooden desk with drawers, whirl boards, seven in-baskets and lots of paperwork. You can see the large computer-like object, which is, in fact, a microfilm reader that required the user to insert small plastic films to access information. The modern work station (pictured below) has done away with drawers, whirl boards and the large amount of in baskets; unfortunately we still have lots of paperwork. We've come a long way in 20+ years, until the next time. Servitium Nulli Secundus.

Spring Ahead!

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# Clinic accepting new patients, Continued from Page 1

"will try to take as many patients as we can."

"I worked at the walk-in clinic in Belleville and I saw a lot of military dependents there and I learned about the difficult situation they were in. Dr. Dyachuk and I are really interested in supporting military families."

Col Cochrane was enthusiastic about the new clinic, and thanked both the doctors and LCol Fetterly and Fred Lord for their efforts in making the much-needed clinic a reality.

"This is great, having this new facility right on the base. It's a terrific capability," said the Wing Commander.

The clinic is open Monday to Friday, from 10 a.m. until 3 p.m., but will also provide after-hours care.

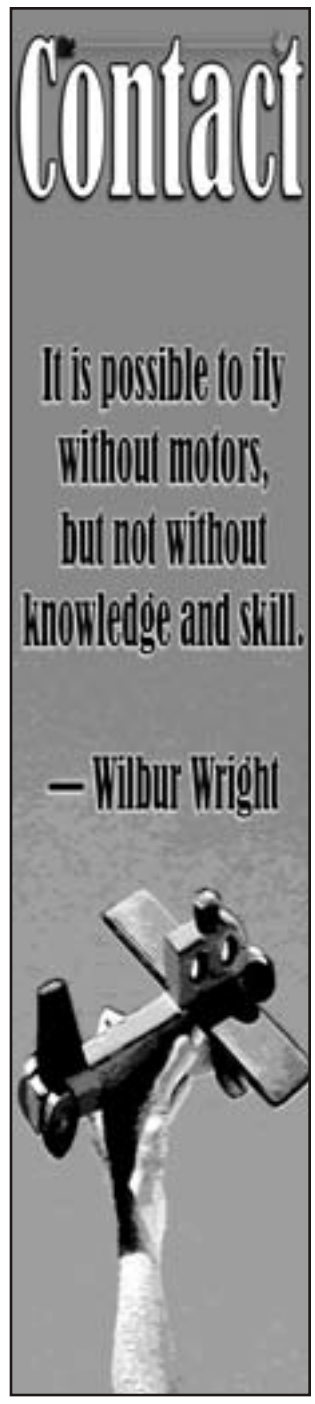
"We belong to a group of 35 physicians in Belleville and Trenton who take turns offering an evening clinic between 5 p.m. and 8 p.m. weeknights, explained Dr. Leon.

The clinic, which can be reached by calling 613-955-8714, also will be capable of providing small medical procedures (such as stitches) in the office, as well as nursing service via the telephone during regular office hours.

Photos: Andrea Steiner

**Right: Lana Fortin, a military spouse who is new to the area, hands her completed applicaton to Sharon Gilchrist, clinic office manager.**

**Below: The Family Medicine Clinic, located at 95 RCAF Road, is open daily from 10 a.m. until 3 p.m.**




# Search & Rescue UPDATE

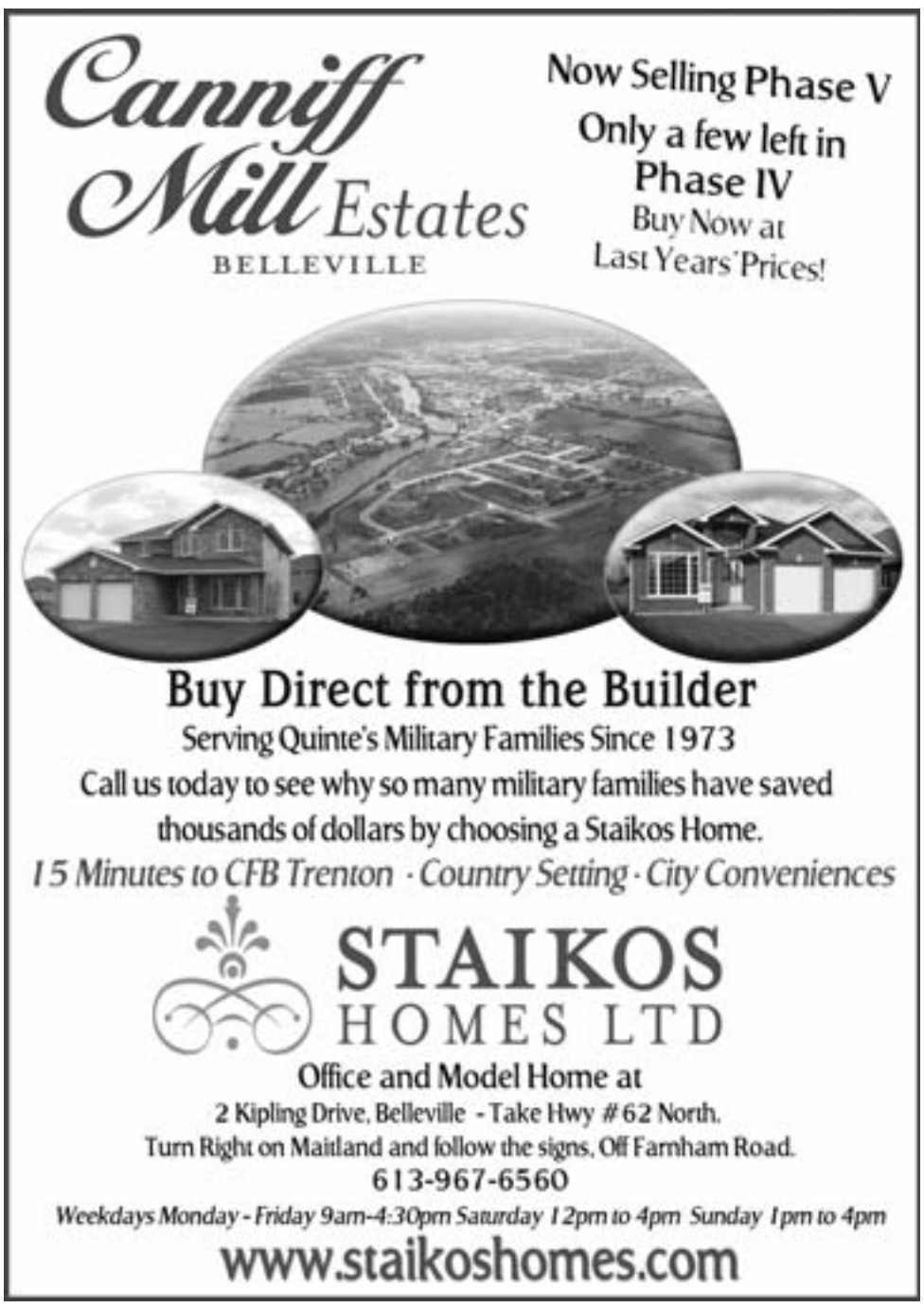
424 Squadron had two missions this past week.

First the Griffon crew was tasked to assist an injured snowmobiler with suspected internal injuries and a broken leg north of Espanola. The crew was stood down when the ground search party recovered the injured man. The crew returned home without further incident.

Then the Herc crew was tasked to go search for an ELT in the Hamilton area. Nothing was found and the crew was released.

Until next week, stay safe.

**Missions for 2010: 20 Missions for Mar.: 2 Persons rescued: 0**



## The Contact Newspaper

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

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## Guidelines for submissions: ARTICLES AND PHOTOS

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

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

## Letters to the Editor:

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

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

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## CORRECTION

I picked up the Contact at the Museum and read the article about the (AD Astra) Program. It was quite an extensive article. However, I must point out a mistaske you made in the paragraph beginning *Yarnell and his colleagues from 418 Wing.* That part is correct; however, WE are not the Leonard (Birchell) Wing. That is 413 Wing Trenton. We are 418 (Belleville) Wing. We have our own identity and we take exception to the incorrect information.

Pat Hope

Secretary,
418 (Belleville) Wing

*Editor: Our apologies for the error.*

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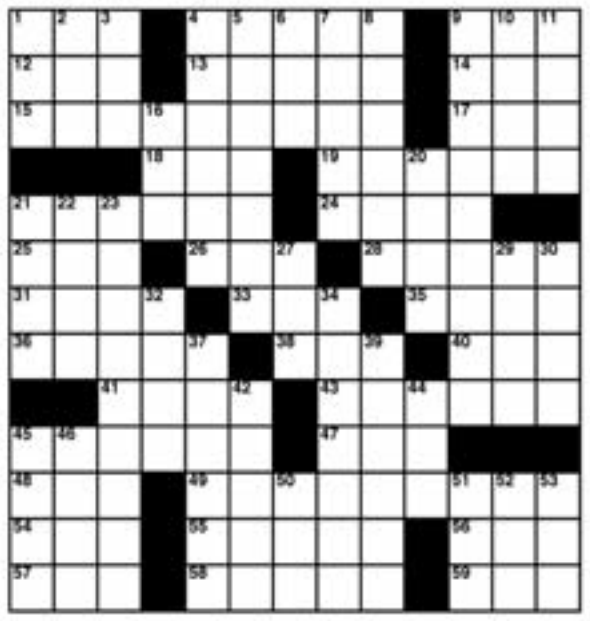
# Canadiana Crossword

## A Thatcher Thought

By Bernice Rosella and James Kilner



ACROSS
1 CD forerunners
4 Prepare the Oolong
9 Ford nameplate
12 Alexander Keith product
13 Injury (OE)
14 Calcite for example
15 Door person
17 Ashen
18 Hockeyist Bobby
19 Part 5 of today's quote
21 Fall behind
24 German river
25 Over, poetically
26 Encourage a guard dog
28 Organic structures
31 Cupid
33 Tan
35 End of a Ross Thatcher quote
36 Church council
38 Whack
40 Chinese dynasty 580 - 618 AD
41 Suitcase
43 Part 6 of today's quote
45 More damp
47 Letters preceding Queen Elizabeth II
48 Black cuckoo
49 Part 4 of today's quote
54 Part 8 of today's quote
55 Abba and others
56 G. Greer milieu
57 Electrical meas.
58 Projection
59 Malaysian isthmus

DOWN
1 Lake to Luc
2 Arafat's org., once
3 Bit of Japanese currency
4 Convolutions
5 Start of a Ross Thatcher quote
6 Ever, poetically
7 Passionate
8 Solar _____
9 At the very bottom
10 Snare
11 Damage
16 Food fish
20 Grub
21 Part 7 of today's quote
22 Eagle's nest
23 Part 3 of today's quote
27 Bear baby
29 Barbary sheep
30 Playlet
32 Genoa suburb
34 Part 2 of today's Quote
37 Engine genre
39 Something sometimes coined
42 Investigation
44 Manitoba Moose org.
45 Clammy
46 Enough (archaic)
50 Unprincipled one
51 Kind
52 Knight's title
53 Bus. degree

*See Answers, Page 22*

## This Week in Contact

**1980 –** Teams of skaters from area clubs came together this week at the Trenton Community Gardens for the 8th Annual Trent Interclub Competition. After 12 hours of figures, free skating and dance, the Trenton Figure Skating Club won the Trent Interclub Trophy for the first time since its inception. The Trenton skaters boasted 43 of a possible 50 points.

**1989 –** CFB Downsview Curling Club was the venue for the rejuvenated Royal Canadian Military Institute/ CFB Trenton Curling Challenge. Trenton "hammered" out a victory through the efforts of "The Wrench" Brett, "Bullseye" Jensen, "Slim Pickings" Ritzel and "The Hammer" Buziak. Downsview was "soundly trounced" by one-quarter of a point!

**1999 –** Forty-six personnel from 8 Wing/CFB Trenton began deployment to Darwin, Australia to manage the airlift of Canadian troops out of East Timor. The role of 8 Wing in Operation Toucan was to transport Canadian army personnel from East Timor to Australia. From there, the troops would return to Canada via CF airbus. Two 8 Wing CC-130 Hercules aircraft were tasked for the troop removal.

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

# 437 Squadron flies Governor General to Central America

**by Capt Neil Pettitt**
**437 (Transport) Squadron**

This past December, 437 (Transport) Squadron supported Her Excellency the Governor General of Canada Michaëlle Jean while conducting a state visit to Mexico, Guatemala and Costa Rica.

Huskie Squadron transported Their Excellencies, the Right Honourable Michaëlle Jean and her husband Jean-Daniel Lafond from Canada to multiple destinations in Central America.

The delegation was made up of Their Excellencies' staff, members of the Department of Foreign Affairs and International Trade Canada (DFAIT) and numerous Canadian citizens representing a wide variety of fields including the arts, youth activism, and rural governance.

As the Governor General, Her Excellency has a number of roles and responsibilities. In addition to being the Commander and Chief, Her Excellency, at the request of the prime minister, hosts visiting heads of state as well as conducts state visits abroad.[i]

437 (T) Squadron spent weeks coordinating with numerous agencies and departments to ensure the mission would be a success.

Everything from accreditations for the aircrew to the route flown by the pilots was arranged between 437 (T) Squadron operations, 8 Wing Operations and 1 Canadian Air Division.

The Mission Commander (assigned to all VIP missions) oversaw all the preplanning activities and as well as provided liaison between the crew and Her Excellency's staff on board the aircraft.

The first stop for Her Excellency was Mexico City, where Mr. Guillermo E. Rishchynski, the Canadian Ambassador to Mexico, and officials of the Mexican government welcomed her.

Her Excellency participated in numerous events while in Mexico, including a seminar on Canada-Mexico relations that addressed joint security in North America, cultural diversity and economic competition.[ii]

After a brief cultural stop in Tuxtla, Mexico, Her Excellency continued on to Guatemala.

The flying time between many of the destinations was very short (under one hour), which proved to be a busy time for the entire crew in order to serve upwards of 60 meals, provide drink service and clean up before landing.

Leeann McKechnie, the Canadian Ambassador to Guatemala, met Her Excellency at La Aurora International Airport in Guatemala City.

Her Excellency conducted meetings with the President of Guatemala, multiple representatives from non-governmental organizations, members of civil society and Aboriginal leaders.[iii]

Following a busy couple of days in Guatemala, the flight crew flew Her Excellency to San Jose, the capital of Costa Rica.

The state visit in Costa Rica was a continuation of bilateral meetings held in Ottawa this past May.

Additionally, Her Excellency hosted a youth dialogue to "inspire young people around the world to become catalysts of change and to connect them with decision-makers."[iv]

After nine days in Central America the flight crew flew Her Excellency and the delegation back to Ottawa. It was not until the flight back to Canada that the flight crew realized this mission was a different than some of our other VIP missions of 2009.

Since we had essentially flown due south, there was very little time zone change. As of late, 437 (T) Squadron had flown VIP missions through Asia and Europe, requiring numerous crews and crossing many time zones. The flight crew was pleasantly surprised when they arrived back in Trenton to only be one hour off of local time.

The mission was completed successfully and the flight crew enjoyed the sites and sounds of Central America.

Photo: Submitted

**437 (Transport) Squadron land at La Aurora International Airport in Guatemala City.**

*i - The Governor General of Canada – Roles and Responsibilities, http://www.gg.ca/document.aspx?id=175*

*ii - The Governor General of Canada - Active and Engaged - State Visit to Mexico http://www.gg.ca/document.aspx?id=13415&lan=eng*

*iii - The Governor General of Canada - Active and Engaged - State Visit to Guatemala http://www.gg.ca/document.aspx?id=13411&lan=eng*

*iv - The Governor General of Canada - Active and Engaged - State Visit to Costa Rica http://www.gg.ca/document.aspx?id=13412&lan=eng*

# 426 Transport Training Squadron lives up to motto "On Wings of Fire"

**by MCpl Terry Sararas**
**426 Squadron**

Since being posted to 426 Squadron, I have wondered on occasion the origin of the Squadron motto "*On Wings of Fire*" Being the curious mind, I did a little research into our squadron history.

In 1942, Wing Commander Blanchard expressed the wish for the then newly formed 426 Squadron to be known as the "*Thunderbird Squadron*".

We can only speculate his reasons due to that knowledge has been lost over time.

The mythical creature known as "*The Thunderbird*" definitively can be applied to a warplane, in fact, the significance of the appearance of a Thunderbird in the skies above denoted to the natives an impending disaster to mortals beneath.

A Bomber plane could easily be seen like that for sure. Tony Lascelles, a naturalist in Banff, helped with the research into the totem crest and submitted a number of mottos. "Through Thunder to the Sun", "Through Thunder to the stars", and "With a Noise Like Thunder and On Wings of Fire". A shortened version came to be "On Wings of Fire"

Now that the history lesson is complete, on with this month's highlights.

**M-Flight News**

Since the disaster in Haiti, the Aeromedical Evacuation Training flight has been exceedingly busy this new year.

All of the staff has been involved with aeromedical evacuations, medical escorts and admin support to the CF AE Flight in support of Op Hestia. They are also conducting a last-minute Forward Aeromedical Evacuation Specialist course in Whistler, British Columbia in support for Op Podium.

In addition, they are conducting the regular Aeromedical Evacuation Course which is attended by foreign military personnel, namely Danish and Dutch airforce.

**T-Flight News**

Cpl Rob Fleming of the Orientation Section received the CAS coin presented by Lieutenant-General André Deschamps for the hard work and dedication as our unofficial 426 Squadron historian.

MCpl Even Jacques hosted a very successful benefit diner for a friend (member of 2AMU) who has been diagnosed with terminal cancer. Way to go Even!

A huge thanks to all who donated and attended. Over $5,600 dollars was raised. 426 Squadron also welcomed from 8AMS, Sgt Blair Spencer who assumed the AVS Course Director position vacated by Lt Kevin MacDonald.

Our best wishes to Kevin in his new career and many thanks for the hard work and dedication. We are also pleased to announce the acceptance of MCpl Celine Riutta and MCpl Rob Wengle to the AERE trade. MCpl Riutta is a Propulsion Systems instructor and MCpl Wengel is an Avionics instructor employed in S-Flight (Standards).

It is evident that 426 Squadron is living up to its motto, "*On Wings of Fire.*"

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# 8 Wing Personnel at Work: Sergeant Travis Hegland

**by 2Lt Vincent Bédard**
**8 Wing Public Affairs OJT**

Photo: Submitted

**Sergeant Travis Hegland, currently with the SkyHawks, has been a member of the Canadian Forces for almost 15 years.**

The spirit behind a military parachute demonstration team is simple; to showcase the excellence, the discipline and the determination of your very best and by doing so, cement the bounds between *"The People and Their Military."*

Established in 1971, the SkyHawks act as ambassadors for the Canadian Forces (CF) in and out of Canada. The team has performed more than 6,000 demonstrations that have captured the imagination of more than 75 million spectators throughout the world.

The typical SkyHawks team is constituted of up to 16 military members from a variety of trades and elements within the CF's Regular and Reserve components.

Before joining, a member has to have a freefall qualification, either military or civilian and a minimum of 50 jumps under their belts.

The next step in the selection process is a week of intensive ground work in 8 Wing/CFB Trenton, followed by five weeks of non-stop jumping in sunny California, USA.

"Jumping 10 times a day for five consecutive weeks may sound like the ride of a lifetime but, in reality every jump takes a lot out of you.

Professionalism and physical fitness are key factors in successfully completing the selection process," says Sergeant (Sgt) Travis Hegland the SkyHawks Tandem Master.

Sgt Hegland Joined the CF in 1996 as an infantrymen, completed his Basic Parachuting course in 1998 and in 2005 was qualified as Parachute instructor then completed Military Freefall and the Patrol Pathfinder course.

Just so we are clear; The Patrol Pathfinder course, which is designed to be the most difficult course in the Canadian Army, has a historical pass rate average less than 10 per cent.

This is the kind of course that makes hardcore army man want to curl up in a ball and cry.

"Another day at the office," said Sgt Hegland.

Subsequently Sgt Hegland was recognized with the first Canadian Airborne Forces Association (CAFA) "Soldier of the Year" award.

In his 10 years with 3 PPCLI he deployed to Bosnia and Afghanistan. In 2007 Sgt Hegland was posted to Canadian Forces Land Advanced Warfare Centre (CFLAWC) in Trenton as a Parachute Instructor. He completed the Military Freefall Instructor course and taught several courses in the static line and freefall disciplines.

Sgt Hegland is returning for his second season with the SkyHawks, he will be employed as the Public Affairs NCO (Non Commissioned Officer) and also occupy the Team's Tandem Master position.

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## PET OF THE WEEK

Willow is a darling 7 year old German shepherd mix who is epileptic and must take medication twice daily for her illness. One vet quoted that this medication costs approximately $42/month and MUST be given as prescribed for the rest of her life. Willow came to the shelter with Smokey, her feline friend, and hopes that they will find a forever home together. Smokey is a small 8 year old grey spayed & declawed female. Willow is good with other animals and people of all ages. She is good on leash, loyal, obedient and beautiful!

*Contact the Quinte Humane Society for more information.*

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Orijen

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# Teamwork always shines at CFS Alert

Weekly sustainment flights at CFS Alert is a routine that requires the participation of most of the Station's personnel and are always a great morale boost.

With the dark skies and frigid temperatures, the goal is to unload and load an aircraft as quickly and as safely as possible.

With temperatures dipping below -40 degrees Celsius, plus the wind chill factor, leaves no room to socialize outdoors when an aircraft arrives. Everyone participates to ensure that personnel are exposed to the elements no longer than required.

The weekly sustainment flights also allow Station personnel the opportunity to welcome new arrivals to the Station and say goodbye to those leaving for a well-deserved vacation or when they have completed their tour.

The arrival of these flights are also a great boost to Station morale because their cargo always includes fresh rations, mail and Mess refreshments.

**The CFS Alert Team is shown above, loading luggage and finalizing the payload prior to takeoff.**

**Ground crews work to remove a triple pallet from a CC130 Hercules at CFS Alert. Personnel need to move quickly and effeciently, working against the challenging elements, to ensure everyone's safety.**

Photos: Submitted

**Corporal Arseneault (Road Runner) directs a loader forklift to unload a pallet from a 737 aircraft.**

## National Aviation Day celebrates those who came before

**by Holly Bridges**
**Air Force News**

On Feb. 23, 1909, the first heavier-than-air, powered, controlled flight lifted off from the ice-covered Bras d'Or Lake at Baddeck, Nova Scotia.

On this day last year, Canadians gathered in Baddeck to kick off a yearlong celebration of the Centennial of Flight.

Part of the celebration included gathering the names of every member of the Air Force who was flying that day, when, where and for how long.

The scroll, now posted on the Air Force's Centennial of Flight website, records for posterity the names of the airmen and airwomen of Canada's Air Force who logged a flight on Feb. 23, 2009 and pays tribute to all Air Force personnel who continue to serve with distinction today and into the future.

National Aviation Day is a day set aside by the Government of Canada so that each year Canadians can celebrate past achievements and open new chapters in aviation excellence.

**The Centennial of Flight official scroll, shown above, is signed by former Chief of the Air Staff, Lieutenant-General Angus Watt and Major General Marcel Duval, former Commander of 1 Canadian Air Division. To view the scroll visit airforce.forces.gc.ca/cof-cdv/main_e.asp.**

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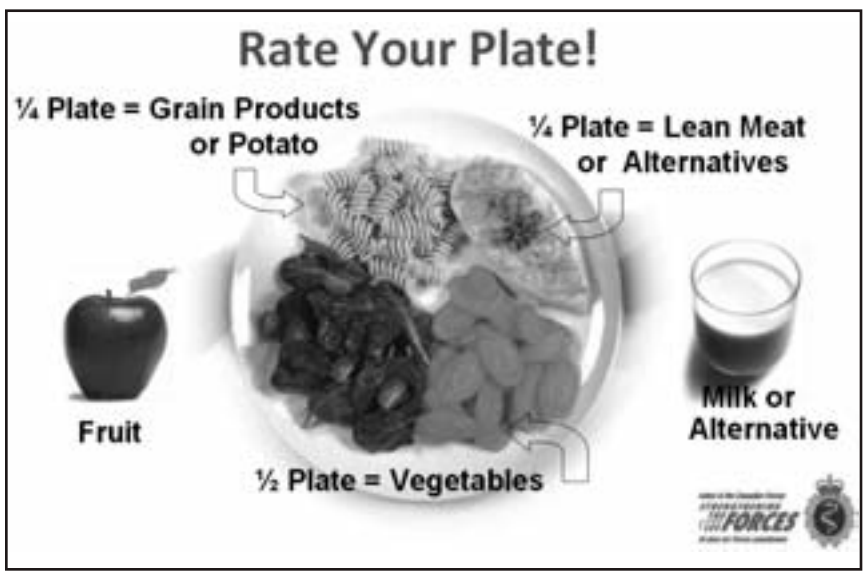
# FITNESS & HEALTH PROMOTION

# Rate your plate for portion control




Have you noticed that everything today has gotten much bigger?

There are mega meal deals, extra large muffins, super-sized fries and beverages. Containers of popcorn at movies and bags of chips have become gigantic. But bigger isn't always better.

It helps to know the lingo. A portion is how much you eat at a meal or snack. A serving size is the standard amount of a food according to Canada's Food Guide.

For example: One portion of two slices of bread means two servings from the Grain Products food group of Canada's Food Guide.

Many people think Canada's Food Guide encourages more servings than they could eat. Portions served at home, restaurants, and in packaged foods are often three to four times larger than the recommended size.

Consider this, a typical portion of pasta in a restaurant is three cups. Based on Canada's Food Guide, this equals six servings of Grain Products! For people who are trying to lose weight this may be their requirement for an entire day!

Take a bite out of your portions! Developing an eye for healthy portion sizes take time and practice. Here are some helpful tips.

Use measuring cups and spoons when you serve food. Gradually start eyeballing the portions without measuring. The real test is checking to see how accurate you are by measuring the portions after you serve it.

Choose the smaller serving size in restaurants, eat only half to two-thirds of the portion you order or try a kid's meal. Interestingly, a child's size is most likely to be the closest to a healthy serving size.

Always serve food onto a plate or in a bowl. Do not eat foods from the package. Put out the proper portion size and enjoy just that amount. Know how much the glass you usually drink from holds. Liquid calories count too.

Pick snack-sized portions for in-between meals. These snacks may help to prevent overeating at your next meal.

Make sure the serving size listed on the food label represents a "common portion size".

Rate Your Plate! The size of your dishes can make a difference in how you eat. Use a smaller plate and your smaller portions will look like a lot food. It will also make you feel like you have eaten enough. Recommendations are to use a dinner plate nine inches or less in diameter.

Fill half of your plate with vegetables. Most people don't eat enough of them. They are loaded with vitamins and minerals and typically low in calories.

Fill a quarter of your plate with a meat or alternative. You've probably heard that a portion of meat is the size of a deck of cards or the palm of your hand. Conveniently, this is also a quarter of a nine inch plate.

Fill a quarter of your plate with grain products or starchy vegetable. Choices include rice, pasta, couscous or potato.

Complete your balanced meal by having a fruit for dessert and a glass of milk or soy beverage.

Portion control doesn't have to be complicated. Watching how much you eat is just as important as the foods you choose to eat when trying to reduce your blood cholesterol, control your blood sugars, and maintain a healthy weight.

## Did You Know?

March is Nutrition Month. Visit The Contact's Fitness and Health page during the month of March for weekly nutrition information.

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

## Practice the 4Ds to mange cravings and urges

DELAY - delay lighting your first cigarette for one hour, if the craving is still present, delay for another 15 minutes. You are empowering your decision to quit, by delaying, you are in control when you say "NO".

DEEP BREATHING – this is good for you because it helps you use your lung capacity. Breathe in deeply, counting to five. Breathe out slowly, counting to five again.

DRINK – drink water or juice with crushed ice if possible. This helps flush the nicotine and other harmful chemical out of your system faster. Also, this gives you something else to do with your mouth/hands.

DO SOMETHING DIFFERENT – don't smoke when you first experience your craving. Change the habit or activity that you normally do while smoking, trying an alternate will disassociate the habit/activity with smoking.

Leading up to your quit day, you may have analyzed what triggers you to want a cigarette. Now, let's start implementing alternatives to having a cigarette in those situations.

Do not get discouraged, it takes 14 days to develop a habit and 14 days to break a habit.

## March 18: Caught in the Act

On 18 March, get Caught in the Act of healthy eating at the Yukon Galley.

From 1130 to 1230 hrs, choose the *Set Your Sights* item of the day or *Rate Your Plate* and receive a prize at the cash register.

There are two ways to win: *Choose the Set Your Sights* item from the lunch menu. Look for the green target symbol when selecting your meal.

*Rate Your Plate*. Use the plate method when selecting servings for your meal

## Fitness Lunch and Learn

Join us for three different Wednesdays this Winter for an hour lecture and workshop.

Bring your lunch with you, and learn exciting information about the following: Back Power Workshop will take place on March 31.

The session will run from 1200 to 1300 hrs *(don't forget to bring your lunch)*.

The Fitness Lunch and Learn series will take place in the Gymnasium Boardroom, and is open to all 8 Wing /CFB Trenton community members, free of charge.

Register with Fitness Coordinator Lisa Refausse at refausse.e@forces.gc.ca.

## *March 1st I QUIT! Challenge*

Good Luck participants!

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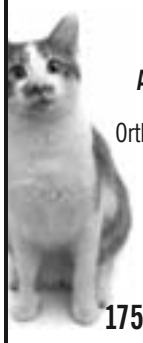

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# VIEW FROM THE PINE

OK. I guess all things considered I should cut Sidney Crosby some slack. Although I have never been a huge fan (I tend to fall on the Ovechkin side of the fence in the whole Ovie versus Sid debate), scoring an Olympic gold medal winning overtime goal against our evil cousins from south of the border should earn you a bit of grudging respect. But just a bit.

All things being equal it was about time Crosby made an appearance on the score sheet because he had largely been pulling a "playoff Joe Thornton" leading up to the gold medal final. Because let's face it.

There is an extremely fine line between labelled a hero or a goat for players of Crosby's stature, and had Canada lost to the Americans (the horror, the horror), Sid the Kid would have been right there in the sights of inconsolable Canadian hockey fans and media.

Lucky for him that he was on the end of a sweet feed from Jarome Iginla and instead of dodging crowds of torch burning, pitch-fork wielding, hockey fans, he now finds himself rubbing elbows with the likes of Henderson and Lemieux in the midst of Canadian hockey folklore.

And on a personal level, a Stanley Cup ring and an Olympic gold medal in less than a year aren't too shabby, either.

I must admit, though, that watching the Yanks and Canucks do battle on Sunday, I did not have to suppress the level of loathing of our arch rivals that I was expecting. Maybe because there were so few players on the U.S. side which I could truly dislike. Seriously, without a Brett Hull, Jeremy Roenick or Keith Tkachuk entertaining the media with their "insights", who was there to get a hate on for? Zach Parise? Brian Rafalski?

I admit Ryan Kesler was a bit of a pest and a yapper but he is not even fit to carry Roenick's sweaty jock strap when it comes to being a mouth piece.

But I will admit to taking some pleasure (O.K., a LOT of pleasure) in knowing that neither Ron Wilson nor Brian Burke was able to come away from Vancouver with a gold medal around their necks.

But that probably has more to do with my perfectly logical hatred of all things Toronto Maple Leaf than their combined performance, because I'm definitely not saying that they did not do a good job in Vancouver. One just has to look at the young American line-up and their tourney record to see that they did.

Thankfully for us, it was just not good enough.

Speaking of not being good enough, what the heck was up with Russians? I will be honest in that with all of the firepower that Russia could ice, I figured that Canada would be lucky to squeak by them in a shoot-out.

Well, at least I got the shoot-out part right. Basically, the Russians pulled a Team Canada a la Turin in 2006 and were forced to slink away with their collective tails between their legs. I'm sure that they can recover in time for Sochi in 2014, especially with NHL young guns such as Alexander Ovechkin, Evgeni Malkin, Ilya Kovalchuk, Alexander Semin and Pavel Datsyuk still in their prime.

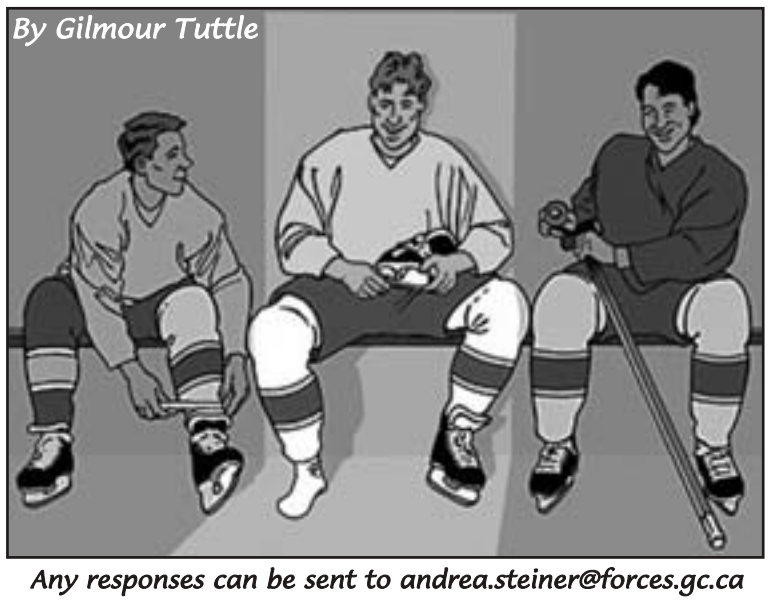
I'm not so sure Russian sports officials will be so lucky after Russian President Medvedev called for their collective resignations in the wake of the country's dismal (by their standards, anyways) 15 medal performance. They did close all of those Siberian gulag's when the wall came down, didn't they?

## Charlie Potatoes

Alexander Ovechkin (Ovie, Ovie, Ovie. You definitely talked a good game but you came up short. Again. And now it's Sid, two – Ovie, zero. You better start making up for lost time come the NHL playoffs in April as it is getting awfully lonely waving my pom-poms on your side of the fence), Martin Brodeur (O.K., I am not throwing Brodeur under the bus as many in the Canadian sports media have done. And no, he did not get a ton of help from his d-men in some of those games. But let's face it, he did not play particularly well leading up to the change between the pipes. Given the result, it is hard to argue with the end result), Ryan Kesler (Questioning your Vancouver Canucks goal tending abilities only to see a gold medal hung around his neck? Priceless. Should make for some interesting times in the old locker room), Olympic Closing Ceremonies (Who is K-os and why the heck was he chosen to sort-of sing during the Closing Ceremonies Concert? Where was Gordon Lightfoot? Ian Tyson? Stompin' Tom Connors? Growing up on the mean streets of a rural Saskatchewan farming town I am hip to the whole rap thing, but I am not sure that by featuring Mr. K-os and some sort of Tron-looking dance crew near the end of the concert, that the world left with the impression that we are Northern Gangstas, eh).

## Meat and Potatoes

Sidney Crosby (1972. 1987. 2010. Crosby's goal will go down as one of the most important in Canadian hockey history and we better get used to seeing it over, and over, and over, and over again), Ryan Getzlaf (Almost missed the Games with an ankle injury but just seemed to get stronger and stronger as the tournament went on. His performance should give Ducks' management hope that he will be able to lead Anaheim into the playoffs after yet another late season surge), Marian Hossa (Slovak forward carried over his exceptional play with the young Blackhawks into the Olympics and led his team in scoring. Chicago fans should be ecstatic with their chances at capturing Lord Stanley's mug with Hossa, Kane, Toews and Keith all shining in Vancouver). Roberto Luongo (Pressure replacing one of the best Canadian goal tenders of all time on one of the biggest sporting stages in Canadian sports history? What pressure? Now I am not going to say that Luongo single-handedly won the Olympics for Team Canada, because he didn't. But he did not single-handedly lose them either as quite frankly, given Brodeur's play in Game 1 against the Americans, that is what we were all thinking was going to happen if Brodeur remained in net).




*Any responses can be sent to andrea.steiner@forces.gc.ca*

# First CC130J takes to the skies

Photos: John Rossino, Lockheed Martin Aeronautics Company

# SAR Techs embrace sound of good snow

**by Capt Alexandre Cadieux**

With temperatures often dipping below -50°C and winds that freeze exposed skin in minutes, the Canadian Arctic is an unforgiving environment.

These harsh conditions provide an ideal, unique and challenging environment in which CF School of Search and Rescue (CFSSAR) instructors can teach the fundamental skills necessary both to survive and to be an effective Search and Rescue Technician (SAR Tech) in the Arctic.

From January 13 to 21, 13 SAR techs from Course #43 got a small taste and feel of what it takes to survive in Resolute Bay, Nunavut.

The Canadian North should never be underestimated. It does not provide much natural shelter from its difficult weather. "A large emphasis of this phase of training was on building the different kinds of shelters that could be utilized for a person to survive in when surprised by a storm," said Sergeant Tammy Negraeff, the SAR tech instructor in charge of the Arctic phase, "or for a rescuer to shield himself and his patient for an extended period of time. It was crucial for the student to understand how fragile one's survival is in these types of conditions. Much of it has to do with your ability to build yourself an appropriate shelter."

The first two days of the phase was conducted in the vicinity of a local hotel where they returned after spending all day outside to get acclimatized. "We provide numerous lectures and videos on the theory of Arctic survival," Sgt Negraeff said, "but it only sinks in when the students experience the cold for themselves. Suddenly, the importance of staying active while pacing yourself so as not to sweat, and the importance of staying properly hydrated, becomes obvious. We give them a chance to make their own mistakes before moving to Crystal City, our camp where we will place them in a controlled survival environment."

Students experimented with building shelters, from the most rudimentary, the fighter trench, to the most complex, the igloo. CFSSAR instructors from local Inuit guide Simon Idlout, demonstrated how to find and recognize good snow from its hard consistency and its almost Styrofoam-like sound when cut into or walked on. They also participated in navigation exercises in a place where a magnetic compass is not always your best tool.

The 13 completed their week-long training with a task that tested both their ability to take care of themselves and their patients, and their ability to adjust their priorities in changing conditions.

The knowledge these students have acquired during this phase of training will undoubtedly make them better SAR techs. Learning the capabilities and limitations of their clothing and equipment was confidence-boosting, and their new-found respect for the North will surely make them better rescuers, so "That Others May Live".

Photo: Capt Alexandre Cadieux

**SAR Techs in training prepare to put their survival skills to the test.**

# It's official, the sign says it all: Welcome to Jacmel airport

Photos: Submitted

**Top left:** Master Warrant Officer Doucette, 8 Mission Support Squadron (8 MSS) Camp Bisson Sergeant Major, assists in raising Haitian Flag.

**Above:** A group photo of 8 Wing/CFB Trenton members, comprised of personnel from both 8 Mission Support Squadron (8 MSS) and 8 Air Maintenance Squadron (8 AMS) in front of new signage for the Jacmel Airport in Haiti. Jacmel's airfield was cleared of debris by Canadian troops and opened to air traffic two weeks after the devastating earthquake.

**Bottom left:** Master Warrant Officer Doucette shakes hands with a Haitian local. This was the official flag raising ceremony for the new airport signs and flag poles that the MSF Engineers constructed.The Jacmel Airport is currently operated by the Canadian Forces.

# HERE COMES THE SUN

Photo: Submitted

On Sunday, February 28, the members of CFS Alert celebrated the sunrise ceremony to underline the first appearance of the sun in the northern sky. The sun begins to peek above the horizon by mid-February and each day it climbs a bit higher, and stays up a bit longer. Towards the end of March, the sun is up for 12 hours a day. From the second week of October to the beginning of March, there is no direct sunlight. Between these periods, there are both nights and days of varied duration. The last sunset is on or around October 14 of each year. Between April and September, there is no night time. CFS Alert, Nunavut is the most northern permanently inhabited settlement in the world. It is situated on the north-eastern tip of Ellesmere Island in the Canadian Arctic, approximately 817 km from the geographic North Pole.

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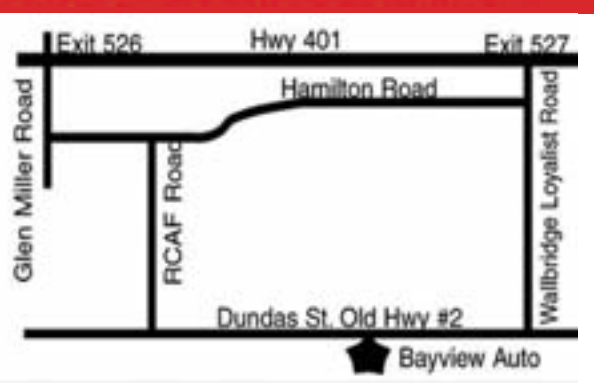

# Community Events

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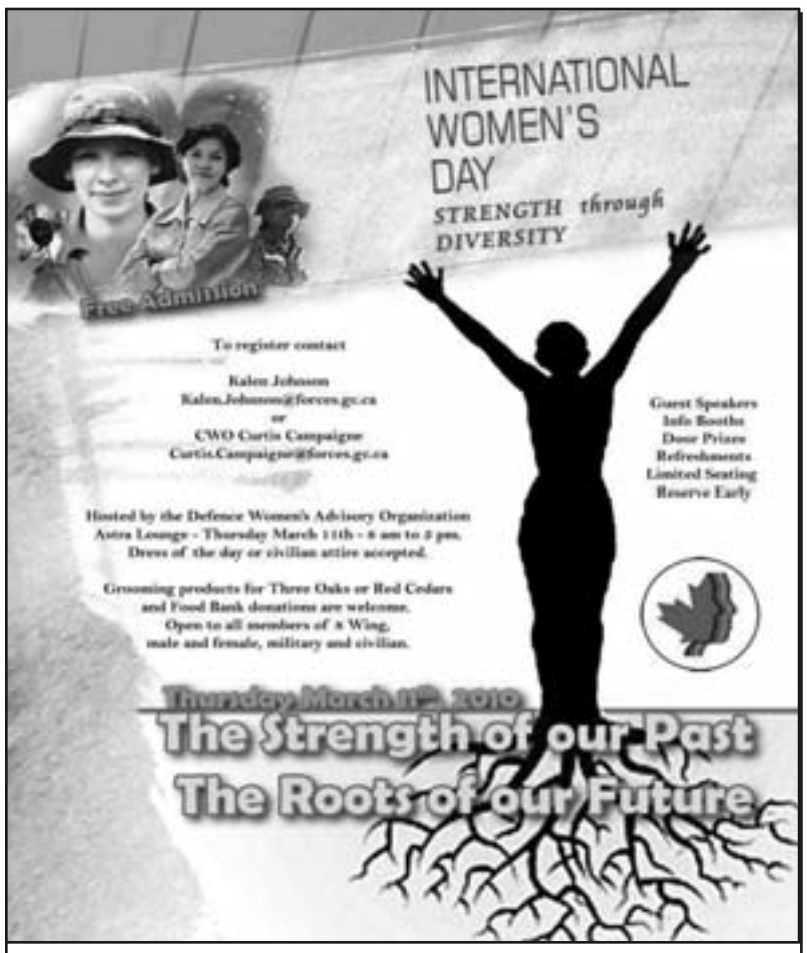
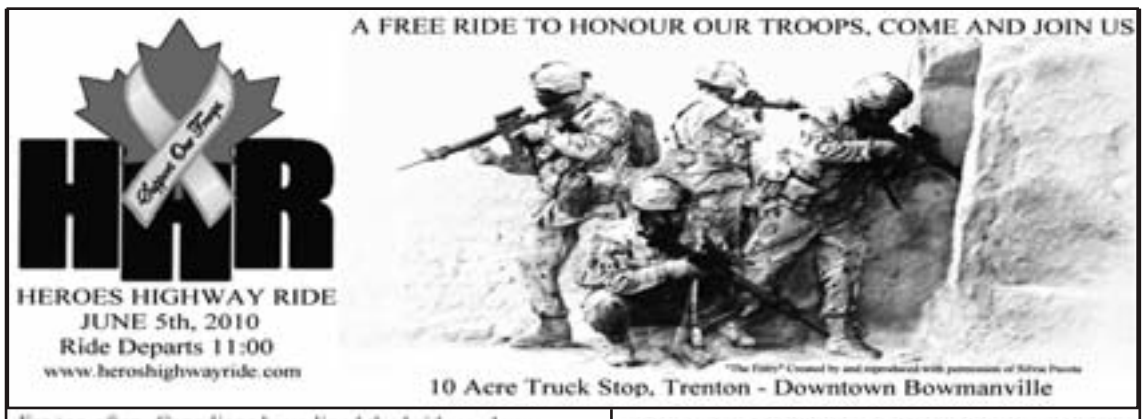
*Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email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




**THE INTERNATIONAL WOMEN'S DAY (IWD)**
11 MARCH - ASTRA LOUNGE




Far too often, Canadians have lined the bridges along Highway 401 between Trenton and Toronto (now known as the Highway of Heroes) as a fallen soldier is returned home. This grassroots expression of respect and mourning for these members of the Canadian Forces and their families has become the envy of the world.

But I thought, what about the troops still deployed, these men and women must find the strength to carry out their duties in the faces of danger. I know some might not agree with their current role overseas, but, I still felt the need existed for Canadians to express their Support for the Troops that continue to serve with commitment, compassion and perseverance. So with this in mind, the Heroes Highway Ride was born.

This is a free event, and our primary goal is to demonstrate our support for our troops. We are, however, collecting voluntary donations on behalf of Wounded Warriors Fund.

The Heroes Highway Ride begins at 10 Acre Truck Stop located at Exit 538 just east of Trenton and departs at 11:00, then follows the Highway of Heroes to Bowmanville for a post ride get-together.

This event is made possible with the support of our Media Partners

TORONTO SUN torontosun.com · Q107 · 94.9 THE ROCK

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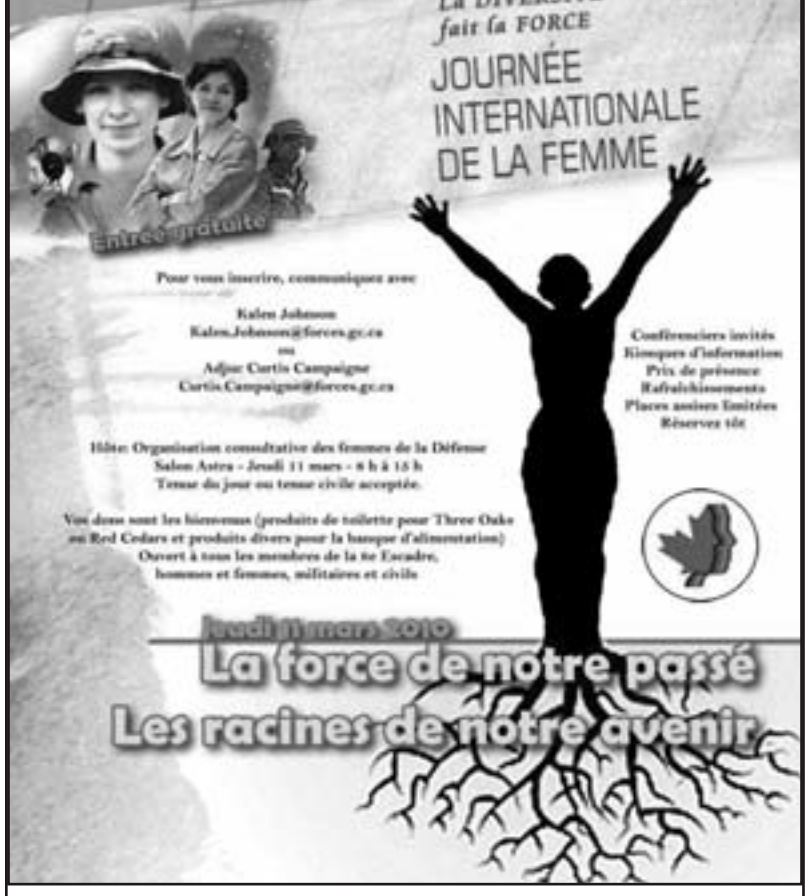
10 Acre TRUCK STOP · QuinteWest · HISTORIC DOWNTOWN BOWMANVILLE · HOLMES. · MotorcycleMojo · VICTORY

Organized by the Members of Perfect Pigs MC




**LA JOURNÉE INTERNATIONALE DE LA FEMME (JIF)**
11 MARS - SALON ASTRA

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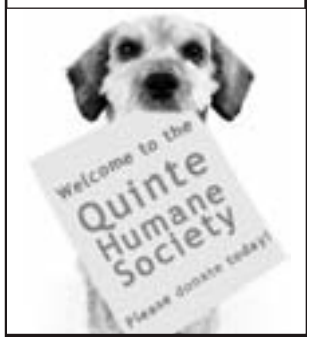
## PENNIES FOR PETS

The Quinte Humane Society is accepting all change in the Pennies for Pets Campaign. They will count it, roll it and even pick it up. You can also drop off your pennies and change at the shelter at 527 Avonlough Road or call 613-968-4673.

*Thank you!*
*Every little bit helps*



# FAMILY

## Activity: Finger Family

Reciting a familiar rhyme is an enjoyable way to spend some Comfort, Play and Teach™ time together.

You and your child will smile and laugh as you sing and dance your fingers around!

– – –

*Tommy Thumb is up and Tommy Thumb is down; Tommy Thumb is dancing all around the town!*

*Dance him on your shoulders, dance him on your head; Dance him on your knees then tuck him into bed!*

– – –

**Instructions:** As you sing or say the first line, point your thumbs up and then down.

On the second line move your thumbs back and forth. On the third line, dance your thumbs on your shoulders and then your head.

On the last line, dance your thumbs on your knees and then hide your thumbs behind your back.

With each repetition of the rhyme substitute a different finger (e.g., Peter Pointer, Toby Tall, Ruby Ring, Baby Finger, and lastly, Finger Family).

Enjoy this more with Comfort, Play and Teach™:

**Comfort**

Fingerplays are easy to learn and give your child an opportunity to demonstrate singing and speaking skills.

Let your child know how proud you are when she recites all or part of the rhyme for you all on their own!

**Play**

Doing fingerplays encourages your child to use their imagination as he pretends that each finger is a different character.

Your child will enjoy naming each finger and performing the repetitive actions.

**Teach**

As you say the rhyme together, leave out some of the words so your child can fill in the blanks. This will help your child to build memory and language skills, and will also encourage the turn-taking that is part of conversing with another person.

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

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

## Mealtime.org Cheesy Pizza Fondue

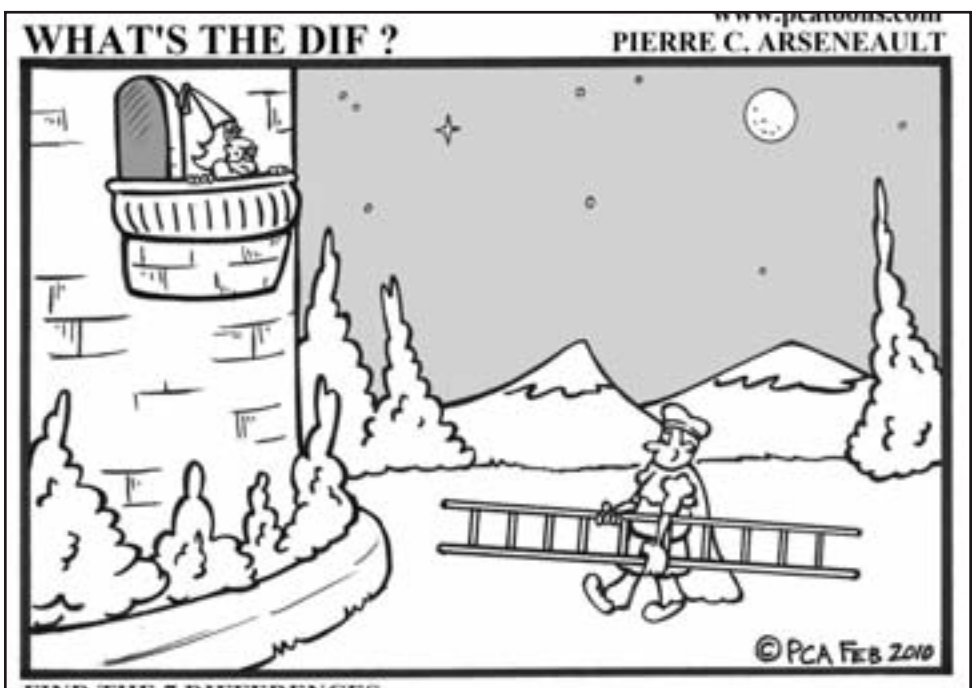
Add some sophistication to your snack time with fondue. This velvety dip, made with vitamin A-rich canned tomato sauce, has the flavourful elements of cheese pizza and serves up some good nutrition. Enjoy it with whole-wheat pita points or as a delectable dip for raw veggies, chicken fingers, mini-meatballs or oven-baked fries.

**Ingredients:**
2 tablespoons toasted breadcrumbs
1/4 cup milk
1 can (15 ounces) tomato sauce
2 slices pepperoni, finely chopped (optional)
2 ounces (1/2 cup) finely shredded mozzarella cheese
1 tablespoon Parmesan cheese (optional)
2 whole-wheat pita breads (each cut in 6 triangles), warm

**Preparation Time:** 5 minutes **Cook Time:** 5 minutes

**Preparation:** Mix breadcrumbs and milk in a small bowl until fully moistened; set mixture aside. Combine tomato sauce and pepperoni (if using) in a small saucepan and heat until simmering. Stir in breadcrumb-milk mixture and simmer for two minutes, stirring constantly. Remove from heat and stir in cheeses until melted. Transfer to a serving bowl and serve with warm pita triangles for dipping. Serves: Six

*Nutritional Information Per Serving: Calories 110; Total fat 3g; Saturated fat 1.5g; Cholesterol 5mg; Sodium 520mg; Carbohydrate 16g; Fiber 2g; Protein 5g; Vitamin A 6 per cent DV*; Vitamin C 8 per cent DV; Calcium 10 per cent DV; Iron 8 per cent DV. *Daily Value*




**FIND THE 7 DIFFERENCES**

ANSWERS: 1. BUSH 2. LADDER 3. MOUNTAIN 4. MOON 5. BRICKS 6. TREE 7. WOMAN

# Entertainment

## Nadiya's Zodiac Starcast

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.
For expanded forecasts visit www.nadiyashah.com

**March 7 –March 13**

*Theme of the week: The most encouraging news this week is that Mars finally goes direct after over two months of being retrograde. After the reconsiderations about which way to best direct our energy, here comes wonderful forward movement. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): The most compassionate thing you can do for others in your circle and in the world is to ensure your own happiness. From there you are able to give so much more. Address any barriers to contentment within you now. It is well worth the work.

**TAURUS** (April 20-May 20): When illusions we have invested in come crashing down, it can be painful. You have a truth that will eventually make you feel very light, but right now it might sting a bit. You will see the wisdom of the fantasy you once held and how great it is to be free of it.

**GEMINI** (May 21-June 20): One Sufi ritual involves sleep deprivation to make altered states of consciousness more accessible. There, rational voices are quieted long enough to let new inspirations in. With less effort, you are going to find your thoughts more powerful than they have been in a while.

**CANCER** (June 21-July 22): Statistically, most of us are from dysfunctional backgrounds. They are the blessed. As they sort out the past they connect to whom they really are. Every hardship holds self-respect in its seed. Your background now reveals blessings previously overlooked.

**LEO** (July 23-Aug. 22): Are we all innately good, and some of us just hide it better? You are now considering the worth of a person. You are looking at the pain they caused in disgust and anger. Be patient and let some time pass. You will eventually see them with less intensity and more compassion.

**VIRGO** (Aug. 23-Sept. 22): Oscar Wilde said, "When you do what you love, the universe conspires on your behalf." For some, trust in what they love can be a long fought journey. You are searching for what resonates most within. It is closer than you think, in the thing you have already been doing.

**LIBRA** (Sept. 23-Oct. 22): Kindness is always the best bet. However, what happens when a person you have valued is demanding more kindness than you have to give? You decide if they are a healthy connection to maintain. If not, show yourself kindness by choosing the future direction of the alliance.

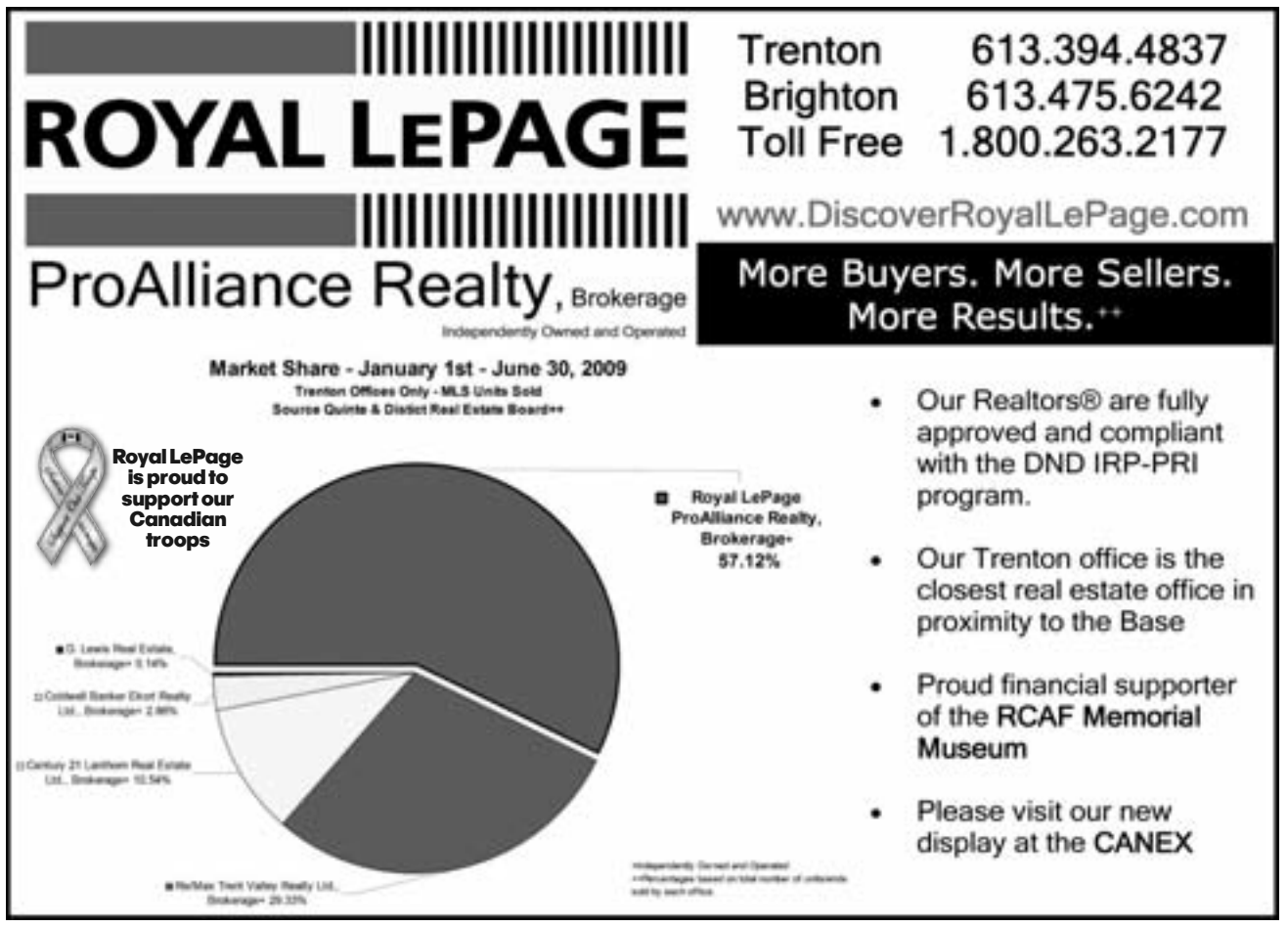
**SCORPIO** (Oct. 23-Nov. 21): One day the awareness hits you, all those nights you stayed awake stewing about something that others might be thinking, they never mattered at all. Forget what may be occupying your mind. The only thing that matters now, and ever did, is being true to you.

**SAGITTARIUS** (Nov. 22-Dec. 21): In the middle of your past pain, you did your hardest to keep it together. Now, on the other side, you can see how much better you are for all you have gone through. Your hardest days are over. Your current challenges are simple in comparison. Keep it in perspective.

**CAPRICORN** (Dec. 22-Jan. 19): "Everyone in LA is either in AA, relapsing from AA, or a Scientologist." My friend's humour made me think of the energy of places. You may love the safety of predictability. Putting yourself in a new environment will significantly change you for the better now.

**AQUARIUS** (Jan. 20-Feb. 18): Even the people who are considered most good have their critics. Criticism goes with success. The opinions of others, no matter who they would be, are not relevant to what it is that you were created to do. Stay true to yourself and they will fade away.

**PISCES** (Feb. 19-March 20): You could be busy and at the end of the day, not have anything to show for it. You have, in some ways, felt as if you were running around in a bit of a circle. That changes now as you see your efforts become congruent and count for something.



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

# Veteran "Red" McGillivray takes Mercer on Bay of Quinte spin

**by Tom Philp**

Donald "Red" McGillivray shows no signs of slowing down at the age of 82. Speeding up is more his game.

With is ice boat, 'Red Baron', Trenton resident (and retired Canadian Forces member) McGillivray is the de-facto king of ice sailing in this area. For more than 70 years, McGillivray has hoisted a sail on his ice sled (known in the trade as a "skeeter"), then listened to the wind racing past his ears as the stainless steel runners of his rig carried him forward, skimming the frozen surface of the bay.

This octogenarian ice racer was recently profiled on CBC's hit television show, The Rick Mercer Report. The Newfoundland-born Mercer, and the Cape Breton-born McGillivray hit it off immediately. The cameras rolled in Trenton on January 4, 2010. Red McGillivray earned another 15 minutes of fame.

"I enjoyed being with Rick and his crew, event though (Mercer) was terrified about sailing across the bay on my iceboat," McGillivray said.

Considering the "boat" can hit speeds of nearly 80 kilometres-per-hour with the right wind, Mercer's caution may have been well-placed.

McGillivray said Mercer did "really good" for a first-time ice sailor. He enjoyed watching the show when it was broadcast a few weeks ago, noting how much Mercer had improved during the course of one day on the ice.

That observation was supported by 8 Wing/CFB Trenton's Corporal Jim Stanley, a long-time ice-sailing companion of McGillivray.

"Rick was a bit tentative at first; but he really go into it by the end of the day," Cpl Stanley said. "Of course, (Mercer) is a clown, so he was hamming it up all the time."

Cpl Stanley said the veteran winter racer is also no novice when it comes to facing the cameras. McGillivray has appeared in three movies (including Black Ice, with Michael Ironside) and one television commercial.

But racing for the sheer joy of doing it is what keeps McGillivray on the ice each winter. His ice sailing companions are known locally as "The Nooners."

"All I know is that ice sailing is really fun and if you are crazy enough to get the speed, you can go real fast in one of those things," he said.

McGillivray said the secret to being a successful ice racer is to "keep moving and build up your speed." One challenge is to steer the craft without spinning out of control, something that can be difficult for an operator on the low-resistance ice surface. Another big challenge is to capture the wind in order to generate movement and speed.

"The secret is to not turn into the wind," he said. "If you keep turning, you'll stop. Once the boat gets moving at a good speed, the wind resistance is much higher."

"It's up to you. These boats don't go on their own," he said.

"With my boat the Red Baron I can get up to 90 miles per hour," said McGillivray. "If we have good ice conditions that day and there isn't too much snow on the bay, we can ride them even faster."

Photo: Submitted

**Donald "Red" McGillivray, left, with Rick Mercer, are shown on the Bay of Quinte during the filming of a segment for from CBC Television's Rick Mercer Report, where a "terrified" Mercer spent the day ice sailing with McGillivray. With "Red's" boat the Red Baron, McGillivray can achieve speeds of up to 90 miles per hour.**

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With respect, the owners and staff at Dapp's Restaurant wish to extend their support to the Canadian Armed Forces as they go through this challenging time. We are now and have always been proud of our military personnel and we are honoured to have your patronage.

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*Beth Smith*
*& Staff*

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A: The one on the right.

# Portable problems: Laptop safety

**Submitted by 8 Wing General Safety Office**

Photo: sxc.hu

If you travel on business, or take work home, chances are you use a laptop computer.

You may not use a laptop or notebook computer for the same duration as you would use a desktop computer. But with a laptop, chances are you're working in less than ideal conditions — on a commuter plane, in a hotel room or in a rough field office at the job site.

Working hunched over a small computer, trying to read numbers or words on the screen while operating an inconvenient keyboard or trackball can result in stress and strain to your muscles and connective tissues.

The results can be headaches, backaches, a stiff neck, and pain in the shoulders, arms, wrists and hands. These problems may be temporary, but they can lead to permanent disability.

Here are some reminders about preventing cumulative trauma injuries when using a laptop and other small electronic data devices.

Try to find a stable surface for your laptop computer and a place where you can sit up straight.

The table in your hotel room is a better place for computer work than your lap.

If the chair isn't high enough, try sitting on pillows or phone books.

If the chair doesn't provide support for the lower back, roll up a towel and put it behind you.

Place the screen so it is about arm's length from your eyes.

Adjust lighting so there is no glare on the screen from windows, overhead lights or lamps.

Take frequent breaks to look away from the screen stretch and walk around.

If you need a wrist rest for comfort while using your keyboard and mouse, remember to pack it in your computer case.

Consider alternatives to keyboards for inputting data on portable electronic devices. A touch screen can be used for some applications.

Voice recognition technology can replace the keyboard for certain types of data collection, leaving the operator's hands free. Suggest improvements to your supervisor.

Small computers can cause big Repetitive Stress Injuries. Pay attention to your posture and work habits when you use a laptop or notebook computer.

# Family learns firsthand the value of changing smoke alarm batteries

*(NC)* – It could be any family in any town or city anywhere in Canada.

But one Canadian family is especially happy they changed the batteries in their smoke alarms ahead of the March time change. It saved their lives.

They have asked for anonymity despite wanting to share their story.

The family live in Kingsville, Ontario outside of Windsor. Not wanting to wait for the time change to arrive, the wife had an inkling at the beginning of the new year to check the batteries in their smoke alarms.

That turned out to be a very good hunch indeed. Within days of installing the fresh batteries, fire swept through the family's home while they were sleeping. They were awakened by their smoke alarms and escaped the blaze that did $100,000 worth of damage.

Kingsville's Fire Chief Bob Kissner said there was "no doubt" that putting fresh batteries in the smoke alarms alerted the family that they had a problem and saved their lives.

Immediately after the fire, the wife said, "I checked the smoke alarms and the batteries were low so I changed them out. That's what woke us up."

Fire and safety officials are distressed that not all Canadians are as vigilant.

"Our annual fire safety survey conducted with the Canadian Association of Fire Chiefs shows that most people still do not change their smoke alarm batteries at least once per year," says Victoria Maybee of Duracell Canada. "They think a fire will never happen to them. But as this family learned, a fire can strike anyone at any time. Because this family took one simple step to stay protected, this is one fire story with a happy ending."

"Installing fresh batteries and maintaining your smoke alarms doubles your odds of escaping a fire," says Carol Heller, a home safety expert with Kidde Canada, the country's largest manufacturer of fire safety products. "It is peace of mind you cannot put a price on."

She also reminds people to examine and, if necessary, replace any old alarms following the simple 10/7 Replacement Rule.

"Smoke alarms must be replaced every 10 years and CO alarms every five to seven years, as recommended by the National Fire Protection Association," Heller says. "And that includes all alarms whether battery operated or wired into your home's electrical system."

Daylight Savings Time arrives at 2:00 a.m. on March 14 (except in Saskatchewan).

More home safety information can be found on the duracellfiresafety.ca and safeathome.ca web sites.

# WO & SGTS MESS

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|---|---|---|---|
| | 1 <----------- | 2 Canadian Coast Guard C/R | 3 ----------> <---ATESS---> M/L | 4 | 5 TGIF Family Spaghetti | 6 |
| 7 | 8 | 9 | 10 WCWO Coffee Break <-----24 Flight Surgeons' Conf---------> C/R | 11 <------ 436 P/D | 12 M/L----------> TGIF Steak Night | 13 |
| 14 | 15 <-----RMS-----> Clerks PD M/L | 16 | 17 | 18 | 19 TGIF Fish & Chips General Mess Meeting 13:30 | 20 |
| 21 | 22 | 23 <-CCISP PD-> M/L | 24 | 25 | 26 TGIF Family Shepherd's Pie | 27 |
| 28 | 29 | 30 <-------ASIST CRSE-------> | 31 G/R----------> | | | |

# March 2010

**Bar Hours: Monday – Thursday 1500 to 1800 hrs**
**Friday 11:30 to 1330 (Toonie Lunch) & 1500 to 2030 hrs**
**For Bookings (Weddings/Receptions/Conferences/Private Parties)**
**Call 613 392-2811 Ext 2438 / 2768**
**or Email: Briggs.RLE@forces.gc.ca**

# ARE YOU A VETERAN OF THE SECOND WORLD WAR AND WOULD LIKE TO SHARE YOUR STORY OF SERVICE?

**The Memory Project: Stories of the Second World War** is providing every living Second World War veteran with the opportunity to share their memories through interviews and digitized memorabilia. These stories will be shared with Canadians through an extensive online digital archive at:

**WWW.THEMEMORYPROJECT.COM**

## Join the Legacy!

If you're interested, or know a veteran who would be interested in this project, please contact us toll free at:

**1.866.701.1867**

or by email: **memory@historica-dominion.ca**

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The Legion Service Bureau Command Service Officers are here to serve members of the Canadian Forces, Veterans, RCMP members, and their families while representing their interests in dealings with Veterans Affairs Canada (VAC) and the Veterans Review and Appeal Board (VRAB) in claiming disability benefits under the Pension Act or the New Veterans Charter.

The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit **www.legion.ca/ServiceBureau.**

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# TRENTON Military Family Resource Centre

## MFRC-EVENTS & INFORMATION

***Francophone Supper***

**This activity is for francophone adults and those wishing to practice their French.**

**Friday, March 19th, 7pm East Side Mario's**

**Deadline to Register: Thursday, March 18th at 613-955-0646**

**Mona Lise: mldube@cogeco.net**

### Partner's Away" Wednesday Night Out 6-8pm

March 10- SPA Night—the Body Shop is coming to pamper you.
March 17th / March Break / No activities
March 24- What is "Triple P"
March 31- Dinner Out

**Please call ahead to reserve Eve: 965-3595 or Kelly: ext. 4532**

### International Women's Day

*STRENGTH through DIVERSITY*

Astra Lounge - Thursday, March 11th 8am-3pm
Open to all members of 8 Wing,
male & female, military & civilian

### *Teen Summer Sizzling Resume Session*

***Thursday March 25 from 6h30 to 8h30***
and ***Friday March 26 from 6h30 to 8h30***

This workshop will be held in the Youth Center and will focus on:

- tailoring a custom resume and cover letter
- accessing resources on where to find part-time/summer employment
- translating and employment counseling will also be made available

To register contact: Elizabeth Nicholas ext 3852

**For additional Information:**
**www.TrentonMFRC.CFBTrenton.com**
**Contact: Jaimie Corriveau 613-955-8711**

## CRFM-Événements et Information

***Souper Francophone***

**Cette soirée est pour adultes et personnes qui veulent pratiquer leur français parlé.**

**Le vendredi 19 mars, 19h East Side Mario's**

**Inscription avant: le 18 mars de 613-955-0646**

**Mona Lise: mldube@cogeco.net**

### «Conjoint au loin» Sortie du mercredi 18h à 20h

10 mars - Soirée SPA—Le Body Shop vient vous gâter.
17 mars / Relâche du mois de mars / Aucune activité.
24 mars- Qu'est-ce que le "Triple P"
31 mars - Souper

**Réserver à l'avance Eve: 965-3595 ou Kelly: poste 4532**

### Journée Internationale de la Femme

*La DIVERSITÉ fait la FORCE*

Salon Astra - Jeudi, 11 Mars 8h à15h
Ouvert à tous les members de la 8e Escadre,
Hommes et femmes, militaires et civils

### *Ateliers pour les Ados sur les C.V.*

***Jeudi le 25 Mars 2010 de 6h30 à 8h30***
et ***Vendredi le 26 Mars de 6h30 à 8h30***

Cet atelier sera donné au Centre des Jeunes et nous travaillerons sur:

- La construction d'un CV et d'une lettre de présentation
- Connaitre l'accès aux ressources sur où trouver les emplois à temps partiel/été
- Traduction et des conseils sur la recherche d'emploi seront disponibles.

Pour vous inscrire contacter: Sonia Caron, poste 4655

**Pour information additionnelle**
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## Attractive Two-Storey Family Home

### Plan Number 7-4-968

This attractive two-storey family home offers room for expansion, with three bedrooms in addition to the master suite, as well as a study, a media room and an unfinished basement.

Entry is past a covered porch and into a roomy foyer, with a coat cupboard tucked into a niche near the U-shaped stairway.

The dining room features an optional buffet that would provide extra storage and serving space, as well as a doorway onto the terrace.

The ensuite bathroom includes both a corner shower stall and a soaker tub, set next to a window.

Also on the main floor, the study enjoys a view beyond the covered porch to the front garden and includes its own walk-in closet.

Upstairs, the second and third bedrooms share a split ensuite, while the fourth bedroom enjoys its own split bathroom and also features an extra-deep window sill.

*This home measures 43 feet wide and 54 feet, six inches deep, for a total of 2,498 square feet of living space, in addition to the unfinished basement.*

Plans for design 7-4-968 are available for $731 (set of 5), $820 (set of 8) and $875 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add $30.00 for Priority charge within B.C. or $50.00 outside of B.C. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and Priority charges. Our **41st Edition** of the Home Plan Catalogue containing over 300 plans is available for $13.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:

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# TRENTON Military Family Resource Centre

## INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

### ASD Parent Support Group

This is a group for parents of older children with Autism Spectrum Disorder. It meets every third Tuesday 6:00- 8:00pm at the MFRC. This is in partnership with Children's Mental Health. There are resources, guest speakers and parents who are knowledgeable. For more information call Susan at MFRC or Lori at CMH 613-392-4331.

### Groupe de soutien pour les parents d'enfants souffrant d'autisme.

Ce groupe est pour les parents d'enfants plus âgés souffrant d'autisme.

Les rencontres ont lieu au CRFM à chaque 3e mardi du mois de 18h à 20h. Ces rencontres se font en partenariat avec l'agence de santé mentale pour enfants. Parmi les participants on retrouve des personnes ressources, des conférenciers ainsi que des parents qui sont bien au fait. Pour plus d'information contactez Susan au CRFM ou Lori au CMH 392-4331.

### Partner's Away Wednesday Night

**6pm to 8pm**

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

Mar 10- SPA Night—the Body Shop is coming to pamper you.
March 17 / March Break / No activities
March 24– What is "Triple P" ?

Please call ahead to reserve.

### Groupe Partenaires au loin,

**le mercredi soir de 18 h à 20 h.**

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

10 mars - Soirée SPA—Le Body Shop vient vous gâter.
17 mars / Relâche du mois de mars / Aucune activité.
24 mars– Qu'est-ce que le "Triple P"

SVP, téléphonez pour réserver.

### So, what is your colour?

Join us to discover the colour of your personality. This interactive workshop is lively and fun. A great way to discover your own strengths while better understanding those around you. Enhance the way you live, work and communicate.
Great for job search and especially interviews!

**On Tuesday, March 23, 2010**, from 10am - 12pm, we are doing a workshop on The colour of your personality. Come and find what colour you are and understand what it means.
Daycare can be provided on demand at a minimal cost.

*Please register before March 19, 2010* to:
Liz Nicholas, Employment and Education Coordinator
Phone: 613-392-2811 x3852 or E-mail:
Elizabeth.nicholas@forces.gc.ca
Sonia Caron, Employment and Education Assistant
Phone: 613-392-2811 x4655 or E-mail: sonia.caron@forces.gc.ca

### Alors, quelle est votre couleur?

Venez-vous joindre pour découvrir la couleur de votre personnalité. Un atelier interactif, dynamique et amusant. Une très bonne façon de découvrir vos forces tout en comprenant les autres autour de vous. Utilisé depuis plus de 30 ans, La couleur de votre personnalité améliore notre façon de vivre, travailler, de communiquer et d'interagir avec les autres autour de nous. Pratique pour la recherche d'emploi et spécialement pour les entrevues.

**Le mardi, 23 mars 2010**, de 10h à 12h, nous offrirons un atelier sur la couleur de votre personnalité. Venez découvrir votre couleur et comprendre sa définition.

Un service de garde peut être fourni sur demande à un prix minime.
*S'il vous plaît veuillez vous inscrire avant le 19 mars 2010 à :*
Liz Nicholas, Coordinatrice à l'emploi et à l'éducation
Téléphone : 613-392-2811 ex : 3852 ou Elizabeth.nicholas@forces.gc.ca
Sonia Caron, Assistante à l'emploi et à l'éducation
Téléphone : 613-392-2811 ex : 4655 ou courriel :
sonia.caron@forces.gc.ca

### Bilingual FREE Pops & Tots Playgroup

MFRC Hanger
Sponsored by the Belleville Ontario Early Years Centre

Thursday 5:00-7:00pm babies - 6yrs
Join in the fun and chat with other Dads in a child friendly environment with many activities available for you and your child(ren) to do.

Share your talents with us!!!
Dinner provided!!!

### Groupe de jeux bilingue GRATUIT pour papas et tout-petits

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Venez partager votre talent!!!
Le souper est fourni!!!

To know more about Military Discount Program, please visit the MFRC website!!!
If you know of any businesses offering discount to the military, tell them about this program or tell us about them. Thank you!.

Pour plus d'information sur le Programme de rabais pour les militaires, svp, visitez le site Web du CRFM. Si vous connaissez des entreprises qui offre déjà un rabais aux militaires, informez les de notre programme ou informez-nous de leur rabais. Merci!

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## Information

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*Word ad:* 20 words $3.00 per insertion. GST included. Visa/Mastercard, Cash or cheque to be paid at time of insertion.

### ORDERING AN AD

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

### ERRORS & OMISSIONS

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

### USERS & AD READERS

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

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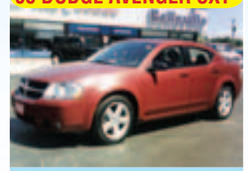
### 08 DODGE AVENGER SXT

V/6 engine, automatic, power group, sunroof, 29,853km, stk#R606, ex-rental

### 09 TOYOTA SIENNA LE

V/6, auto, dual air, CD, power doors & locks, plus more, 20,603 miles, stk#U037

### 09 DODGE DURANGO SLT

V/8, auto, air, loaded, 25,075km, stk #R643, ex-rental

### 09 HUMMER H3

5 cyl., auto, air, CD, power group, 1730 miles, stk #U035

### 10 DODGE GRAND CARVAN SE

V/6, auto, dual air, CD, traction control, power group & more, 114km, stk# 1334P

### 09 DODGE JOURNEY SXT

V/6, auto, air, AM/FM/CD/MP3, power group, alum wheels & more, 30,251km, stk#R629, ex-rental

### 06 WRANGLER SE SPORT

4X4, 4 cyl., manual, skid plates, AM/FM/CD, all terrain wheels & more, stk#1272P

### 09 TOYOTA HIGHLANDER

Fully loaded LIMITED model, V/6, auto, leather, sunroof, 3 row seating, 4.298 miles, stk#U040

### 06 DODGE CHARGER R/T

DAYTONA, V/8, 5.71 Hemi, auto, air, alum, wheels, spoiler & more, 32,898km stk# 1349P

### 05 PT CRUISER

4 cyl. engine, auto, air, AM/FM/CD, spoiler, remote entry, stk#R607A

### 08 JEEP WRANGLER

V/6, manual, AM/FM/CD, alum wheels, traction control, 42,201km, stk#1277P

### 08 JEEP LIBERTY SPORT

4x4, V/6, auto, air, AM/FM/CD/MP3, power group incl seat, sunroof & more, 39,341km, stk#1268PA

### 09 TOYOTA YARIS

4 cyl. engine, auto, AM/FM/CD, remote entry, power group, 12,243 miles, stk#U043

### 09 CHYRSLER 300 C

5.71L Hemi engine, auto, leather, MDS Fuel saver system 28,969km, stk #R656, ex-rental.

### 09 GRAND CARAVAN

V/6, auto, dual air, leather, alum wheels & more, 165km, stk # 1267P

### 08 CALIBER SXT

4 cyl., auto, air, spolier, AM/FM/CD, remote entry, 5,459km, stk#1309P

### 08 JEEP LIBERTY SPORT

4x4, V/6, auto, AM/FM/CD/MP3, power group, traction control, 11,174km, stk#1321P

### 07 CALIBER SXT

4 cyl. engine, auto,air, spoiler, power group, heated seats & more, 14,915km, stk#1292P

### 09 SEBRING TOURING

Convertible Touring model, V/6 Flex-fuel engine, auto, nicely equipped, 8,989KM, stk#1347P

### 08 GRAND CHEROKEE

4x4, Laredo model, V6, auto, power group, air, privacy glass, traction control & more, stk#R631 Ex-Rental

### 09 DODGE JOURNEY SXT

V/6, auto, air, AM/FM/CD/MP3, power group, incl seat, traction control & more, 26,603km, stk#R630, ex-rental

### 09 DODGE NITRO SE

4x4, V/6, auto, air, loaded AM/FM/CD/SAT, tow pkg, alum wheels, 23,630 km, stk# R645, ex-rental

### 09 DODGE DAKOTA SXT

4x4, V/8, auto, air, AM/FM/CD, power group, fog lights & more, 21,647km, stk #R651, ex-rental

### 09 DODGE CHALLENGER

V/6, auto, air, power group incl seat, CD, alum wheels, 14,174km, stk #1206

### 09 TOYOTA RAV 4

4 cyl. engine, auto, all wheel drive, air, CD, power group, 23,506 miles, stk#U042

### 07 JEEP WRANGLER

4x4, V/6, manual, air, AM/FM/CD, running boards, traction control, 11,672 miles, stk#U027

### 08 CHRYSLER 300 TOURING

V/6, auto, air, AM/FM/CD/MP3, power group, leather heated seats, alum wheels, 30,000km, stk#1328P

### 08 GRAND CARVAN SE

V6 auto, air, power doors, DVD, power pedals, remote start, 22,193km, stk#1361P

CALL FOR DETAILS
HWY #2 WEST - BELLEVILLE
**1-866-435-2064**

BELLEVILLE DODGE

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FRIDAY 9 - 5:30 SATURDAY 9 - 4
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