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• Volume 45 Issue Number 5 •

Air Force really delivers in earthquake-ravaged Haiti

I have just experienced our Air Force operations in aid of the people of Haiti, and viewed the final air component preparations for the Olympics in support of the RCMP.

Such a short time ago we were telling our people, 'Enjoy the holidays with your families, and when we come back, we will be focused on getting ready for the Olympics. With Afghanistan and training, things should be busy for us in the coming months.' Then tragedy takes place in Haiti and we must act. In a matter of hours, our people, and our families commit to help save lives and heal the wounds caused by this devastation. And 'busy' was redefined.

I share with you just one



Photo: MCpl Kevin O'Donnell

Sergeant Dave Payne, a search and rescue technician with 424 (Transport and Rescue) Squadron from 8 Wing Trenton, holds a six-month-old baby during a medical evacuation flight from Port-au-Prince to an American naval hospital on board USNS Comfort on February 1, 2010 as part of Operation HESTIA, the Canadian Forces response to the disastrous earthquake in Haiti on Jan. 12, 2010.

example of your commitment, from Op Hestia. Due to the amount of international aid coming into Port-au-Prince, the airport was so congested that Canada had just four time slots per day to land and deliver supplies. We needed an additional entry point into Haiti. Our airfield engineers assessed the Jacmel airfield, and with confidence in the capabilities of the Hercules, and the experience of our personnel, we took the risk of the first Hercules flight into this tiny airstrip in the hills. Less than 24 hours later, your Air Force had opened a strategic 'backdoor' to deliver more aid to the Haitian people, and equipping the DART and the field hospital.

Wherever you work, whether in the Division,

within the Air Force or within the Forces, you are helping carry the workload of a nation both at peace and at war. Your Wing, and every Wing, is executing an impressive scope of missions each and every day. You are stretched, but you are doing as much as you can and delivering results, showing your professionalism and your dedication.

Your work is impressive, and I thank you, and your families, for what you are doing for Canadians, for Haitians, for Afghans, for sailors on the high seas, and for so many other people in need.

Yvan Blondin
Major-General
Commander, 1 Canadian Air Division

Providing continuous, outstanding humanitarian aid

by Amber Gooding
Assistant Editor

Some refer to the catastrophic earthquake that struck Haiti as a tragedy of unspeakable proportions, and while that may be true, the people of Haiti continue to possess levels of hope far greater than most would expect.

This optimism stems from an outpouring of relief support coming into Haiti; and not only are members of the Canadian Forces at the forefront of Canada's current relief efforts, but 8 Wing/CFB Trenton is at the heart of it all.

The Canadian Expeditionary Force Command (CEFCOM) reports cargo delivered to Haiti, thus far, totals more than 2,439,555 pounds, and of that, 865,711 pounds of relief goods.

8 Wing/CFB Trenton is the gateway for those very efforts, and during the past three weeks, the Wing has experienced one of the busiest flying periods ever.

"During this relatively short period there were a total of 73 missions flown in support of the operation: 36 Globemaster flights, 19 Hercules trips, and two Airbus and two Challenger missions, all dedicated to Op HESTIA, not to mention the 14 chartered flights also used to augment the CF's own airlift capability," said Lieutenant-Colonel David Murphy, 8 Wing Operations Officer.

LCol Murphy said that everyone has pushed to ensure the required equipment and supplies are delivered as soon as possible to those needing the aid.

Colonel Russ Williams, Commander, 8 Wing/CFB

Trenton, is also extremely proud of 8 Wing's response in support of the people of Haiti.

"Personnel from all squadrons and units have rallied in support of this mission," he said. "Often well 'above and beyond,' achieving outstanding results in very short order."

Col Williams explained that the nature of this 24/7 operation, coupled with the requirement to deploy a significant number of personnel into theatre, has resulted in a very positive situation, whereby personnel not normally directly involved in the conduct of operations have been drawn into these positions, with incredible results. The net result has been that 8 Wing/CFB Trenton has been, and is being, recognized far and wide for this very significant contribution.

"Many sections of the Wing have been strained almost to the limit," he explains, "yet, we continue to meet, and exceed, expectations."

Col Williams said the base-wise response has been spectacular.

"I must recognize, in particular, the herculean efforts of 2 Air Movements Squadron, the key to flight line success in a mission such as this; Wing Operations, for their lead role in the planning and execution of the operation; 429 (T) Squadron for their three-aircraft, all-hands-on-deck surge; and the WLEO branch for its efforts in support of Op HESTIA, itself, but also the very direct support provided to 8 Wing personnel operating in theatre," said Colonel Williams.

See Op HESTIA, Page 14



Photo: Amber Gooding

Sgt Steven Roach, Loadmaster with 429 (T) Squadron, directs traffic technicians on the ground at Aéroport International Toussaint in Port-au-Prince, to begin unloading a CC177 Globemaster.

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La Force aérienne se montre à la hauteur

par Major-général Yvan Blondin
Commandant de la 1^{re} Division aérienne du Canada

Je viens de voir de première main les opérations de la Force aérienne organisées pour aider le peuple haïtien et d'examiner les préparatifs finaux de la composante aérienne qui appuiera la GRC dans le contexte des Jeux Olympiques.

Il y a bien peu de temps, nous disions à notre personnel : « Profitez du temps des Fêtes avec vos familles et, en revenant des vacances, nous nous concentrerons sur les préparatifs des Olympiques. Entre l'Afghanistan et l'instruction, nous devrions être bien occupés pendant les prochains mois. » Puis, la tragédie a frappé Haïti, nous exhortant à agir. En quelques heures, nos militaires et nos familles se sont engagés pour aider à sauver des vies et à remettre les gens sur pied à la suite de la dévastation. Et il a fallu réévaluer ce qu'on entendait par le mot « occupés ».

Je veux vous transmettre un exemple de votre dévouement, tiré de l'Op Hestia. Vu la quantité d'aide



Photo: Capt Alex Munoz

Au matin du 28 janvier 2010, un CC130 Hercules a atterri à l'aérodrome de Jacmel, en Haïti, afin d'assurer l'approvisionnement en ressources de soutien pour l'Op HESTIA.

internationale affluant à Port-au-Prince, l'aéroport était tellement congestionné que le Canada n'avait que quatre créneaux de temps par jour pour poser ses aéronefs et livrer ses approvisionnements. Nous avons besoin d'un autre point d'entrée en Haïti. Après que notre équipe de génie de l'air eut évalué l'aérodrome de Jacmel, et connaissant les capacités des Hercules et de notre personnel expérimenté, nous avons tenté un premier vol à destination de cette minuscule bande d'atterrissage dans les

collines. Moins de 24 heures plus tard, la Force aérienne du Canada avait ouvert une «porte arrière» stratégique pour fournir davantage d'aide au peuple haïtien et pour approvisionner l'Équipe d'intervention en cas de catastrophe (EICC) et l'hôpital de campagne.

Peu importe où vous travaillez, que ce soit à la Division, dans la Force aérienne ou dans les Forces canadiennes, vous mettez l'épaule à la roue pour assumer la charge de travail du pays, en temps de paix comme en temps de guerre. Toutes

les escadres, y compris la vôtre, réalisent une gamme impressionnante de missions chaque jour. On vous en demande beaucoup, mais vous faites votre possible et vous accomplissez ce qu'on attend de vous, ce qui témoigne de votre professionnalisme et de votre dévouement.

Vos réalisations sont impressionnantes et je vous remercie, vous et vos familles, de ce que vous faites pour les Canadiens, les Haïtiens, les Afghans, les matelots en haute mer, et pour tant d'autres gens qui sont dans le besoin.

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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



With 8 Wing sounding like a bee hive, everyone has stepped up to provide support. Mr Marty Adair and Mr Mac Smith, VHE 10 vehicle mechanics from 8 Wing Transportation / Electrical Mechanical Engineering Squadron, Refuelling Maintenance Section, perform a pre-flight inspection on an R11 aircraft refueller earmarked for Haiti (Op HESTIA).

Photo by Sergeant Dave Clusiau

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HCol Arthur Sherwin honoured at 424 Squadron Mess Dinner

By 2Lt Brendan Pierce
424 (T&R) Squadron

The 8 Wing Officers' Mess was filled with tradition and merriment on January 8, when the men and women of 424 (Transport and Rescue) Squadron gathered there for the unit's annual Mess Dinner.

Special guest of honour at this year's event was a former 424 Honorary Colonel and Royal Air Force (RAF) veteran of World War II, Arthur Sherwin.

The dinner boasted maximum attendance and the Squadron was lucky to be in the presence of guests such as Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, HCol Sherwin, and 424 Squadron's current Honorary Colonel, Ed Robertson.

The evening began with a social gathering, prior to everyone getting settled in for dinner. The menu selection for the dinner was spring mixed salad, cream of mushroom soup, bacon-wrapped filet mignon,

potatoes, vegetables, with a raspberry cheesecake to finish off the meal. The combination of delicious food and great service by the mess staff made for an excellent formal dinner.

Following the magnificent meal, 424 members were treated to a very compelling speech by HCol Sherwin.

The former 424 (T&R) Squadron Honorary Colonel joined the RAF in 1941 as a pilot and flew 27 missions in the war before he was shot down and taken prisoner by German forces. He spent the next two years in Stalag Luft 3, a Prisoner of War camp located south of Berlin. While there, HCol Sherwin was part of the famous 'Great Escape' where he was a member of the organization team.

His story was a delight and captivated everyone in the room.

After the formal portion of the evening, the Squadron members retired downstairs for more socializing, where HCol Ed Robertson



Photos: Captain Michelle Dagenais, 424 (T&R) Squadron

delighted the crowd by playing a musical set. The Squadron also had the opportunity to show off some of its own musical talents, with 424's Deputy Commanding Officer, Maj Ray Stockermans and Sergeant Sean Calis playing along with HCol Robertson.

The annual event was a huge success, and a great time was had by all.

Members of 424 Squadron would like to take this time to thank everyone involved for making their Mess Dinner a successful and memorable evening.

(above) Members of 424 (Transport & Rescue) Squadron, 8 Wing/CFB Trenton, and their guests, pose for a group photograph during the unit's Annual Mess Dinner, held January 8, 2010 at the Officers' Mess. (below) Honorary Colonel Arthur Sherwin (left) and the squadron's Commanding Officer, Lieutenant-Colonel Tom Dunne, were two of the head table guests.



Search & Rescue UPDATE



424 Transport and Rescue Squadron had just one mission this past week. On January 31, the Griffon crew was tasked to search for a missing 27-year-old woman northeast of Trenton. The crew searched unsuccessfully for several hours, and then returned to base.

In addition, squadron personnel were engaged in both ongoing training and the Haiti relief effort, Op HESTIA.

Until next week, stay safe.

Missions for 2010: 7

Missions for Jan.: 7

Persons rescued: 0

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- 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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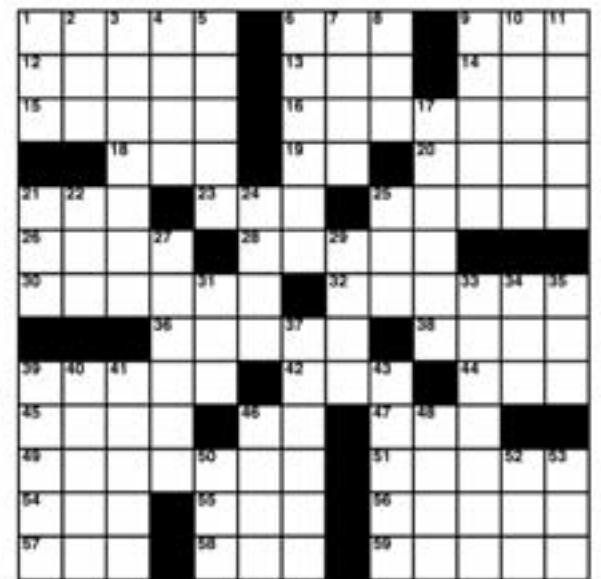
By Bernice Rosella and James Kilner

ACROSS

- 1 Heart _____
- 6 _____ mode
- 9 Wood sorrel
- 12 Marksman
- 13 Roue
- 14 Toss
- 15 Forbidden
- 16 _____ heart
- 18 Actress Sothorn, for one
- 19 Broadbent or Greenspon
- 20 Edgar Allan and kin
- 21 _____ Favor
- 23 Mont Blanc for one
- 25 Type faces
- 26 _____ heart
- 28 Word before end and after significant
- 30 Valuables
- 32 Raise the stakes
- 36 Evaluated
- 38 Soft drink
- 39 Soul _____
- 42 Homeland of N. Mandela
- 44 Opposite of don'ts
- 45 Feed the pot
- 46 Mom
- 47 Sneaky
- 49 Mountain ranges
- 51 Lathers
- 54 Summer, in St Laurent
- 55 Consumed
- 56 Actor Ed
- 57 Crimson
- 58 Sea, to Serge
- 59 Doc

DOWN

- 1 Cave dweller
- 2 Coastal indent
- 3 Sets sail



- 4 Geological time
- 5 Swedish money
- 6 Receive
- 7 Fat
- 8 Bustle
- 9 Designer Candice
- 10 Common cleanser
- 11 Chasm
- 17 Athletics
- 21 Harper Valley org.
- 22 Americas org.
- 24 _____ soul
- 25 Fire, in Frontenac
- 27 More odd
- 29 Bricklayers burdens

- 31 Word before toe and after tic
- 33 _____ soul
- 34 Wedding words
- 35 _____ Boot, the movie
- 37 Pencil part
- 39 Amplifier
- 40 Commingle
- 41 Silver, for one
- 43 Indian state
- 46 Soul _____
- 48 _____ heart
- 50 Dodge truck
- 52 Small prov.
- 53 Student govt.

See Answers, Page 22



This Week in Contact

1980 – Three Buffalo transport aircraft and 26 personnel from 424 Squadron departed CFB Trenton this week, bound for Salisbury, Rhodesia (now South Africa). The deployment formed the vanguard of Canada's contribution to the Commonwealth Observer Force being assembled to monitor national elections scheduled for February 14-29, 1980 in Zimbabwe. The exercise was commanded by Lieutenant-Colonel Ken Kee.

1990 – Under the direction of Major Gary McDermott, CFB Trenton Base Transportation Officer and coordinator of the Trenton Memorial Hospital Building Fund, containers were distributed throughout the base to encourage members to donate loose change to the community project. The 8 Wing initiative launched what became a five-year campaign to raise funds for TMH.

2000 – Lieutenant-Colonel Chris Colton (now Executive Director of the National Air Force Museum of Canada in Trenton) was honoured with a Chief of Defence Staff (CDS) Commendation for his outstanding performance during Operation Central in 1998. LCol Colton, 8 Wing/CFB Trenton's Wing Operations Officer, was Acting Wing Commander during a particularly critical deployment time for the Disaster Assistance Response Team.

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



Air Force works around the clock providing humanitarian aid

by Amber Gooding
Assistant Editor

There is no question about it – Canada's Air Force is engaged in busy times.

Involved in a number of operations around the world, assisting millions on a yearly basis, a main area of focus with recent support efforts have placed Air Force personnel in the centre of providing humanitarian aid relief to grief-stricken Haiti.

"Providing the aid needed in Haiti has been a momentous effort by 8 Wing," said Lieutenant-Colonel David Murphy, 8 Wing Operations Manager. "One which we consider a tremendous success."

Encompassed in that are many men and women working 24 hours a day to ensure the success of Canadian Forces missions. The level of operations can create chaotic times, however, it is because of the training and skills of Air Force personnel, that helps to bring order and structure to both the skies and on the ground.

During his fifth flight to Haiti since Op HESTIA launched, 429 (Transport) Squadron CC177 Globemaster pilot Lieutenant-Colonel John Tringali said the situation on the ground at Aéroport International Toussaint (Port-au-Prince's international airport) is improving.

"The first couple of days were really chaotic but it's gradually getting better," said LCol Tringali. "It was difficult to begin with because there aren't any taxi-ways, there's just one main runway."

Thankfully, the conditions at the airport that they were presented to work with are manageable, although shorter (runway) than most, leaving very little for pilots to work with. It was the amount of traffic that was creating more of a concern.

Flying for more than 12 years, LCol Tringali has been involved in many missions, supporting a variety of operations, and has learned that the level of response is what really matters, and eventually you will figure out the means of supporting that.

"In this kind of humanitarian mission, in response to a natural disaster, everybody wants to get there first, which causes lots of commotion on the ground," he said. "It's getting easier now as the traffic has slowed down."

Because the air traffic has eased quite a bit since January 14, when CF personnel first responded as part of Op HESTIA, it has made the lives of those responding to the relief efforts easier to deliver aid to Haitians and provide supply to our troops, said LCol Tringali.

"We are prepared for these situations," said LCol Tringali. "It's not a question of whether an earthquake or a tornado destroyed a country or a city; it doesn't make much of a difference. It's more about the way we respond to such disasters. In every case, our work remains the same."

In every natural disaster you are faced with the same obstacles, explains LCol Tringali. "There's too much air traffic, not enough support on the ground (because things have been demolished) – and every airplane on the planet wants to land immediately," he said.

Helping people was why LCol Tringali decided to persevere his flying career in airlift, as supposed to fighters.

"With fighters you do all of the training but don't ever really get to do your job," he said. "In airlift you are always helping to do something – there's re-supply, evacuations, transporting troops, etc. The downside to that is that your schedules are unpredictable but you learn to adapt, and at the end of the day, all that matters is that you've helped to make a difference."

Preparing a load of supplies that left 8 Wing/CFB Trenton in the early morning hours of February 1, were a number of personnel, including those loading the CC177 Globemaster from 2 Air Movements Squadron (2 Air Mov Sqn).

Master Corporal Chris McLean, a traffic technician from 2 Air Mov Sqn, was part of the ground crew involved with this particular load out of 8 Wing. He has seen hundreds of thousands of pounds of supplies pass through this hub of Canada's Air Force as part of Op HESTIA.

"It has been a constant stream of water and rations every flight, plus large vehicles and transportation equipment and movers are

being delivered regularly."

Deciding what is onboard each flight is the responsibility of a team from 8 Wing, working in conjunction with the Federal Department of External Affairs and the Canadian International Development Agency.

"An ops group determines what is required for each flight. There's a cargo ops that builds up the loads and the load plans for the aircraft, and then we (traffic techs) carry out the load plans," said MCpl McLean.

On the ground in Haiti minutes after the plane lands, new traffic technicians begin unloading the aircraft and transporting supplies to Canada's designated camp located on the airfield.

Although the number of relief flights into Haiti has dropped since earlier days, the activity level for the traffic technicians has not slowed down.

Colonel Scott Clancy, Air Component Commander of Joint Task Force Haiti (JTFH), has personnel working every minute of every day, if the requirement is there.

"They are doing a fantastic job, and they are working around the clock," said Col Clancy. "Whenever there is not an aircraft on the ground, they go to ground, get rest they need because when those birds are coming in, they are up loading and unloading."

These traffic technicians also work to unload contracted aircraft delivering loads.

"They may unload six aircraft between 0500 hrs and 1200 hrs," he said. "They get the rest when they can because they know they will have other loads coming in."

And with the CC177 load capacities of up to three times that of a CC130 Hercules, the full loads bring plenty of the resources desperately needed.

"We have some of the greatest people working under our command," said Col Clancy. "It makes you very proud to be a part of such a large Canadian family."

Regardless of who you speak with who has been a part of these efforts in Haiti – from technicians to pilots, to commanders – the outlook remains the same. To get what is needed, to where it is needed, as soon as possible, and that is exactly what is happening.



Photos: Amber Gooding, Contact Staff/Capt Annie Morin, 8 Wing Public Affairs



Photos, top to bottom: 8 Wing/CFB Trenton's 2 Air Movements Squadron Traffic Technicians load supplies onto a CC177 Globemaster, during one of the many humanitarian aid supply flights that are part of Op HESTIA. The supplies were delivered to Port-au-Prince, Haiti on February 1.

CC177 Globemaster pilot from 429 (Transport) Squadron, Lieutenant-Colonel John Tringali, has flown to Haiti five times in less than 20 days.

Six CH146 Griffon helicopters currently support the ongoing relief efforts in Haiti.

Loadmaster Steven Roach of 429 (T) Squadron, navigates the pilot through the procedure of backing up a CC177 Globemaster in order to return to 8 Wing/CFB Trenton. Port-au-Prince's airport has limited space available for high traffic operations, such as the relief efforts currently underway.



Personnel at Work: Jim Pullen - Six decades of service, still going strong

by Tom Philp
Contact Staff

The year was 1951. The Canadian Government had just committed Canadian troops to a three-year mission in Korea; the reserve elements of all three Canadian military services joined their Regular Force counterparts in recruiting women; and Jim Pullen joined the Royal Canadian Air Force.

"I actually wanted to be an electrical technician working on aircraft," Pullen told The Contact recently. "They gave me Supply, and I've been there ever since."

Nearly 60 years later, Pullen still mans a desk, this time at 8 Wing/CFB Trenton, and without the uniform. He is a critical part of the 8 Wing Supply's operations, and a person whose "wealth of knowledge" is invaluable to both his colleagues and his supervisors.

"Jim has almost 60 years of service. When he leaves, that is a vast amount of knowledge that will walk out the door," said Major Michel Lefebvre, Officer in Charge, 8 Wing Supply.

Just starting his 60th year of public service (combined military and civilian), Pullen began his journey to becoming "Mr. Supply" at the former Manning Depot in Aylmer, Ontario. Sometime during that initial training, a sergeant learned Pullen had worked in the shipping department of a shoe factory before enlisting.

"He said, 'You'd make a good supply tech,' Pullen said. "I'm still supplying people."

His first stint at 8 Wing ("on what they now would call OJT") came shortly after enlistment, when Pullen spent two weeks here before returning to Aylmer for his formal Supply Course. They liked him so much in Aylmer, he was posted to that Depot for the next six years before shipping out to CFB Winnipeg, a posting he held until 1964.

"Things were so new there, they were still building the new PMQs," Pullen said. "It was so cold; and so muddy you couldn't drive your car into the housing area."

In 1964, Pullen was deployed to Turkey with two other military mem-

bers, and two civilians, ostensibly to support aircraft supplied by Canada to that country. The timing wasn't perfect for a man whose job it was to get parts.

"My sergeant and I had no sooner landed in Turkey than the Canadian government froze the supply of all parts for those aircraft because of hostilities between Greece and Turkey," Pullen said. "It was the start of the Cyprus situation."

Pullen was posted to the former CFB Downsview from 1965 to 1970...always in Supply ... where he worked part-time as a clerk in the drapery department of Eaton's Yorkdale.

He recalled that most military men of the day had some part-time work outside the Forces to provide those little extras for the family.

Pullen went on to postings in Goose Bay, Edmonton and Ottawa, with two separate stints in Germany.

"I really enjoyed that second posting to Germany, because my wife and I went by ourselves, without the kids, and we got to do a lot of travelling," he said.

It was after being posted to Ottawa in 1985 that the Pullen's decided to put down roots in the Trenton area, buying a home in Brighton. Pullen retired from military service in 1987 ("but not for very long") with the rank of Master Warrant Officer.

Returning to supply work at 8 Wing that same

year as a civilian, Pullen started in 10 Hangar, then 7 Hangar and other locations before moving in 1996 to his current station in Wing Supply at 46 Portage Drive. His commitment to duty is legendary.

"I've seen a lot of big changes in my time," he said. "I always say I've gone from a straight pen in an ink well to the wonderful world of computers!"

"I remember a time when we had to get a signature for purchase orders over \$49.99," Pullen said. He has signing authority today for items up to \$5,000.

Because of personal commitments during the week, Pullen has arranged with Major Lefebvre (and his predecessors) to start work at 5:30 a.m. each day, leaving early in the afternoon three days a week; but he works until 4 p.m. on the remaining days to make up the time. It's an arrangement that works well for everyone.

"Nobody's had a problem with it in the past 10 years, and as long as I'm working, and have the other commitments, I'll continue to follow (that schedule)," he said.

So, after 59 years of service and counting, will Jim Pullen ever retire?

"My kids won't let me retire. They're worried, because they see so many people who retire and then they die shortly afterwards," Pullen said. "So, I tell everybody that I'm going to play it one day at a time."



Photo: Tom Philp, Contact Staff

Jim Pullen, an aircraft parts buyer with 8 Wing Supply, has just begun his 60th year of combined military and civilian service ... all of it in Supply!



Photo submitted

Jim Pullen was a new Royal Canadian Air Force recruit in 1951 when this photo was taken. He had planned to serve as an aircraft electrical systems technician. He ended up buying, rather than fixing parts for the next six decades.

PET OF THE WEEK

Matteo is an extremely affectionate boy who loves to snuggle. Clean, calm and handsome. Good with dogs and cats. A staff favourite. Deserves the best the world has to offer! He's already neutered and we're asking a special adoption fee of \$65.

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SPORTS & RECREATION

Winnipeg: Air Force Run

The 2010 Air Force Run to be held in Winnipeg, Manitoba, will take place on May 30, 2010.

Participants are required to pay the registration fees via the Air Force Run website at www.airforcerun.ca.

Please note: There will not be any financial support from 8 Wing/CFB

Trenton.

Members wishing to participate should complete the CFAO 50 - 3 Annex B, Appendix 1 Application to enter sports competition.

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



Photo: 17 Wing

Participants are shown above during the 2009 Air Force Run in Winnipeg.

March Break Kidz Kamp

For kids 6 to 12 years of age

The March Break Kidz Kamp will run from March 15 to 19, from 8 a.m. to 4 p.m. at the RecPlex. Before and after care is available from 7 to 8 a.m. and 4 to 5 p.m. Register now at the RecPlex.

Cost for military community members is as follows: One child - \$100; Two children -

\$170; Three children - \$215; and Four children - \$250.

Registration for the general public will begin on Monday, February 15, starting at 10 a.m.

Cost is as follows: 1 child - \$115; Two children - \$190; Three children - \$240; Four children - \$275.

Valentines Couples Fencing

We invite you and your partner to join us on Monday, February 15, from 7 to 8:30 p.m.

Bring your special someone to this fun introductory fencing class. All equipment is supplied.

All you need to bring

is your sense of humour and a partner.

Cost is \$15 per couple, for military community members and \$20 per couple for the general public. There is a maximum of six couples for this event.

Batawa Ski Hill Passes

The PSP CRA is offering a ski pass at a reduced rate. Buy a pass and save money!

Passes are available to military personnel and CRA members only.

Cost varies depending if purchased for daytime, evening or weekend skiing.

Ski passes are available at the RecPlex.



National Running Championship

The 2010 Canadian Forces Running Championship will run in conjunction with the National Capital Race Weekend in Ottawa from May 22 to 24, 2010.

Categories are as follows: Under 19; 20 to 24 years; 25 to 29 years; 30 to 34 years; 35 to 39 years; 40 to 44 years; 45 to 49 years; 50 to 54 years; 55 years and over.

Races are as follows: 5 Km; 10 Km; Half Marathon; Marathon.

To be eligible, all participants must be a member of the Regular Forces, Class B or C Reserve.

Each region is limited to 25 runners, provided they meet the qualifying times. Personnel who do not meet the qualifying standards may still participate but won't qualify for temporary duty status.

The qualifying times listed below are the minimum times that must have been achieved on a certified course within 14 months prior to race day. Proof of time must be forwarded to Military Sports Coordinator, Dan Cormier, no later than March 1, 2010.

Under 19 - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:00. Female: Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 22:00.

20 to 24 years old - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:30. Female: Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 24:00.

25 to 29 years old - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:30. Female: Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 24:00.

30 to 34 years old - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 19:00. Female: Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 25:00.

35 to 39 years old - Male: Marathon, 3:30:00; Half Marathon, 1:40:00; 10 km, 45:00; 5 km, 22:00. Female: Marathon, 3:45:00; Half Marathon, 1:50:00; 10 km, 50:00; 5 km, 27:00.

40 to 44 years old - Male: Marathon, 3:30:00; Half Marathon, 1:40:00; 10 km, 45:00; 5 km, 22:00. Female: Marathon, 3:45:00; Half Marathon, 1:55:00; 10 km, 51:00; 5 km, 27:00.

45 to 49 years old - Male: Marathon, 3:45:00; Half Marathon, 1:48:00; 10 km, 45:00; 5 km, 25:00. Female: Marathon, 4:00:00; Half Marathon, 1:58:00; 10 km, 53:00; 5 km, 30:00.

50 to 54 years old - Male: Marathon, 3:40:00; Half Marathon, 1:53:00; 10 km, 50:00; 5 km, 30:00. Female: Marathon, 4:00:00; Half Marathon, 2:05:00; 10 km, 58:00; 5 km, 35:00.

55 years old and over - Male: Marathon, 4:30:00; Half Marathon, 1:55:00; 10 km, 55:00; 5 km, 35:00. Female: Marathon, 4:45:00; Half Marathon, 2:20:00; 10 km, 65:00; 5 km, 45:00.

8 Wing/CFB Trenton Masters Swim Team

Do you enjoy spending time in the pool?

If you are a Canadian Forces member and class A and B Reservist in the area who can swim two to three lengths of the pool, who enjoys swimming, either for fitness or cross-training purposes, or would just simply like to improve stroke technique, then masters swimming is for you.

The 8 Wing/CFB Trenton Masters Swim practices on Monday, Wednesday and Friday mornings, from 0530 to 0650 hrs at the RecPlex.

If you are interested in joining the team, we'll see you at the pool!

For more info contact 2Lt Jewett at local 7265.



Photo: sxc.hu

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For the Christmas Show at Kof C Hall in Trenton, on Nov 6 & 7 call **Sandra or George at 613 394-3167.**

For the Christmas Show at Masonic Hall in Brighton on Nov 13 & 14, call **Cathie at 613 849-3259.**

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FITNESS & HEALTH PROMOTION



Annual 8 Wing Winter Carnival: Are you ready?

Join us on Friday, February 12, as the 8 Wing Fitness and Sports Flight hosts the 8 Wing Annual Winter Carnival.

The fun begins with teams of up to 10 participants, competing in a friendly, non competitive Olympic event, at Bakers Island, from 0815 hrs to 1300 hrs. Opening Ceremonies will begin with Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, at 0915 hrs.

Participants will play a number of games until lunch, where there will be a barbecue, social, and awards to follow. Hope to see you all there!



Photo: Contact archives

8 Wing's Annual Winter Carnival is always a huge hit with personnel.

Spin Studio at 8 Wing

The new Spin Studio is now open, with a lot of great classes for the 8 Wing/CFB Trenton community.

Classes take place as follows: Mondays at 1610 hrs; Tuesday and Thursdays at 0630 hrs; and Mondays and Wednesdays at 1200 hrs;

All classes are 50 minutes long and are designed for any fitness level - beginner to elite.

Please join us for 8 Wing/CFB Trenton's favourite workout. Classes are complimentary and are designed for the CF and DND community.

Did You Know?

Over 60 per cent of CF smokers are seriously considering quitting in the next six months. (HLIS, 2004)



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

Take the challenge and you could win!

All military tobacco users and non-users, their immediate family members, DND public and non-public fund employees are invited to take the "March 1st, I Quit!" Challenge and stay tobacco-free for at least one month, from 1 March to 1 April.

Register at Strengthening the Forces Health Promotion Office from 20 January to midnight, 28 February or online by visiting hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete/default-eng.asp.

The goal of the program is to prevent tobacco use-related diseases

among CF members. The Health Promotion team recognizes that quitting takes practice and entering the "March 1st, I Quit!" Challenge gives tobacco users another opportunity.

Want to increase your likelihood of success? Sign up for Butt Out Self Help, a comprehensive smoking cessation program.

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

medication to help reduce nicotine withdrawal.

8 Wing/CFB Trenton supports your efforts to quit. Local participants will be eligible to win one of five \$100 gift cards for CANEX.

Five more reasons to Take the Challenge!

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How to help a tobacco user kick the habit and quit for good

Deciding to quit using tobacco is tough. Tobacco users make this decision in their own time, for their own reasons.

You can't do it for them, but you can help them to make the quitting process a little easier. Quitting tobacco is not just about stopping.

It also means fighting physical and psychological addictions and changing strong habits. If you are willing to help someone quit here are some recommendations that can be useful.

Show them you are interested in the process

and how optimistic you are, but don't exaggerate.

Listen to them carefully. Be respectful and avoid judging or giving advice unless asked.

Ask what you can do to be the most help. Do your best to respond to their needs, not what you think is best. Be available, but not pushy.

Be sympathetic about any physical discomfort caused by withdrawal from tobacco. To quit can bring on physical and psychological symptoms like nervousness, irritability, difficulty concentrating, headaches, food

cravings, insomnia etc.

To avoid temptation, they may want to change some activities, stop seeing certain friends or going to certain places for a while. Don't complain! Just accept doing other activities and be available if your company is requested.

Expect different behaviour, especially during the first weeks. The ex-user of tobacco may be cranky, nervous and even aggressive. Be understanding!

Be sensitive to their moods and needs. At different times, they may

want to help, or to be left alone. They may or may not want to talk. Make sure you're not causing more stress when trying to help.

Sometimes it takes several tries before a tobacco user succeeds in quitting. If your friend or spouse starts using tobacco again, don't nag or complain. Let them know you understand that quitting is a very hard thing to do and that almost everyone slips sometimes. Encourage them to keep on trying, but let them go at their own speed.

Take the I QUIT! Challenge: BUTT OUT for good!

BUTT OUT, recognizes that smoking does good things for you. Maybe it reduces stress. Maybe it gives you a break, or helps you concentrate.

BUTT OUT can help you identify your personal reasons for smoking, then help you develop and practice substitutes for smoking that do the same good things for you, without the negative long-term effects that smoking gives you.

BUTT OUT can also help you overcome the addiction to nicotine. You may be eligible to get nicotine gum, the nicotine patch, the bupropion pill, or Champix at DND expense if you also participate in *BUTT OUT*.

The Health Promotion team can help you *BUTT OUT*. Registration is available by appointment. Call local 3768 or email healthpromotion@forces.gc.ca.

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: Cardiovascular Conditioning will take place on February 24; and the Back Power Workshop will take place on March 31.

Each 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 Community members, free of charge.

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

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LOG Branch celebrates anniversary with praise for Haiti work

by Tom Philp, Contact Staff

It was 'Happy 42nd Birthday to us' on February 1, when more than 90 members of 8 Wing/CFB Trenton's Logistics (LOG) Branch gathered in the Cadet Dining Hall for cake and congratulations.

"It's hard to get everybody from LOG Branch together to celebrate," Lieutenant-Colonel Ross Fetterly, 8 Wing Administration Officer, told the gathering. "We are very busy right now, so I would like to thank you for attending."

LCol Fetterly praised LOG Branch members for their "outstanding response" to the recent crisis in Haiti, after that island country was devastated by a powerful earthquake in early January. The Canadian Forces relief mission to Haiti is called Op HESTIA; and the bulk of CF personnel deployed to Haiti are in the port city of Jacmel.

"There has been an almost constant loading and unload-

ing of planes for Op HESTIA at 8 Wing," he said. "There have been some problems. But it's logistics people who sort out these things."

Those problems have run the gamut from Wing Food Services having to prepare meals for every flight, to cashiers working very long hours to accommodate the needs of deployed personnel, to CF members from other posts arriving at 8 Wing to deploy to Haiti, but without the proper kit, and with instructions that "Trenton will sort it all out."

"I like to think that Logistics is the grease, the lubricant that makes it possible for every other part of the operation to work," LCol Fetterly said.

"With respect to Haiti, you've done a really great job, but I would expect nothing less from LOG Branch members," he said. "It's been a real team effort, and you should be proud."

Cutting the 'birthday' cake

with LCol Fetterly and Master Warrant Officer Sandra Spragg, 8 Wing Administration, was Private Josh Simmons. Posted to 8 Wing within the past month, right out of basic training, Pte Simmons finished first in his apprenticeship course, and is "frightfully keen" to learn his trade and further his military career, according to Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer.

Pte Simmons is also the son of Suzanne Simmons, a senior Administrative Assistant with 8 Wing Administration, and retired 8 Wing Chief Warrant Officer, Ted Simmons.

"Joshua is an example of the high quality of people the CF is recruiting, exemplified by his top standing in his recent QL3 Apprentice Supply Course," said LCol Lewis. "His father set an incredible example during his many years of service, and I'm sure Joshua will follow closely in those footsteps."



Photo: Tom Philp, Contact Staff

Pte Josh Simmons, one of the newest recruits in 8 Wing/CFB Trenton's Logistics (LOG) Branch, was chosen to cut the cake denoting LOG's 42nd birthday, assisted by LCol Ross Fetterly, 8 Wing Administration Officer, and MWO Sandra Spragg.

Let There Be Light: 8 ACCS lights up Jacmel Airfield for night landings

by Captain Robert Frank
8 Wing Op Hestia PAO

No fuel. No lights. No motor cars.

On arrival to the Jacmel Airfield, Haiti, on January 19, 2010, the crew of the first Canadian Forces CC-130 Hercules aircraft to land in the south of earthquake-ravaged Haiti, found little more than an asphalt runway equipped only to handle daytime flights.

It wasn't the first Canadian Air Force aircraft to arrive there. Since 14 January 2010, Jacmel Airfield had been used as a base for CH-146 Griffon helicopter reconnaissance operations.

On January 19, 2010, Major Scott Frost of 435 Squadron, Winnipeg, Manitoba, safely landed the first Canadian Air Force CC-130 Hercules on

the short and austere 3,300-foot Jacmel runway. It was a very steep approach, in order to avoid trees blocking the end of the runway. The trees obstructing the approach were subsequently removed by Canadian Air Force and Navy personnel. Although this reduced the approach angle to six degrees, it remains twice as steep as the standard three-degree CC-130 approach.

Members of 8 Air Control and Communication Squadron (8ACCS), from 8 Wing Trenton, Ontario, immediately installed a tactical runway lighting system at Jacmel Airfield, permitting around-the-clock relief operations.

By opening Jacmel Airfield 24-hours-a-day, Canada contributed to multinational efforts aimed at relieving the intense congestion at Toussaint-Louver-

ture International Airport in Port-au-Prince.

While in Haiti, 8 ACCS technicians also set up 3.8 metre satellite dishes in Port-au-Prince and in Jacmel, providing dedicated telephone and high-speed data lifelines back to Canada. "It's a telecoms exchange in a box," explained MWO James Marshall of 8 ACCS. "We provide full Defence Wide Area Network and internet access as well as the ability to place phone calls from Haiti."

While the work of 8 ACCS in Haiti was impressive and certainly appreciated by all involved in this operation, it is even more impressive to think that all this was accomplished by a very small team. Indeed, MWO Marshall said that 8 ACCS now has 34 personnel deployed on operations. "Between the Olympic

Games, Alert and now Haiti, I have only ten members remaining here in 8 Wing - half of them Air Force Reservists," he added.

"The reservists who belong to 8 ACCS are altogether putting 80 years of experience at the disposal of this operation," observed WO Keith Risser, who usually works part-time for the Air Force Reserve, but has stepped in to work full-time during Op HESTIA contributing to this great 8 ACCS success.

Overall, 8 ACCS' work in Haiti is nothing short of amazing. By helping the Canadian Air Force operate safely day and night, it is doubling the rate at which life-saving supplies can flow into Jacmel and reach Haitians in desperate need. Who would have thought that a few lights could make such a big difference?

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VIEW FROM THE PINE



So I received a call from an old friend today (yes, I have friend, thanks-for-asking). A Québec Nordiques fan. Or an ex-Québec Nordiques fan. Or a Québec Nordiques ex-fan. Take your pick.

Anyways, I'm not sure what kool-aid he has been drinking but it is pretty potent stuff. He is utterly and thoroughly convinced that the return of the Nords is imminent. He also thought it prudent that, given the recent and well documented struggles of my beloved Habitants, now would be an opportune time to fire off a few sarcastic shots across the bow of the HMCS Tuttle (sorry, Gilligan's Island is on) about how the Canadiens should be covering in fear with a renewed rivalry with the Nordiques on the hockey horizon.

Now, I must admit someone must have a decent sized set of cojones to try and bait a Canadiens fan when your particular team of choice went the way of the dinosaur almost 15 years ago (actually I could probably say the same thing about the Toronto Maple Leafs, but I digress). And I suppose I could have let him have his little moment in the sun, but it would take a really big man to do that. A mature man. And if there is one thing I have never been accused of being, it is a big man. Or mature for that matter.

So with that in mind I told him that I would be a little more concerned if, during the course of this so-called "rivalry" that the Nordiques had actually won something, anything, of substantive value. Which we all know they didn't. Which is part of the reason why the Nords now call Colorado home, wear hiking boots to the rink and were able to hang out with John Denver. In fact, I went on to rank the Nords just slightly ahead of the Kansas City Scouts and well behind the Winnipeg Jets in the hallowed halls of failed NHL expansion teams.

I will give my buddy some credit, though. After the sobbing stopped on the other end of the phone he regrouped and reminded me that Montreal would never have the honour of having an Avco Cup in their trophy case.

True, I replied, but if they did it would be in the back along with all those crappy medals everyone used to get in minor hockey. Yes, those medals. The ones everyone received but me. Not once. Ever.

Seriously, it's not my fault that I was discriminated against and the hippies running the show refused to recognize the integral party goons play in any

successful minor hockey program. Heck, they could have called it the Energy Medal or something. Maybe the Spirit Award. Anyways, it's all politics, just politics. And it's the poor, hyperactive, somewhat disturbingly aggressive kids that suffer. Please! Won't someone think of the children?

Speaking of suffering children, Maple Leafs fans were treated to a spasm of Brian Burke trade action over the weekend. I will give Burke one thing, he loves to talk the talk (truculence anyone?) but when push comes to shove (that shove being another blown lead to a visiting Vancouver Canucks squad), he is not scared to shake things up.

Although I wish Toronto nothing but good natured ill-will, I can't really label them a big loser in their weekend swap meet with Calgary and Anaheim. As far as the Dion Phaneuf deal, despite the Sutter brothers claims to the contrary, he had worn out his welcome in Cow Town and looked to be packing his bags before the March trade deadline anyways. So, despite the glut of underperforming (some might say overrated) d-men in Toronto, Burke knew that Phaneuf could end up being something special if he can recover from the substantial drop-off in his play this year. Or he could become a defensive train wreck (bone crushing hits notwithstanding) with offensive upside.

For Calgary, Hagman and Stajan should provide some sorely needed secondary scoring, and White, like he was in Toronto, will be an underrated puck-moving defenceman. Mayers will provide the Flames with some more fourth line grit.

As for bringing J.S. Giguere onboard, Toskala has been beyond salvaging for some time now and that forced Toronto to feed the so-called "Monster" to the wolves. Although Giguere has not exactly been standing on his head either (see Jonas Hiller stealing his starting gig in Anaheim), at the end of the day he is probably going to rebound to somewhere between his 2003 Conn Smythe form and this year's version. Is a 4-8-5 record with a .900 save percentage and 3.14 goals against average worth seven million next year? Probably nowhere else but in Toronto, but he will be a slight upgrade over what they had between the pipes. On the Ducks' side of the ledger, I'm not sure the loss of Giguere represents anything more than a salary dump. Best case for Anaheim is that Toskala acts as a dependable

back-up to Hiller (long shot) before going on his merry way as an unrestricted free agent this summer, while Blake enjoys a renaissance on the wing skating alongside some of the Ducks' young guns.

Worst case? Toskala continues his best Red Light Racicot impression (Canadiens fans will get the reference) and walks at season's end and Anaheim is forced to buy out the remainder of Jason Blake's contract, which would still be a cheaper option than either deciding to buy out Giguere in 2010-2011 or having his \$7 million back-up goalie wage eating away a significant part of the team's salary cap.

CHARLIE POTATOES

Boston Bruins (I am not sure if I should slide them in here or down below. With a 1-7-2 record in their last 10 they are fading fast. But the B's poor play is also keeping alive the playoff hopes of the other seven hopelessly mediocre Eastern Conference teams who are currently slap-fighting one another for the final three post-season slots), Edmonton Oilers (The Oil are worse than the Toronto Maple Leafs. 'Nuff said), Calgary Flames (With only 1 win in their last 10 games, the Flames have been doing their best Oilers impersonation lately. Who knew that their rivalry was so intense that they would compete to see who could suck the most in 2010?), New York Islanders (Will conduct their 2010-2011 training camp in China? WTF? It's true, look it up!), Vancouver Canucks (Well they aren't listed here because of their 7-3 record in their last 10 games. And I am really not picking on the Northwest Division. OK, maybe I am. But I'll be damned if the Canucks aren't one of the whiniest teams out there right now. Auger-gate was one thing but since then Kesler has called out Chicago's Andrew Ladd as a "coward" and the entire organization decided to boycott HNIC for comments Ron

MacLean made on Burrows. Give it a rest!).

MEAT AND POTATOES

Brian Burke (I feel an ulcer forming just writing his name here but he did put MLSE's money where his mouth is. Giguere will shore up his leaky goaltending, Phaneuf has the potential to regain Norris Trophy form and a message was sent to the entire roster that changes-be-a-comin'. Leafs players responded with a 3-0 win over New Jersey, but whether Toronto can keep up the good play with only one legitimate goal scorer on the team remains to be seen. My money is on "no"), Jaroslav Halak (The Habs number two goalie has actually become their #1 this year with his solid play, leaving GM Bob Gainey with a big problem. Both Halak and former first round draft pick Carey Price are restricted free agents this summer and it will be hard to sign both. Who to keep? I'm betting pedigree trumps performance and by the March trade deadline Halak will get his wish to be a starter - albeit on another team), Phoenix Coyotes (Let down? What let down? 8-2 in their last 10 and winners of their last five in a row, the Desert Dogs won't say die. Sitting 4th in the Western Conference they looked primed to make a playoff push which - sarcasm on - should mean some nice increases in post season gate revenues when an extra couple hundred people decide to show up - sarcasm off), Henrik Sedin (If you would have asked any fan who they thought would be the League's leading scorer at this point in the season, I am pretty sure no one, not even a Canuckle fan, would have said Henrik Sedin. But with 78 points he is holding off Ovie and has a decent lead over Crosby, Thornton and Gaborik), Brian Elliott (Pascal who? Although I am pretty sure he is not the answer in net for the Senators franchise, Elliott has shone in the absence of Leclaire with a 4-0-0 record and .966 save percentage in his last four games played).



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



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DART medics help bring Haitian baby into the world

by Capt Mark Peebles
JTF Haiti / DART

JACMEL, HAITI – A team of Canadian Forces medics helped deliver a baby girl at the Disaster Assistance Response Team's (DART) medical clinic in Jacmel Thursday afternoon, January 28.

It was the first baby delivered at the clinic and the first delivery for many of the medics – an experience they say was an immense morale booster.

Jean-Jilles Marie's water broke the night before. Her husband, Jean-Charles Pierre, had taken them to Hôpital St. Michel, but they didn't receive any help from the medical staff there. At 7:30 the next morning, one of the clinic's interpreters took them to the DART clinic and she was ushered into one of a number of modular tents.

Corporal Cheryl Belanger, a medic from Canadian Forces Health Services Ottawa, started readying the necessary equipment and supplies in preparation for the delivery. In the meantime, Toronto-based Cpl Petra Sutton initiated an intravenous drip on Ms Marie and tried to



Photo: Capt Alex Munoz, JTF Haiti

Members of the DART medical team who delivered Monique-Lucie Marie pose with the proud parents. (left to right) Cpl Karine Rousselle, Jean-Charles Pierre holding Monique-Lucie Marie, Cpl Petra Sutton, MCpl Lucie Rouleau, Cpl Cheryl Bélanger, Cpl Alex Robitaille, Cpl Monique Bartlett and Jean-Jilles Marie.

ease her discomfort. As the morning drew on, Ms. Marie continued to dilate as the medical staff monitored her situation. Just after noon, with her contractions becoming more frequent, Ms. Marie began to deliver her child on a fold-out medical table under a modular tent at the city's port as yellow-smocked medics gathered about her in the stifling heat of the midday sun.

With doctors Major

Annie Bouchard and Captain Rob Ennis providing guidance, Cpl Belanger and Cpl Sutton were joined by corporals Karine Rousselle, Melissa Bisutti, Monique Bartlett and Master Corporal Lucie Rouleau to help Ms. Marie deliver her child. Together, they encouraged, comforted and supported the mother through 25 minutes of labour.

"I was holding the baby's head with

Monique," explained Cpl Rousselle. "As soon as the head came out, the liquid came out. We got a shoulder out and the rest slipped out right after."

With the cheering medics holding on to the child, Monique-Lucie Marie was born into the world at 12:45 p.m. Cpl Bisutti clamped and cut the umbilical cord and the squalling six-pound baby girl with a full head of hair was placed in an impro-

vised bassinette made out of a cardboard box lined with sterile sheets and towels.

Maj Bouchard, a general practitioner with a specialty in obstetrics and a veteran of a thousand deliveries, praised the work of her medics.

"I could have been in a civilian hospital in Canada and it would have been the same level of performance. They were awesome," she said.

For all the medics who participated, the birth – a first for almost all of them as medics – was a touching experience. Though all are employed in clinics from Gagetown to Toronto, they said that participating in delivering a child is a rare experience.

The birth was also a welcome change from some of the work the DART medical staff have had to do since they arrived in Haiti two weeks ago. Rather than having to perform amputations and other aspects of trauma medicine, the medics said that this experience boosted their morale.

"This experience amazed me. We're here working out of tents with the bare minimum and we were able to work a miracle," remarked Cpl. Belanger.

After a couple hours of rest and medical attention, Ms. Marie walked out of the clinic with her family and its newest addition in tow. She will be back for check-ups both for herself and her newborn daughter, which means the medics at the clinic will have another chance to see the child who touched their lives.

First baby delivered at DART clinic named after medics

by Capt Mark Peebles
JTF Haiti / DART

JACMEL, HAITI – While the birth of the DART medical clinic's first child in Jacmel touched the lives of all the medical staff who helped deliver her on Thursday, January 28, two medics have a permanent link to little girl.

Monique-Lucie Marie's name came courtesy of two of the medics who delivered her: Corporal Monique Bartlett and Master Corporal Lucie Rouleau.

The name, a gesture of gratitude from the girl's father Jean-Charles Pierre, is something both medics say is an event they will never forget.

Cpl Bartlett and MCpl Rouleau, both mothers of girls themselves, were part of the team of medics and doctors who helped deliver the little girl at the DART's medical clinic at the port in Jacmel. Monique literally had a hand in delivering the child – she held the infant's head as it was coming out.

After the baby was born, Cpl

Bartlett asked the father if they had chosen a name for the girl. He asked her what her name was. When she told him 'Monique', he gestured to MCpl Rouleau and asked her name. When Cpl Bartlett answered 'Lucie', he responded, "Her name is Monique-Lucie"

"We were just a part of the team that helped with the delivery of his child," explains Cpl Bartlett. "I just happened to ask him if they had a name for her."

The two Ottawa-based medics are honoured and touched by the expression. They say it is a wonderful experience that reminds them why they became medics in the first place.

"This is the most wonderful experience ever. It makes us realize exactly what we are here to do," says MCpl Rouleau.

When Monique-Lucie gets older, Mr. Pierre says he will tell her the story of how she was born and the wonderful Canadians who helped her into the world – two of whom she can thank for her name.

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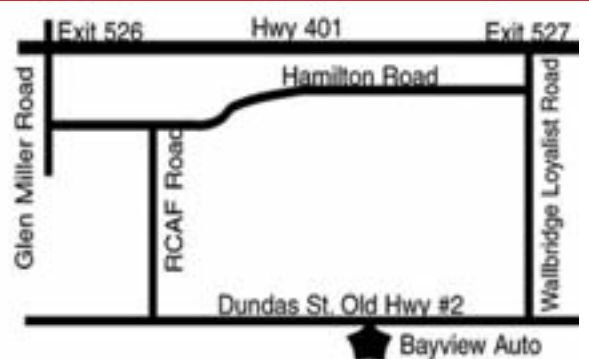
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Op HESTIA: Providing continuous, outstanding humanitarian aid, Cont'd from Page 1

Colonel Jean-Marc Lanthier, Deputy Commander Joint Task Force Haiti (JTFH), highlighted some of the relief efforts supporting Op HESTIA on the ground in Haiti, during one of 8 Wing/CFB Trenton's supply flights, which delivered 130,000 lbs of cargo on the morning of February 1, 2010.

Utilizing the assets, skills, resources, tools and strength that define the CF, is exactly what made it possible to bring this high level of support to earthquake victims. Col Lanthier explained they rely on that same training to make their work in Haiti possible.

"This is a continuum of things we do, and is a perfect example of why we do it," said Col Lanthier. "We have our success stories – with the Manitoba flood, the ice storm in Quebec and the floods in Saguenay-Lac St. Jean – this is all part of what we do at home, and now we're bringing this help abroad."

Op HESTIA currently consists of support from many aspects including: the Disaster Assistance Response Team (DART); one light infantry battalion; a Naval Task Force; six CH146 Griffon helicopters; a CC177 Globemaster; CC130 Hercules airlift support; and medical facilities.

The current joint task force is comprised of approximately 2,000 people, with about 1,700 currently on the ground, and 300 additional people expected to arrive within the next week or so.

JTFH consists of Air Force, Army and Navy personnel, conducting three lines of operation, with a primary mandate to assist in saving lives and mitigating the suffering.

What is different about the relief mission in Haiti is the joint task force – with very strong support of the Air Force, which Colonel Lanthier said is doing an incredible job both on their own, and supporting the task force.

"The Air Force has been constantly moving people, kits, material, equipment and providing tremendous assistance to this mission," he said. "They have also been assisting those in other relief efforts, such as the World Food Programme (WFP), which is part of the United Nations (UN) system."

Operations on the ground in Haiti have been broken down into key areas, Col Lanthier explains.

"The first line of operation is the evacuation of Canadian-entitled persons, at their request," said Col Lanthier. "Also, without water and medical care, you lose lives right away, so we are providing assistance with sanitation, water, medical attention and shelters."

So far the CF has transported more than 3,000 people back to Canada, and have provided them with initial accommodation, and critical (and in some cases, non-critical but required) medical care. They have also been assisting with moving some of Haiti's orphans back to Canada – accelerating the process of adoptions that were already underway.

Identifying the level of destruction that is 'incredibly significant'

has helped to generate a priority list of focus. It has also enabled personnel to establish a number of Internally Displaced Person Camps that are currently operating throughout the region.

Of concern amongst all the tragedy have been Port-au-Prince (population of about three million), Jacmel (population 40,000) and Léogâne (population of 170,000). Although Port-au-Prince was the main focus of the international community, it was west of that in Léogâne that was hardest hit, with even greater damage. The incredible need of Léogâne's people became a primary responsibility.

"Initial estimates showed between 80 to 90 per cent of destruction in Léogâne – so you can imagine that level of destruction and that many displaced people living in those temporary camps," said Col Lanthier. "Those camps are our current focus in order to provide them with better living conditions, and avoid the spread of diseases amongst those populations."

It is important to remember that without this support, he explained, those communities would be populated by people living with the lack of basic needs and necessities – in a very cramped environment with a very low level of sanitation.

They have also placed a focus on the efforts in Jacmel, where the same needs assessment/evaluations have taken place, and relief support continues to make an impact.

"We have our people in all the right areas, and although it may have been extremely difficult to put into place, we have found our ways to surpass those obstacles," said Col Lanthier.

He refers to the situation they faced getting into Jacmel, where the only road leading from Port-au-Prince was completely cut off by a landslide.

"It was impossible to pass through with a number of overpasses also destroyed. But because of the DART, they were able to transport people and supplies almost immediately, even under such conditions," said Col Lanthier.

Another general line of operation is to ensure that all of the Non-Governmental Organizations (NGOs) have the conditions set for them, in order to be able to provide the relief in the longer term. Although, he said, the mandate assisting NGOs is time-limited up until a point.

"The DART normally has a mandate of 40 days – in order to alleviate suffering and provide urgent medical engineering and security that is needed. All of which is for the purpose of creating space for the NGOs to turn around and re-organize themselves," said Col Lanthier.

He also said it has been important to understand that a lot of NGOs have had their personnel either pass away as a result of the earthquake, or are simply left without any resources, especially with warehouses and vehicles destroyed.

For JTFH, creating proper conditions means providing basic critical care to people until the NGOs



Photos: Amber Gooding, Contact Staff

are clear, and under the control and security provided by the nation of Haiti.

It becomes even more of a delicate situation when this is all on top of the baseline that already existed in a country receiving relief support before the earthquake.

As an example, the World Food Programme (WFP), a UN system, distributed 1.8 million meals a day to the country prior to the earthquake. That need has almost doubled now, and Op HESTIA is also helping to provide that extra capacity.

"Once the seaport is open and critical strategic lines of communication are re-opened, these organizations, and WFP will be able to re-establish the normal standard (of operations)," said Col Lanthier. "Right now we are buying them some time, so that they (WFP) are able to meet the emerging needs of the population."

There is no doubt that January 12 changed the lives of the people of Haiti, but guided by our own strength and support, progress is being made.

"Canada has been capable of extremely large efforts and it's because we all come together in support of this one cause," said Col Lanthier. "It's an honour to be part of this humanitarian mission, and to see how much it is appreciated."

Canada responded with people and supplies on the ground within 48 hours after the earthquake. The success stories that have surfaced from then until now lend a very good indication that the people of Haiti will live on to see better days. That things will get better...that things will be "OK."

Already, improvement can be seen and although so much has been accomplished, reality is it only



Shown in the photos above, Traffic Technicians on the ground in Port-au-Prince work quickly to unload supplies from each flight. The Canadian Forces have been engaged in humanitarian relief efforts in Haiti for the past three weeks.

covers a small, but significant margin, of what Haiti will need to completely recover. No timeline is easily placed on such recovery, but in just less than three weeks, things have started to turn around.

"The patients alone we've treated – the lives we've saved, the people we've helped...it is amazing," said Col Lanthier. "Specifically because of the environment in which we have been able to (do so), without the sterile environment of a hospital – performing life-saving surgeries, it's really incredible."

From the initial overwhelming response that created difficulties for

relief to even enter the country let alone be distributed – to international communities working in unity to take action, forces from around the world in all forms have helped to shed light on this devastation.

To date, Canada's operation has distributed 64,000 litres of water, 171,365 meals, providing 4,427 patients with treatment at DART clinics and Field Hospital, and 235 patients have been seen at Village Medical Outreach clinics. And perhaps most importantly, helped to bring a new sense of hope to millions.



Government of Canada Security Awareness Week

Security Awareness Week will take place 8-12 Feb 2010. All Unit Security Supervisors (USS) were provided with products and tools that can be utilized to promote best security practices.

In these presentations you will find useful information such as Identity Theft, Personnel Security, Security Bulletins and Physical Security. For further information, contact your USS and/or the MP Det Security Section. Security is everyone's business.



La semaine de la sensibilisation à la sécurité du gouvernement du Canada

La semaine de la sensibilisation à la sécurité du gouvernement du Canada aura lieu cette année du 8-12 février 2010. Tous les (SSU) surveillants de la sécurité de l'unité ont été équipés de produits et d'outils qui peuvent être utilisés pour favoriser les meilleures pratiques en matière de sécurité.

Dans ces présentations vous trouverez des informations utiles telles que le vol d'identité, la sécurité du personnel, les bulletins de sécurité et la sécurité physique. Pour de plus amples informations, entrez en contact avec votre USS et/ou la section de sécurité de MP Det. La sécurité est l'affaire de tous.

8 Wing/CFB Trenton Education Fair

Come join us at our third 8 Wing/CFB Trenton Education Fair on Thursday, April 29, from 1000 to 1500 hrs at the WO's & Sgt's Mess.

This event is open to all military and civilian personnel, as well as their dependants. We are featuring Universities, Colleges and Learning Institutions to provide information on enhancing your education or preparing for your second career.

Attendees Include: Academy of Learning; Algonquin College; Brock University; Canadian Defence Academy; Laurentian University; Learning & Career Center; Loyalist College; Loyola Community Learning Centre; Maxwell College; Ministry of Training Colleges and University; Queen's University

Quinte Adult Education; Royal Military College; Royal Roads University; St Lawrence College; Transport Training Centres of Canada Inc; Trenton Continuous Improvement Office; University of Western Ontario; and Wing Personnel Selection Office.

Registration is not required, but questions may be directed to: +WPSO@CFB Trenton W Adm@Trenton.

La troisième foire annuelle en éducation de la 8ème Escadre/BFC Trenton

L'événement sert à informer les militaires et civiles et leurs dépendants des options disponibles pour améliorer leur niveau d'éducation et/ou le développement professionnel. Les participants inclus, des centres d'apprentissages pour adultes, des collèges et des universités. **Jeudi le 29 avril 2010, 1000 - 1500 :** Mess des adjudants et des sergents

Les participants: Académie d'Apprentissage; Académie canadienne de la Défense; Bureau de Sélection du Personnel d'Escadre; Bureau perfectionnement continu Trenton; Centres d'apprentissages pour adultes Loyola; Centres d'apprentissages pour adultes Quinte; Centre de carrière et d'apprentissages 8ème Escadre; Collège Algonquin; Collège Loyalist; Collège Maxwell; Collège Militaire Royal du Canada; Collège St Lawrence; Ministère de la Formation et des Collèges et Universités; Transport Training Centres of Canada Inc

Université Brock; Université Laurentian; Université Queen's; Université Royal Roads; Université de Western Ontario.

L'inscription pour cet événement n'est pas nécessaire. Pour toutes questions contacter: +WPSO@CFB Trenton W Adm@Trenton.



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 <p>2010 COACHMAN 245RKS Front Queen Bed, Rear Kitchen, Sofa Slide, Air, Awning, TV Antenna, Microwave. 4256 lbs Stk#- 2311</p>	 <p>2009 FOREST RIVER SALEM 36BHSS 2 Bunks Front, with Dinette, large Slide, Rear Queen, Patio Doors Stk#- 2050</p>	 <p>2006 DUTCHMAN 26B Front Queen, Large Slide, Bunks, Air, Awning, TV Ant. 7900 Lbs \$18,900 Stk#- 2207</p>	 <p>2001 JAYCO 265BH Air, Awning, Spare Tire, AM/FM CD, TV Ant, Ext Cable, 2 dr Fridge, Micro, Bunks, Queen Bed, 5708 lbs \$11,900 Stk#- 1346</p>
 <p>2010 SALEM TBUD Front Queen, Large Slide, 3 Rear Bunks, Loaded. 5880 lbs Stk#- 2353</p>	 <p>2010 FOREST RIVER SALEM LE 37BHSS2Q2 Queen Beds, Large Slide, Patio Doors, Air, Awning, Microwave Stk#- 2241</p>	 <p>2005 CHEROKEE 28A Front Queen, Large Slide, Rear Bunks, Air, Awning, TV Ant, Microwave. 5340 Lbs \$14,900 Stk#- 2368</p>	 <p>2006 PALIMINO PONY TENT TRAILER Fridge, Stove, Sink, Awning, Dinette. \$4,900 Stk#- 2257</p>
 <p>2010 SALEM LE 29QBBS Front Queen, Large Slide, 4 bunks, 2 Entry, Air, Awning, TV, Microwave. 6598 Lbs. Stk#- 2323</p>	 <p>2010 FOREST RIVER SALEM PT 392QBEC Queen Bed with Slide, Rear Bunks with Slide, Living Room Slide, Free Standing Dinette, Fireplace Stk#- 2294</p>	 <p>2004 TERRY 722F Front Queen, Side Dinette, Large Rear Bath, Air, Awning, TV Ant, Microwave, Loaded. 3364 Lbs \$11,900 Stk#- 2390</p>	 <p>1991 GYPSY Rear Sofa, Mid Bath \$5,500 Stk#- 2286</p>

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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](tel:613-965-7490) or email to steiner.al@forces.gc.ca, at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 7005 for more information.

Quinte Quilters Guild Workshop News

February 2010 ~ Vicky Lafleur

A new date has been set for another UFO Saturday workshop. Mark February 20, 2010 in your date timer to come and work on UFO's at Christ Church from 9:30 a.m. to 4 p.m. Cost is only \$5.00 (goes as a donation to the Church for use of their space). See Beth Willis for details at the February meeting.

TRENTON TRIMETTES

Trenton Trimettes "Readers Choice" Award for 2009 is a support group that encourages weight loss through healthy eating and exercise, with guest speakers. Monthly dues are \$8.

Trenton Trimettes meets Monday evenings from 7 to 8:30 p.m. at Bethel Church (located at the corner of Herman and Dundas Street East).

For further information please contact Sheila at 613-392-0353 or Sue at 613-394-3992.



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

Give the Gift of Life Walk - Volunteers Needed

The Kidney Foundation Of Canada

Volunteers are needed to organize the first Kidney Foundation walk in the Belleville area for September 2010. There are now 24 walks held in communities across Ontario. If you are interested in helping, please contact Kate at 613-542-2121.

To learn more about the Kidney Foundation Of Canada, please visit www.kidney.on.ca/walks

Seeking Post Secondary and Non-Graduate Mentor Applications

The YMCA Federal Public Sector Youth Internship Program has been renewed for five years which is a testament to the great job all of our Mentors are doing.

We are presently seeking individuals who work in the Federal Public Sector to volunteer to mentor an intern for employment experience. We are recruiting mentors in the Belleville and Trenton area as well as in the Lindsay and Peterborough area. We are also recruiting in the Durham Region, including Ajax, Whitby, Pickering and Oshawa.

We have positions available for:

- High School graduates for six-month internship
- Non-Graduates for nine-month internship

Please have a look at our website for more information on Mentoring an intern, or contact: Elaine Power at 613.392.2811 Ext 3834 or via email to power.ea1@forces.gc.ca; or Liz Semark at 613.392.2811 Ext 7640.

Please visit our website at: <http://www.canada.fpsyip.com>

If you would like to apply for an intern, please fill out the RFI (Request for Internship) application (found online), along with a description of the internship. Please fax applications to 613.965.3733. Thank you.



THE INTERNATIONAL WOMEN'S DAY (IWD) - 8 MARCH

The Defence Team is commemorating this year's IWD under the theme "The strength of our past - The roots of our success." Events and awareness activities will be held across the organization.

To obtain copies of IWD posters, please send your request to Lise Charron at 613-944-7171 or at Lise.Charron2@forces.gc.ca. Visit the EE Commemorative Events Intranet site at <http://hr.ottawa-hull.mil.ca/eec-ece/index.html> for more information on IWD.

The site includes a handbook on How to organize an EE commemorative event; regions are invited to send in their agendas, success stories and photos via this website.

LA JOURNÉE INTERNATIONALE DE LA FEMME (JIF) - 8 MARS

Cette année, c'est sous le thème « Les luttes qu'elles ont menées : les racines de notre succès » que l'Équipe de la Défense commémore la JIF.

Divers événement et activités de sensibilisation auront lieu à la grandeur de l'organisation. Pour obtenir des affiches, faites parvenir votre demande à Lise Charron au 613-944-7172 ou à l'adresse Lise.Charron2@forces.gc.ca. Pour en connaître davantage sur la JIF, visitez le site Intranet des Événements commémoratifs d'EE à l'adresse <http://hr.ottawa-hull.mil.ca/eec-ece/index.html>.

Le site comprend un manuel sur Comment organiser un événement commémoratif d'EE; les régions sont invitées à faire part de leurs programmes, histoires de réussites et photos via ce site.

FAMILY



Activity: Rolly Polly Cookies



This is a very simple cookie recipe and preschoolers will have fun rolling the dough into balls.

Once baked, these cookies just melt in your mouth!

You will need: One cup soft margarine; ½ cup icing sugar; ½ cup cornstarch; 1 1/3 cup all purpose flour; shredded coconut (optional); and food colouring (optional).

Instructions: Beat together the margarine and icing sugar until they are very fluffy.

Mix in the cornstarch and flour until well blended. If you want to

make rainbow cookies, mix in a few drops of food colouring.

The dough will need to go in the refrigerator for an hour so it is not too sticky to handle. When ready, preheat the oven to 325° F.

Break off pieces of dough and roll them between your hands into one-inch balls. If you like, you can roll the balls in coconut before baking.

Place the cookies on ungreased baking sheets and bake for about 15 minutes.

Allow them to cool on racks. This recipe makes about 40 cookies.

Enjoy this more with Comfort, Play and Teach™:

Comfort: This dough has a very silky texture and is nice to touch. Children will enjoy the repetitive action of rolling pieces of dough between their hands as

they shape each cookie.

Play: This activity lets children learn using their senses. They touch the dough, they smell the baking cookies and soon they get to taste them. Play an I Spy game to make sure they are looking too! "I spy with my little eye, something that is sweet, white, made of metal, flat...."

Teach: While making these cookies, children will definitely learn about circles! But they also learn about numbers. How many cookies are on each tray? They can learn about colours. What happens if we put two drops of red food colouring and two drops of yellow?

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

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

Mealtime.org Caribbean Stir-Fried Shrimp

Ingredients:

- 2 teaspoons vegetable oil, divided
- 1 medium onion, coarsely chopped
- 1 can (20 ounces) pineapple chunks in juice, drained, and patted dry
- 1 pound frozen, large shrimp, thawed, peeled and cleaned
- 1 clove garlic, minced
- Pinch crushed red pepper flakes (optional)
- 1 can (14.5 ounces) diced tomatoes, drained
- 1/4 cup canned, diced mild green chilies
- 1 teaspoon soy sauce
- 3 cups hot cooked rice (optional)

Preparation Time: 5 minutes **Cook Time:** 8 minutes

Preparation: Heat a large skillet or wok over medium-high heat. Add half the oil and heat until smoking, about 10 seconds. Add the onion and stir-fry until lightly browned, about 1 minute. Add the pineapple and stir fry gently until pineapple browns lightly, about 1 minute. Remove pineapple to a bowl and set aside. Add remaining oil to the pan. Add shrimp and stir-fry until opaque, about 1 minute. Add garlic and red pepper, if desired, and stir fry for 10 seconds. Add the tomatoes, chilies, and reserved pineapple and stir fry until heated through, about one minute. Stir in soy sauce and serve over rice, if desired.

Tip: We've kept the spiciness light (the canned chilies are mild) and the pinch of crushed pepper flakes is optional. If you want to add a little more heat, increase the pepper. Or for a completely family friendly version, eliminate the red pepper flakes, and your stir-fry will be as mild as a tropical breeze. Serves: Six

Nutritional Information Per Serving: Calories 170; Total fat 3g; Saturated fat 0g; Cholesterol 115mg; Sodium 330mg; Carbohydrate 20g; Fiber 2g; Protein 16g; Vitamin A 6 per cent DV; Vitamin C 40 per cent DV; Calcium 8 per cent DV; Iron 15 per cent DV. *Daily Value*

WHAT'S THE DIF ?

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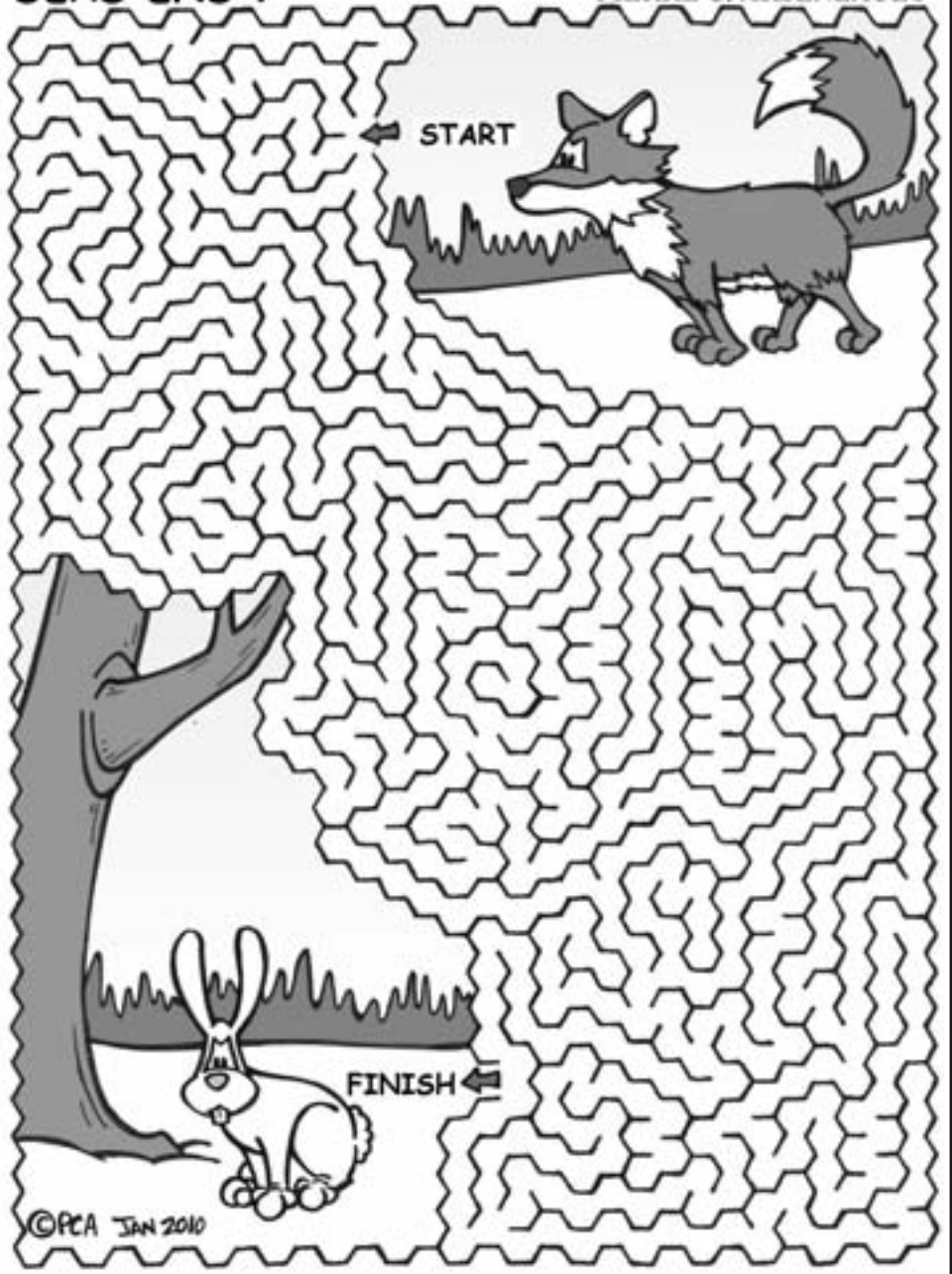
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ANSWERS: 1. MOUTH 2. PATCH 3. MOUSE 4. ARM OF CHAIR 5. FOLDER 6. HANDLE 7. HAIR

DEAD END ?

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February 7 – February 13

Theme of the week: This week features a celestial configuration known as "YOD" or "Finger of God". It is pointing right to Mars. While Mars is retrograde, we are reconsidering past actions and determining our next stand. Mars is the planet of war, denoting new strategies and changes to the current situation. It will be a great week, enjoy!

ARIES (March 21-April 19): "No great thing is created suddenly." Epictetus reminds us that all creations are pieces of other concepts brought together in a unique combination. You are now gaining insight into all the influences that have contributed to the distinctive being you are.

TAURUS (April 20-May 20): We all have various aspects to our personality, including our emotional base. Right now, strong emotions are coming up. You may not know what to do with them. The wisest course of action would be to trust them. They are pointing to what is true.

GEMINI (May 21-June 20): Teachers are trained to identify the learning style of their students. It allows them to present in an accessible manner. You are being granted insight into how you learn. This will open new understandings you previously thought yourself incapable of grasping.

CANCER (June 21-July 22): People are facilitators of change. Right now, the people come in the form of mentors who impart you with wisdom you need. On the surface, you may not like what you hear, but if you reflect on it, you will quickly be very grateful for the life-changing impact their words have.

LEO (July 23-Aug. 22): You are currently in a phase that feels consequential. You are deciding what matters to you now and what will for your future. This reaches right to the core of you. What does not resonate will leave you. Whatever you like, find a way to create more of it. This is your task at this important time.

VIRGO (Aug. 23-Sept. 22): In "Eros and Pathos: Shades of Love and Suffering", Aldo Carolenuto believes love requires we face our fears. Acknowledge the fear that is coming forth right now, most likely through the possibility of love. The meeting with yourself and what lies within will be healing.

LIBRA (Sept. 23-Oct. 22): "You are the embodiment of the information you choose to accept and act upon." Adlin Sinclair is pointing your way to the change you wish for now. It starts with looking at where your foundations could use an amendment, and allowing those insights to shift the way you live your life.

SCORPIO (Oct. 23-Nov. 21): The ancient Greek myth of Oedipus Rex asserts the power of an unavoidable fate. This matched the understanding of the people of the time. We understand what it means to be human differently now. Your will is free and strong. Fate is on your side.

SAGITTARIUS (Nov. 22-Dec. 21): Love, fear, longing, and belonging are universal themes. In this, we are united. The drive that creates separation is ultimately based on a need to be right, which arises from pain. You are ready to let go of your pain. This will bring an experience of unity you never expected.

CAPRICORN (Dec. 22-Jan. 19): Positive changes move you in a direction that feels authentic, which involves feeling your life is in alignment with what is truly inside you. Less than positive changes move you in the opposite direction. There is change on offer this week. Your focus will determine its direction.

AQUARIUS (Jan. 20-Feb. 18): Materialism for its own sake creates greed. However, when we honor the fact that concrete success fuels self-respect, we can make decisions that move us in an empowered direction. Right now, you care about making practical progress. Your motivations are good.

PISCES (Feb. 19-March 20): Some choices arise from a need to make the best of what is on offer. Other choices result from faith. You are thinking about the compromises you made. Your considerations will permit insight into where you lost your inspiration and how to reconnect to it.

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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**.

Syntax Errors

DuJour

Stuff!

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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, February 5th 7:00pm
- Fusion Wok (Belleville)**

Deadline to Register: Thursday, Feb 4 at 613-955-0646
Mona Lise : mldube@cogeco.net

CRFM-Événements et Information

Souper Francophone

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



**le vendredi, 5 février à 19h
- Fusion Wok (Belleville)**

Inscription avant: le 4 février au 613-955-0646
Mona Lise : mldube@cogeco.net



Le Bal des Masques



Dress to Thrill

Dinner & Dance

Saturday, February 27

\$60.00 each

This is a black tie and mask event.

Tickets on sale at MFRC

Information: 613-965-3575

Vêtu pour charmer

Diner et danse

Le Samedi, 27 février

60,00 \$ chacun



Le Bal des Masques

Tenue de soirée et masques sont requis.

Billet en vente au CRFM

Information: 613-965-3575

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

February 10th - "Colors of your personality"

February 17th - Introduction to Belly Dancing

February 24th - Pizza Night & "Look for what you love."

-job search advice

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

« Conjoint au loin » Sortie du mercredi 18h00 à 20h00



Le 10 février - « Les couleurs de votre personnalité »

Le 17 février - Introduction au balladi

Le 24 février - Pizza et « Trouvez ce que vous aimez »

-recherche d'emploi

Veillez réserver à l'avance Eve: 965-3595 ou Kelly: poste 4532

"Face Off for the Forces" - February 13th



For additional information:
www.MFRC.CFBTrenton.com
Contact: Jaimie Corriveau 613-955-8711



Pour information additionnelle
www.MFRC.CFBTrenton.com
Contactez: Jaimie Corriveau 613-955-8711





Home of the Week



Safety: Smoke alarms are your best defense

Fire is one of the leading causes of accidental deaths. It's important for everyone to take all preventative measure and precaution possible to be ready to deal with a fire emergency.

More than half of all fatal household fires occur between 10 p.m. and 6 a.m. when everyone in the home is usually asleep. A smoke alarm is necessary to alert you to fires when you are asleep. They detect the earliest stages of combustion to allow enough time to evacuate the home safely.

For minimum protection, detectors must be placed between the living areas and the sleeping areas to intercept smoke before it reaches the bedrooms. In multi-storied homes, detectors should be located on the ceilings of stairwells to separate the floor levels. However, the location of the alarm in the vicinity of sleeping areas doesn't provide protection for the occupants from a fire starting in their bedroom. It may be wise to have

additional alarms within each bedroom itself, especially if you smoke.

A closed door can delay the movement of smoke preventing it from reaching a smoke detector, so place alarms in hallways. Fire confined to a large room often develops great intensity before it breaks out. The basement is one area that can be large, removed from the alarm, and isolated. Because basements account for a significant number of fires, it's recommended an alarm be placed above the stairs from the basement.

Detectors should be located on or near the ceiling, away from doors and obstructions. Avoid air currents from doors, windows, fans and vents because turbulent air prevents combustion particles from reaching the alarm. Before installing, read the manufacturer's instructions carefully. Smoke detectors are a small price to pay for a good and safe night's sleep for you and your family!

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One or Two-Bedroom Design Plan Number 1-2-629

Gables always seem to make a house more of a home, and this one- or two-bedroom design is no exception. Behind its three-gabled façade, this home contains all the amenities desired by today's discerning family.

A covered entry, providing shelter in inclement weather, leads into a U-shaped foyer where a rail surrounds a stairwell to the unfinished basement included in the plans. A coat closet is located in the stairwell angle, with a secondary bedroom or den to the right.

Straight ahead is the great room, with a view through sliding glass doors and large windows to a sundeck, as well as a gas fireplace. Stairs lead from the deck to the back garden. The great room flows into the combined kitchen/dining room, which includes a prep island, a walk-in pantry and a handy phone desk.

The master suite overlooks the back garden for privacy. The generous ensuite boasts double sinks and a glassed-in shower stall. The walk in closet will be large enough for even the most fashion-conscious couples clothing.

The laundry room offers access to a double garage, which contains access to the side garden, as well as a window.

Exterior finishes include stucco with brick accents and shingles and decorative woodwork in the gables. A brick-based pilaster marks the entrance.

This home measures 45 feet wide and 49 feet deep, for a total of 1,395 square feet, plus the unfinished basement.



Plans for design 1-2-629 are available for \$532 (set of 5), \$592 (set of 8) and \$640 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$25.00 for Priority courier charges within B.C. or \$45.00 outside of B.C. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and postage charges. Our NEW 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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 Organisé par le Centre de ressources pour les familles des militaires de Trenton

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Featuring the Frank Howard Orchestra/
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Le Bal des Masques
 Saturday, 27 February 2010
 Le samedi 27 février 2010

CFB Trenton Officers' Mess / Mess des Officiers, BFC de Trenton

Cocktail at 5:30 pm, Dinner at 7:00 pm
 Cocktail à 17h30, Dîner à 19h

\$60.00 each/chacun

Open to all ranks & General Public/
 Tous les grades et le grand public sont invités

This is a BLACK TIE and MASK event
 (tuxedos, dark suits, gowns or 1930's formal period costumes)
 TENUE DE SOIRÉE ET MASQUES sont requis
 (trusédos, habits sombres, robes de soirée ou costumes des années 30)

Tickets on sale at the Trenton MFRC
 Les billets seront en vente au CRFM de Trenton
 Information 613-965-3575

ASD Parent Support Group
 This is a group for parents of older children with Autism Spectrum Disorder. It meets every 3rd 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.

Conquer Chaos on your Move
 This seminar will teach you everything you need to know about how to get your house ready for posting season. From clutter control to address changes, and everything in between, you will learn how to conquer chaos and have a relaxing move. You will learn:
 - What is worth moving and what is best to leave behind.
 - How to get your paperwork in order to simplify claims & address changes
 - Tips and tricks to save you time and money.
 DATE: Wednesday, February 24th, 2010
 TIME: 7:00 pm COST: \$15 per person

Surmonter le Chaos lors du déménagement
 Lors de ce séminaire vous apprendrez tout ce que vous devez savoir pour bien organiser votre maison avant la période d'affectation, de l'élimination du fouillis à la reconnaissance des choses à changer et tout ce qui vient avec. Vous apprendrez à surmonter le chaos pour déménager en toute quiétude. Vous apprendrez:
 - Ce qui vaut la peine de garder et ce dont il faut se défaire..
 - Comment mettre de l'ordre dans vos papiers pour simplifier les réclamations et les changements d'adresse.
 - Des conseils et trucs pour vous épargner temps et argent.
 DATE: Le mercredi 24 février 2010
 HEURE: 19h COÛT: 15\$ par personne



A minimum number of tickets have to be sold by February 18th, if not, the event will be cancelled. Un nombre minimum de billets doivent être vendu par le 18 février, sinon l'événement sera annulé.

Teen's Valentine's Day Party
 Friday, February 12, 2009 7 – 11pm
 FREE with drop in fee or a membership
 Youth ages 12-18 are welcome
 Whether you're single or attached, hosting a Valentine's shindig is a great way to spend time with the people you care about and a chance to meet some new faces! Hope to see you there for fun, food and loads of fun!
 See Jennifer or Andrea for details
 Phone: (613) 392-2811 ext. 3265 or 2382

Party de la St-Valentin pour ados
 Le vendredi 12 février 2009 de 19h à 23h
 Inclus avec droits d'entrée ou avec abonnement
 Les jeunes de 12-18 ans sont les bienvenus
 Que vous soyez célibataires ou en relation, la participation à une bamboula de la St-Valentin est une excellente occasion de passer du temps avec les gens que vous aimez et de rencontrer de nouveaux visages! On espère vous y rencontrer pour partager bouffe et plaisirs!
 Voir Jennifer ou Andrea pour plus d'information
 Téléphone: (613) 392-2811, poste 3265 ou 2382

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!

Bilingual FREE Pops & Tots Playgroup
 MFRC Hangar
 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 & your child(ren) to do.
 Share your talents with us!!!
 Dinner provided!!!

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Crossword Answers

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E	T	E				A	T	E			A	S	N	E	R
R	E	D				M	E	R			M	E	D	I	C

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Choosing the hot tub that's right for you

(NC) – A residential hot tub can transform a home into a vacation destination twelve months of the year. When you decide to join the thousands across Canada already enjoying the benefits of hot tubs, you will first need to choose between the different styles currently available.

Portable hot tubs can be easily relocated within a yard or to a new property. These one-piece units are available in a variety of water jet configurations and seating arrangements. They feature acrylic or composite

shells and conceal plumbing and mechanical elements behind a finished cabinet. Portable tub sizes vary significantly, accommodating anywhere from two to more than ten people at a time. They can be fitted with hundreds of different accessories from TVs to lighting and are simple and quick to install.

Often similar to portable units, built-in hot tubs are recessed into a custom enclosure in a deck or floor. They can feature acrylic shells or a concrete base with a mosaic tile finish. The latter allows homeowners

to choose the size, shape and design of the tub, matching personal preference and existing décor. This style of tub boasts easier access and a more elegant design but can be difficult to repair or relocate.

For the purist, classic wooden-style hot tubs are still produced by some manufacturers. Made from staves of cedar or redwood, these tubs add a wonderful rustic look to any setting. Many modern wooden models come with built-in liners that help extend their life expectancy.

Swim spas are some

of the largest hot tub models available. They are ideal for homeowners who want the benefits of both a pool and a hot tub despite space restrictions. The defining feature of a swim spa is the powerful, fully adjustable main jet that pumps a stream of water allowing swimmers to swim in place. These long rectangular shells can be finished with a custom cabinet or set into a floor or deck. More information on this topic is available online

at www.poolcouncil.ca or toll-free at 1-800-879-7066.

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Upgrade your basement and make your home more comfortable

(NC) – Many homeowners renovate to upgrade their home as a result of wear and tear over the years. Yet converting unused space into an additional living area can add a whole new meaning to the concept of 'modern' living. Whether it's a home theatre system or an adaptable living space, renovating your basement can create extra space and improved comfort for an expanding family.

Tips for your basement renovation:

- Think how you want to use your basement, and come up with renovations that will serve that goal.

- In doing so, consider how you can increase your useable space while reducing your renovation costs.

- Décor 'tricks,' such as mirrors and paint, can help create more light to turn your basement from dingy to bright and inviting, but you can also make it more comfortable with an insulation upgrade.

Before you start on your re-insulation project, assess the existing amount of insulation in your basement. Remember that adequate insulation of your basement walls will help you create an additional space that is modern, comfortable and inviting. Install Cel-Lok® insulation panels with an R-10 value and with R-14 PINK FIBERGLAS® insulation batts to create an insulation barrier with

a value of R-24 for optimum warmth and comfort. For interior walls, try out QuietZone® insulation panels to minimize unwanted noise drifting to the rest of the house and control sound levels.

Cheryl West, an insulation expert at Owens Corning, says that insulating your basement can improve its comfort and maximize the energy

efficiency of your home. And with government savings available, a renovation project like insulating your basement is affordable, too.

The ecoENERGY Retrofit – Homes program is offering a grant of up to \$5000 from the Government of Canada for energy efficiency renovations which have not yet started. Some energy utilities and provincial

governments offer additional funding. For more information on ecoEnergy grants and incentives, visit www.ecoaction.gc.ca/homes. Not only will you convert unwanted space into an additional living area by insulating your basement, but you can also cash in on government incentives and cut back on your renovation expenses.

Start modernizing your basement today.

More information on what insulation is best for your basement can be found at owenscorn-ing.ca.

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