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Senior appointment: Col Dave Cochrane to lead 8 Wing

1. The recent events in 8 Wing Trenton have been extremely difficult for all members of the Canadian Forces and DND family, and indeed for the wider Canadian public. Commanders are selected both for their professional and personal competence and the standards of conduct for all members of the Canadian Forces are clear.

2. It is therefore imperative we

move to maintain the trust that must exist at all levels in the chain of command. 8 Wing Trenton in particular has been shouldering a heavy burden in support of recent

global operations, for example in contributing to our mission in Afghanistan, in saving lives in Haiti, and supporting the RCMP in securing the Olympic Games. Mission success for all the units in

Trenton is crucial to the ongoing success of the Canadian Forces.

3. Given the current circumstances, I have relieved Colonel Williams of his appointment as Wing Commander. Upon promotion, Colonel David Cochrane will

be appointed as the Wing Commander to replace him. Col Cochrane is a highly experienced, trustworthy and capable com-

mander who is well known in the local community, as are his wife and children. Col Cochrane is a respected member of the Air Mobility community and he has my utmost confidence

4. Col Cochrane assumes his command under especially challenging

circumstances, yet the men and women of 8 Wing Trenton are strong and resilient. I am con-

fident they will continue to approach their duties with the same professionalism and pride that has been so evident in recent months and indeed years. Col Cochrane and the personnel of 8 Wing will be there in full force to support national and international operations.

Lieutenant-General André Deschamps, Chief of the Air Staff

Nomination au poste de commandant - 8e Escadre

1. Les récents événements survenus à la 8e Escadre de Trenton, dont l'arrestation de l'ancien cmdt de 1 ere, ont été extrêmement difficiles pour les membres des forces canadiennes, la grande famille du mdn et nombre de canadiens.

Les commandants sont sélectionnés pour leurs compétences professionnelles et personnelles et les standards de conduite pour tous les membres des forces canadiennes sont compris de tous.

2. Il est donc impératif que nous agissions afin de maintenir la confiance qui doit exister à tous les échelons de la chaîne de commandement. La 8e escadre de Trenton a offert une contribution particulièrement remarquée à l'appui des récentes opérations internationales comme la contribution à la mission en Afghanistan, le sauvetage des vies en Haïti ainsi que dans l'assistance à la grc pour la sécurité des jeux olympiques. Cette contribution unique de la 8e Escadre est cruciale afin d'assurer le succès de la mission globale des forces canadiennes.

3. Étant donné les circonstances actuelles, j'ai libéré le col Williams de ses fonctions de cmdt d'ere. À la



suite de sa promotion, col David Cochrane sera nommé nouveau cmdt de la 8e Escadre. Col Cochrane possède une vaste expérience, une fiabilité hors pair et une unique habileté à commander. il est bien connu dans la communauté, tout comme sa femme et ses enfants. Col Cochrane est un membre respecté de la communauté des mouvements aériens et possède ma plus grande confiance.

4. Col Cochrane assume le commandement d hommes et femmes de la 8e Escadre qui

sont très résilients, et ce dans des circonstances particulièrement difficiles. Je suis confiant qu'ils continueront d'approcher leurs devoirs avec le professionnalisme et la fierté qu'ils ont brillamment démontrés au cours des derniers mois et années.

Col Cochrane et le personnel de la 8e Escadre continueront d'appuyer d'une main de maître les opérations nationales et internationales

Lgen André Deschamps,
CEMFA

A message from LCol Murphy

As you will note in the CANFORGEN, Colonel Dave Cochrane has been selected to be our new Wing Commander and will officially assume command of 8 Wing Trenton on Friday, 19 Feb. More details will follow concerning the Assumption of Command ceremony.

For those who have not yet had the privilege to work with Col Cochrane, I can tell you as one of his personal friends and a long time colleague that he is truly a great man and inspirational leader.

In a time when our trust has been severely tested, we will be indeed fortunate to have a highly respected and trusted officer at the helm of 8 Wing to reinstate our confidence and lead us ahead into a bright new future.

I have attached Col Cochrane's biography and I trust that you will agree that his range of operational and command experience clearly identify a man suited to the position entrusted.

I know you will provide Col Cochrane with the same level of unwavering support as you have shown me during the past week and I assure you that he is a



Lieutenant-Colonel David Murphy

gifted leader of unquestionable character and integrity who I personally will be honoured to serve.

On a personal note, I would like to thank you all for the resilience and strength of character that you have clearly demonstrated over the past few days.

I am immensely proud of each and everyone of you for the manner in which you responded to the events which recently unfolded - it

has not been easy for anyone but I remain inspired by your resolve to put it all in perspective and march straight ahead.

As Gen Natynczyk recently said, stand tall and proud...you have more than earned that right.

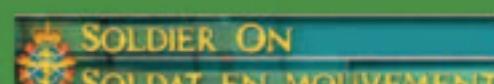
There is no one that will be standing taller or prouder than Col Dave Cochrane, the Commander of an absolutely outstanding Wing.

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Military families to benefit from Harley for Heroes draw

by Tom Philp, Contact Staff

One of the world's best known motorcycle companies has teamed up with CANEX and the Canadian Forces to raise funds for military families, and put one lucky ticket holder on the back of a big bike.

Deeley Harley-Davidson Canada has donated a one-of-a-kind, 2009 Harley-Davidson Road King motorcycle to the Canadian Forces Personnel Support Agency (CFPSA), to be displayed at CANEX outlets and other community venues, offering anyone an opportunity to win the custom bike by purchasing a \$25 ticket. Painted by artist Roger Pouw of Extreme Measures Kustom Paint in Oakville, Ontario, the Road King began display tour last October at Ottawa's National Gallery.

The motorcycle made its way to 8 Wing/CFB Trenton's CANEX, where it sat on display from February 6-12. On February 11, it caught the eye of Lieutenant-Colonel Dave Murphy, Acting Wing Commander of 8 Wing at the time, and Chief Warrant Officer Kevin West; so much so, that LCol Murphy hopped aboard to "try it out for size."

"It's a magnificent



Photo: Tom Philp, Contact Staff

Lieutenant-Colonel Dave Murphy, Acting Wing Commander, 8 Wing/CFB Trenton on February 11, 2010, sits astride a custom, 2009 Harley-Davidson Road King motorcycle at the north side CANEX. Wing Chief Warrant Officer, CWO Kevin West and CANEX manager Andy Moreau look on with envy. Tickets were on sale for \$25, and the program is expected to raise about \$250,000 for the Military Families Fund.

machine," LCol Murphy said. "Maybe I ought to get one."

LCol Murphy praised the cooperative efforts of Harley-Davidson and CFPSA to raise funds for military families, and salute the efforts of deployed Canadian troops.

"This is another fine example of how communities rally to support the women and men of the Canadian Forces," he said.

The unique fundraising event incorporates four key elements: The Support our Troops Yellow Ribbon; the Military Crest; a representation of the Highway of Heroes; and the Red Poppy.

Only 10,000 tickets were made available for the "Support our Troops" motorcycle, increasing a ticket holder's chances of winning substantially. Program organizers anticipate "this spectacular custom motorcycle will help raise \$250,000 for the Military Families Fund (MFF) programs."

The MFF is an active and responsive initiative to help military families, literally within hours of being advised of a need. It provides support in both short-term and long-term situations. The MFF allows CF leadership to meet the special-case needs of CF

members and their families "with speed and flexibility not always available through traditional programs."

"I am constantly surprised by the generosity and the altruism that our (Harley-Davidson rider group) members throughout the country show in their incessant efforts in fundraising and charitable events, so I am extremely proud ... to show a little corporate citizenship and unveil a motorcycle which will represent our thanks to the troops," said Don James, Chairman and Chief Executive Officer of Deeley Harley-Davidson Canada.

Cpl Boyd Hunt is Driver of the Year

by Sgt MacDonald

The Driver of the Year award is presented to the MSE Op Corporal/Private or Civilian operator employed within 8 Wing Transportation sections who has provided outstanding service to the squadron throughout the year.

Each month different sections nominate their best member to MSE Safety and a committee then selects a winner for that month. Afterwards, the member is presented with a certificate in front of his/her peers to recognize their accomplishments. At the end of the calendar year, section heads decide who of those 12 individuals

ultimately deserve to be Driver of the Year.

Cpl Boyd Hunt was recognized as the 2009 Driver of the Year. Throughout 2009, Cpl Hunt's performance can only be described as outstanding. Due to manning shortfalls, he filled the Master Corporal's role of Crew Chief for the majority of the SNIC season. During this time he expertly dealt with matters that required quick and decisive action in order to maintain an active runway during adverse weather conditions.

In addition to his everyday duties, he volunteered a tremendous amount of time and effort to assist in the coordination of numerous unit activities, such



Pictured L-R: WO Bureau, MWO Sampson, Maj Brown, Cpl Hunt, Sgt MacDonald.

as the WTN/EME Christmas party and Farewell BBQ.

Throughout the year he also completed a 15-month OJT program, earning him the trade milestone qualification of 935.05, Airfield Special Purpose Mobile

Support Equipment (SPMSE) Operator.

Cpl Hunt is a consummate professional and his recognition as Driver of the Year is testimony to the exemplary dedication and job performance he displayed throughout 2009.



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Medical technicians take to the sky for life saving training

by Lieutenant Shalako Smith, Joint Task Force Games Air Component Public Affairs Officer

As search and rescue technicians (SAR Techs) perform their lifesaving duties in Haiti the Canadian Forces (CF) look to their medical technicians (med techs) here in Canada to perform the all too important casualty evacuation function at home during Operation Podium.

To ensure they are up

to the task, eight med techs are undergoing a new type of training during the early days of Operation Podium to ensure they are skilled, capable and responsive should they be called upon to help save the life of a CF soldier, seaman, airman or airwoman and Royal Canadian Mounted Police (RCMP) members by combining their medical knowledge and skill with the transportation capability of the CH-146 Griffon helicopter.

The Forward Aeromedical Evacuation Specialist course was

first taught in January 2009, and was born out of the need to address critical casualty evacuations in Afghanistan. At present, the course has been completed by 25 CF members but with the anticipated graduation by the latest class on February 5, 2010, that number will grow to 33. The previous graduates have been or are currently serving in Afghanistan while the latest class will support Operation Podium.

The course officer for the latest course serial, Major Dominique Laplante of 426 Training Squadron at 8 Wing Trenton, Ont., said this course, normally conducted out of 8 Wing, has been brought out to Whistler, B.C. to ensure that if there is a need, CF med techs serving in the area are trained to provide casualty evacuation for CF troops.

"It was recognized that we have to be able to support our troops at home and in Afghanistan and we need to be able to provide this capability," said



Photo: MCpl Tom Trainor, 8 Wing Imaging

Candidates from the Forward Aeromedical Evacuation Specialist course perform emergency care on a simulated casualty under close supervision of their instructors at the Whistler Heliport during the practical portion of the week-long course.

Major Laplante.

The course consists of in-class lectures discussing the flying environment, stresses of flight, in-flight care as well as familiarization of the Griffon, the aircraft most likely to be used for casualty evacuation during Operation Podium. The practical portion of the training adapts the med techs pre-hospital medical protocols to the air environment and teaches multiple meth-

ods of loading and unloading casualties from a rotary wing aircraft and how to provide in-flight casualty care at night when the use of light in the aircraft would obstruct the pilots' vision.

Corporal Matthew Imamshah, a course candidate from 23 Health Services Centre in Winnipeg, Man. and working out of camp Cal-Cheak near Whistler, B.C., feels the

material he is learning will provide a valuable tool for his med tech toolbox. He understands that working safely along with air assets can help expedite the transfer of a casualty to the appropriate medical authority and will help save lives.

Course candidates were drawn from camps and bases all over the Olympic joint operations area in order to provide adequate coverage to all CF troops

deployed for the operation. Many of them have been involved in various medical build-up training courses and exercises since September 2009.

According to Major Laplante, the goal is to have a minimum of 40 med techs trained on the Forward Aeromedical Evacuation Specialist course. She calls the capability "vital."

"For a casualty [this training] means faster evacuation, faster care and faster transportation to a medical facility. It really saves lives," she said.

Operation Podium is the CF contribution to the overall security of the Vancouver 2010 Olympic and Paralympic Winter Games in support of the RCMP-led Integrated Security Unit. The Air Force's contribution is two-fold: The Air Component Command of Joint Task Force Games, which provides airlift, medical evacuation and area surveillance for the RCMP; and NORAD, which will ensure airspace security.

Course candidates were drawn from camps and bases all over the Olympic joint operations area in order to provide adequate coverage to all CF troops

Search & Rescue UPDATE



424 Squadron participated in three taskings this week.

First, our Griffon was tasked to investigate a possible overturned red kayak southeast of Meaford. It turned out that the object was a red buoy which was turned on its side due to the ice.

Then both the Hercules and the Griffon were tasked to go search for a missing person in North Bay. Both crews were stood down prior to departure when the woman was found alive by the OPP.

Then the CH146 was again tasked to look for a 49-year-old fisherman who went missing near Longue Pointe, Lake Erie. The first crew flew all night with no success; they were relieved by the day crew. Shortly after take off the second crew was advised that the man had been found and they could return to base.

Until next week, stay safe.

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

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 - 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.
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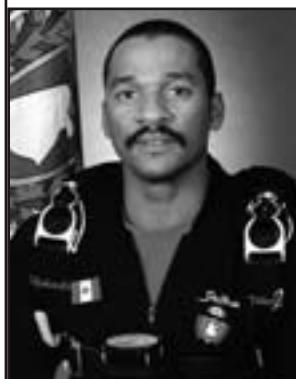
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IN LOVING MEMORY

Warrant Officer Michael "Hammy" Hamilton

In loving memory of a dear husband, father, grandfather and friend, who passed away 22 February 2009.

Your presence we miss, your humour and laughter you gave us we treasure, loving you always, remembering you forever and deeply missed, by your wife Shelley; daughter Alicia; sons, Cole, Rodney and Leon; and the many family and friends you touched in the local community and serving your country.



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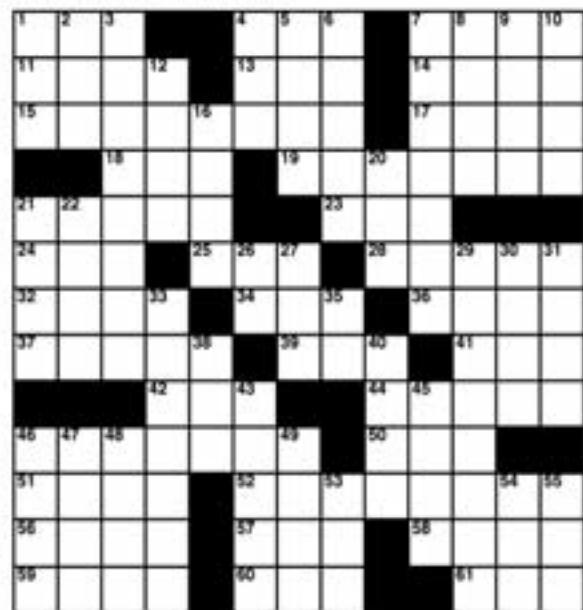
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Canadiana Crossword

A Kingly Comment

By Bernice Rosella and James Kilner



- ACROSS**
- 1 It is poetically
 - 4 Ancient
 - 7 Oned
 - 11 Swill
 - 13 Tibeto-Burman tongue
 - 14 Part 7 of today's quote
 - 15 Beginning of today's quote
 - 17 Beard locale
 - 18 Israel or graph addition
 - 19 Part 3 of today's quote
 - 21 Part 2 of today's quote
 - 23 Eng. conditioner
 - 24 Legislature mbr.
 - 25 Prefix for term or wife
 - 28 Part 10 of today's quote
 - 32 Go separate ways
 - 34 Part 8 of today's quote
 - 36 Soup in Salermo
 - 37 Spotted
 - 39 Blakeney and Eagleson, to cronies
 - 41 Fleur de _____
 - 42 Collection of tales
 - 44 Part 4 of today's quote
 - 46 Reprobates
 - 50 Own to Angus
 - 51 Part 9 of today's quote
 - 52 Part 6 of todays quote
 - 56 Shake splitting tool
 - 57 Maritime eagle
 - 58 Norwegian Capital
 - 59 Collections
 - 60 No to MacNair
 - 61 Univ.
- DOWN**
- 1 One third of a tbsp.
 - 2 UN labour organization
 - 3 Sole
 - 4 Japanese sash
 - 5 Lakes to La Verendrye
 - 6 Back parts
 - 7 Receives willingly
 - 8 Songwriter Sammy
 - 9 _____ the Red
 - 10 Bit of sea shore
 - 12 Substance
 - 16 Seethe
 - 20 Simpson trial judge
 - 21 Mischievous ones
 - 22 Swat
 - 26 Providing
 - 27 ER tag
 - 29 Sanctity
 - 30 Larger than life

- 31 Reckless
- 33 Part 5 of today's quote
- 35 Part of Treasure Island author's monogram
- 38 Genetic info
- 40 Exchange
- 43 Like Switzerland
- 45 Hawaiian town
- 46 Umps
- 47 European river
- 48 Allistair or Murdoch
- 49 Plasmas
- 53 Ace
- 54 RN's forte
- 55 Cry of pleasure

See Answers, Page 22



This Week in Contact

1980 – Former Royal Canadian Air Force Squadron Leader Don Connolly held his first public art show after turning professional in 1979. Exhibiting 50 of his paintings at the Art Frame Gallery in Belleville, Connolly displayed his versatility in portraits, paintings of landscapes and seascapes, and many depictions of military aircraft. Connolly's works continue to hang in numerous government, business and private collections.

1990 – CFB Trenton celebrated Scout-Guide Week here this week, continuing a tradition that dated to 1948 and Royal Canadian Air Force Station Trenton. Scouting was started in Trenton that year under the leadership of Flight Sergeant Archie Murdoch, who was the local Cubmaster. From 11 enrolled Cubs in 1948, the movement had grown to 160 boys and 120 girls registered by 1990.

2000 – The Military Family Resource Centre at 8 Wing/CFB Trenton was preparing to host the first-ever Francophone Conference here. The one-day event would feature four workshops to encompass employment planning, children's activities, personal relaxation, stress management and other topics, with a gourmet lunch prepared by Chef Pierre Nolet.

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



Biography – Colonel D.B. (Dave) Cochrane, CD

Colonel D.B. (Dave) Cochrane grew up in Toronto and enrolled in the Canadian Forces in 1982.

He received a baccalaureate degree in Mechanical Engineering from the Royal Military College in Kingston, Ontario in 1986.

Following receipt of his navigator wings in 1988, Colonel Cochrane was posted to 436 Squadron in Trenton as a tactical and strategic navigator.

During this posting, which included both training and standards roles, he participated in several deployments including the Gulf War I, the Kurdish re-supply airdrop missions, and the United Nations High Commissioner for Refugees (UNHCR) Operation Airbridge in Sarajevo.

In 1993, Colonel Cochrane attended the year long Aerospace Systems Course in Winnipeg, Manitoba.

Upon graduation in 1994, he was posted to the Director Air Requirements Fighters and Trainers 5 section in Ottawa where he was Project Director for several CF18 Electronic Warfare

Projects.

In 1997, Colonel Cochrane was posted to 426 Transport Training Squadron in Trenton where he became a CC130 navigator instructor and helped lead the implementation of the CC130 Avionics Update Program conversion training for CC130 aircrew.

Promoted to Major in 1999, he held several key squadron supervisory positions, which included Chief Flying Instructor, Deputy Commanding Officer and also Acting Commanding Officer 426 Squadron for a six month period.

In 2003, Colonel Cochrane attended the Canadian Forces Command and Staff College Course in Toronto, receiving in conjunction a Masters degree in Defence Studies from the Royal Military College.

In 2004, Colonel Cochrane joined the Chief of the Air Staff organization in Ottawa overseeing CC130 Hercules, CC144 Challenger and CC150 Airbus projects. Promoted to the rank of Lieutenant-Colonel in 2005, Colonel Cochrane was appointed Director Air



Colonel David Cochrane

Requirements 2, overseeing both Strategic (CC177 and supervising Air Mobility Globemaster) and Tactical capital projects including the Airlift (CC130J) and the Airlift Capability Project - Fixed Wing Search and

Rescue Project.

In July 2006, Colonel Cochrane assumed command of 426 Transport Training Squadron at 8 Wing Trenton.

During his command, he helped oversee key transformational activities for Air Mobility including the force generation for CC-130 Hercules and CC-150 Airbus fleets.

In May 2009, Colonel Cochrane transferred command of 426 Squadron and deployed for six months to Camp Mirage as CO Theatre Support Element roto 8.

Upon his return to Canada in December 2009, Colonel Cochrane commenced six months of French second language training at 8 Wing /CFB Trenton.

On February 12, 2010, it was announced that Colonel Cochrane was selected to assume command of 8 Wing/CFB Trenton on February 19, 2010, upon his promotion to the rank of Colonel.

Colonel Cochrane is married to Sherri Cochrane (nee Smith) of Ottawa. They have a son and a daughter, Jamie (13) and Lindsay (12).

Biographie – Colonel D.B. (Dave) Cochrane, CD

Le colonel D.B. (Dave) Cochrane a grandi à Toronto et s'est enrôlé dans les Forces canadiennes en 1982. En 1986, il a obtenu un baccalauréat en génie mécanique au Royal Military College de Kingston (Ontario).

Après avoir reçu son brevet de navigateur aérien et réussi le Cours élémentaire de navigateur de CC130 en 1988, le colonel Cochrane a été affecté au 436e Escadron, à Trenton (Ontario), à titre de navigateur stratégique et tactique de CC130 Hercules.

Pendant cette affectation, où il a été chargé notamment de l'instruction et des normes, le colonel Cochrane a participé à plusieurs déploiements, y compris la guerre du Golfe, les missions de largage visant à réapprovisionner le peuple kurde dans le nord de l'Iraq, l'opération Deliverance à Nairobi, et l'opération Airbridge du Haut Commissariat des Nations Unies pour les réfugiés (UNHCR) à Sarajevo.

En 1993, le colonel Cochrane a suivi le Cours sur les systèmes

aéospaciaux d'une durée d'un an, donné à Winnipeg, Manitoba. À la suite de sa graduation en 1994, le colonel Cochrane a été nommé Directeur – Besoins aérospatiaux 5 (avions-écoles et chasseurs) à Ottawa, où il a assuré la direction de plusieurs projets de guerre électronique pour le CF18.

En 1997, le colonel Cochrane a été affecté au 426e Escadron d'entraînement au transport, à Trenton, où il est devenu navigateur-instructeur pour le CC130 Hercules à l'Unité d'entraînement opérationnel (UEO). Il a contribué également à la mise en œuvre du Programme de modernisation de l'avionique du CC130 en s'occupant de la formation de transition du personnel navigant.

Promu major en 1999, il a assumé des rôles clé au niveau de la supervision, incluant celui de chef instructeur de vol du 426e Escadron, le poste de commandant adjoint, en plus d'avoir été nommé commandant par intérim du 426e Escadron pour une période de six mois.

En 2003, le colonel Cochrane a réussi le cours du Collège d'état-major et de commandement des Forces canadiennes à Toronto, et parallèlement, il a obtenu une maîtrise en études de la défense au Collège militaire royal du Canada.

En 2004, le colonel Cochrane s'est joint à l'organisation du Chef d'état-major de la Force aérienne, à Ottawa, où il a supervisé des projets liés au CC130 Hercules, au CC144 Challenger et au CC150 d'Airbus.

Promu au grade de lieutenant-colonel en 2005, le colonel Cochrane a alors été nommé Directeur – Besoins aérospatiaux 2, et il a supervisé des projets d'immobilisations dans le domaine de la mobilité aérienne, notamment le Projet d'avion de recherche et de sauvetage, et le Projet de capacité de transport aérien stratégique (CC177) et tactique (CC130J).

En juillet 2006, le colonel Cochrane a pris le commandement du 426e Escadron d'entraînement au transport, à la 8e Escadre Trenton. Pendant son mandat, il a aidé à

superviser des activités de transformation essentielles pour la mise sur pied des activités de la mobilité aérienne, incluant les appuis nécessaires pour les flottes de CC130J Hercules et CC150 Airbus.

En mai 2009, le colonel Cochrane a transféré le commandement du 426e Escadron et est parti en mission pour une période de six mois afin d'assurer le commandement de l'Élément de soutien du théâtre à Camp Mirage avec la roto 8.

À son retour au Canada en décembre 2009, le colonel Cochrane a suivi un cours de français langue seconde d'une durée de six mois à Trenton.

Le 12 février 2010, le colonel Cochrane a été choisi pour assumer le commandement de la 8e Escadre Trenton, ce qui sera en vigueur le 19 février 2010 alors qu'il aura été promu au grade de colonel.

Le colonel Cochrane est marié à Sherri Cochrane (née Smith), qui est originaire d'Ottawa. Le couple a un fils et une fille : Jamie (13 ans) et Lindsay (12 ans).



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Sue Simmons: Career civil servant provides key support for Wing Executive

by Tom Philp, Contact Staff

Sue Simmons is one of those colleagues you might point to and say, "Oh, Sue ... she's been around forever!" Not quite forever; but this career federal civil servant has served her country well, and in a variety of roles.

Currently the senior Administrative Assistant to the 8 Wing Executive, Simmons began her federal service in 1974, when she worked for the Canadian International Development Agency (CIDA) in Ottawa. She spent eight years in a clerical capacity with CIDA before transferring to the Department of Energy, Mines and Resources for another six years. Returning then to CIDA briefly, she made her move to National Defence Headquarters in Ottawa in 1988.

It was a move from which she's "never looked back," and to which she owes a significant amount of happiness ... she met her husband, Ted Simmons, at NDHQ the following year.

"I met Ted while I was there. He worked at NDHQ too, doing something with fire policy, or firefighter training," she said. "That was funny, because he trained all the firefighters for CIDA too."

When Ted was posted to CFB Borden in 1990, Sue and her young boys were at his side. She worked for the Canadian Forces Training Development Centre while there ("you name it, I did it"), and continued her line of clerical service when her husband transferred to 8 Wing in 1995. He retired as a Chief Warrant Officer here in 1997, only to re-up as an Air Force Reserve member for the next 10 years.

Arriving in Trenton, Sue was hired to be clerical support for Major Gerry Potter, the 8 Wing Air Traffic Control Officer. She remained in ATC for four years until her position was eliminated. It was then that LCol Chris Colton, now the Executive Director of the National Air Force Museum of Canada, recommended Simmons for a clerical job with the Wing Administration Officer, LCol Mary Romanow.

"I really loved it at ATC," Simmons said. "The folks there were so great, such a lot of fun. There was a definite team spirit. I cried when I left there."

Simmons said the move to a Wing HQ position "was difficult," but made less so by the welcome and assistance she received from her new colleagues.

"Even though it was still military material that I was dealing with, it was completely different from the military stuff I handled at ATC," she said. "It was the people over here who made my transition so much easier."

Simmons also endured three separate Wing HQ location changes ("that was hard – three moves in a very short period of time"), the last one being a move to its current building from the space now accommodating 8 Wing's Military Police Detachment. Along with the physical moves, Simmons also noticed other ongoing changes on the Wing, and in the military.

"Back then (1999) we were Administrative Support, and we'd been clerks before that," she said. Times have changed; and I find it hard to believe sometimes how fast things have progressed. Look at the growth of this base.



Photo: Tom Philp, Contact Staff

Sue Simmons is the senior Administrative Assistant to the 8 Wing Executive.

It's amazing!"

After a former Executive Assistant to the Wing Commander retired, Simmons took on her duties, continuing in that role until Colonel Hood became Commander of 8 Wing. She then became the Administrative Assistant to the Wing Administration Officer, LCol Miller, and stayed there when the current WAdmO, LCol Fetterly, assumed duties here. Everyone in the command corridor knows that Simmons is the person who "keeps them in line."

Fluently bilingual, Simmons clerical duties have expanded to include such tasks as collaborating with people across the Wing to coordinate events, and dealing with the daily administrative responsibilities that come with working at the command level.

Simmons is also the Wing Executive

Branch security officer, or as she calls herself, "the bubble cop."

"I really love my work," she said, and is particularly proud that she completed all 11 courses offered in the Professional Development series on the Wing. Her certificate of achievement hangs prominently on the wall behind her desk.

"It's never the same here on any two days in a row," she said. "There are always new challenges to face. It's great."

"When will I retire? I have no idea," Simmons said. "I'm certainly not ready yet. I like the people here a lot, and I love my work too much to retire now."

Simmons military connections are also continued through her sons Scott and Joshua, both CF members. A third son, Shawn, works for an Ottawa school board. And although she looks far too young, Sue Simmons is the grandmother of five!

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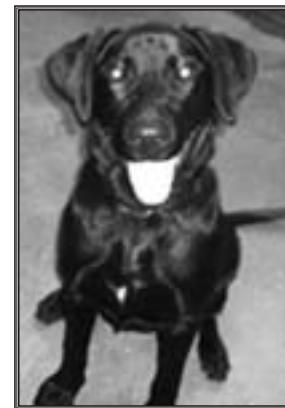
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Scout is an 8 month old black lab that is full of energy.

This BIG boy was surrendered because his owners felt they didn't have enough time or space for him and wanted to give him a chance at a better life. Scout is a strong boy who loves to play, run and go for long walks.

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Sports

SPORTS & RECREATION

High spirits at the Air Canada Centre

by Ryan Cane, National Recreation Manager, DGPSS

From a box seat in the Air Canada Centre, Master Corporal Brian Cummings cheers on the Toronto Maple Leafs as they played the Vancouver Canucks.

It's an experience he never thought he would have had just because he volunteered in his community.

"It was an amazing time, one I will cherish for ever," Cummings says. "Growing up in Toronto and being a life long supporter of the Leafs, it was overwhelming being there on the ice surface meeting these athletes and getting autographs."

The Canadian Forces Community Spirit Program recognizes leadership, innovation and involvement in the Canadian Forces community.

The challenges specific to military life, such as deployment greatly impact CF personnel, their families and the neighbourhoods in which they live.

But when community comes together these challenges can be overcome and the spirit shown by dedicated volunteers is inspirational and contagious.

This winter the program recognizes a dedicated group from CFB



Chief of Defence Staff Walter Natynczyk presents the Community Spirit Program recipients from CFB Borden with their award on the ice of the Air Canada Centre January 30, 2010.

Borden who worked to bring Operation Red Nose to their community to ensure a safer and happier holiday for all.

But the impact of the program did not stop there, funds raised when into the Military Police Blind Fund and the Base Youth Centre to benefit the community year round. This effort truly exemplifies Community Spirit.

"Getting out there and getting involved in the Community allows us to help those less fortunate and to lend a helping hand where needed." Cummings says encouraging others to get involved. "It also gives us the opportunity to meet people from all walks of life and make new friends."

The contest and reward was made possible thru the generous sponsorship of BMO Bank of Montreal, official providers of the Canadian Defence Community Banking program and the Support our Troops MasterCard.

The award included five star accommodation in Toronto, limo service, Box Seats to the Game and On Ice Photography Opportunities.

"We are pleased to help make this special night a great experience." Frank Techar, President and CEO, BMO Bank of Montreal."

The program is organized by Director General Personnel and Family Support Services as a National recreation program.

March Break Kidz Kamp: Register now

The March Break Kidz Kamp is back 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: One child, \$100; two children, \$170; three children, \$215; and four children, \$250.

Cost for the general public: One child, \$115; two children, \$190; three children, \$240; four children, \$275.

Registration for the March Break Kidz Kamp today at the RecPlex.



Kidz Kamp participants enjoy a number of indoor and outdoor activities throughout the March Break.

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The Trenton Craft Guild has limited openings for crafters of fine hand made products at their upcoming shows. To book your booth, please call today.

For the Spring Show at K of C Hall in Trenton on May 1 call Bev at 613 475-1985 or Sandra & George at 613 394-3167.

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

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

The Flying Frogman Scuba Club

The Flying Frogmen Scuba Club for over 51 years in Trenton has fulfilled the needs of the military diver. We're your club and need your support and membership to keep this organization prosperous. The club is not limited to military, we have ex-military and civilian members as well. The aim of the Flying Frogmen is to promote safe diving through education, courses and fellowship.

For a nominal fee you can join us on three charter boat dives operating out of Kingston, Rockport and Brockville.

For more information come and see us Tuesday and Thursday evenings at the RecPlex pool deck or you may contact Kent Clifford, Vice-president, at 613-392-2811 local 3895.

Le club de plongée Flying Frogmen Scuba Club

Le club de plongée Flying Frogmen Scuba Club dessert la Base de Trenton depuis plus de 51 ans aux services des plongeurs militaires.

Nous sommes votre club et nous avons besoin de votre support et de votre adhésion pour garder l'organisation prospère. Le club n'est pas restreint aux militaires mais aussi aux anciens militaires, conjoints et civils. Le but du club est de promouvoir des plongées sécuritaire à travers l'éducation, cours et camaraderie.

Le cout de l'adhésion est de 55\$ par année, ceci vous donne droit à des remplissages de cylindre d'air gratuit (pas de mixage), l'accès à la piscine du RecPlex deux soirs semaines pour l'entraînement de nage en longueur ou pratiquer des techniques de plongée, aussi une cédule d'événement de plongée organisée.

Pour un cout minimal vous pouvez aussi vous joindre à nous pour trois plongées sur bateaux nolisés à partir de Kingston, Rockport et Brockville.

Pour plus d'information venez nous voir à la piscine du RecPlex (Mar/Jeu soir) ou communiquez avec notre Vice-président Mr Kent Clifford au numéro 613-392-2811 ext 3895.

Standard First Aid and CPR 'C'

The 16-hour Standard First Aid course provides comprehensive training covering all aspects of first aid and CPR.

This course is for those who want an in-depth understanding of first aid such as: medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies.

Lifesaving Society Standard First Aid is rec-

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.

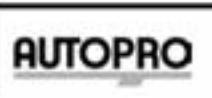
Cost varies depending if purchased for daytime, evening or weekend skiing. Ski passes are available at the RecPlex.

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FITNESS & HEALTH PROMOTION



"March 1st, I Quit!" Challenge: Are you ready?

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 by visiting hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete/default

eng.asp.

The goal of the program is to prevent tobacco use-related diseases among CF members. The Health Promotion team recognizes that quitting takes practice and entering the "March 1st, I Quit!" Challenge gives tobacco users another opportunity.

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

This coupled with a nicotine

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

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

"March 1st, I Quit!" is proudly supported by:



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Get the facts: When a smoker stops smoking

Just 20 minutes after your last cigarette, positive changes begin to occur in your system, which continue for many years.

It takes only one cigarette a day to compromise these beneficial changes.

20 minutes: Blood pressure returns to normal; pulse returns to normal rhythm; and temperature of hands and feet returns to normal.

Eight hours: Carbon monoxide count returns to normal; and oxygen level in the blood returns to normal.

24 hours: Risk of heart attack decreases

48 hours: Sense of smell and taste improve

Two weeks to three months: Circulation improves; walking becomes easier; and pulmonary function increases by about 30

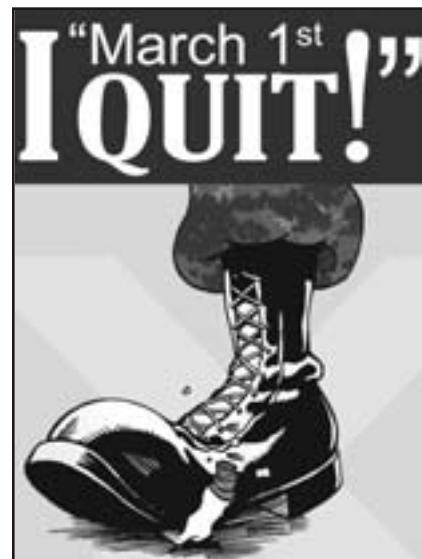
per cent.

One to nine months: Cough, nasal congestion, fatigue and shortness of breath diminish; and the body regains energy.

One year: Risk of coronary disease is 50 per cent less than that of a smoker.

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

10 years: Cancer mortality rate is similar to that of a non-smoker; pre-cancerous cells are replaced; and risk of cancer of the mouth, throat and esophagus, bladder and pancreas decreases



15 years: The risk of heart disease is similar to that of a non-smoker

Good Luck to everyone who is participating in the March 1st "I Quit"!

Fitness Lunch and Learn: February and March

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.



Did You Know?

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



"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

Jessica Ivanko, HP Administrative Assistant

Angela Prescott, HP Manager

Kendra Lafleur, HP Director

Visit healthpromotion.cfbtrenton.com to learn more.

8 Wing Health Promotion Programs and Services

Health Promotion will come to your unit. Strengthening the Forces programs are available in full day or brief format.

Program delivery is available upon request for special events, unit professional development days, or in response to general interest of members.

Contact the Health Promotion office for information.

Visit healthpromotion.cfbtrenton.com for a schedule of upcoming Health Promotion events.

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.

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Safety

Safety when recycling



Submitted by 8 Wing
General Safety Office

Recycling certain items in your home may be the responsible thing to do for the environment, but if the items are not properly stored, it may not be the safest thing to do for you.

Accumulations of materials, which you are saving to be recycled can create a number of hazards in the home or workplace.

Piles Of Paper

Excessive amounts of paper and cardboard can create a fire hazard.

They are easily ignited, and the fuel they provide can quickly turn a small fire into a big one.

Do not store paper and cardboard near sources of ignitions such as a pilot light.

Do not store paper and other combustibles near fire escape routes such as doorways or staircases.

Clutter Caution

Clutter can cause injuries from falls, so store recyclables where people will not trip over them.

Keep down the accumulations of junk by making frequent trips to the recycling centre.

Hazardous Materials

Unused hazardous materials such as solvents, pesticides and motor oil should not go into the ground, the garbage collection or the sewer system. For your safety, they shouldn't sit around too long awaiting disposal.

For wastes accumulated around home, keep them correctly labelled and out of the reach of children.

Take them to the community hazardous waste collection area, or other appropriate facilities, as soon as possible.

When you are dealing with wastes on the job, learn and follow your company's policies and procedures.

Deciding to recycle is a step in the right direction in helping the environment.

Just be sure to keep safety in mind and you will be doing yourself a great favor as well.

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What you need to know about carbon monoxide

(NC)—Carbon monoxide (CO) is a poisonous gas that you cannot see, smell or taste. It is often referred to as the "silent killer".

CO is produced by the incomplete burning of fuels such as natural gas, propane, heating oil, kerosene, coal, charcoal or wood.

Improperly installed or poorly maintained appliances that run on these fuels may create unsafe levels of CO.

In enclosed spaces such as your home, cottage or recreational vehicle, even a small amount of CO is dangerous.

Exposure to CO can cause flu-like symptoms such as headaches, nausea, dizziness, burning eyes, confusion, drowsiness and even loss of consciousness.

In very severe cases, CO poisoning can cause brain damage and death. The elderly, children, people with heart or respiratory conditions, and pets may be particularly sensitive to CO and may feel the effects sooner.

The conditions that can create a CO hazard include:

- Fuel-burning appliances, venting systems and chimneys that have not been serviced and maintained regularly by a qualified service technician or heating contractor;

- A chimney blocked by a bird or squirrel's nest, snow and ice or other debris;

- Improper venting of a furnace and cracked furnace heat exchangers;

- Exhaust fumes seeping into your home from a car running in an attached garage;

- Using fuel-burning appliances designed for outdoor use (barbecues, lanterns, chainsaws, lawnmowers, and snowblowers) in a closed area (tent, recreational vehicle, cottage, workshop, or garage).

- Combustion gases spilling into a home if too much air is being consumed by a fireplace or exhausted by kitchen/bathroom fans in a tightly-sealed home.

At any time, if you or any one else in your home is experiencing the symptoms of CO, make sure that everyone leaves the home immediately and gets medical help.

Call 911 or your local fire department. If a CO detector alarm sounds in your home, open all doors and windows to ventilate.

If you can't find the problem and the alarm continues, contact your local gas utility or a qualified heating contractor to check your fuel-burning equipment.

Remember that carbon monoxide detectors are a good second line of defence, but they do not eliminate the need for regular inspection, maintenance and safe use of your fuel-burning appliances.

Information on where to find a qualified contractor in your area can be found on the website of the Heating, Refrigeration and Air Conditioning Institute of Canada at www.hrai.ca, or toll-free 1-877-467-HRAI.

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VIEW FROM THE PINE

Yeah, sometimes it is hard being me. Adoring children. Swooning women. Paparazzi. Product endorsements. Book deals. Movie offers. It never ends.

But honestly, nowadays, it is probably a heckuva lot harder being a Montreal Canadiens fan. Desperately holding onto the final Eastern Conference Playoff spot like a Maple Leafs fan clinging to a Mats Sundin jersey, Montreal is the poster child for mediocrity during the 2009-2010 season.

One could easily look at their 29-28-6 record and point to the litany of injuries to star players such as Andrei Markov and Michael Cammalleri, as well to decent ones like Brian Gionta, Andrei Kostitsyn, Benoit Pouliot and Paul Mara, as a good excuse.

But you know what they say about excuses. Or is it opinions? At any rate, good teams, really good teams, find a way to get past the injuries, to overcome inconsistency, to climb over the obstacles placed in their path in order to find success. Oh, and having an Ovechkin, Crosby, Richards or Sedin to fall back on is not too shabby, either. And you know what? Based on their performance to date, Montreal is definitely not a good team.

So the million dollar question (or \$956,642.15 U.S. dollar question) is what will Montreal do following the Olympics and as the March 3 trade deadline looms? Will they be buyers or sellers? Do they actually have anything to sell in order to buy? Used jock

straps and old copies of Georges Laraque's vegan cookbooks can only get you so much on the open market. Heck, they can't even get you a Toronto cast-off like Dominic Moore. Nooooo. That costs you a %&*\$#&\$ second round draft pick. So Bob Gainey.... err Pierre Gauthier will have his work cut out for him deciding what to do and whether to sign impending unrestricted free agents such as leading scorer Tomas Plekanec or restricted free agents Jaroslav Halak and Carey Price. Decisions. Decisions. Decisions.

No matter what he does, however, there is a pretty good chance that Gauthier gets burned in effigy on the doorsteps of Le Centre Bell. Don't sign Plekanec and are forced to trade him at the deadline for picks and prospects? Some deranged fan will tie him up and make him listen to 72 hours of interrupted Celine Dion. Trade Halak, rely on Carey Price, and miss the playoffs? Pierre will be sentenced to wear a Youppi costume for a year. Trade Price, watch him round into All Star form and win a Stanley Cup with another franchise?

Better change your name to John Smith, move to the prairies and manage a Saskatchewan Senior Hockey League team. Do nothing, scrape into the playoffs (maybe), get knocked out in the first round and end up with another mediocre first round draft pick? Get a contract extension.

But of course, the NHL

trade deadline is just background noise compared to the din made by the Olympic Hockey Tournament. For the next couple of weeks the eyes of the nation will be on the men's hockey team (OK, the women too) as they attempt to reclaim the magic from Salt Lake City. And not to be elitist or anything, but Team Canada should really have no trouble reaching the gold medal game this year. Short of the Russians, I don't believe any of the teams in the tournament poses a real challenge to Team Canuck. And by rights, it should be Team Russia vs. Team Canada if the Hockey Gods and TV Ratings Gods have anything to say about it. Ovechkin vs. Crosby. Brodeur vs. Nabokov. Zinoviev vs. Morrow. Ok, maybe not that last one. Anyways, fearless prediction? Canada wins 5-3 over the Ovechkin led Russian horde.

CHARLIE POTATOES

Pierre Gauthier (Hey, I am sure that Dominic Moore is a great guy and will be a decent addition to either the third or fourth line in Montreal. What I am not sure about is why the new Canadiens GM parted with a second round draft pick for an impending unrestricted free agent), Ryan Miller (Miller was the talk of the league through the first half of the season with his stellar play but has fallen on hard times with a 3-5-2 record in his last 10 games. Good news for Team Canada. Bad news for Team USA), Brad Boyes (If you were patiently waiting for the Blues' winger to break out of his year long slump and regain his 30+ goal form, you can stop waiting. It is not going to happen. Not this year anyways. He has

only 10 goals on the year and just one in his last 25 games!), Milan Michalek (You would think that with the tear that Ottawa has been on lately that Michalek would have jumped on the bandwagon. If he tried he definitely missed as he has only managed three goals and four assists in his last 10 games.), Philadelphia Flyers (It is no secret that I hate the Flyers. I always have. But after watching the unwashed masses in Philadelphia mercilessly boo a bloodied and injured Jaroslav Spacek being helped off the ice, I can officially add Philly "fans" to my No Class Hall of Fame).

MEAT AND POTATOES

Bob Gainey (Most would say Mr. Gainey bailed on the Canadiens with his unexpected resignation, leaving them in the lurch just prior to one of the most important times of the NHL season. However, I truly believe that the competitive fire was gone and that Gainey did not want to start making decisions that some other GM was going to have to live with during the off season. So, as always, Le Capitaine placed the interests of the Team ahead of himself and quietly bowed

By Gilmour Tuttle



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

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New Air Force Training Centre

Last June, 2 Canadian Air Division/Air Force Doctrine and Training Division stood up with the mandate of overseeing Air Force doctrine, individual training and education; this was a transformational initiative designed to enhance the Air Force's ability to be a true learning organization integrated at all levels.

Canada's newest Air Division rebalances the force generation and force employment responsibilities that were previously held by a single commander in 1 Canadian Air Division.

A significant step in this transformation has been the creation of the Air Force Training Centre (AFTC), a centre of excellence that unites some of the Air Force's key "like-minded" training resources with a single training focus under one Commander, Colonel Yvan Boilard, who is also Commander of 17 Wing Winnipeg.

The formation of the AFTC was made official with a ceremony in Winnipeg on Thursday, 28 January, 2010. Brigadier-General R.R. Pitre, Commander 2 Canadian Air Division, officiated at the ceremony that saw the coming together of the 17 Wing Winnipeg schools:

Canadian Forces School of Meteorology (CFS MET); the Canadian Forces School of Survival and Aeromedical Training (CFSSAT); and the Canadian Forces School of Aerospace Studies (CFSAS); as well as the

Canadian Forces School of Search and Rescue (CFS-SAR) located at 19 Wing Comox and the Canadian Forces Aircrew Selection Centre (CFASC) located at 8 Wing Trenton.

"With the formation of the AFTC, we are able to take advantage of all of the best practices, the exceptional brain power and the ingenuity of our trainers and educators in the Air Force," said BGen Pitre.

The grouping of like-minded organizations and stakeholders along more functional lines according to what they had in common will give strength in numbers and will not only produce better effect, but ultimately will be more efficient.

Col Boilard said this initiative of organizing training establishments along the lines of "like-mindedness" is clearly the way to go. "Given the Air Force's present demographics and current operational tempo, we need to refocus on the schools," he said. "Training must be relevant now to ensure that we can accomplish the things we need to in the future."

The creation of the AFTC begins the alignment of common objectives with the 2 Canadian Air Division vision of a responsive, forward-thinking and effects-focussed Air Force Doctrine, Training and Education Centre of Excellence that will help to deliver the important capability the Air Force and the CF need for the 21st century.

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Le nouveau centre d'instruction de la Force aérienne

En juin dernier, la 2e Division aérienne du Canada - Division de la doctrine et de l'instruction de la Force aérienne a vu le jour en tant qu'organisme chargé de gérer la doctrine de la Force aérienne, ainsi que l'instruction individuelle et l'éducation.

Cette initiative de transformation visait à donner à la Force aérienne le moyen de devenir une véritable « organisation apprenante » intégrée à tous les niveaux. Cette nouvelle division aérienne du Canada a permis de rééquilibrer les responsabilités liées à la mise sur pied et à l'emploi des forces, fonctions qui relevaient auparavant d'un seul commandant à la 1re Division aérienne du Canada.

La création du Centre d'instruction de la Force aérienne (CIFA) constitue une étape importante de la transformation en question; ce centre d'excellence réunit certaines des ressources d'instruction clés de spécialisations apparentées en vue de l'instruction centrée sur un but commun et sous un seul commandant, le Colonel Yvan Boilard, qui a aussi le commandement de la 17e Escadre Winnipeg.

Une cérémonie marquant l'inauguration officielle du CIFA a eu lieu à Winnipeg le jeudi 28 janvier 2010. Le Brigadier-général R.R. Pitre, commandant de la 2e Division aérienne du Canada, a présidé la cérémonie, à laquelle ont pris part des représentants des divers établissements d'instruction situés à la 17e Escadre Winnipeg, dont l'École de météorologie des Forces canadiennes (E Mét FC), l'École de survie et de médecine de l'air des Forces canadiennes (ESMAFC) et l'École d'études aérospatiales des Forces canadiennes (EEAFC); l'École de



Au moment de signer le parchemin officiel, le Bgén Rick Pitre (à droite), commandant de la 2e Division aérienne du Canada, et le Col Yvan Boilard, tout premier commandant du Centre d'instruction de la Force aérienne (CIFA), ne cachent pas le bonheur qu'ils éprouvent de constater les progrès réalisés en ce qui a trait à la transformation de la Force aérienne en véritable «organisation apprenante». Le CIFA est le nouveau centre d'excellence qui réunira les ressources d'instruction de spécialisations apparentées, en vue de l'instruction axée sur un but commun et sous un seul commandant.

recherche et de sauvetage des Forces canadiennes (ERSFC), située à la 19e Escadre Comox, et le Centre de sélection du personnel navigant des Forces canadiennes (CSPNFC), situé à la 8e Escadre Trenton étaient également représentées.

« Grâce à la mise sur pied du CIFA, nous pouvons maintenant tirer avantage de toutes les pratiques exemplaires, du savoir exceptionnel et de l'ingéniosité des instructeurs et des pédagogues de la Force aérienne », a déclaré le Bgén Pitre.

Le fait de regrouper des organismes et des intervenants similaires en fonction d'une spécialisation commune renforcera l'instruction, donnant ainsi de meilleurs résultats et, au bout du compte, améliorant l'efficacité.

Selon le Col Boilard, l'initiative visant à organiser les établissements

d'instruction en fonction de spécialisations apparentées est clairement la direction à prendre. « Compte tenu des données actuelles sur l'effectif de la Force aérienne et le rythme présent des opérations, nous devons réorienter les efforts vers les écoles, a-t-il précisé. L'instruction doit être pertinente dès maintenant afin que nous puissions remplir notre mandat à l'avenir. »

La création du CIFA marque le début d'un processus visant à harmoniser les objectifs communs avec la vision de la 2e Division aérienne du Canada, c'est-à-dire être un centre d'excellence réactif, avant-gardiste et axé sur les résultats en matière de doctrine, d'instruction et de formation de la Force aérienne, qui contribuera à donner à celle-ci et aux FC la capacité importante dont elles auront besoin pour le XXIe siècle.

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Proud to be a Canadian: "The best day in Haiti yet"

Master Corporal Christa Strickland, of North Sydney, Cape Breton, has deployed to Haiti with her home unit of 86 Airfield Systems and Utilities Unit, 8 Wing/CFB Trenton, to help with humanitarian relief efforts in the wake of the Jan. 12, 2010 earthquake. The Resource Management Support Clerk recently wrote about her experiences in Haiti, in particular the day she got to meet some local orphans headed for Canada.

February 5, 2010 – First of all I must say I am very proud to be a Cape Breton girl. Right now, I am located at the Jacmel Airport in Jacmel, Haiti working with the Airlift Component Element Operations.

My primary function is the processing of Canadian evacuated personnel for transport to Port-au-Prince and then on to Canada. The procedure involves the displaced persons coming into the airport to meet with me; I then liaise with embassy officials for validation of passports, visas etc, and from there manifest them on Canadian aircraft for transport to the embassy in Port-au-Prince before they travel to Canada.

I also facilitate the transport for U.S. displaced personnel on American aircraft when available. My secondary function includes tracking the movement of all Canadian Forces personnel in and out of the airport by land, sea or air.

Best day yet in Haiti

Embassy officials in Port-au-Prince contacted Jacmel Operations last week looking for air transport to the embassy for four orphans who had already been adopted by Canadian families.

The children came from a nearby orphanage here in Jacmel called "Faith and Love". We met the children at the front gate and carried them to the tarmac to await the CH146 Griffon helicopter arrival.

The four children ranged in age from two to four. Most had just woken up from a nap while driving here and were

Photo: Cpl Mike Leblanc



Master Corporal Strickland comforts a young orphan boy prior to his departure for Canada.

confused by what was going on around them. They were dressed very well - the youngest (in the photo with me) was wearing an "I love Canada" shirt.

In the photo, I am holding a young boy named Samuel, comforting him while the noise of the Griffon landing had him a little scared. He was not one bit afraid to come to me; he latched on for dear life, laid his head on my shoulder and closed his eyes until the Griffon turned off the engines.

One of the children was really upset, so Canadian Forces personnel who were supposed to go on a later flight travelled with the children to the embassy so that they would not have to fly alone.

Since my arrival here on Jan. 21, I had been at the airport only. I had not had the chance to see (with my own eyes) the devastation in the area. I had only heard the stories from the Canadian and American displaced personnel arriving at my desk everyday. I wanted to get out and see the state of the country, see the families, see the children.

Children are and have always been my weakness. When I first heard of the earthquake here, my immediate thoughts were with them and how terrified they must have been.

When the deployment started hitting a little closer to home with more and more personnel from Trenton being sent everyday, I volunteered to come and lend a hand in any capacity, be it as a clerk, an engineer etc. When the e-mail came through regarding the orphans, I was "all over that". I absolutely could not wait for them to arrive, and when they did, as I suspected, my heart melted.

They were gorgeous children, so smart and so brave. They were not like the average child who would be excited to see airplanes and helicopters; instead they just wanted to be held and comforted. They did, however, in time, respond to my pocketful of Valentine's Day heart suckers and the packages of Twizzlers that were snuck into their backpacks.

Knowing that I was able to assist (in some small way) in getting these children to the loving families in Canada anxiously awaiting their arrival, and to make their trip a better experience (if only with candy and some snuggles) made that day the best day in Haiti yet.

Proud to be involved

The Canadian Forces are doing a lot of great work here with very limited resources.

Having never been part of a first rotation before, I'm in awe at how quickly we have established a camp and settled in for the long haul.

Everyone here has different roles and expectations, but I think it's safe to say that we are all here to help the Haitian population in any way possible. Sometimes all it takes is a smile and the invitation for them to tell us what they went through. It means a lot to them, and to us.

The appreciation I see makes me very proud to be here, to assist in any way I can, and to be Canadian.

PRIME MINISTER VISITS HAITI

Right: Prime Minister Harper addresses Canadian Forces troops working throughout Léogâne, Haiti as part of Operation HESTIA.

Op HESTIA is the CF participation in humanitarian operations conducted in response to the catastrophic earthquake, which struck Haiti on January 12, 2010.



Photo: Cpl Julie Bélisle, Canadian Forces Combat Camera



Prime Minister of Canada Stephen Harper, and Haitian President René Garcia Préval pose with members of Joint Task Force Haiti (JTFH) during their visit to the Task Force Headquarters in Port-au-Prince. Op HESTIA is part of a whole-of-government effort that also involves Foreign Affairs and International Trade Canada and the Canadian International Development Agency. Canada has consistently demonstrated strong support for humanitarian assistance and disaster relief operations throughout the world and in this difficult time, the Government of Canada is committed to helping the people of Haiti.



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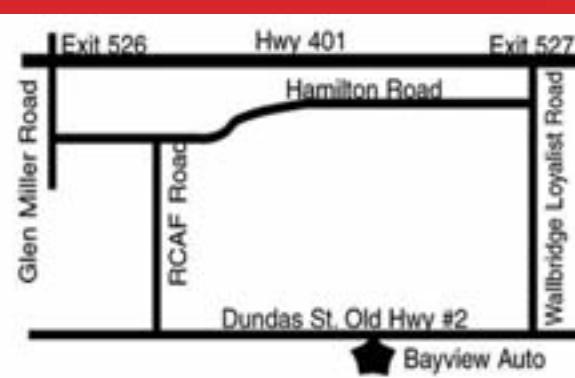
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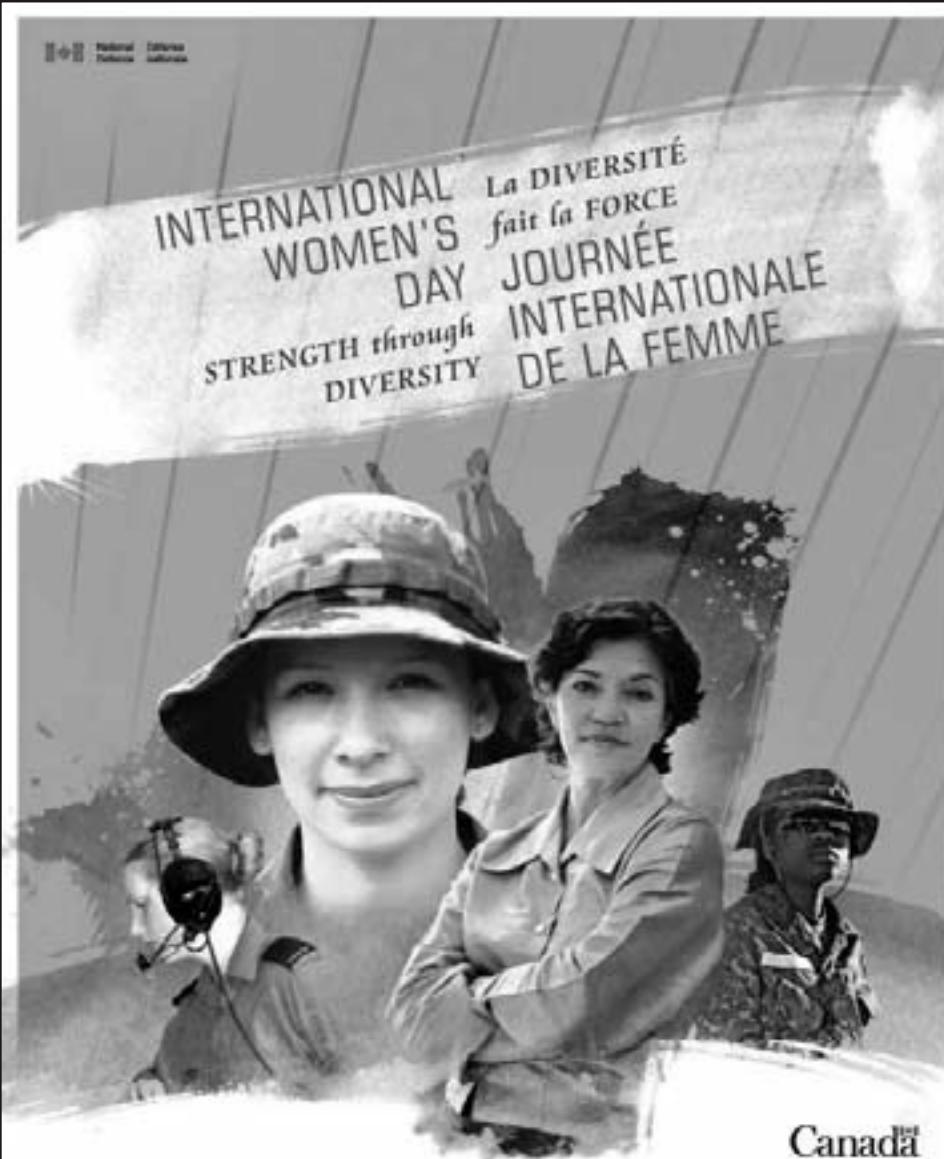
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THE INTERNATIONAL WOMEN'S DAY (IWD) - 8 MARCH

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

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

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

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

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

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

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



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

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 and 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.eai@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.

MONTHLY BOOK SALE

The Friends of the Quinte West Public Library will hold their monthly book sale on Saturday, February 27, 2010, between 9 a.m. and 1 p.m. at the Municipal building (22 Trent Street North) in Frankford.

A great selection of books, puzzles, videos and CD's for all ages will be available. For more information please call 613-392-3131.

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

Link to Learning Reading Program

Links to Learning Resource Centre will be running a weekly no cost reading program for children of all ages. All books will be provided in a variety of levels. This is a drop in program so children who are interested can come between 1:30 to 3:30 p.m. every Saturday. They will be either read to or listened to as they read. Link to learning is located at 188 Victoria Ave, Belleville (use the side door off the parking lot in the Quinte Bible Chapel). Visit www.linkstolearning.ca to learn more.



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Reading with your child is a simple way to build his language skills and to show your child that you are interested in talking and learning more about what he or she thinks and knows.

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Choose a storybook that you and your child have read together many times.

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to hold the book, turn the pages and tell you about the pictures!

Together you can point to and label familiar things. Older children can even make up their own story to tell you!

Teach

Provide books for your child at different times of the day.

Select vinyl books for bath time. Add board books to your child's play materials so that your child can pretend to read to his teddy bear.

Sing a lullaby book together at bedtime.

Your child will discover that reading can happen during different routines!

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

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

WHAT'S THE DIFF?

pearsent@nb.sympatico.ca
PIERRE C. ARSENEAULT



FIND THE 7 DIFFERENCES



ANSWERS: 1. DRAWERS 2. ND PILLOW 3. WINDOW 4. FRINGE 5. READING LAMP 6. SLIPPERS

Mealtime.org

Pizza-licious Pie

Forget ordering a pizza. Save yourself time and cash by tossing this tasty, healthy version of your favourite pie into the oven for a Big Dance delight.

Ingredients:

- 1 tablespoon olive oil, divided
- 1 package (13.8 ounces) refrigerated pizza crust
- 1 can (8 ounces) zucchini in Italian-style tomato sauce
- 3 tablespoons canned tomato paste
- 6 ounces (about 1 1/2 cups) shredded mozzarella cheese
- 1 can (7 ounces) sliced mushrooms, drained
- 1 can (8.25 ounces) mixed vegetables, no-salt added, drained
- 1 tablespoon grated Parmesan cheese

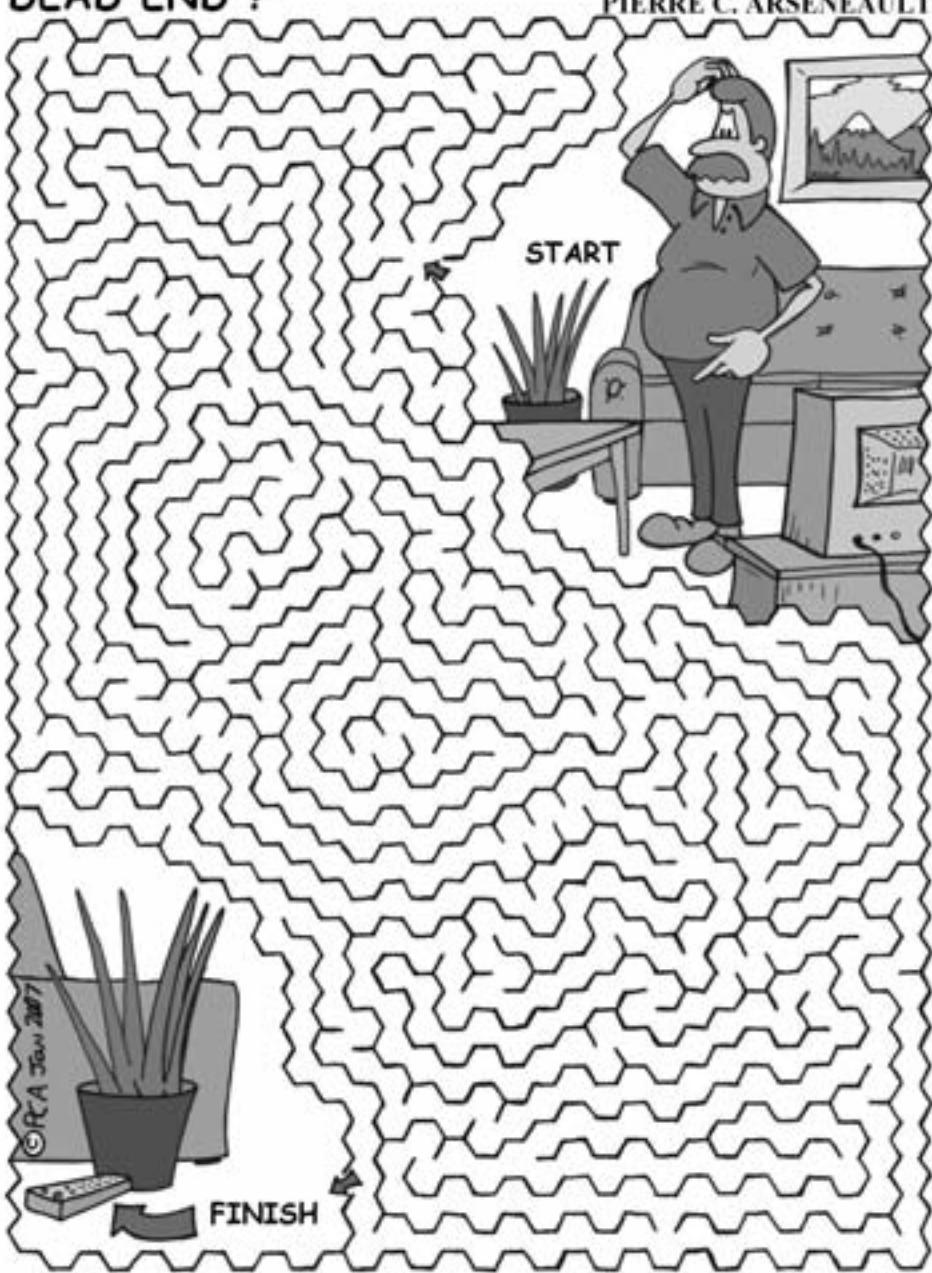
Preparation Time: 10 minutes Cook Time: 15 minutes

Preparation: Preheat an oven to 425°F. Oil a dark, metal-rimmed 10x15-inch cookie sheet with 1 teaspoon olive oil. Unroll the crust onto the cookie sheet and press to cover the bottom of the cookie sheet, creating a slightly thicker rim around the edge. Brush another teaspoon of olive oil over the crust and set aside. Purée the zucchini and the tomato paste in a blender or food processor. Spread over the pizza crust. Top with the shredded mozzarella, mushrooms, mixed vegetables, Parmesan cheese and remaining olive oil. Bake until crust is browned and topping is bubbling, about 15 minutes. Let the pizza rest for five minutes before serving. Cut in eight pieces. Serves: Eight

Nutritional Information Per Serving: Calories 240; Total fat 8g; Saturated fat 3g; Cholesterol 10mg; Sodium 720mg; Carbohydrate 31g; Fibre 3g; Protein 11g; Vitamin A 80 per cent DV; Vitamin C 6 per cent DV; Calcium 20 per cent DV; Iron 10 per cent DV. *Daily Value*

DEAD END?

pearsent@nb.sympatico.ca
PIERRE C. ARSENEAULT





Entertainment



**Nadiya's ☆☆
Zodiac Starcast**
Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.
For expanded forecasts visit www.nadiyashah.com

February 21 – February 28

Theme of the week: We can feel our own positive spirit increasing. We are moving towards an exact configuration that some astrologers call "the luckiest day of the year". We can feel a surge of faith. This makes positive developments more probable. It will be a great week, enjoy!

ARIES (March 21-April 19): Others have considered inspiration as a state of being with a higher spirit. You are slowly building towards a moment of spiritual clarity. It can mark a conversion or the deep understanding that you are loved, just as you are. Your awareness will change you.

TAURUS (April 20-May 20): As Plato once said, "Be kind, for everyone you meet is fighting a hard battle". There is something of prime importance on your mind that is causing you to miss the way your treatment of others is affecting them. Shift your focus onto a more loving intention.

GEMINI (May 21-June 20): I have recently become a fan of BBC journalist Louis Theroux. He uses dry British humour to broach touchy topics. You are using humour now to deal with a sensitive issue close to home. You may be accused of trivializing a situation, but you are taking the right approach.

CANCER (June 21-July 22): Bill Maher criticized the search for celebrity as a reflection of "lottery culture", where people no longer feel that recognition is something that is earned but rather is won. If you connect to your soul and share from that place, you could win your equivalent of a windfall in distinction.

LEO (July 23-Aug. 22): Some people wear effective masks, but the truth is always evident to those who are really looking. Pain in one's eyes cannot be covered even with eloquent words. You have had your excuses long enough. Now comes the chance to heal something very deep and make consequential change.

VIRGO (Aug. 23-Sept. 22): Each one of us has a purpose that is, at best, self-defined. When handed to us, it rarely arouses distinctive passion. You are now examining the purpose to your life. You are finding answers all your own. They will affect you positively well into the future.

LIBRA (Sept. 23-Oct. 22): "Don't compromise yourself, you are all you've got." Janis Joplin is aiming to the importance of trusting yourself now. By keeping the focus on living in accordance to your highest ethical standards, you will bring the most blessings your way.

SCORPIO (Oct. 23-Nov. 21): All of us are born to do something very special in the world. The thing is, we think it needs to look grand, like becoming the prime minister or superstar. Where you are right now is very special. Be aware of your power in your present circumstance to be most influential.

SAGITTARIUS (Nov. 22-Dec. 21): When we find ourselves surrounded in the same situation and do not allow new information to come in, we also find a rut. To break out of our usual protective modes can be new and novel. It is what is being asked of you now.

CAPRICORN (Dec. 22-Jan. 19): What matters most is being true to your unique creative voice within you. We all know this, yet the opinions of others seem to throw us off balance. Do not be distracted by irrelevant attitudes now. They do not have any influence over the direction you are heading.

AQUARIUS (Jan. 20-Feb. 18): Its great to stay independent and true to our own creative voice, but there are people who desire to bring prosperity and real affection. Share your vision and let others show you something you had not considered before. It will make what you do better and more authentic.

PISCES (Feb. 19-March 20): I recently told an Olympic medalist that what she did, by having a goal and working for it with all her might and then seeing her efforts provide a payoff, is one of the most sacred aspects to being a human being. You are beginning to appreciate the leaps available to you now.

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Source: Quinte & District Real Estate Board

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- Proud financial supporter of the RCAF Memorial Museum
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Market Share Data: Royal LePage ProAlliance Realty, Brokerage 57.12%, D. Lewis Real Estate 14%, Cottrell Barker Clark Realty Ltd. 2.88%, Century 21 Lantree Real Estate Ltd. 10.54%, McMan Trent Valley Realty Ltd. 28.32%

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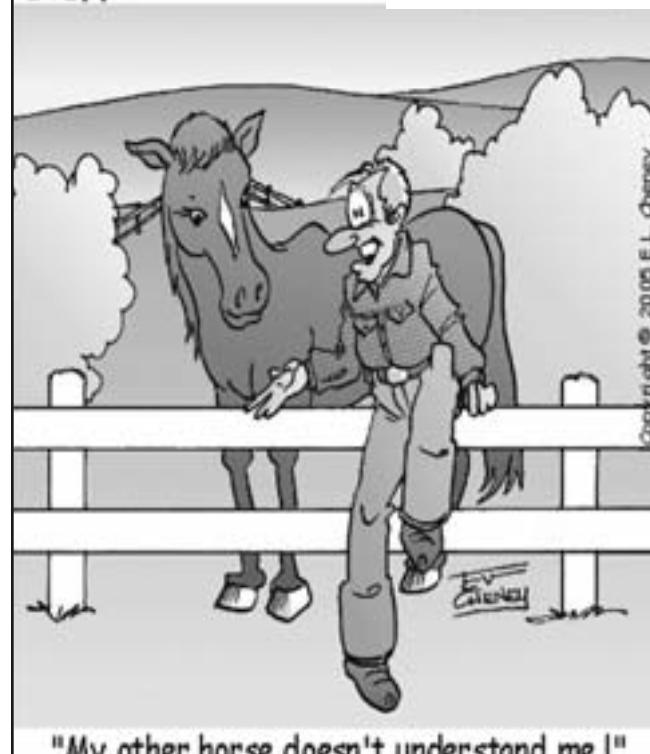
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DuJour



Stuff!





Remembering... Flying into Siberia, Op Boreal II

by Jodi Ann Eskritt
Wing Heritage Office

15 February 1993 – The huge American C-5 Galaxies, one of the largest aircraft in the world, garnered much attention when they stopped at CFB Trenton to load supplies bound for the mission in Somalia.

The giant aircraft couldn't fail but to attract attention wherever they went.

The C-5 Galaxies grabbed the headlines. Other operations were being undertaken under their shadow and away from the limelight the Galaxies generated.

The early 1990s were a troubled period for many reasons. Deep cuts were being made to the military budget as the Canadian Forces attempted to do "more with less."

There was certainly more to be done. War had erupted in the Persian Gulf following Iraq's invasion of Kuwait. Famine had swept through the nations of Africa.

In Cambodia, a civil war that had ravaged the country over decades was drawing to a conclusion with the help of the United Nations. The Cold War had ended, but its end seemed to bring only more turmoil. Civil strife erupted in the former Yugoslavia.

Between 1991 and 1992, Canada's peacekeeping commitments grew from 1,000 to approximately 4,000 personal around the world, much of it on humanitarian aid.

One former enemy was in dire need of assistance. The Union of Soviet Socialist Republics (USSR) crumbled before the eyes of the world as the new decade opened. The former superpower staggered under the burden of its debt and a failing economy.

Reforms attempted by President Mikhail Gorbachev failed to save the Union instead setting off the Communist coup that removed him from power and set up Boris Yeltsin as the hero of the counter coup forces.

Gradually, individual republics melted away; first to declare their own independence, then to band together in a loose association known as the Commonwealth of Independent States (CIS). But the new independent states were overwhelmed by economic disaster, hyper-inflation, job loss and scarce supplies of food and medicine.

"In a most dramatic and historic manner, our working year commenced with members of 437 Squadron bringing emergency medical aid and other relief supplies to independent

states of the former Soviet Union." Base Commander, Col. Doug Wilson, explained in January 1993.¹

The performance was about to be repeated – again flying into the new Commonwealth – this time including flights into Siberia.

When the Canadian Forces Boeing 707 landed in Krasnoyarsk, Siberia on 15 February 1993, it became the first western aircraft to visit the once closed city.

The last time Canadian military airmen had flown anywhere in Siberia had been in April 1919.

Then the Canadians were fighting with Allies forces supporting the White Russians in the civil war that followed the Russian Revolution; they left with the conflict yet unresolved. Now they were bringing vital aid to help the Russians deal with a growing health crisis.

The welcome received was eerie. At first sight the Krasnoyarsk airport looked like a busy, modern airport, with sprawling facilities and Aeroflot aircraft lining the tarmac. This job might be easier than the 2AMS MAMS crew had expected. Their last destination lacked the necessary equipment to offload their Boeing 707 and the job had taken six hours.

Only as they drew nearer did it become apparent that most of the buildings were empty and the aircraft abandoned. Outside temperatures were a frigid -25° Celsius and blowing snow swirled around the aircraft. The light was fading and it looked like the Canadians hadn't been expected.

Slowly a crowd of airfield workers emerged from apparently empty buildings. They gathered round the aircraft, staring at it in curiosity. The crew could do little more than stare back. This impasse lasted several minutes before a ladder-truck appeared through the swirling snow, headed in their direction.

The door of the Boeing opened and two Russian officials boarded to check documentation. The Russians were very large, very serious, and very suspicious, prompting some private speculation as to their possible previous employment under the Soviet regime. When finally permitted aboard, the local Russian Red Cross and town official are much happier to see the airplane and enthusiastically thanked all aboard.

Now the MAMS crew could jump into action. They'd learnt a lesson from their previous experience and had designed a ramp for the Boeing 707 allowing them to slide boxes down and out of the aircraft. Working trucks were available to haul the load away; a welcome sight. With the help six Russian air force cadets, the MAMS crew off-loaded 44 hospital kits. Even with the extra help, a job that would have taken twenty minutes back at Trenton took three hours to complete in Krasnoyarsk.

Krasnoyarsk was one of fourteen destinations visited during Operation Boreal II. Between 6 February and 16 March 1993 one aircraft left Trenton every forty-eight hours transiting through Helsinki before reaching their final destination. Air Transport Group logged over 500 flying hours and delivered 225,000 kilograms of medical relief to between 200 and 250 hospitals throughout Siberia, the Urals and the Caucasus.

Just as they had done the year before, CFB Trenton personnel had reached out a hand in friendship to their former Cold War enemy. They would do it again the next year. All outside the glare of the media limelight but with the knowledge that a job needed to be done and that they had done it well.

1 - Trentonian, 4 January 1993.

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Stk#- 2227



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Red, White Walls, Ramp, 2 ft Mini Wedge, Aluminum Wheels. VIN#7704. 4200 lbs
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Stk#- 2117



2010 US CARGO TSPP510SA
White, Ramp. VIN#9443. 1025 lbs
\$3,100
Stk#- 2253



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4cyl, Auto, ps, pb, Air, Tilt, Pw, AM/FM/CD. 93,500Kms
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+ taxes & licensing fees



2005 CHEV COLORADO
5cyl, 2wd, Air, Tilt, Cruise, AM/FM/CD, pw, pl, Alloy Wheels, Trailer Hitch. 86,110Kms
\$11,400
+ taxes & licensing fees



2009 PATRIOT PAC8520TA2
Wine, White Walls, Ramp. VIN#86868. 3200 lbs
\$6,800
Stk#- 2019



2010 US CARGO TSPP510SA
Brandy Wine, 32" side door, Ramp. VIN#9252. 1025 lbs
\$3,400
Stk#- 2230



2003 FORD FOCUS ZTS
4cyl, 2 ltr, Auto, ps, pb, Air, Tilt, Pw, spoiler, heated seats. 101,000Kms
\$5,900
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2004 PONTIAC MONTANA
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Red, Back Door. VIN#6863. 550 lbs
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Stk#- 2020



2010 TRAIL & SPORT TSPP610SA
White, Ramp. VIN#9176. 1093 lbs
\$3,400
Stk#- 2228

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Haiti fundraising at CFS Alert

CFS Alert held multiple fundraising efforts to raise money to send to the relief effort in Haiti.

Events such as 50/50 draws, dress down Fridays, direct donations and the infamous "Does Alert have Talent?" contest where people show cased their special talents, or lack thereof.

The fundraising effort was able to raise \$2,325.15 from Canadian

Forces Station Alert personnel.

In spite of the fact that we are currently in 24 hours of darkness here in the far North the genuine compassion of all Station personnel truly shined through with these remarkable fund raising efforts for the people of Haiti.

Special mention must be made of Mr. Bernie Walter, a civilian contrac-

tor with Dynamic Systems working out of Canadian Forces Station Alert. Mr. Walter has a unique talent in writing poems on everything to do with Alert. He initiated the fund raising efforts at Alert for the people of Haiti and he took inspiration from their courage and determination to recover from such devastation that he composed the poem below.

Help Haiti ~ Written by Bernie Walter, CFS Alert, Jan 23. 2010

A Nation in peril, a tragedy struck, help is urgent, to lift it back up.

*The forces of naturem without mercy,
untamed this time an earthquake that's what it is named.*

*A call has gone around the world and reached Alert at the northern pole, where men
and woman gather to help some needy soul.*

*Events, events, we need events to see what we can do, think,
next time there is such a peril it could be me or you.*

*Help Haiti is our motto now and all of us follow the call
disasters like this, though we are far affect us one and all.*

*Our hearts are heavy, we do what we can to help in a small way,
let Haiti rise and recover again and heal for a better day.*



Left: PO2 Karl Spital and MCpl Marc Lalancette were the stars of the show with their unique sense of music and style.

Below: The final total for the fundraising for Haiti was \$2325.15. From left to right in the picture: MWO Baird, Clarissa Carson, PO2 Spital, Pte O'Keefe, Bernie Walter, MCpl Lalancette, Jim Wall and Maj Power.

Photos: Submitted



National Aviation Day: Feb. 23

February 23 marks National Aviation Day. On this day it is perhaps a good time for us to pause and consider our air force heritage here in Trenton.

During the dark years of the First World War, Canadians distinguished themselves flying with the British air services. As the war drew to a close in 1918, attempts were made to create an air service for Canada. But interest waned and the initial efforts faltered.

In 1920, a fledgling Canadian Air Force was formed with its hub at the wartime training facilities at Camp Borden. Although never a certain thing, the young air service continued to grow. In 1924, it took on the title "Royal" and assumed a more military bearing. Reorganized and strengthened, the Royal Canadian Air Force began searching for a new home.

After an extensive search of sites in Quebec and Ontario, locations all near the RCAF Headquarters in Ottawa and Canada's most populous regions, a site near the Town of Trenton was chosen. On 9 October 1929, Order-in-Council #29 was promulgated and Trenton was proclaimed as home of Canada's newest air force station.

The spot was ideal. Trenton was well-suited to both landplane and seaplane operations. Local weather patterns were moderated by effects from Lake Ontario. It was near a large enough population centre to provide for labour, social and educational services, utilities and transportation. It was with proximity of Toronto, Ottawa and Montreal. And finally, Trenton had Mayor W.A. Fraser, who fought hard to make sure Trenton was the winner out of the twenty-five sites under consideration.

From that day to this, the Air

Force at 8 Wing/CFB Trenton has played a vital role in Canada's Armed Forces.

RCAF Station Trenton began as a training centre for both landplanes and seaplanes – among the first buildings constructed were two landplane hangars and one massive marine hangar. Flying operations began in 1931. The first aircraft to grace the skies above Trenton were the Siskin and Atlas biplanes. Despite the cutbacks and budget restrictions brought by the Great Depression, Trenton survived and thrived as an air force training facility.

As the 1930s drew to a close and the political skies of Europe began to darken once again with rumours of war, RCAF Station Trenton was poised to play a pivotal role in Canada's contribution to the Second World War effort. Shortly after the outbreak of war, Canada signed on with Great Britain, Australia and New Zealand to form the British Commonwealth Air Training Plan. Trenton's Central Flying School played such an important role in this scheme that it earned for the air station the title of "hub of the BCATP".

The training role continued after the Second World War with the establishment of Training Command Headquarters at RCAF Station Trenton. Only in 1959 did Trenton forgo its place as a premier training facility when it relinquished its training role and welcomed Air Transport Command Headquarters.

Since then the men and women serving at 8 Wing/CFB Trenton have continued its reputation as a centre of excellence providing vital support to the Canadian Forces at home and abroad.



Construction shown on the south side of the base, February 1933.

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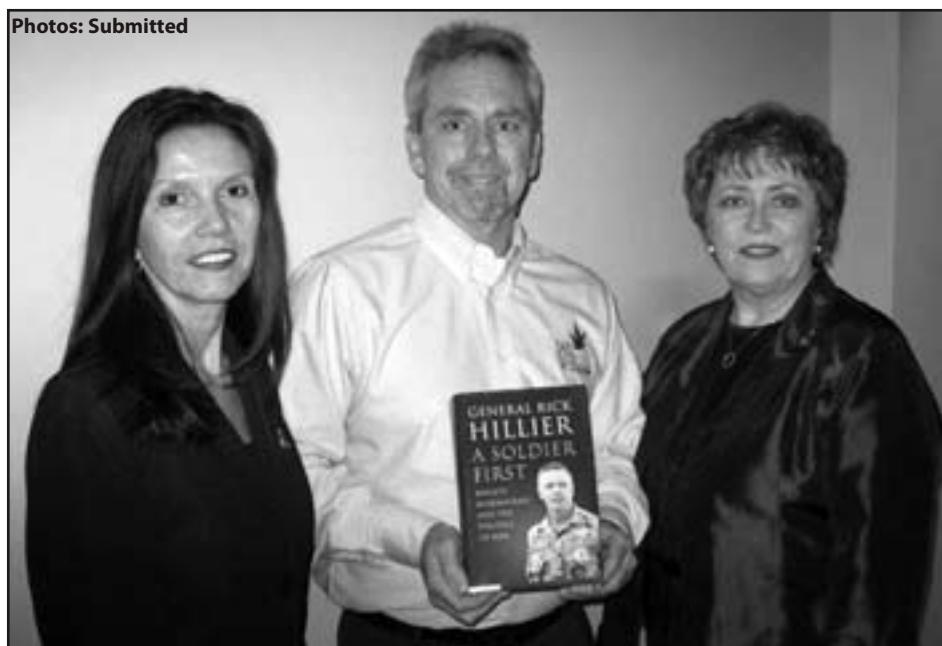


CO-CHAIRS RECOGNIZED

Chelsea Weir, BAH of Royal LePage ProAlliance Realty, (shown on the far right-hand side), presents Leah Howe (left) and Dianne Campbell, co-chairs of the Trenton Military Family Resource Centre's (MFRC) sixth Annual Invisible Ribbon Gala, with a framed limited edition print 'Hands Across Quinte'.



Photos: Submitted



David Weir BA, CD of Royal LePage ProAlliance Realty (centre), presents Leah Howe and Dianne Campbell (right), co-chairs of the MFRC's sixth Annual Invisible Ribbon Gala, with an autographed copy of General Rick Hillier's recent book.

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February 5, 2010

To OUR Troops,

As we get ready to represent Canada at the 2010 Olympic and Paralympic Winter Games in February and March, we wanted to take a minute to let each and every one of you know how much of an inspiration you will be in our quest for three gold medals in the coming months.

People throw out words like war and battle way too often when speaking about sports such as hockey. As athletes, we know that what we do for our country can never measure up to your contributions - the sacrifice and dedication that our armed forces show on a daily basis.

When we take to the ice, rest assured that we will have you in our thoughts and prayers. We are so proud to be Canadians, and owe so much of what we have here to you, the Canadian military. We will do our best to represent you well in competition, and look forward to a day in the very near future when you will return home safely in Canada, and all Canadians can thank you in person.

All the best,

Jean Labonté
Captain
Sledge hockey team

Scott Niedermayer
Captain
Men's hockey team

Hayley Wickenheiser
Captain
Women's hockey team

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Your Gateway to the CFB Trenton Community



TRENTON Military Family Resource Centre



MFRC-EVENTS & INFORMATION



"Dove Real Beauty" workshop
Saturday, February 20th, 2010

Young Girls between the Ages 9 – 13
(Must be accompanied by a female mentor age 18 yrs +)

DATE: Saturday, February 20th, 2010
TIME: 10:00 am – 1:30 pm for girls ages 9-13
PLACE: 8 Wing Chapel, Namao Dr.

RSVP TO: PSI COORDINATOR, Christa, 613-955-0902 czappitelli@cogeco.net
CHILDREN'S DEPLOYMENT COORDINATOR, Kelly: 613-392-2811 x 4532 / kelly.briggs@forces.gc.a

Partner's Away" Wednesday Night Out 6-8pm
February 24th - Pizza Night &
"Look for what you love."
-job search advice
March 3- Stress busters!
Learn strategies to relieve stress.
March 10- SPA Night—the Body Shop is coming to pamper you.

Please call ahead to reserve Eve: 965-3595 or Kelly: ext. 4532
Weekend Women's Self-Defence
(Brazilian Jiu Jitsu Combatives) Seminar

Dates: February 27 and 28 Times: 9am - 5pm
Located: Door to the gym is located inside the tunnel at the back parking lot of the Officers Mess (south-west corner). Located in the basement.
Cost: \$60/person
Participants: Minimum 6 people - Maximum 14 people

You can register and pay at the Trenton MFRC no later than Feb 22.
For more information contact Susan at 392-2811-2382

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

CRFM-Événements et Information



ATELIER 'Dove Real Beauty'
Samedi le 20 février, 2010

Jeunes filles entre 9-13 ans
(Doivent être accompagnées par une femme 'mentor' âgée de 18+)

DATE: Samedi le 20 février, 2010
HEURE: 10h- 13h30 pour les filles de 9-13 ans
LIEU: Chapelle de la 8e Escadre, Namao Dr.

Réserver votre place en contactant Christa, coordonnatrice du programme PSI du CRFM. 613-955-0902 czappitelli@cogeco.net ou Kelly ; 613-392-2811 x 4532 / kelly.briggs@forces.gc.ca

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



Le 24 février - Pizza et
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-recherche d'emploi

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Apprenez à éliminer le stress

10 mars - Soirée SPA—Le Body Shop vient vous gâter.

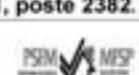
Veuillez réserver à l'avance Eve: 965-3595 ou Kelly: poste 4532

Séminaire de fin de semaine sur l'auto-défense pour
femmes (Jiu jitsu brésilien)

Dates : Les 27 et 28 février Heure : De 9 h à 17 h
Lieu : Au sous-sol du gymnase. L'accès au gym est située à l'intérieur du viaduc du stationnement à l'arrière du mess des officiers (coin sud-ouest).
Coût : 60 \$ par personne
Participantes: Minimum- 6 personnes Maximum - 14 personnes

L'inscription et le paiement se font au CRFM de Trenton au plus tard le 22 février.
Pour plus d'information veuillez contacter Susan au 392-2811, poste 2382.

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



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Two-story, Three Bedroom Design
Plan Number 7-3-891

An impressive great room spanning the width of this three-bedroom home is a stand-out feature of this two-storey design.

Framing the entrance to the great room is an archway with decorative posts. The nine-foot ceiling emphasizes the feeling of spaciousness.

The large kitchen has plenty of features to satisfy the cooks in the family. A corner pantry and a central island with a raised eating bar add to the work area and storage space. Corner windows brighten the sink area.

The laundry room includes access to and from the garage. A two-piece powder room and a coat cupboard complete the main floor layout.

On the exterior, decorative window shutters, wooden shakes in the gables, a covered porch and stone accents combine for an exceptionally attractive facade.

The house measures 40 feet wide and 55 feet deep, for a total of 1,973 square feet of living space, plus the unfinished basement included with the plans.

Plans for design 7-3-891 are available for \$629 (set of 5), \$706 (set of 8) and \$755 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$25.00 for Priority charges within B.C. or \$45.00 outside of B.C. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and Priority charges. Our 41st Edition of the Home Plan Catalogue containing over 300 plans is available for \$13.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home

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c/o. The Contact

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INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

ASD Parent Support Group

This is a group for parents of older children with Autism Spectrum Disorder. It meets every 3rd Tuesday 6:00- 8:00pm at the MFRC. This is in partnership with Children's Mental Health. There are resources, guest speakers and parents who are knowledgeable. For more information call Susan at MFRC or Lori at CMH 613-392-4331.

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

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

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

Partner's Away Wednesday Night

6pm to 8pm

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

Feb 24- Pizza Night "Look for what you Love" Best job search advice from Liz. Wendy will be available to talk about volunteer opportunities.

Mar 3- Stress busters! Learn strategies to relieve stress.

Mar 10- SPA Night-the Body Shop is coming to pamper you.

Please call ahead to reserve.

Groupe Partenaires au loin,

le mercredi soir de 18 h à 20 h.

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

24 fév - Pizza-"Trouvez ce que vous aimez". Les meilleurs conseils de Liz en recherche d'emploi. Wendy sera disponible pour vous proposer des occasions de faire du bénévolat.

3 mars - Les chasseurs de stress! Apprenez à éliminer le stress

10 mars - Soirée SPA-Le Body Shop vient vous gâter.

SVP, téléphonez pour réserver.

Volunteer Needs and Opportunities

Pre-school Programs

Playroom support - If you have a talent that you would like to share with the pre-schoolers and parents in the Playroom we'd like to chat with you; music, story time, crafts, or perhaps fun-fit for the pre-school group.

Toy Cleaners - We have an ongoing need for volunteers to help with weekly toy cleaning in the Playroom. Toy cleaning is every Thursday afternoon from 1:00 pm to approximately 2:00 pm. Volunteers need not commit to every week but we sure wouldn't stop you if you wanted to.

Teen/Youth Programs

Dance Chaperones - Another on-going need. We host a Much Music Video dance monthly for the 13-17 year olds. Volunteers are needed to help chaperone, patrol the dance floor, halls and change rooms, take payment, etc. Generally volunteers are needed from 6:30 to approximately 11:00 pm.

New Dance Chaperone - The Youth Centre will be holding dances for the 8 - 12 year olds in the Bistro at the MFRC. These dances will take place monthly on Saturdays from 6:30 - 9:30. The first one will be on March 20.

Daycare

March Break - The school age children will be doing a variety of activities during this week and volunteer participation would be very welcome. Details of the activities and outings are not available at this time. For more info contact Wendy at ext. 3557. This opportunity is suitable for adults or responsible teens. Volunteers must be interviewed and screened prior to starting.

For more information, contact Wendy at 613-392-2811 ext. 3557

Besoins et opportunités de bénévolat

Programmes pré-scolaires

Soutien à la salle de jeux - si vous avez un talent que vous aimeriez partager avec les enfants d'âge pré-scolaire et leurs parents, nous aimons discuter avec vous; musique, raconter des histoires, faire du bricolage et des activités amusantes adaptées au groupe.

Nettoyage de jouets - Nous avons toujours besoin de bénévoles pour nous aider au nettoyage hebdomadaire des jouets de la salle de jeux. Le nettoyage se fait tous les jeudis après-midi à partir de 13h pour environ une heure. Les bénévoles ne sont pas obligés de s'engager pour toutes les semaines mais si c'est ce que vous désirez.

Programmes ado et jeunesse

Chaperons pour les danses - un autre besoin régulier. Nous organisons une danse mensuelle Much Music Video pour les 13 à 17 ans. Les bénévoles sont importants pour chaperonner les jeunes, patrouiller le plancher de danse, les aires communes et les vestiaires, collecter le prix d'entrée, etc. En général, les bénévoles sont sur place de 18h30 à 23h.

Nouveau Chaperons pour les danses - le centre des jeunes organisera des danses pour les 8 à 12 ans au bistro du CRFM. Ces danses seront les samedis de 18h30 à 21h30 et débuteront le 20 mars prochain.

Garderie

La Relâche - les jeunes d'âge scolaire feront plusieurs activités au cours de la semaine et l'aide de bénévoles sera la bienvenue. Les détails sur les activités ne sont pas disponibles en ce moment. Pour plus d'information, communiquez avec Wendy au poste 3557. Cette opportunité est ouverte aux bénévoles adultes et aux adolescents responsables. Les bénévoles doivent avoir une entrevue et une vérification policière.

Pour plus d'information, contactez Wendy au 613-392-2811 poste 3557

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Don't forget to clean 'under the radar' kitchen items

(NC) - • Area #1: Range hood filter – Clean or replace your (non-charcoal) range hood filter (there might be more than one) every six months by running the filter through your dishwasher for a few cycles. Always check your manufacturer's care instructions first.

• Area #2: Dishwasher – Odour-causing residue can build up on surfaces over time from food particles and minerals. To prevent this, once a month empty your dishwasher, place one Affresh dishwasher cleaner tablet in the main dishwasher tray and another tablet in the prewash tray or in the bottom of the dishwasher then run the heaviest cycle, at the hottest wash temperature. Using Affresh dishwasher cleaner once a month will keep your dishwasher clean and fresh. More information is available online at www.affresh.ca.

• Area #3: Refrigerator water filter – Depending on the model, refrigerator water filters help remove particulates, lead, mercury, chlorine taste and odour, dirt, rust, lime scale and other unwanted chemicals. Keep every glass of water and ice cube fresh by changing your filter every six months or

more frequently based on use.

• Area #4: Microwave interior – Gently, take out the turntable and other removable parts and wash them in warm water and dish-washing liquid. Make a paste with baking soda and water and gently rub it on the inside of the microwave with a soft dishcloth. Let it sit for a minute to absorb unpleasant odors, grease and

stains. Wipe the paste away with a damp washcloth, rinsing frequently.

• Area #5: Stainless steel and chrome – For general cleaning, use liquid dish detergent or an all-purpose cleaner and rinse with clean water and a soft, lint-free cloth. For hard water spots, use vinegar. If there's staining or scratching, use a stainless steel cleaner and polish.



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A new alternative in high-efficiency laundry

(NC) – With all of the options available in today's laundry machines, it can be hard to choose the right appliance for your lifestyle and home.

Mom Show and Whirlpool Time Champion, tells us why high-efficiency top-load laundry is starting to get more attention from Canadians coast to coast.

"High-efficiency top-load laundry machines use the same technologies found in the front-load design, meaning the same great energy and water savings," says Marion. "Plus, with the best vibration control on the market, main floor laundry rooms won't make themselves heard."

Look for new models with extra capacity like the Whirlpool Cabrio, Marion explains. It's the largest high-efficiency washing machine on the market, and has enough space to fit three baskets of laundry in a single load. "And for a country where moms spend an average of over six hours a week doing laundry, this means more time with your family and less spent in the laundry room," says Marion, quoting an Ipsos Reid survey conducted in 2008.

And no need to sacrifice the convenient features found on front-loaders – the key options Canadians are looking for are also available in many high-efficiency top-load machines, like the steam feature and quick wash cycle on the Whirlpool Cabrio.

"With a lower average price point, great features and significant energy and water savings, high-efficiency top-load laundry machines are a great value for Canadians," says Marion.



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