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• Volume 45 Issue Number 6 •

## MGen Blondin addresses personnel, then media

*Major-General Yvan Blondin, Commander, 1 Canadian Air Division, recently spoke with 8 Wing personnel and then members of the press after his arrival here at 8 Wing/CFB Trenton.*

"I am, as many of us here are, in sorrow for the loss of members of our families, of our community, victims of violence and crimes and their families have our deepest sympathy as we ourselves mourn.

We're shocked by the connection made to a leader in our air force. As you can understand, I cannot speak to any aspect of the investigative process or the charges.

The Canadian justice system relies upon the concept of innocent until proven guilty and we will follow and enable due process as led by the OPP and the justice system. My priority is our people, the men and women of 8 Wing Trenton, and to enable them to carry on with their critical mission at hand.

8 Wing Trenton is in many ways the busiest wing in Canada. It is pivotal in

providing strategic lift to our operations in Haiti, in Afghanistan, throughout the world and in providing and coordinating search and rescue in central and northern Canada. These operations must and will continue and they will continue safely. Over the (coming days), I will guide the leadership team as they carry out their ongoing demanding operations and make command operational support decisions based on what I see as needed at this time.

We do not know what the results of the investigative and legal processes (will) be. What we do know is that these charges are about the acts of one person. We take the charges very seriously."

Lieutenant-Colonel Murphy will be acting as Wing Commander for the near term.

"Our command structure and our leaders are resilient and we'll respond with dedication and commitment to the needs of Canadians.

What we do know is that there are families



**Major-General Yvan Blondin, Commander 1 Canadian Air Division; Commander Canadian NORAD Region; Combined Forces Air Component Commander.**

grieving over the loss of loved ones and they are our families, your families in a community. We will do all we can to support them.

When we pick people for jobs in command, they have been with us for the last 20, 25 years. We observe them through their performance and they usually are extraordinary people that rise above other members in the military community, in doing what

we do. And they do it greatly. And this is what Colonel Williams has done. This is why he was picked to be a Wing Commander. So from people who have worked with him, from my own observations that's all I saw. I never saw anything else.

I'm (at 8 Wing) to get back into operations and get our people back focussed into what needs to be done. The operations in

Haiti will not stop. My operation in Vancouver will not stop and I need to ensure that we're getting back focussed into an operational mode.

Lieutenant-Colonel David Murphy, who up until this week was the 8 Wing Operations Officer, has been appointed Wing Commander.

"Yes, undoubtedly it was a surprise, was a shock when most of us found out. Of course we heard it on the news. For many of us, that was the first time we were aware of it but, as the General is saying, we're very focussed on operations.

Look what 8 Wing does. We're a very, very busy air force wing. We are very, very surprised, but we have to focus on the job at hand. The job at hand is not just Haiti. We're supporting operations in Afghanistan," commented LCol Murphy.

MGen Blondin spoke of the murder of Corporal Marie-France Comeau and of the need for 8 Wing personnel to focus on their work.

"We just went through

in November the loss of one of our members. Corporal Comeau was one of us. She was brutally murdered. We went through this grief and a few weeks after, a day like today, to learn that one of us is charged with this crime and with other crimes, it's just shocking. My people here on Wing need to deal with this. How do we reconcile that? How do we deal with this and then continue with operations?

That's the biggest challenge. I need to ensure that people understand that they are part of the community and it affects them on both sides and at the same time they continue to be proud to wear the uniform, will not shy away from this uniform. This is - whoever did those crimes, this is one individual. Whether somebody's in uniform or not, it's one individual. This is not a reflexion of 8 Wing, people of the Air Force, people of the Canadian Forces in uniform.

I want my people not to lose track of this...too many people are counting on us."

## Top chiefs travel to Trenton to speak to 8 Wing personnel



**General Walter Natynczyk (CDS)**

On Wednesday, February 10, Chief of the Defence Staff General Walter Natynczyk, along with Chief of the Air Staff, Lieutenant-General André Deschamps, and Canadian Forces Chief Warrant Officer Greg Lacroix, addressed members of 8 Wing/CFB Trenton in a briefing.

"What you're doing here in Trenton, one of the busiest bases in the Canadian Forces today, is absolutely essential.

It's essential for those men and women who are in Afghanistan today. It's essential to those men and women who are in

Haiti saving lives.

And it's essential to those men and women in the Canadian Forces who are in Vancouver to support the RCMP and the Olympics.

While we're even talking together we could be launching a search and rescue mission somewhere in Canada to save lives and so we all have to step up.

We have a duty, we have responsibility to Canadians. It's why I'm here - to enable your success to serve Canadians.

We have to stand tall. We have to stand proud. We have to

move forward here. At the same time, we have to recognize that all the victims need support.

There's a judicial process that will unfold over the next little while, and a lot of people feeling like they're indeed victims, directly and indirectly. We have to support them. We have to support them and we have to support their families.

I really appreciate that the mayors of every community in the area are here.

They're showing their support for the members of the Canadian Forces", said Gen Natynczyk.

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# Museum launches bilingual website

Users connecting to the website of the National Air Force Museum of Canada (NAFMC) will now have a different view.

On Thursday, February 4, the museum launched its fully bilingual website. Users will see an image of the impressive building and having the ability to click on French or English to view the site.

The NAFMC website got a facelift last summer that drastically improved its functionality and scope of information.

The new site now allows visitors to view listing of upcoming events and recent news, but also learn about the many aircraft, exhibits, and monuments the museum has on display. Having all of this information available in both official languages helps the museum communicate its message to an even greater number of people.

"Last year we had 53,000 visitors and since our new website launch in August, we've had over 15,000 hits,"



Photo submitted

said Chris Colton, executive director of the NAFMC. "We have visitors that come from all across Canada and by offering both languages, we're opening up the doors to communication even more". The NAFMC museum received the status of a national museum in 1999, and over the past few years it has raised

its profile significantly. It only seemed like the next logical phase should be a bilingual website. Giving visitors an option to view the new site in the language of their choice allows them to fully utilize the site and learn about the museum.

"This is another big step forward for the museum," said Karla

Benoit, NAFMC's public relations manager and webmaster. "As a non-profit organization it can be challenging to move forward in a task of this financial magnitude. We were extremely fortunate to be awarded funding to complete this project."

To view the museum's new website please visit [www.airforcemuseum.ca](http://www.airforcemuseum.ca).

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Op HESTIA Support – Personnel from Wing Transportation/Electrical Mechanical Engineering Squadron, in support with Wing Supply, prepare a load of food and water for shipment to 2 Air Movements Squadron for Haiti. These items will allow the troops deployed to Haiti the strength to keep up the great work they are doing helping out the people of Haiti.

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## NORAD helps secure BC Olympic Airspace

by Lieutenant (Navy) Desmond James, NORAD PAO, JTTFG

“It’s the sound of security.” This is how one reporter recently described the somewhat unusual presence of North American Aerospace Defence Command (NORAD) frontline CF-18 fighter jets in the Lower Mainland of British Columbia.

NORAD is providing aerospace warning and aerospace control during the 2010 Vancouver Olympics. It is a role with which NORAD is very familiar, having conducted aerospace warning and aerospace control missions for events such as the Presidential Inauguration, space shuttle launches and sporting events, including the 2002 Salt Lake Olympics.

“This is an operation we are well prepared to carry out,” said Lieutenant-Colonel Rob “Waldo” Martin, NORAD Deputy Chief

for Current Operations. “We have conducted extensive training with the Royal Canadian Mounted Police’s Integrated Security Unit to make sure we carry out our duties in full support of the greater security operation for these Olympics.”

LCol Martin is quick to point out that NORAD’s presence is not meant to hinder the public’s enjoyment of the Olympics but rather to make sure no one can threaten the Games from the air. “We don’t want spectators to focus on fighter jets in the air. We want them to focus on the games and the athletes, however, we realize CF-18s are hard to ignore,” said LCol Martin. “For those who may want to disrupt the games, I would say that NORAD is watching and we are very well prepared to do our part to ensure the Games are safe and secure.”

NORAD personnel

have been training for a long time for these Olympic Games and have gone through a rigorous exercise program to be prepared as best they can.

“This is easily the largest security operation for a Canadian event in which NORAD has been involved,” said LCol Martin. “We are ready to demonstrate that when it comes to air security, NORAD is the standard.”

NORAD has been carrying out the missions of aerospace warning and aerospace control for Canada and the United States since 1958 and added maritime warning as a third mission in 2006. Since 2001, NORAD has responded to more than 3,300 possible threats to Canada and the United States. In addition, NORAD carries out extensive exercises year-round to make certain its personnel are well trained for any situation or operation in which they could be involved.

## Le NORAD contribue à la sécurité de l’espace aérien durant les Jeux olympiques

par Ltv Desmond James OAP du NORAD

« C’est le son de la sécurité », comme l’a mentionné un journaliste récemment, pour décrire la présence singulière des chasseurs CF-18 des premières lignes du NORAD dans le Lower Mainland de la Colombie Britannique.

Le NORAD fournit des services d’avertissement et de contrôle de l’espace aérien pendant les Jeux olympiques de 2010 à Vancouver. C’est un rôle que le NORAD a déjà assumé, puisqu’il a mené des missions d’avertissement et de contrôle de l’espace aérien pendant la cérémonie d’investiture présidentielle, les lancements de navettes spatiales et les rassemblements sportifs, dont les Jeux olympiques de 2002 à Salt Lake.

« Nous sommes fin prêts pour mener cette opération », affirme le Lieutenant-Colonel Rob « Waldo » Martin, chef adjoint des opérations courantes du NORAD. « Nous avons participé à des entraînements exhaustifs en compagnie du Groupe intégré de la sécurité (GIS) de la GRC pour faire en sorte que nous assumions nos tâches afin d’appuyer pleinement l’opération globale de sécurité pour les Jeux olympiques. »

Le Lcol Martin ne tarde pas à signaler que la présence du NORAD ne vise pas à nuire à l’appréciation du public lors des Jeux olympiques, mais plutôt à faire en sorte que personne ne puisse menacer les Jeux olympiques des airs.

« Nous ne voulons pas que les spectateurs soient distraits par les chasseurs dans les airs. Nous voulons qu’ils se concentrent sur les épreuves et les athlètes. Nous savons par contre qu’il est difficile de faire fi d’un CF-18, souligne le Lcol Martin. Ceux qui ont l’intention de perturber les Jeux olympiques n’ont qu’à se tenir : le NORAD veille et nous sommes très bien préparés à veiller à la sécurité des Jeux olympiques. »

Les militaires des pays membres du NORAD s’entraînent depuis longtemps en prévision des Jeux olympiques et ont suivi un programme d’exercices rigoureux en vue d’être le plus prêts possible.

« Il s’agit facilement de la plus importante opération de sécurité pour un événement canadien auquel le NORAD participe, souligne le Lcol Martin. Nous sommes prêts à montrer qu’en matière de sécurité aérienne, le NORAD donne le ton. »

Le NORAD mène des missions d’avertissement et de contrôle de l’espace aérien du Canada et des États-Unis depuis 1958, et a ajouté l’avertissement maritime comme troisième mission en 2006. Depuis 2001, le NORAD a réagi à plus de 3 300 menaces possibles au Canada et aux États-Unis. Qui plus est, le NORAD effectue des exercices rigoureux toute l’année afin de s’assurer que les militaires qui en font partie soient bien préparés pour toute situation ou opération à laquelle ils pourraient être appelés à participer.

## Search & Rescue UPDATE



424 Transport and Rescue Squadron had no taskings this past week. Until next week, stay safe.

Missions for 2010: 7

Missions for Feb.: 1

Persons rescued: 0

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### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

### Letters to the Editor:

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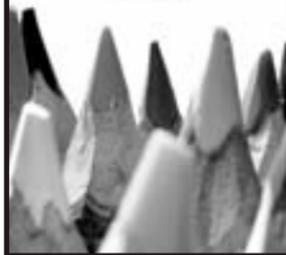
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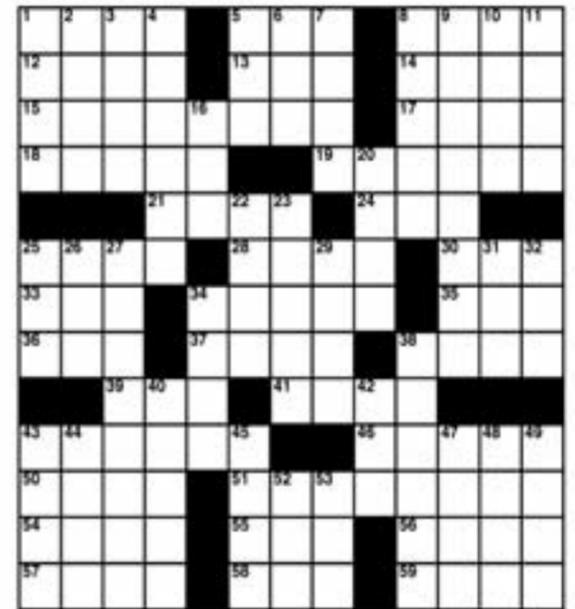
By Bernice Rosella and James Kilner

### ACROSS

- 1 Swedish car
- 5 Swiss river
- 8 Toddler
- 12 Quarry
- 13 Tire pressure meas.
- 14 Sharpen
- 15 \_\_\_\_\_ Love
- 17 Destroy
- 18 Clay brick
- 19 Gnarled
- 21 Bark
- 24 Over, poetically
- 25 Ait
- 28 Metrical foot
- 30 Expression of disgust
- 33 Thames toilet
- 34 Peripheries
- 35 Rumanian currency
- 36 Broadway play
- 37 Burden
- 38 Bit of memory
- 39 Historical period
- 41 Christmas light set
- 43 Bowls
- 46 Porticos
- 50 Ancient Olympic site
- 51 Love \_\_\_\_\_
- 54 Rodents
- 55 One
- 56 Mine entrance
- 57 Wild oxen
- 58 Whitney invention
- 59 Exploits

### DOWN

- 1 Animal protection org.
- 2 Rumanian city
- 3 About aviation
- 4 \_\_\_\_\_ Love
- 5 Monkey



- 6 Inane one
- 7 Gamble
- 8 Spasm
- 9 I love \_\_\_\_\_
- 10 Needlework
- 11 Meeny miny moe leader
- 16 Out of the wind
- 20 Men of means
- 22 Venice beach
- 23 \_\_\_\_\_ Love Song
- 25 Unwell
- 26 French coin
- 27 \_\_\_\_\_, Bob Dylan hit
- 29 Love \_\_\_\_\_

- 31 Obtain
- 32 Colour
- 34 Spirit
- 38 Boat to Benoit
- 40 Ascends
- 42 Alta, time zone
- 43 \_\_\_\_\_ Love
- 44 Inter \_\_\_\_\_
- 45 Mine waste
- 47 Chances
- 48 Lover to Lucien
- 49 Collections
- 52 Here to Henri
- 53 Bog

See Answers, Page 22



## This Week in Contact

**1980** – An Air Canada DC-8 passenger aircraft was forced to make an emergency landing at CFB Trenton after receiving a bomb threat while flying from Ottawa to Toronto. After landing, the passengers were evacuated, the aircraft isolated, and members of Trenton's ambulance, fire and explosive ordinance disposal teams went into action. No bomb was discovered. The passengers were taken to Toronto later on another Air Canada flight.

**1990** – Personnel at CFB Trenton celebrated the promotion of Base Commander, Colonel Jeff Brace, to the rank of Brigadier General. BGen Brace announced that he would be assuming duties as the Director of Air Doctrine and Operations at National Defence Headquarters later in the year.

**2000** – Hundreds of 8 Wing/CFB Trenton military and civilian members enjoyed the 2000 Winter Carnival on Baker Island. The weather was excellent for the 300 participants in this year's games that ran from 10 a.m. to 3 p.m., with wacky events that included Stock Car Saucer, Rope Rescue, Blind Sheet Volleyball and Pandemonium Dizzy Lizzy.

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



## DM, CDS comment on the 2010 Olympic and Paralympic Winter Games



General Walter J. Natynczyk

In just a few days, the world's eyes will turn to Vancouver and the 2010 Olympic and Paralympic Winter Games. Canadians throughout the country will follow and witness the accomplish-

ments of our Olympians and Paralympians. Defence Team members have been working hard in support of these Games.

This is the accomplishment that we want to

acknowledge.

You, the men and women of DND/CF, have risen to the challenge. Know that each and every one of you involved in Operation PODIUM is sharing in a piece of Canadian history. Supporting a major international event in Canada such as Vancouver 2010 is one of the six core missions of the Canada First Defence Strategy. Our contributions to the Games illustrate the Defence Team's ability to respond to challenges while continuing to carry out essential, day-to-day missions at home and overseas.

Our people are ready, trained and capable of participating in a major national event like this. Defence Team members can be proud of their contributions to the Olympics, which include:

- supporting the RCMP in pre-Olympic security exercises, which confirmed that federal, provincial, regional, and municipal organizations are prepared for any emergency that may occur during the Games;
- providing enhanced NORAD support to the RCMP through aerospace warning and control;
- transporting the Olympic Flame and its delegation by Polaris CC-150 aircraft (Airbus 310) from Athens, Greece, to Victoria, and serving, with their families, as runners in the Olympic Torch Relay;
- deploying sailors, soldiers, airmen and airwomen—4,500-strong—with the Canadian Operational Support Command force-generated Joint Task Force Games support element; providing Air Force sup-

port including movement of personnel and equipment, medical evacuation, and air support for patrols and area surveillance; -providing Navy support in the form of integrated maritime surveillance patrols, waterborne security operations and underwater sweeps of Olympic venues;

-providing Army support teams to serve as "eyes and ears" for the RCMP in the backcountry of Whistler and Cypress Mountain;

-performing ceremonial roles including raising the Olympic and Canadian flags.

View more ways the Defence Team is helping to support the 2010 Olympic and Paralympic Winter Games and remain up-to-date on the latest news on the Defence Team intranet site's Olympics section at <http://defenceteam-equi->

[fense.mil.ca/vancouver2010/index-eng.asp](http://defenceteam-equi-fense.mil.ca/vancouver2010/index-eng.asp). Finally, we encourage all of you to take in the spirit of the Games, whether you live in St. John's, the city of Québec, Alert or Esquimalt. Whatever sport you enjoy—hockey, figure skating, skiing or speed skating, to name but a few—gather your friends and family together to cheer on our athletes. And while you are watching, take pride in knowing that the Defence Team has contributed to the success of these Olympic and Paralympic Winter Games. Go Canada!

Robert Fonberg, Deputy Minister, National Defence

General W.J. Natynczyk, Chief of the Defence Staff

## Ci-joint un message du sous-ministre et du CEMD sur les Jeux olympiques et paralympiques d'hiver de 2010

Dans à peine quelques jours, les yeux du monde entier seront rivés sur Vancouver, où se dérouleront les Jeux olympiques et paralympiques de 2010. Des Canadiens partout au pays suivront attentivement les exploits de leurs athlètes olympiques et paralympiques.

Les membres de l'Équipe de la Défense travaillent d'arrache-pied à l'appui des Jeux olympiques de Vancouver. Ce sont ces efforts que nous tenons à souligner. Vous, qui formez le MDN et les FC, hommes et femmes, vous êtes montrés à la hauteur de la tâche. Sachez que chacun d'entre vous qui participe à l'opération PODIUM occupe une petite place dans l'histoire du Canada.

Appuyer une activité internationale importante au Canada comme les Jeux olympiques de Vancouver 2010 fait partie des six missions principales énoncées dans la Stratégie

de défense Le Canada d'abord. La participation de notre pays aux Jeux illustre la capacité de l'Équipe de la Défense de surmonter les obstacles tout en continuant d'accomplir des missions essentielles, au quotidien, ici, au pays, et à l'étranger. Nos gens sont prêts, formés et capables de participer à un événement national d'envergure comme celui-ci.

Les membres de l'Équipe de la Défense peuvent être fiers de leurs contributions aux Jeux olympiques, notamment : -appuyer la GRC lors des exercices de sécurité préalables aux Jeux olympiques, qui ont permis de confirmer que les organismes fédéraux, provinciaux, régionaux et municipaux sont prêts à réagir à toute situation d'urgence pouvant survenir durant les Jeux olympiques;

-fournir un appui supplémentaire au

NORAD grâce aux missions d'avertissement et de contrôle de l'espace aérien;

-transporter la flamme olympique, ainsi que sa délégation, à bord d'un Polaris CC-150 (Airbus 310), d'Athènes, en Grèce, à Victoria et participer, en compagnie de membres de leur famille, au Relais du flambeau olympique;

-affecter des marins, des soldats, des membres du personnel navigant, 4 500 personnes en tout, à l'élément de soutien de la Force opérationnelle interarmées des Jeux olympiques, mise sur pied par le Commandement du soutien opérationnel du Canada;

-assurer un appui aérien, y compris le transport de membres du personnel et d'équipement, effectuer les évacuations sanitaires et apporter un soutien aérien lors des patrouilles et des missions de surveillance dans la région;

-déployer des patrouilles de surveillance maritime intégrée, exécuter des opérations de sécurité sur l'eau et faire l'examen sous-marin des sites olympiques;

-fournir des équipes de soutien de l'Armée de terre, qui agiront comme les « yeux et les oreilles » de la GRC, dans l'arrière-pays, à Whistler et à Cypress Mountain;

-participer à des cérémonies, par exemple, en hissant le drapeau des Jeux olympiques et celui du Canada.

Pour voir les autres façons dont l'Équipe de la Défense contribue aux Jeux olympiques et paralympiques d'hiver de 2010 et pour connaître les toutes dernières nouvelles à ce sujet, consultez le <http://defenceteam-equipedeladefense.mil.ca/vancouver2010/index-fra.asp>.

Enfin, nous vous encourageons tous à vous laisser gagner par l'esprit

des Jeux, que vous habitez St. John's, Québec, Alert ou Esquimalt, et quel que soit votre sport préféré, le hockey, le patinage artistique, le ski, le patinage de vitesse, pour ne mentionner que ceux-là. Joignez-vous à vos amis et aux membres de votre famille pour encourager nos athlètes. Et soyez fiers de savoir que l'Équipe de la Défense a contribué à la

réussite des Jeux olympiques et paralympiques d'hiver.

Allez Canada!

Robert Fonberg  
Sous-ministre

Général W.J. Natynczyk  
Chef d'état-major de la Défense



Le Général Walter Natynczyk, Chef d'état-major de la Défense (CEMD), entreprend son segment du relais de la flamme olympique des Jeux d'hiver de 2010.



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Wednesday February 17, 10:00 AM to 2:00 PM

National Air Force Museum of Canada,  
220 RCAF Road, 8 Wing/CFB Trenton, Quinte-West, Ontario  
Lunch and refreshments will be served

RSVP by email: [memory@historica-dominion.ca](mailto:memory@historica-dominion.ca)  
Or call toll free: 1-866-701-1867

The Memory Project is providing every living Second World War veteran the opportunity to share their memories through interviews and digitized artefacts and memorabilia to be shared with Canadians through an extensive online digital archive.

For more info:  
[WWW.THEMEMORYPROJECT.COM](http://WWW.THEMEMORYPROJECT.COM)

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## Le musée lance son site web

Les visiteurs du site web du Musée national de la Force aérienne du Canada ont à partir de maintenant une nouvelle option. Jeudi, le 4 février, le musée a lancé son site web entièrement bilingue.

Une fois sur la page de démarrage où l'on voit une impressionnante photo du bâtiment, les internautes auront la possibilité de naviguer sur le site dans la langue de leur choix, Français / English.

Le site web du MNFAC a été modernisé cet été, ce qui a amené une considérable amélioration au niveau de la fonctionnalité et du contenu de l'information. Le nouveau site permet non seulement de se mettre au courant des nouvelles et des événements à venir, mais aussi de s'informer à-propos des aéronefs, des expositions ou des monuments du musée.

Communiquer cette information dans les deux langues officielles c'est également élargir l'audience du musée auprès d'un public plus nombreux.

« Le musée a accueilli 53 000

personnes l'an dernier et, depuis son inauguration en août, le site web a été visité 15 000 fois », a dit Chris Colton, le directeur général du MNFAC. « Des gens de tous les coins du pays nous rendent visite; en leur offrant la possibilité de choisir entre les deux langues officielles, c'est s'ouvrir davantage aux gens ».

Le MNFAC a été désigné comme musée national en 1999 et depuis ne cesse pas d'accroître son profil. On sous-entend alors qu'un site web bilingue était la démarche logique afin de faciliter l'expérience des internautes qui auront la possibilité de fureter dans la langue de leur choix en maximisant ainsi les chances de connaître le musée.

« Pour le musée, c'est un grand pas en avant » a dit Karla Benoit, directrice des affaires publiques et gérante du site web. « Accomplir une tâche si coûteuse est un défi pour une organisation à but non-lucratif. Nous avons eu de la chance, l'argent a été trouvé et voici le projet fini ».

Pour visiter le site web du musée, tapez [www.airforcemuseum.ca](http://www.airforcemuseum.ca).



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Hi, I'm Bella, a 3 year old female basset hound. I am good with kids and other dogs, as well as being crate trained. Because I'm a hound, I do have a loud voice and I cannot be trusted off leash. Please keep this in mind if you live in an apartment or want a really obedient dog.

I am a food mooch and a bit of a counter surfer... nothing that can't be solved by training. Other than that, I'm very sweet and lovable and ready to be your loyal companion!!

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# SPORTS & RECREATION

## 2010 Canadian Forces National Swimming Championship

The 2010 CF National Swimming Championship will be held 20-25 May in Nanaimo, B.C. in conjunction with the Canadian Masters Swimming Championships at the Nanaimo Aquatics Center.

Arrival date for all athletes is May 20, with departure on the May 25. Any changes to these dates must be previously authorized by the National Sports Manager.

The CF National Swimming Championship shall normally consist of

seven individual events. Competition distances may vary depending on the selected host venue and swim meet format.

For 2010, the seven events are as follows: Freestyle - 100m, 400m, and 1500m; Backstroke - 100m; Breaststroke - 100m; Butterfly - 100m; and Individual Medley (IM) - 200m.

### Qualifying Requirements

Military personnel wishing to compete

in the Canadian Forces National Swimming Championship must meet the qualifying time in one of the events listed in para two and must register to compete in a minimum of two other events.

The two other events military personnel are to register in do not necessarily have to be an event listed in para two and do not require a qualifying time.

The maximum number of swimmers authorized to compete per region will

be 10 (five men and five women).

Qualifying times in Annex C are minimum time standards a CF swimmer must have achieved during a sanctioned swim meet within 15 months prior to the start of the CF National Championship.

Proof of times must be forwarded to the Military Sports Coordinator, no later than February 26, 2010.

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

Men's Age Categories	18-24 Years	25-29 Years	30-34 Years	35-39 Years	40-44 Years	45-49 Years	50-54 Years	Over 55 Years
100m Freestyle	1:07	1:09	1:11	1:13	1:15	1:19	1:23	1:27
400m Freestyle	5:20	5:25	5:30	5:35	5:40	5:56	6:10	6:35
1500m Freestyle	22:45	23:00	23:20	23:30	23:50	25:00	26:40	28:20
100m Back	1:15	1:18	1:22	1:27	1:30	1:35	1:39	1:47
100m Breast	1:23	1:26	1:29	1:33	1:36	1:40	1:46	1:54
100m Butterfly	1:11	1:13	1:16	1:19	1:23	1:27	1:32	1:44
200m IM	2:44	2:48	2:52	2:58	3:08	3:19	3:25	3:35

Women's Age Cat.	18-24 Years	25-29 Years	30-34 Years	35-39 Years	40-44 Years	45-49 Years	50-54 Years	Over 55 Years
100m Freestyle	1:15	1:19	1:23	1:25	1:28	1:36	1:43	1:49
400m Freestyle	5:45	5:52	6:05	6:20	6:40	7:15	7:45	8:10
1500m Freestyle	25:20	25:40	26:00	27:00	28:20	31:00	33:00	34:40
100m Back	1:28	1:32	1:36	1:42	1:48	1:54	2:02	2:11
100m Breast	1:41	1:43	1:45	1:49	1:55	2:02	2:08	2:17
100m Butterfly	1:25	1:28	1:32	1:37	1:44	1:53	2:07	2:17
200m IM	3:08	3:11	3:19	3:29	3:37	3:50	4:10	4:20

Note: For swim times conducted in yards, the following website can convert swim times into metres: [www.swimpna.org/php/timeConversionsSelect.php](http://www.swimpna.org/php/timeConversionsSelect.php)

## Batawa Ski Hill Passes available

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.



## Valentines Couples Fencing

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

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.

## PA Day Swim

There will be a Family Day swim on Monday, February 15, from 1:00 to 3:30 p.m., at the RecPlex Pool.

## March Break Kidz Kamp

For kids 6 to 12 years of age

The March Break Kidz Kamp is back on case again! The camp 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.

## 8 Wing/CFB Trenton Soccer Teams

The 8 Wing/CFB Trenton Men's, Women's and Old Timers Soccer Teams are looking for players in preparation for the Ontario Region Soccer Championships later this summer.

All three teams practice in the Gymnasium every Tuesday and Thursday from 1800 to 2100 hrs.

Players interested in playing should show up and have some fun. Hope to see you all there.

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FOR MORE INFO: [www.quinteballhockey.ca](http://www.quinteballhockey.ca)

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# FITNESS & HEALTH PROMOTION



## Take the "March 1st, I Quit!" Challenge

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, 2010.

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

The goal of the program is to prevent tobacco use-related diseases among 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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## 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](mailto:healthpromotion@forces.gc.ca).

## Making healthy choices: February is 'Heart Month'

Do you wear it on your sleeve? Does it ache for a loved one? Does it flutter at someone's intellect? Do you take care of it?

How fitting that February is National Heart Month.

The heart is one of the most vital organs in our body. Among risk factors for cardiovascular disease is a high fat diet.

Cardiovascular refers to the heart and its vessels (cardio) and the system of veins and arteries throughout the body including the brain (vascular).

Read labels and watch out for fat content. Beware of trans fats.

Adding hydrogen to a liquid vegetable oil converts a healthy oil into unhealthy trans fat.

Trans fat increases your LDL (bad cholesterol) and decreases your HDL (good cholesterol).

Check labels for words such as "partially hydrogenated vegetable oils", "shortening", or "vegetable shortening" that are indicators that trans fat is present.

According to Leslie Beck, RD, in her Today's Nutrition quarterly publication, tub and stick margarines, commercial baked goods, snack foods, and fried fast food is where we get about 80 per cent of the trans fat in our diet.

Remember that ingredients on labels are listed in order of amount. That means the first ingredient listed is the most abundant in the



product. To avoid hidden fats in store bought foods, make your own heart snacks.

**Fresh Salsa:** Three tomatoes; half small onion; two jalapeno peppers; one small corn niblets; fresh cilantro; two limes.

Very finely chop first

three ingredients, add to bowl.

Add corn and chopped cilantro; and squeeze lime juice over all ingredients.

You can adjust the cilantro and jalapenos to your taste preference.

Serve with baked pita chips or low-fat tortilla chips.

## Did You Know?

Your heart beats 101,000 times a day. During your lifetime it will beat about three billion times and pump about 400 million litres (800 million pints) of blood.



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



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

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

**Jessica Ivanko**, HP Administrative Assistant

**Angela Prescott**, HP Manager

**Kendra Lafleur**, HP Director

Visit [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com) to learn more.

## 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 will 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 - from beginner to elite, so all are welcome.

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

## Upcoming fitness "Lunch and Learn" series

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](mailto:refausse.e@forces.gc.ca).



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Safety

# Be prepared: Never let down your safety guard at home



Submitted by 8 Wing General Safety Office

Safety is a learned behavior that can and should be applied equally at home and at work.

However, since the workplace offers a sometimes threatening, unfamiliar environment, we are more aware of the hazards and we work more safely.

In contrast, when we are at home we are in a non-threatening environment where we feel comfortable and relaxed.

We tend to let our guard down. For this reason, we are just as likely to be injured at home than at work.

Following are some

safety tips that can be used when performing outside tasks at home:

### Electric tools

We use many different types of electric tools around the house: drills, saws, hedge trimmers, edgers, weed eaters and lawn mowers to name a few.

Several safety precautions should be followed when operating any electric tool:

Inspect the electrical cord for cracked, frayed or exposed wires. Repair or replace damaged equipment before using.

Never use electrical tools in the rain or in wet areas.

Use three-pronged outlets and plugs.

Use a GFCI (Ground Fault Circuit Interrupter) outlet.

Wear the appropriate Personal Protective Equipment for the tool in

use. Refer to the owner's manual for recommended protective equipment.

### Lawn Mower

A lawn mower is a very useful tool, but can be very dangerous if not properly used. When using a lawn mower remember the following safety precautions:

Always wear safety glasses or goggles.

Wear hard leather or steel-toed safety shoes to avoid crushing or puncture injuries to your toes and feet.

Wear hearing protection. Never mow the lawn when it is wet. There is danger of slipping and falling in the path of a moving mower, as well as the hazard of shock from an electric mower.

Before mowing, inspect the lawn for foreign objects. If they contact the blades of the mower, they become projectiles, which can cause injury.

Make sure people are not in the area being mowed, so they cannot be struck by flying objects or step into the path of the mower.

Before doing adjustments on a lawn mower, disconnect the spark plug to prevent the machine from accidentally starting up.

### Weed Machine

A powered weed cutter is great for reaching those tight spots and it is much faster than trimming by hand.

However, several dangers exist. Follow these steps to help prevent injuries.

Wear the same protective equipment listed for a lawn mower.

Use a cutting line of the correct diameter for the weed-eating equipment.

The wrong size line can cause the machine to

malfunction and might result in eye injuries or other injuries.

Use the proper fuel/electrical source. Using the wrong power source could result in a fire or explosion.

Never remove the safety line guard on the weed eater. It is there to protect you.

Before working on a weed eater, disconnect the spark plug to prevent the machine from accidentally starting up. Make sure people are not in the area being trimmed.

These are just a few suggestions for safely working with outside tools. Following these precautions could help prevent a serious, painful and costly accident.

For additional information about required safety equipment, precautions and safe guards, refer to the owner's manual for the equipment or contact the manufacturer.

## Looking for The Contact?

Find it at any of these off-base locations.

### Trenton Locations

- Smylies Independent Grocers
- A&P
- QHC Trenton Memorial Shopper's Drug Mart

### Belleville Locations

- Belleville Public Library
- Belleville Legion 99
- QHC Belleville General Luc's Variety

## Contact



## Child proof for protection

Kid-proofing your medicine cabinet is key to the health of your children and what better time to tackle this project than when you're doing your spring cleaning?

Checking your medicine cabinet regularly helps you ensure contents are stored safely and you have the right medications on hand to deal with the most common childhood illnesses.

"A top concern for kid-proofing a medicine cabinet is safe storage," explains Tracey Phillips, director of pharmacy at Rexall. "Always store your medication out of reach from your children in a cool, dry place such as in a large Tupperware container in a high bedroom cabinet or linen closet. Do not store medications in the fridge unless directed to do so, and keep medication out of the washroom or kitchen where heat and humidity can impact its effectiveness."

Here are some other helpful tips from Rexall to get you started:

- Avoid calling medicine candy. It is impor-

tant your child knows the difference.

- Take your unused or expired medications to your local Rexall pharmacy for environmentally safe and free disposal. Flushing medicine down the toilet or throwing it in the trash is harmful to the environment.

- Keep medication in its original labeled container, so you know what's in the bottle, the expiry date and how to use it.

- The top five most important items to have in your kid-proof medicine cabinet are: assorted bandages, children's formulations of short acting allergy relief medication, a pain and fever reliever (either children's acetaminophen or Ibuprofen), motion sickness medication, and a children's cold decongestant, especially for those pesky winter months.

Speak with your pharmacist for tips on the best way to kid-proof your medicine cabinet.

More information can be found online at [www.rexall.ca/medicines](http://www.rexall.ca/medicines)

# LOCAL SERVICES AND TRADES

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## Contact



# Personnel at Work: CWO Ron Olscamp, WTISS wizard to retire

by Tom Philp  
Contact Staff

Ron Olscamp's objective as a high school graduate was to get a trade and return to his hometown of Cap Pele, near Moncton, New Brunswick. Thirty years later, the Chief Warrant Officer of 8 Wing's Telecommunications and Information Services Squadron has technical trade skills that are the envy of many Canadian Forces colleagues; and next month, when he removes his uniform for the last time, he will have a lot more time to visit that hometown.

CWO Olscamp signed up on June 26, 1980 after visiting his uncle, a Master Warrant Officer at CFB Greenwood. That uncle pointed young Olscamp "in the right direction."

"There were no jobs in Moncton. I'd worked for Irving Oil for a year; but my name wasn't Irving, so I wasn't going far there," he told The Contact recently. "I was always playing around with car radios, stereos and that kind of thing, and I really wanted an electronics trade."

The CF gave CWO Olscamp that opportunity, sending him to CFB St. Jean after basic training; and then to CFB Bagotville where he had his only stint outside of the electronics field.

"I was tasked to be a supply tech with the

transport people," he said. "I learned a lot about equipment that wasn't electronic."

After completing communications training at CFB Kingston in 1981, CWO Olscamp was posted to CFB Greenwood, with an opportunity to "see my uncle and go flying."

"I was interested only in getting better at my job," he said. "At Greenwood, I was the Junior Private, Senior Private, the only Private (in his section). I got to do everything!"

He did get better ... a lot better. And doing your CF job in exemplary fashion sometimes leads to perks. Promoted to Corporal in 1986, CWO Olscamp spent six months in Italy learning about satellite communications. The course was intense (multi-nation military technicians taught by a professor from the Massachusetts Institute of Technology); but being able to tour Italy on his days off provided an extra incentive.

"It was a tough assignment, but somebody had to do it," he said, tongue-in-cheek. "Still, you know, I remember the contents of that course even today. I loved it; and what you love, you remember."

After a short posting to Carp, Ontario (home of the famous 'Diefenbunker'), CWO Olscamp was promoted to Master Corporal and shipped off to CFB Cold

Lake in 1986 ("Cool Pool, Alberta"), where he spent five years supervising electronic communications workshops.

"I had a great time there," he said. "Cold Lake was much smaller then. You could leave work and go mountain biking, or visit the provincial park that was nearby. It really was a very enjoyable posting."

Promoted to Sergeant in 1991, CWO Olscamp was posted to CFS Leitrim near Ottawa, home to Canada's oldest operational signal intelligence collection station. His duties there included supervising the maintenance of the electronics signal collection systems that collected data from Canadian Forces Stations Alert and Masset, and CFB Gander. It was such a busy time ... including a three-year project building intelligence systems, and six months in Alert as the technical maintenance supervisor ... that "the time just flew by."

Flash forward to 2000, and (then) Sergeant Olscamp found himself at National Defence Headquarters in Ottawa as the quality assurance manager for DND work being done by Pylon Electronics Inc.

"I was responsible for overseeing all contract details with Pylon," he said. "It really was my first administrative job. I remember spending a lot of nights falling asleep while reading through



Photo: Tom Philp, Contact Staff

**CWO Ron Olscamp retires in March after 30 years in the Canadian Forces.**

contracts."

A year later, and newly promoted to Warrant Officer, CWO Olscamp received new duties as a life cycle manager, upgrading CF radar systems on both the east and west coasts. He worked closely with Lockheed-Martin Corporation manager and technicians, and "collected up a lot of air miles."

His biggest challenge as a member of the CF came in 2004 when a freshly promoted Master Warrant Officer Olscamp was sent to CFS Masset, located in the Queen Charlotte Islands off the coast of British Columbia, as Detachment Commander.

"I had my own little mini base," he said. "The CF needed somebody fast. I was fresh off my honeymoon, and some-

body came up to me and said, 'Here you go. You're going to Masset!'"

"There were a lot of challenges at Masset, with a need for a lot of infrastructure improvements," CWO Olscamp said. "I spent a lot of time there negotiating contracts for services with various levels of government. I can tell you, as an MWO, it was an eye-opener!"

After "cleaning up" Masset, it was back to CFB Greenwood in 2006 ("they told me to write my own job description, and even to find my own office"), a promotion to Chief Warrant Officer 15 months later, and a concurrent posting to 8 Wing as WTISS CWO.

Out of the many highlights in his 30-year career, CWO Olscamp notes two that had "spe-

cial meaning."

"When I was a Master Corporal, I was nominated for Airmen of the Year; and when I was in Leitrim, I built an intelligence gathering system for use in theatre" he said. "For that last one, a British General told me that within two weeks of the system being used in theatre, it had saved lives. That made me very proud."

CWO Olscamp said he will miss some aspects of military life and "all of my staff." But it's time to move on, to spend time traveling, and relaxing in their Kingston home with his wife, Sherrie.

"She's got lots and lots of jobs for me to do," he said.

"I've been in the Air Force my entire adult life," he said. "It's been great, but it's time to go."

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## Canadian "Huey" being restored by dedicated museum volunteers

by Tom Philp  
Contact Staff

It's been immortalized in every movie ever made about the Vietnam War, and its Canadian cousins worked tirelessly for more than 25 years in Search and Rescue (SAR) efforts. Now, the remains of a Canadian Forces CH-118 helicopter rest in the workshop of Trenton's National Air Force Museum of Canada, lovingly tended by the expert hands of former servicemen.

The Canadian version of this most famous aircraft was the offspring of Bell Helicopter's UH-1 helicopter, a military chopper powered by a single, turbo-shaft engine, with a two-bladed main rotor and single tail rotor. Its initial development in 1952 paralleled a requirement by the United States Army for a medical evacuation and utility helicopter, ultimately passing the test and going into full production (for those purposes) in 1960. Since its inception, more than 16,000 'Hueys' (the aircraft's original designation was HU-1, leading to the helicopter's nickname of Huey) have been manufactured globally.

"This type of helicopter was used extremely effectively in Vietnam," said NAFMC volunteer Aubrey LaBrie. "For us to get one, it has to go through Battle Damage Repair (BDR), and then it's up to us volunteers to see what we can do."

BDR could, of course mean a technical assessment of damage that could include bullet and shrapnel holes, and other stressors to the airframe. Those assessments at 8

Wing would be completed by BDR technicians with the Aerospace Telecommunications and Engineering Support Squadron (ATESS) here.

"We, the Air Force, used to have an Aircraft Battle Damage Repair Section (ABDR); however I believe that in the late 1990's or early 2000's, with the application/ implementation of TAA regulation, this entity was abolished and replaced with the creation of the Recovery And Salvage Support (RASS) team at ATESS," said Master Warrant Officer Dan Lepage, Deputy Workshop Services Officer with ATESS. "I do believe this aircraft was (released) from the ABDR here to the museum."

Karla Benoit, Public Relations Director for the NAFMC, said the Iroquois helicopter being restored by LaBrie and his colleagues bears tail number 118101. It entered Canadian military service in 1968 and was used as both a SAR and utility aircraft until its retirement in 1995. Accommodating a pilot, co-pilot, one or two flight engineers, and up to six passengers, this chopper spent part of its service life with 439 "Tiger" Squadron, activated at CFB Bagotville in 1993 as a Combat Support Unit. Ownership of the helicopter was transferred to the NAFMC in 2007 after it finished service in Aircraft BDR training at both 8 Wing and CFB Borden.

LaBrie is part of a volunteer restoration team that includes Canadian Forces veterans John Dogger, Guy

Cuerrier, Doug Frielander, Guy Barsi, Stu Thow, Bruce Moase and NAFMC shop foreman, Paul Bodding. Representing a variety of CF ranks and trades, the restoration crew has a combined service time of about 250 years. It's that vast amount of knowledge and skills that makes their restoration contributions almost invaluable.

"These are the only people around who have the aircraft knowledge, technical skills and the time to commit to making a restoration project like this one successful," Benoit said. "There aren't enough words to say how much we value their contribution."

Acting as team spokesman, LaBrie said one of the first restoration requirements for the museum's Iroquois was "patching a lot of holes." Large or small, holes in the metal fuselage or frame of the aircraft are repaired using carefully crafted sections metal, held in place by a multitude of colescos (temporary fasteners), before being riveted in place. Metal finishing and colour-specific painting follows.

The crew will search for, and recover replacement parts as needed, for everything from landing skids to rotors, as they continue restoration.

"It's important to note that, when we are finished, this aircraft will be restored to 'static display status' only," Barsi said. "It will never fly again."

LaBrie said restoring any aircraft to 'flying status' would require "engineers, original plans, exact drawings" and other interventions that neither



Photos: Tom Philp, Contact Staff



the team, nor the NAFMC can afford. Besides, the purpose of the restoration at hand is to bring this airship back to a point where it can be displayed for the enjoyment of everyone who visits the museum.

How long will it take to restore this helicopter?

"Well, she came to us about four weeks ago (early January), and each of us donates time to the project as we can," he said.

"Then, of course, we may have to wait for parts, etc., and who knows how long that could take."

"It's difficult to assess when it will be completed," LaBrie said. "As volunteers, we go about it one day at a time, and hope to finish it as soon as possible."

LaBrie has a special interest in this particular type of aircraft. He built a scale model of the Iroquois helicopter 25 years ago, mounting it in a small display case that also includes the service patches of CF crew members who flew aboard them in the 1980s. He also logged more than 700 hours fly-

**Top photo:** Museum volunteers (left to right) John Dogger, Aubrey LaBrie and Doug Frielander stand beside the CH-118 "Huey" helicopter that they and their colleagues are restoring. **Middle photo:** No detail is overlooked in the restoration of aircraft at the National Air Force Museum of Canada. Each section is inventoried, analysed, repairs planned, and parts either found or reconstructed on site from scratch. **Bottom photo:** Aubrey LaBrie poses with the model of a CH-118 that he built 25 years ago when he was still serving in the Canadian Forces.



ing in Iroquois as technical crew.

"I spent 34 years in the service working on and in aircraft, and look what I'm still doing today," LaBrie said.

For more information about this project, or the National Air Force Museum of Canada, please contact Karla Benoit, (613) 965-4643, [www.airforcemuseum.ca](http://www.airforcemuseum.ca).

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# Famous Hollywood star meets 8MSS in Haiti

by Captain Alexandre Munoz, Public Affairs Officer

On February 10, 2010, movie star Angelina Jolie visited Jacmel, Haiti where members of the Canadian Forces have been keeping the country's second air entry point open, thereby ensuring the continued operation of the air bridge between Canada, Jamaica and Haiti.

Angelina Jolie travelled to Haiti in support of the humanitarian efforts that have been made by the international community since the earthquake on January 12, 2010. Early in the morning, the star set down at Jacmel airfield aboard a United Nations aircraft.

Welcomed by Major Kevin Skirrow, commander of the Theatre Air Support Element from 8 Air Maintenance Squadron, 8 Wing Trenton, Ont., and Major Eric Cyr, commander of

the 8 Wing Mission Support Squadron, Ms. Jolie was unsparing in her praise for the Canadian troops based at Jacmel Airfield.

"I think that all the efforts being made to deliver aid to Haiti are amazing. It's beautiful to see the enthusiasm of the people who are here in support of the Haitian people. The cooperation among all the nations who've come here is wonderful and heart-warming," said Ms. Jolie.

As for Maj Skirrow, he couldn't contain his enthusiasm at welcoming a star of this magnitude at Jacmel Airfield.

"Ms Jolie's presence here draws the world's attention to the cause we're working for in Haiti. I would like to thank her for coming here in support of the Haitian people. Just like us, she's contributing to the humanitarian effort. Our mission in Jacmel is to maintain the airfield's serv-

ices in support of the air bridge, which allows for humanitarian aid to be brought into the country," said Maj Skirrow.

"It makes me proud when I see that, military personnel or stars, we're all making an effort. I was also very happy to give Tiffany Keenan, coordinator for the non-governmental organizations working with us at Jacmel Airfield, the opportunity to show Ms. Jolie her projects."

As for Ms. Keenan, she was very pleased with her meeting with the star.

"Angelina Jolie was highly supportive of our efforts in Haiti. She has a good understanding of the situation and how the different countries can help on the ground," she said.

For the troops based at Jacmel Airfield, the star's visit was a very pleasant experience.

"Madame Jolie seemed like a very human, very warm person. Even with her busy schedule, she took time to pay tribute to the troops and went out of her way to talk with them and have photos taken. Her visit was highly appreciated," said Maj Cyr.

The troops will have a very warm memory of Angelina Jolie's visit. The most important aspect of the visit remains, however, her contribution to the humanitarian cause in Haiti, a cause in which the Canadian Forces are playing a role.



Photos: Submitted

Top: Majors Kevin Skirrow and Eric Cyr from 8 Wing Trenton MSS welcome A-List actress Angelina Jolie at Jacmel Airport in Haiti.

Below: Actress Angelina Jolie brought big smiles to the faces of our Canadian Forces personnel currently deployed on Op HESTIA in Haiti.



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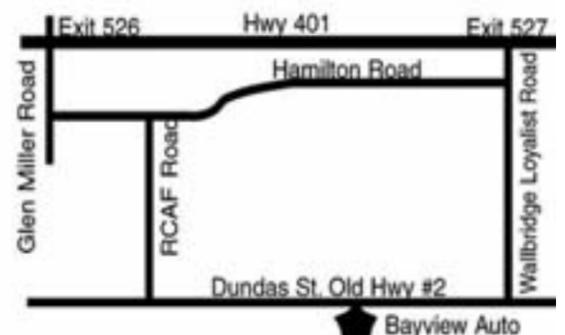
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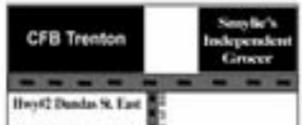
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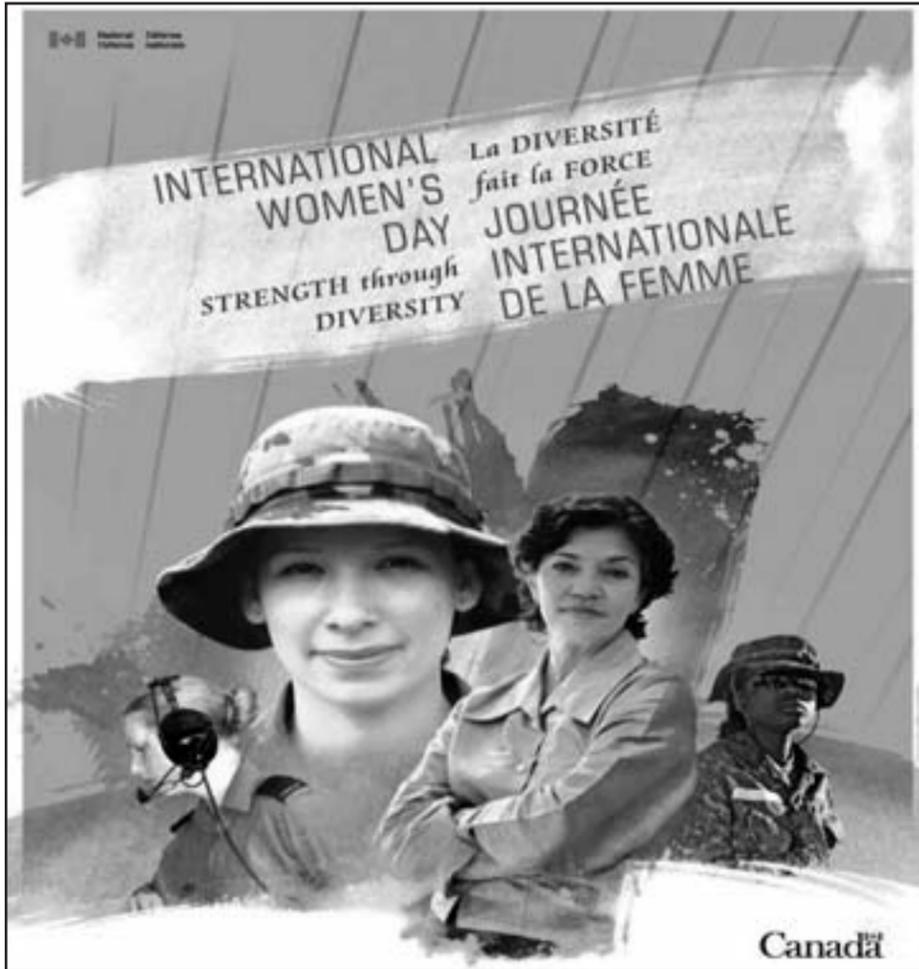


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## THE INTERNATIONAL WOMEN'S DAY (IWD) 8 MARCH 10

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](mailto: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 10

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.

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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.



## PENNIES FOR PETS

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

### Family Day Open House at Quinte Genealogy Centre

Everyone is invited; learn how to find your family tree. Free information, brochures, forms. The event will take place on Saturday, February 20, from 9:30 to 11:30 at Quinte West Public Library, (7 Creswell Drive, Trenton).  
Sponsored by Quinte Branch, Ontario Genealogical Society. Details on Website: [www.rootsweb.ancestry.com/~canqbogs/](http://www.rootsweb.ancestry.com/~canqbogs/)

### 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](mailto: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.

### 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](http://www.kidney.on.ca/walks)

### 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.



# FAMILY



## Activity: Funny Little Snowman



Reciting the words to this wintery action rhyme will build your child's love of language as you share some Comfort, Play and Teach™ time together! You will need the following rhyme:

A funny little snowman; He had a carrot nose; Along came a bunny; And what do you suppose?

That funny little rabbit; Was looking for some lunch; He ate the snowman's carrot nose...; Nibble, nibble, crunch!

Instructions: Hold up one fist to represent the snowman.

Bend the index and middle fingers of your other hand to represent the rabbit.

As you say the words, make up actions to accompany them (e.g., a rabbit hopping). On the last line, pretend to nibble your child's carrot nose!

If you have finger puppets, these can be used to bring the rhyme to life. Older children

can create their own simple finger or popsicle stick puppets too!

Enjoy this more with Comfort, Play and Teach™:

**Comfort:** Your child will love the special attention she receives when you join her in reciting her favourite action rhymes. Let her know how much you enjoy her company!

**Play:** Role-playing the rhyme using gestures and actions encourages your child to use his imagination and it will help him to remember the words!

**Teach:** Sharing simple poems with your child helps her to listen to and use language and to notice words that rhyme.

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

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



## Mealtime.org Salmon Sushi Wrap

- Ingredients:**
- 2 cans (6 ounces) Sockeye or pink salmon, drained, flaked
  - 2 tablespoons lemon juice
  - 1 tablespoon freshly grated ginger
  - 1 tablespoon light soy sauce
  - 1 teaspoon sugar
  - 2 cups cooked brown or short-grain rice, cooled
  - 1 can (8 ounces) sliced water chestnuts, drained
  - 1/4 cup chopped green onion
  - 2 tablespoons sesame seeds
  - 2 cups baby spinach leaves\*
  - 4 (10-inch) spinach-flavoured flour tortillas

**Preparation:** In a medium bowl, season salmon with a mixture of lemon juice, ginger, soy sauce and sugar. Combine salmon mixture with rice, water chestnuts, green onion and sesame seeds; toss gently with fork to mix. Warm the tortillas.\*\* Arrange a layer of spinach leaves on the bottom half of each tortilla, leaving room on the edges. Spread equal portions of the salmon-rice mixture over spinach then top with another layer of spinach leaves. Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll so the tortilla covers the filling.

\* Tips: For a typical sushi flavour, use nori strips in place of spinach. Nori are sheets of dried seaweed, found in many Asian stores. Serve with wasabi, if desired.

\*\* To make them more pliable before wrapping, warm tortillas: Microwave oven: 10 to 15 seconds on high heat; Oven: 3 to 5 minutes at 350°F in aluminum foil; Stovetop: 15 seconds per side over medium-high heat in a large non-stick skillet. Serves: Four

**Nutritional Information Per Serving:** Calories 560; Total fat 18g; Saturated fat 4g; Cholesterol 55mg; Sodium 890mg; Carbohydrate 74g; Fibre 8g; Protein 28g

### WHAT'S THE DIF ?

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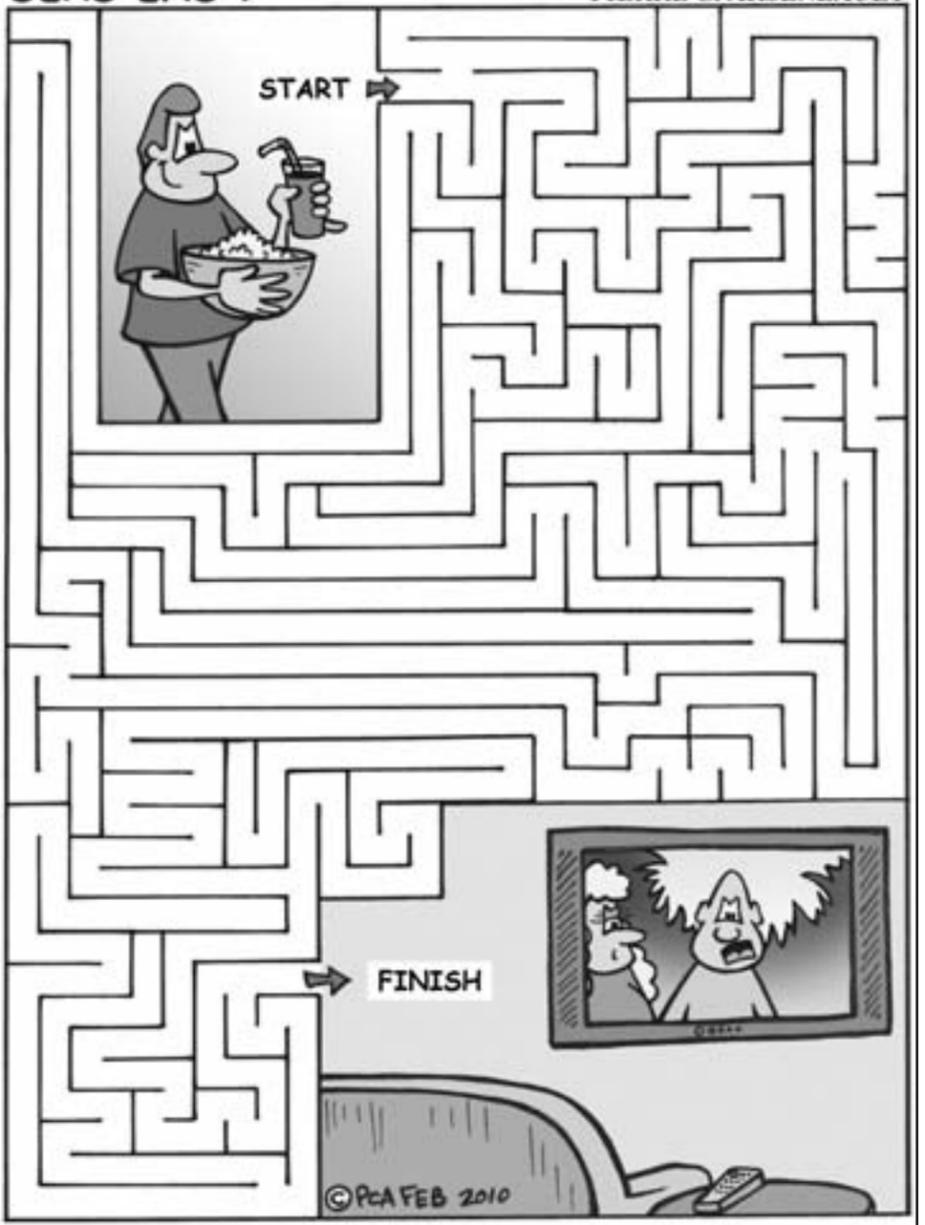
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ANSWERS: 1. HOUSE 2. DOOR HANDLE 3. SUN 4. ICE PATCH 5. SUN 6. TREE 7. SCARF

### DEAD END ?

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# Nadiya's Zodiac Starcast

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

February 7 – February 13

*Theme of the week: This is one very romantic week! The cosmos is supportive of sweet declarations of love and creating beautiful works of art. This is a great time to connect to your joy, your pleasure, your soul, or a soul mate. Perfect for Valentine's Day. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): Resentments act like poison to our soul. They eat away at us from the inside out. Forgiveness has the opposite effect. Somewhere, you are holding on to something old. The past is asking to be forgiven. Do it as a selfless act of kindness.

**TAURUS** (April 20-May 20): The phrase "blessing in disguise" denotes how things that appear not to work out can become the very best things that could have happened. You may be regretting a recent turn of events, but will soon find how fortunate a situation it really was.

**GEMINI** (May 21-June 20): Greg Behrendt said there is an inner sparkle to a person who is living in the trajectory of their dreams. Stay focused on the potential you are tapping into. You will find your desirability and your capacity to succeed rise.

**CANCER** (June 21-July 22): We can walk around and see people who seem to be living mechanical lives. The truth is, we are all on a spiritual journey. You think someone else is living a meaningless existence. It is that person who will reveal depth that is of transformative value to your own life.

**LEO** (July 23-Aug. 22): Freud believed that depression occurs when our psyche is unable to acknowledge the source of our anger. The same energy turns in on itself and becomes self-defeating. While you may not feel so dire, you are misdirecting your dissatisfaction. Find the root cause of your aggravation.

**VIRGO** (Aug. 23-Sept. 22): We all have a variety of motivations. One clear example is when we state intention, but find ourselves participating in actions that work directly against it. You now have the empowering chance to gain real clarity into what you truly want and to bring yourself into alignment with it.

**LIBRA** (Sept. 23-Oct. 22): Regardless of what parenting style we were nurtured with, it is undeniable that the way we are raised as children has a profound influence on our adult lives. You are seeing your inheritance more lovingly. This opens up new possibilities to you.

**SCORPIO** (Oct. 23-Nov. 21): As much as you wish there was an abundance of energy at your disposal, you are feeling a need to prioritize and connect to your essence. There is a stance you can take to help yourself most. Simply start, take a step, make a move, and let it inform you.

**SAGITTARIUS** (Nov. 22-Dec. 21): It is easy to chalk up a positive disposition as unrealistic. In fact, some people get very angry with cheery people. You have every reason to feel very good right now. Someone may not appreciate it. There interpretations of your behavior have nothing to do with you.

**CAPRICORN** (Dec. 22-Jan. 19): There can be things that seem like we should know better than to do. You want to do something that is meeting opposition. However, if you feel intuitively called to it and it causes no harm, then the decision is right, if seen from the perspective of leading you to your lessons.

**AQUARIUS** (Jan. 20-Feb. 18): Right now, you are feeling a sense of new beginnings. You are asking the eternal question, "What do I really need?" and hoping to start a new chapter based on what you discover. You will be led you to a wonderful and unique response. The answer is you.

**PISCES** (Feb. 19-March 20): This is a time of conscious magic. How you use it is up to you. It is as if you can visualize and almost immediately see it manifesting. Be conscious and wise or you could risk a few sweet moments with nothing to account for when you are on the other side.

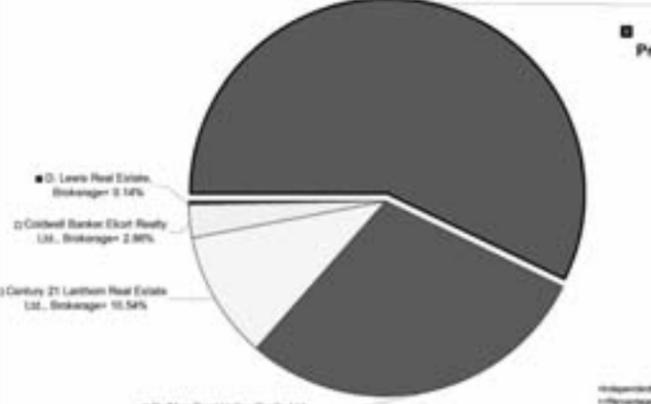


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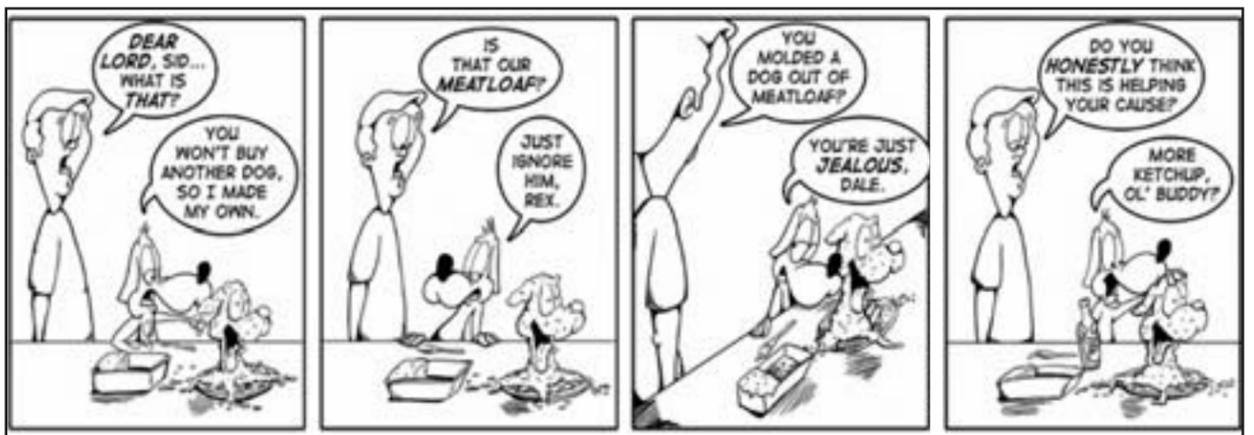
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.





# Joint Task Force Games lends hand to Canadian Paralympic Committee

By Lt(N) Tony Wright,  
Joint Task Force Games  
Support Element, Public  
Affairs Officer

On what felt like a warm summer's day in late January, over 30 volunteers from Joint Task Force Games, who are serving in Vancouver for Op PODIUM, lent a helping hand on their day off to the Canadian Paralympic Committee as they prepare for the upcoming Paralympic Games.

Volunteers and staff converged on Bessborough Armoury, home of the 15th Field Regiment, Royal Canadian Artillery, to break down over thirty pallets of Paralympic athletic gear and pack them into individual packages for our Canadian competitors.

The operation is con-

ducted before every summer and winter Paralympic Games and is called a "Pick and Pack".

"The event was very rewarding and from start to finish, I felt honoured to be doing this task", reported Petty Officer Second Class Ted Hartley "It's the moment when the full realization of their hopes and dreams come to fruition and they are really going to be wearing the colours of their nation."

The Canadian Paralympic Committee staff where taken aback at the enthusiasm and efficiency of the soldiers, sailors, airmen and airwomen who came out to help. "We had planned to get this done in eight hours but your people made it happen in half the time!" said Marylène Croteau, Paralympic Teams Senior Co-ordinator.

Just before the volun-

teers were treated to lunch, they had a chance to meet Canadian Paralympic Committee President Carla Qualtrough who is herself an accomplished swimmer capturing a bronze medal in the Seoul Paralympics in 1988 and silver and bronze medals in the Barcelona Paralympics in 1992.

"Thank you so much for helping with this Pick and Pack. I can't tell you how much it means to an athlete to find their uniform ready and waiting for them when they arrive and how special it is to put it on and represent Canada!" said Qualtrough.

As a gesture of thanks, the Canadian Paralympic Committee presented each volunteer with an official Paralympics toque. Hats off to a job well done!



Colonel (Col) David Barr (left) Deputy Commander of Joint Task Force Games (JTFG) and Lieutenant Commander (LCdr) Paul Blumenstock, Commanding Officer (CO) of JTFG Head Quarters (HQ) sort and pack uniforms for Paralympians. Both of these CF members are based out of CFB Esquimalt with the JTFG HQ for both the Olympics and Paralympics.



Photos: Corporal Dianne Neuman

(Pictured at left) Members of the Canadian Forces Joint Task Force Games Headquarters Staff (CF JTFG HQ), Maritime Capability Component (MCC) and Canadian Paralympic Committee (CPC) staff and volunteers pose for a group photograph during the 'Pick and Pack' event at the Vancouver Bessborough Armouries. Kits were packed for each of the 55 Canadian Paralympians and additional staff.

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# Military spouse: Learning heart health the hard way

by Luke Hendry  
The Intelligencer

Ruth-Ann Muldoon pushed and pushed herself — until her heart pushed back.

The married mother of two worked too much, ate poorly and shouldered more and more stress until a health scare forced her to change her diet, her work and her life.

Now, with the Heart and Stroke Foundation declaring this to be Heart Month in

the highest rate of high blood pressure — 22.2 per cent — in Ontario and also fair poorly in terms of obesity and smoking. Muldoon used to fit all three categories.

“I was a lady who was very, very busy ... but I loved it,” Muldoon said Wednesday in her living-room.

Her job with the Canada Revenue Agency was hectic. She was taking university courses. She did volunteer work, especially

serving in Afghanistan.

“I knew I was pushing, but who cares? You just keep on going,” she said. “I wasn’t paying attention to what was going on inside me.”

## Collapse!

Muldoon awoke feeling horrible on Oct. 31, 2007. She went to work, though, and on her break ran out to do some errands “again, still feeling horrible” but pushing herself. Eventually her body

recalled. The workaholic had to stop driving and make other frustrating changes to her non-stop routine.

“That was such a horrible time for me.”

Muldoon’s father died at age 42 of a heart attack. Her brother, just 32, died the same way.

Like them, Ruth-Ann carries the LDL receptor gene. That means her body produces too much bad cholesterol, allowing it to build up in the blood and arteries and hindering blood flow.

She was eventually diagnosed with angina, a condition caused by poor blood flow to the heart.

Muldoon said she’d noticed the pain, along with shortness of breath, but discounted both.

“I thought, and I found out later most women think, that angina is excruciating pain,” she said. “For me it was a vague feeling.”

The same was true of her breathing: it was impaired but not drastically so, she said.

“You think something’s wrong but you can’t put your finger on it.”

During surgery in October 2008, two stents were implanted in Muldoon’s chest to improve blood flow.

## Support system

After that, she said, “my mortality hit me like a ton of bricks and I didn’t have anyone to turn to. I didn’t know anyone with stents.”

Muldoon called the Heart and Stroke Foundation’s Belleville office.

“That was the best move I made. (They were) fantastic. That’s why I do whatever I can for them.”

Foundation staff referred her to Internet sites and books to help her learn more about her

condition and were supportive of her attempts to recover and look after herself.

“They really were a support system for me.”

Muldoon wore a size 22 at the time of her first blackout. She’s now a size eight.

She now works three days a week, exercises and is strict about her diet, allowing herself only very rare treats.

## One step at a time

Most importantly she has learned to slow down and not stay so busy.

“As someone who’s always been really active that’s a really tough one to come to grips with.”

She acknowledged the difficulty of making such major changes in her lifestyle but said they can begin simply.

“It’s one step at a time,” she said. “You can’t do it all at once — unless you’re hit with something like this — and then it’s life-changing and you don’t have any choice.”

Heather Hedley, executive director of the Heart and Stroke Foundation’s Hastings and Prince Edward branch, offered similar advice.

“Everybody can do just one thing to make themselves healthier,” she said.

Hedley said people should “really take the time to stop and look at where you are” health-wise and take steps to improve.

“Park the car farther from work. Take the stairs instead of an elevator. The next time you decide to go for lunch, walk to where you’re going,” she said. “Eat a piece of fruit. Sit down and have a salad for lunch.”

## Read food labels

When choosing food at the grocery store, she

said, shoppers should read the labels of what they’re buying and pick the healthiest options.

“Every little bit of it will start adding up.”

A quiz on the agency’s website at heartandstroke.ca asks users questions about their health. If desired, the foundation will then send the user information — some of it motivational — on ways to improve.

Internet buffs can also add the foundation as a “friend” on Facebook.com or follow its work on Twitter.com.

Throughout Heart Month 1,400 volunteers will be seeking donations door-to-door throughout Hastings and Prince Edward Counties and Brighton. All will carry foundation identification and information.

Muldoon noted the foundation funds research; she hopes such work will one day address her hereditary gene.

“That’s why it’s so important to give to Heart and Stroke,” she said.

## Feels blessed

Muldoon said she wouldn’t likely have lived if she hadn’t changed her habits.

Now she’s determined to watch her health, urge others to look after themselves and to “make memories” while in good health.

“Just listen to your body,” she said. “Learn about the symptoms.”

“If we don’t do something right now we may not have any more time,” Muldoon said, explaining she now awakes every day feeling fortunate.

“I’m so blessed to be here.”

The Heart and Stroke Foundation’s local office can be reached at 613-962-2502.



Photo: Luke Hendry, The Intelligencer

**After a health scare, Ruth-Ann Muldoon started listening to her body and made some major lifestyle changes.**

Canada, Muldoon is telling her story. Her hope is that others will not only learn from it, but improve their own health while they still can.

## Highest rates

The foundation has just released a report showing Hastings-Prince Edward residents have

with military families.

Muldoon said she would go to bed at 10 or 11 p.m. and rise at 5 a.m.

When she was busiest, she’d rely upon fast food. She was overweight and a former smoker; at her peak, she had smoked about 3.5 packs — roughly 90 cigarettes — a day. Her husband, Terry, was

resisted.

“I was going up to the office and I collapsed.”

She said she woke up in an ambulance. Muldoon was examined in hospital but after her release continued to suffer the mysterious blackouts.

“You and I would be talking and I would just go in a heap,” she

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# DART medics reach out to mountain community

by Captain Mark Peebles,  
Joint Task Force Haiti

**TOM GATO, HAITI** – Medics from the Disaster Assistance Response Team (DART) deployed outside of their clinic in Jacmel for the first time on Sunday, 31 January and set up a remote walk-in clinic.

A team of ten medical technicians, one doctor and one health care administrator took two mini busses from the DART clinic at the port of Jacmel and drove 12 kilometres north to the mountainous town of Tom Gato.

After winding their way along a steep one-lane highway, the team arrived in the town at 9 a.m. and less than an hour later had set up a walk-in clinic at the École Nationale de Fondioies at the top of the mountain.

The medics set up three stations on a veranda opposite a two-story school building sporting monstrous cracks from the earthquake which struck Haiti over two weeks ago.

Classrooms behind the stations still showed the date '12 January', a testament to the 800 students who were at the school the day the earthquake struck.

The 7,000 residents of Tom Gato had been hit much as other communities in the mountains between Leogane and Jacmel.

Twenty-six people were killed and another 90 were wounded according to Haitian Ministry of the Interior representative Mr. Sejour Attilus.

Mr. Attilus, who taught at the school the medics were using, said there are no doctors in the area.

"If someone here needs medical help, they either have to go to Leogane or Jacmel," he said.

Men, women, the old and the young filed through the doors to the compound. Some had injuries stemming from the earthquake.

Many came with maladies associated with hygiene and living conditions. All were treated by medical staff who were just as happy to get to Tom Gato as the people were to see them.

"It feels great to get out of Jacmel. Doing the same thing every day can get monotonous, so this is a nice change of scenery," said Cpl Richard Alam, one of the medical technicians treating people at the school.

Lieutenant (Navy) Nic Gauthier, a health care administrator from 33 Health Services in Kingston, Ontario, conducted a reconnaissance of the area the previous day and noted the need for medical assistance in the area. He said the intent now is to reach out beyond Jacmel into the DART's area of operations.

"Now that we're established with the clinic at the port (of Jacmel), it is time for us to cover our area of operations," he said.

By the time the clinic tore down at 2 p.m., a total of 136 people had been treated. The medics plan to return the following day to continue to provide medical care to Haitians who need it.



Cpl Richard Alam of the Canadian Forces Health Services Centre in Ottawa dresses a leg injury for a woman during a village outreach visit by a DART Mobile Medical Team. Photo: Cpl Julie Bélisle, Canadian Forces Combat Camera



## TRENTON

### Military Family Resource Centre



### MFRC-EVENTS & INFORMATION

#### “Face Off for the Forces” – February 13<sup>th</sup>

The Belleville Bulls will wear one time special “CADPAT” jerseys for the game which will be auctioned off immediately following the game.



There will be a fun game between 8 Wing Trenton and CFB Kingston at 17:00.

Great intermission activities and prizes!

Fun for the whole family!

Tickets available at the MFRC

#### Partner’s Away” Wednesday Night Out 6-8pm

February 17<sup>th</sup> - Introduction to Belly Dancing

February 24<sup>th</sup> - Pizza Night &

“Look for what you love.”

-job search advice



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

### CRFM-Événements et Information

#### “Face Off for the Forces” – le 13 février

Pour cette soirée, les Bulls de Belleville porteront un chandail édition limité “CADPAT”. Ces chandails spéciaux seront mis aux enchères immédiatement après la partie.

Il y aura une partie entre la 8e Escadre de Trenton et CFB Kingston à 17h. Des activités amusantes sont

organisées lors de l’intermission et des prix seront disponibles. Du plaisir assuré pour toute la famille!

Billets disponible au CRFM



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

Le 17 février - Introduction au balladi

Le 24 février - Pizza et

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-recherche d’emploi

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### Le Bal des Masques



Dinner & Dance Saturday, February 27 \$60.00 each

*This is a black tie and mask event.*

Last day to purchase tickets is February 16th

Tickets on sale at MFRC

Information: 613-965-3575



### Le Bal des Masques



Dinner et danse Le Samedi, 27 février 60,00 \$ chacun

*Tenue de soirée et masques sont requis.*

Dernier jour pour acheter des billets est 16 Février

Billet en vente au CRFM

Information: 613-965-3575



For additional information:  
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Contact: Jaimie Corriveau 613-955-8711



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**Classic Three-Bedroom Rancher**  
Plan Number 5-3-648

Dormer windows and a large covered front porch lend a Cape Cod look to this classic three-bedroom rancher. Wood siding, a cedar-shake roof and rock and shingle trims accent the exterior.

Inside, thoughtful touches include a vaulted ceiling in the main living area and a three-sided fireplace that separates the great room from the dining area. The foyer coat closet is topped by a plant ledge.

The kitchen will be a hit with any cook, thanks to its V-shaped counter configuration and large pantry. Natural light will flood through the deep-silled window over the double sink. A raised eating bar with seating for two shares space with a work island fitted with a range top.

The dining area enjoys access to a covered deck overlooking the back garden, while the great room's french doors open on to the covered front porch, providing excellent cross-ventilation in summer.

The master bedroom suite overlooks the back garden for privacy. A three-piece ensuite and with a tub, as well as a walk-in closet, are included. Two secondary bedrooms share another three-piece bathroom with a skylight.

The laundry room offers access to the double garage, making this a convenient entry point to the home. In the hall across from the laundry, one closet houses the hot water tank and furnace while another offers storage for linens.

*This home measures 45 feet wide by 60 feet deep, for a total of 1,499 square feet of space.*



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## Chaplain Services

# 8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre

### WING CHAPLAIN SERVICES

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

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

#### Unit Chaplains – aumôniers d'unités

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

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

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

### WORSHIP SERVICES

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

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

Chapel Life Co-ordinator

*Father Philippe Boudreau*

Co-ordinateur de Vie de Chapelle

#### Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

#### Confession - Réconciliation

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

#### Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

**St. Clement Astra (P)**

Protestant Community

Chapel Life Co-ordinator

*Padre Jim Craig*

#### Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

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

#### Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

### DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

### SACRAMENT OF BAPTISM

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

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

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

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

### SACREMENT DU BAPTÊME

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

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

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

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

## Planning to get married?

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

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

## Vous planifiez de vous marier?

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

Il importe également de prendre note que si le dossier pré-nuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date: voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.

Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

### CHAPLAIN EMERGENCY FUND

You can help the chaplains help our military families most in need. *How?* Every time you make a purchase at our CANEX, ask to have the *Club Xtra* points put on the Chaplain's *Club Xtra* Card. The points will be used to help our military families during times of family crisis. For more information, ask one of the Canex employees.

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## Create space with a renovation project

(NC) – For homeowners, expanding living space often means relocating to a bigger house since building an addition isn't always an option.

But if you can't build up or build out, a great alternative to moving is creating additional space inside your house.

Renovating your basement, such as upgrading your basement insulation, can be done quickly and easily with these handy tips for the homeowner.

- Measure the entire area you plan to renovate.
- Determine whether to do-it-yourself or contract it out.
- Choose materials that you will need to finish the job.

According to David Flood, insulation expert at Owens Corning, it is important to ensure that your basement is properly insulated, not only to expand your living space, but also to help save on heating and cooling costs and enhance the overall comfort of your basement.

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Ready to get started? Don't forget to take advantage of government grants available to help out with your home renovation projects.

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 [ecoaction.gc.ca/homes](http://ecoaction.gc.ca/homes).

Want to learn more? Instructions on how to insulate your basement can be found at [owenscorning.ca](http://owenscorning.ca).

And remember: the long-term benefit of renovating your basement is the added value to your home when it does come time to sell.

*\*Savings vary depending on the original amount of insulation in your home, climate, house size, air leaks and personal energy use and living habits. The colour PINK is a registered trademark of Owens Corning ©2010 Owens Corning. All Rights Reserved.*

## Transform your messy garage to a spacious sanctuary

(NC) – A little inspiration can help turn garage chaos into an efficient work and storage area.

Crawl out from under the clutter and follow these easy tips:

**1. Start with a clean slate then divide and conquer:**

Pick a rain-free day to empty your garage. Clearing out the entire garage forces you to decide to keep or toss each item. Group items into keep, donate, and discard piles. "Keep or toss" decisions are easier when items are separated into smaller groups of similar items.

**2. Lay it out:** Use a garage blueprint estimator, like the one found at [gladiatorgw.com](http://gladiatorgw.com), to plan out your different storage options and ensure there is still room for the car.

**3. Install an organizing garage system:** Select a modular system with adaptable cabinets, bins and hooks, like the

Gladiator Garage Works system, that will grow and change with your lifestyle and family needs. Gladiator Garage Works is available through the Sears catalogue and at Lowe's stores across the country.

**4. Organize by interest:** Organize your garage by interest (i.e. gardening, auto care) to make it easy for everyone to find their own special tools or equipment. When work or play is done enjoy a cool drink from an Energy Star qualified garage refrigerator designed to handle extreme humidity and winter.

**5. Have a 'game plan':** Gladiator Garage Works offers storage options that help with the transition from one sport season to the next.

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<p><b>2010 Matrix</b></p> <p><b>\$148<sup>11</sup></b> @ <b>1.9%</b> APR all-in lease per month for 48 months with \$4,075 down with \$500 Customer Incentive applied. Includes freight and fees.</p> <p>HWY 6.2L/100 KM (46 MPG)* CITY 7.8L/100 KM (36 MPG)*</p>	<p><b>\$500</b> CUSTOMER INCENTIVE<sup>A</sup></p> <p><b>0%</b> APR<sup>V</sup></p> <p>Purchase financing for 36 months</p>
<p><b>2010 Corolla CE</b></p> <p><b>\$148<sup>11</sup></b> @ <b>1.9%</b> APR all-in lease per month for 48 months with \$3,500 down with \$500 Customer Incentive applied. Includes freight and fees.</p> <p>HWY 5.6L/100 KM (50 MPG)* CITY 7.5L/100 KM (38 MPG)*</p>	
<p><b>2010 Camry LE</b></p> <p><b>\$248<sup>11</sup></b> @ <b>2.5%</b> APR all-in lease per month for 48 months with \$4,875 down with \$500 Customer Incentive applied. Includes freight and fees.</p> <p>HWY 6.1L/100 KM (46 MPG)* CITY 9L/100 KM (31 MPG)*</p>	
<p><b>2010 RAV4</b></p> <p><b>\$258<sup>*</sup></b> @ <b>4.5%</b> APR all-in lease per month for 48 months with \$5,400 down. Includes freight and fees.</p> <p>HWY 6.9L/100 KM (41 MPG)* CITY 9.4L/100 KM (30 MPG)*</p>	



**The New Toyota Loyalty Program**  
Current Toyota owners get **\$1,000** towards any new Toyota<sup>3</sup>

**2 Years Complimentary Scheduled Maintenance\***

**Make no finance payments for 120 days\***

**\$ all-in pricing**  
Everything you want in a price.  
Introducing the Ontario Toyota Dealer's All-In Pricing. Includes freight and fees. You simply add the taxes and licensing and it's yours. Simple. Just another way Toyota makes you smile.



**ONTARIO TOYOTA DEALERS** Real people. Great cars.



Limited time lease and finance offers available from Toyota Financial Services on approved credit. \*0%/0%/0%/0% finance APR per month for 36/36/36/36 months on 2010 Matrix (Model KU44EEMA), 2010 Corolla (Model BU42EMA), 2010 Camry (Model BF36KTA) and 2010 RAV4 (Model ZF4DVPA). Example \$10,000 at 0% at 36 months, monthly payment is \$278. Cost of borrowing is \$0 for a total obligation of \$10,000. †1.9%/1.9%/2.5% lease APR for 48/48/48 months on a new 2010 Matrix (Model KU44EEMA), 2010 Corolla (Model BU42EMA) and 2010 Camry (Model BF36KTA) priced at \$18,019/\$16,814/\$26,355 when you apply the \$500/\$500/\$500 Customer Incentive monthly payment is \$148/\$148/\$248 with a \$4,075/\$3,500/\$4,875 down payment or trade equivalent, and first monthly payment due at lease inception. Total lease obligation is \$11,193/\$10,612/\$16,788. All-In Lease includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable), GST/PST, licensing, registration, insurance and TFFC are extra. Dealer may sell for less. Based on a maximum of 96,000 KMS. Additional KM charge of \$.07/\$.07/\$.10 for excess kilometres if applicable. \*4.5% lease APR for 48 months on a new 2010 RAV4 (Model ZF4DVPA) priced at \$26,219. Monthly payment is \$258 with a \$5,400 down payment or trade equivalent, and first monthly payment due at lease inception. Total lease obligation is \$17,795. All-In Lease includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable), GST/PST, licensing, registration, insurance and TFFC are extra. Dealer may sell for less. Based on a maximum of 96,000 KMS. Additional KM charge of \$.10 for excess kilometres if applicable. †\$500/\$500/\$500 Customer Incentive offer valid on retail delivery of new 2010 Corolla, 2010 Matrix, 2010 Camry when financed, leased or purchased from an Ontario Toyota dealership. Vehicle must be registered and delivered between February 2 and March 1, 2010. ‡The Complimentary Maintenance Program provides the services outlined in the Factory Recommended Maintenance Schedule that accompanies every Toyota vehicle for two years or 48,000 km, whichever occurs first. Service intervals must be followed per the Schedule. Some exclusions may apply. Services beyond regularly scheduled maintenance or components not included in your maintenance schedule become the responsibility of the owner. Consult your Ontario Toyota Dealership for more details. The Toyota Complimentary Maintenance Program will be offered for a limited time only on new Canadian Toyota vehicles sold between February 2 - March 1, 2010. Offer subject to change. §Toyota Loyalty Program (TLP) offer is available to current registered owners/lessees of a Toyota branded vehicle (registered and insured in Canada for at least 6 months prior to TLP purchase) or immediate family members with whom they are domiciled, when they purchase/finance/lease and take retail delivery of a new unregistered 09/10/11 Toyota branded vehicle between February 2 - March 1, 2010. Proof of current address and registration/insurance/lease required. TCI/TMMC/TCCI employees/contractors and daily rentals are not eligible for TLP offer. Limit of one TLP offer per registered owner per registered vehicle. No more than one TLP offer may be used towards the purchase/lease of a single new vehicle. ¶Make No Payments for 120 Days when you purchase finance a new unregistered Toyota vehicle through Toyota Financial Services. Offer applies on approved credit to retail customers who purchase and take delivery by March 1, 2010. The first monthly payment will be deferred for 90 days (until the 120th day of the contract) and finance contracts will be extended accordingly. Interest charges will not accrue during the first 90 days of the contract. After 90 days, interest starts to accrue and the purchaser will repay principal and interest over the term of the contract. †These estimates are based on the Government of Canada's approved criteria and testing methods. The actual fuel consumption of these vehicles may vary. Refer to the Government of Canada publication EnerGuide Fuel Consumption Guide. All rights are reserved. Dealer may sell/lease for less. Offers are valid between February 2 and March 1, 2010 and are subject to change without notice. Please see your participating Toyota Dealer for full details.

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