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Familiar face takes command of 8 Wing/CFB Trenton

by Amber Gooding
Assistant Editor

8 Wing/CFB Trenton personnel continue to move forward with the guidance of Colonel Dave Cochrane, CD, Commander, 8 Wing/CFB Trenton, who was sworn in at an Assumption of Command ceremony on February 19, 2010.

Hundreds of spectators, consisting of base personnel, local and national dignitaries, family, friends and colleagues filled 7 Hangar for the ceremony last Friday, which was overseen by Presiding Officer, Major-General Yvan Blondin, OMM, CD, Commander 1 Canadian Air Division, Commander Canadian NORAD Region Combined Forces Air Component Commander and the Chief of the Air Staff, Lieutenant-General André Deschamps, CMM, CD.

Col Cochrane addressed the crowd with a sense of pride and sincere gratitude for the members of 8 Wing/CFB Trenton, the Canadian Forces, as well as appreciation for interim Wing Commander, Lieutenant-Colonel Dave Murphy, and the surrounding communities. He assured all that personnel at one of the largest and busiest bases in the CF will continue on with outstanding results.

“I am proud and privileged to take command of 8 Wing Trenton today,” said Col Cochrane. “I would like to sincerely thank the CF and senior leadership for showing their confidence and full support in my capabilities as a leader. I am extremely excited to be commander of 8 Wing, fully recognizing the enormous responsibilities and work that lay ahead.”

Paying particular attention to the great work accomplished by the interim base commander, Col Cochrane extended his utmost appreciation and respect for LCol Murphy’s tremendous



Photo: MCpl Miranda Langguth, 8 Wing Imaging

Colonel Dave Cochrane receives the Commander’s Pennant from 1 Canadian Air Division Commander, Major-General Yvon Blondin. MGen Blondin presided over the February 19, 2010 ceremony that officially marked Col Cochrane’s assumption of command of 8 Wing/CFB Trenton.

effort.

“Dave, you, Chief Warrant Officer Kevin West, and your leadership team have done an incredible job, especially during these difficult past two weeks,” said Col Cochrane. “Your close interaction with the local community and their leaders, and also with 8 Wing units and their members, has been instrumental in progressing the healing process and strengthening the close relationship we enjoy with the community. Thank you for everything you have done and I look forward to our continuing work together over the coming months.”

Col Cochrane noted that this has been a difficult period of time for everyone, and most

notably, for those members of 8 Wing/CFB Trenton and our local community.

“8 Wing has a special bond with the local community – with the thousands of military and civilian personnel who work each day on the base, here in Trenton,” he said. “8 Wing members and our families are closely linked with the community and it’s broad cross section of activities. We feel a strong sense of belonging in the community.”

Col Cochrane believes the operational tempo of 8 Wing is unprecedented, and the extreme focus and unwavering determination of 8 Wing/CFB Trenton personnel will continue to meet the high goals and expectations set.

Having spent several postings at 8 Wing, Col Cochrane is continuously proud of the constant professionalism and teamwork demonstrated by the men and women of 8 Wing.

“To 8 Wing members – military, civilian, and contractors – you should be extremely proud of your accomplishments and the work you do, day in and day out,” he said. “The CF, and in particular 8 Wing, provide incredible contributions to Canada, including supporting our mission in Afghanistan, saving lives in Haiti, conducting Search and Rescue operations, and supporting the ongoing Vancouver Olympic Winter Games.”

He also noted the outpouring of support to the military from

the local authorities, such as mayors and members of the community, has been truly amazing.

“I thank you all for your continued support and understanding,” he said. “I look forward to my time as Wing Commander as we continue to build this close relationship with the community and their leaders, and to contribute in every way possible to the successful and harmonious future of the greater Trenton area.”

Colonel Cochrane is married to Sherri (nee Smith) of Ottawa, and they are the proud parents of son, Jamie, and daughter, Lindsay, whose support has been phenomenal, which as he says, is what makes everything he does possible.

“Sherri, Lindsay and Jamie, as you would agree, this has been quite an emotional time. I thank you for the support you have shown with this new appointment,” he said. “The next few months, and my time as the Wing Commander, will be extremely challenging but I know that I can count on your continued support, and that is greatly appreciated.”

As Col Cochrane looks to the weeks, months and possibly even years ahead, one thing is certain in his eyes – and that is ‘we’ will continue on. We will move past this, rise above the trials and tribulations and, we will do so together. It is what sets us apart – here on base and throughout the surrounding communities, and above all the rest...our continued strength and resilience.

“We must turn the page and move forward. Be proud of who you are, ladies and gentleman. Stand tall and proud, you certainly deserve it,” said Col Cochrane. “I am extremely proud of all of you, as your commander, and I look forward to meeting you and working with you during my tenure here.”

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Breadner boys prepare to be bald

by Andrea Steiner
Managing Editor

Best friends since kindergarten, two 12-year-olds from Breadner Elementary School are planning to do something quite wonderful.

Jordon Gauthier and Brycen Roy are going to have their heads shaved to raise money for the local branch of Canadian Cancer Society.

The big event is set for the afternoon of March 10, in the school gymnasium. Local barber Jim Gilchrist is volunteering his skills.

The lack of hair will no doubt take some getting used to, though both boys are quite familiar with military haircuts. Jordon is the son of Private Maggie Gauthier and Master Corporal Charles Gauthier, and Brycen's father is Sergeant (Ret'd) Derek Roy.

According to mother Tammy Roy, the two boys came up with the idea at the start of the school year. Both were inspired by a similar event held at Breadner two years ago, when students Nick Roy (brother to Brycen) and Kelly Brett, had their heads shaved and donated the proceeds to the Cancer Society.

The parents are justifiably proud of their sons.

"We are very proud



Photo: Andrea Steiner

Breadner students Jordon Gauthier (left) and Brycen Roy will soon look considerably different than they do in this photograph. They plan to have their heads shaved to raise money for the local chapter of the Canadian Cancer Society.

of Jordon. The day he came home and said he wanted to do this, I thought it was awesome," said Pte Gauthier.

"I am very proud of him," said Tammy Roy. "It means a lot to our family."

Actually, cancer has personally affected both families: Brycen's grandfather died of liver cancer at age 30, and Jordon's maternal great grandparents both died

of cancer.

The boys have set a fundraising goal of \$1,000, and are hopeful that everyone supports their efforts.

And aside from hoping to raise as much money as possible for the Cancer Society, the boys have an added incentive...

If they reach their goal, Breadner teacher Heath Lassardo has vowed to lose his locks as well, in solidarity with

the two students.

Donations are being accepted at Copperfields in Trenton, at the 8 Wing Orderly Room, and at Breadner.

Brycen says he is "excited" while Jordon admits to being a bit "nervous" about the big event. But both are very committed.

"We hope that other people will get inspired by what we're doing and do something similar," said both boys.

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PICTURE OF THE WEEK

James LeBlanc from the 8 Wing paint shop displays one of two new Jacmel Airport signs that WCE Trenton made for our personnel in Jacmel, Haiti, as part of Op HESTIA.

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Colonel Dave Cochrane

Colonel Dave Cochrane has spent many years throughout his military career at 8 Wing/CFB Trenton since first enrolling in the Canadian Forces in 1982.

After receiving a baccalaureate degree in Mechanical Engineering from the Royal Military College in Kingston, he received his navigator wings and was posted to 436 (Transport) Squadron as a tactical and strategic navigator. It was during his time at 436 (T) Sqn that he participated in many deployments, including Gulf War I, the Kurdish re-supply airdrop missions, and the

United Nations High Commissioner for Refugees (UNHCR) Operation Airbridge in Sarajevo.

Following this posting, Col Cochrane attended a year-long Aerospace Systems Course in Winnipeg. Upon graduation he was posted to Director Air Requirements

Fighters and Trainers 5 section in Ottawa where he was Project Director for several CF18 Electronic Warfare Projects.

By 1997, Col Cochrane was posted to 426 (Transport) Training Squadron as a CC130 navigator instructor and helped lead the implementation of the CC130 Avionics Update Program conversion training for Hercules aircrew.

From there he was promoted to major, where 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.

Prior to 2004, Col Cochrane attending the CF Command and Staff College Course in Toronto, receiving in conjunction a Masters degree in Defence Studies from the Royal Military College. It was then that Col 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 Requirements 2, overseeing and supervising Air Mobility capital projects including the Airlift Capability Project - both Strategic (CC177 Globemaster) and Tactical Airlift (CC130J) and the Fixed Wing Search and Rescue Project.

In July 2006, Colonel Cochrane assumed command of 426 Squadron, where he oversaw key transformational activities for Air Mobility including the force generation for CC130 Hercules and CC150 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.

On February 12, 2010, Col Cochrane's latest appointment was announced, bringing forth his current promotion to the rank of Colonel.

Presentation to 426 Squadron

On 20 Feb 10, Mr Mark Tutton of Whitby, ON, representing his family, presented 426 Squadron with his grandmother's Memorial (Silver) Cross.

By chance Mr Tutton had read the article on the squadron's Association website about his uncle's wristwatch, and how it came to be shadowboxed outside Blanchard Hall, Dishforth Bldg, home of 426 Squadron. (Please see *The Contact*, 4 Dec 09, page 20.)

He, and his family, felt it would be fitting for the medal, his uncle's original pilot wings, and a collection of war time correspondence, telegrams, and photos, be added to the squadron's archives, and where appropriate a reworking of the shadowbox.

Mr Tutton's uncle, Sgt Kenneth W. Tutton, perished on his first operational flight, acting as second pilot for Wing Commander S.S. Blanchard.

As the Wellington bomber returned from a raid on Cologne, 14 Feb 43, it was brought down by a night fighter; there



Mr. M. Tutton, on behalf of his family, presents his grandmother's Memorial Cross to 426 Squadron. Accepting for the Thunderbirds is Maj AHV Tsai-Lamoureux, Technical Flight Commander.

were no survivors. Ken's parents were notified he was missing within days, but confirmation of his death took months.

The Commemoration Service that recognized Sgt Tutton's sacrifice wasn't held until 17 May 44, at which he was posthumously promoted to Warrant Officer 2nd class, and his mother received her Silver Cross.

It wasn't until 13 Jun 46 that the RCAF was able to confirm the burial

site of WO2 Tutton, grave 217 in row 21 in the Military Cemetery, Venlo, Holland.

Later, he was exhumed and buried with his crew mates at the Jonkerbos War Cemetery at Nijmegen.

If you would like to read more about Sgt Tutton please visit the squadron's Association website, 426sqdn.ca, pages Tutton's Watch, S.S. Blanchard, and Beegden and Heel.

Search & Rescue UPDATE



424 Squadron had three missions this past week.

The first tasking was for both our Herc and Griffon. They were tasked to investigate an ELT in the Waterloo area. The Griffon was stood down before startup and our Herc homed the ELT signal to the helipad for the Grand River Hospital. No signs of distress were observed at the site. The Waterloo police and the local CASARA unit were handed the case to determine the source of the ELT signal. The Herc crew returned to Trenton

Next tasking was for the Herc to investigate the report of a possible aircraft crash near Midland. They flew the assigned search patterns but were stood down when JRCC and the OPP determined that the sighting was probably a meteor.

Our Griffon crew was next up, asked to look for a missing 54-year-old man on a snowmobile at Chandos Lake. He was found by the OPP before the helicopter departed Trenton.

Until next week, stay safe.

Missions for 2010: 18 Missions for Feb.: 11 Persons rescued: 0

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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 #.
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- Please label all disks and hard copies with article name, contact person and phone numbers, date.
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message from the

Editor

Today, The Contact Newspaper says farewell to reporter/photographer Tom Philp.

Tom started work at the paper just over a year ago and has written numerous articles and made many friends across the Wing during his time here.

He will, no doubt, be missed, as will his special talents.

Tom has secured other employment and we wish him very well in his future endeavours.

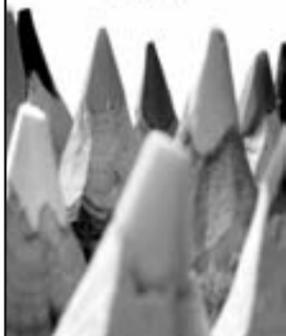
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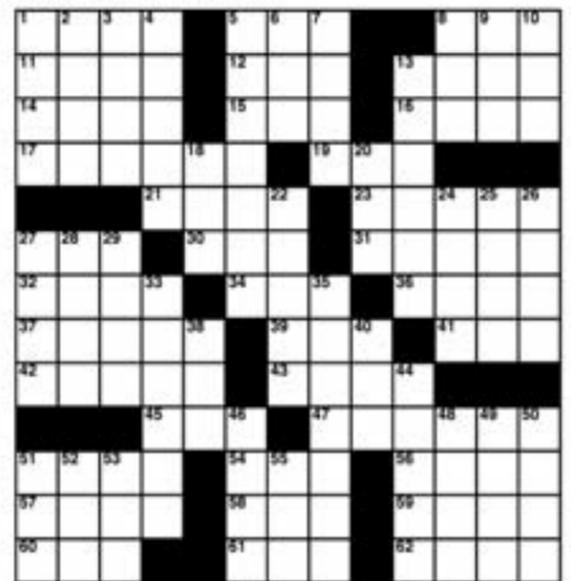
Canadiana Crossword

A Lamb Cram

By Bernice Rosella and James Kilner

- ACROSS**
 1 Welt (OE)
 5 Encountered
 8 Rumpus
 11 Hair do
 12 King or mode preceder
 13 Lamb ____
 14 Lamb ____
 15 Knock
 16 Oven
 17 Biblical passages
 19 Sounds from a dentist's chair
 21 Rocky Mountains park
 23 Plains tribe
 27 A kind of memory
 30 Gardiner or Mica
 31 Lamb ____
 32 About ears
 34 Circuit
 36 Root vegetable
 37 Render invalid
 39 Spell
 41 Japanese coin
 42 Photo finish
 43 Plant part
 45 Grammas' ____ soap
 47 Afternoon nap
 51 Lamb's home
 54 Smallest Prov.
 56 Stifles
 57 Scheme
 58 Irish para military org.
 59 Leave out
 60 U of R footballer
 61 Tin
 62 1974 Atlantic hurricane

- DOWN**
 1 Stinging insect
 2 Salamanders



- 3 Tract
 4 Subservient
 5 Parade figure
 6 Guido's high note
 7 Bark
 8 Gotcha!
 9 ____ and don'ts
 10 Choose
 13 Pet lamb
 18 Chic
 20 Oriental cookware
 22 Normandy beach
 24 Arab overgarments
 25 Blood
 26 Black
 27 Wander
 28 Sicilian volcano
 29 Lamb chops condiment
 33 Lamb ____
 35 ____ lamb coat
 38 Meadow (OE)
 40 Roman 12
 44 ____ lamb
 46 Literary form
 48 Lapis
 49 Week's end acronym
 50 ____ Spumante
 51 Canadian rlyw.
 52 Palm leaf paper
 53 Male turkey
 55 Historical period

See Answers, Page 22



This Week in Contact

1980 – The efforts of 40 personnel from CFB Trenton in a Canadian Forces-wide, 1.5 kilometre challenge run, resulted in the Lieutenant-General W.K. Carr Trophy finding a new home here. Trenton's personnel registered the lowest team time among runners from bases across the country. A special award was presented to Sergeant W. Leblanc for being the fastest female in her age group, across Air Command, with a time of nine minutes and forty seconds for the 1.5 mile course.

1990 – The City of Trenton honoured the 45th anniversary of the sinking of the ship that bore its name. The HMCS Trentonian was torpedoed in the English Channel in February 1945, with the loss of one officer and five seamen out of a crew of 100. The story of HMCS Trentonian was resurrected by two local men, Walter Gregory and Michael Ticehurst in the mid-1970s, who eventually published "Memories of HMCS Trentonian."

2000 – An historic joint parade between 8 Air Maintenance Squadron (8 AMS) and 8 Mechanical and Engineering Squadron (8 EME) was held to mark the official transfer of maintenance responsibility from the Wing's Airfield Maintenance Support Equipment (AMSE) to EME Squadron. The transfer of responsibilities followed approval from 1 Canadian Air Division in 1999 to effect the change.

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



The Memory Project preserves stories of Canadian veterans

by Tom Philp,
Contact Staff

Veterans of the Second World War have been given an opportunity to tell their stories to future listeners, thanks to the efforts of the Historical-Dominion Institute, and a recent visit by its staff to the National Air Force Museum of Canada.

More than a dozen survivors of that great conflict were invited to record their war histories at the museum February 17 as part of The Memory Project: Stories of the Second World War. A 25-stop, nation-wide oral history project, the initiative has sent interviewers and recording technicians across Canada to gather the war stories of a fast-dwindling WWII veteran population.

"We've wanted to come to this museum since last summer," said Jill Paterson, Deputy Project Manager. "Trenton has such a long history of military service, with a lot of veterans living in the area, so we knew this location would attract a lot of participation."

According to the project's Web site, "The Memory Project is one of The Historical-Dominion Institute's most successful educational programs designed to connect veterans and students online and in classrooms across the country.

The Memory Project Speakers' Bureau includes 1,500 veteran volunteers from across Canada who visit classrooms and community groups to share their stories with youth." The WWII veteran interviews began in 2001.

"It's important that we create opportunities for Canadian veterans to share their experiences of service with The Memory Project," said Dr. Andrew Theobald, Research and Collections Officer with the Project. "As historians and archivists, we are the stewards

of their legacy, and we have a responsibility to ensure its preservation."

Among the veterans attending and sharing their memories on Wednesday were Jim Moffat, Bruce Cox, Jim Beale, Beverly Retston, Cy Yarnell, Bill Hitchon, Bill Tytula, Howard O'Connor and Stuard Crawford. Moffat, a Second World War Pilot Officer with the Royal Canadian Air Force, was the first veteran to be interviewed by Memory Project Research and Collections Officer, Dr. Andrew Theobald.

"I started speaking to groups, particularly schools, quite a few years ago, to counter the impression of war left by the movie, 'The Valour and The Horror,'" he said. "I was asked by the Protestant School Board in Montreal to speak to students, and up to six times a year I would share stories with kids in Grades one to five. I got a thrill out of that, and I've continued speaking to schools ever since." Moffat has spoken to many thousands of students since the mid-1970s, from Montreal to Sarnia.

Moffat, who now lives in Belleville, remembers being inspired by a Dutch woman who came to Canada after World War II. She and her family had risked execution by the Nazis by hiding seven American and Canadian airmen in their barn, while German troops occupied their house only meters away. Other "collaborators" had been shot; but that woman and her husband continued to show incredible courage.

"This woman, (who later died in Picton, Ontario, shortly after receiving a medallion commemorating her bravery), showed amazing courage. Hers is also one of the stories that I feel must be shared and preserved," he said.

Second World War

veteran Bill Hitchon, accompanied by his son-in-law, former Quinte West Mayor, Jack Arthur, also queued up for an interview. Hitchon said he had to "adjust" his birth date "a little bit" in order to enlist in the Canadian Army after being rejected initially by the famed Hastings and Prince Edward Regiment "because I was too young." Finally signed on and shipped overseas, Hitchon spent time in both armoured and infantry units in Europe.

"I got in, and ended up with an armoured unit," he said. "Later on, when the Cape Breton Highlanders were short of men, they sent us over there to help them out (as foot soldiers)."

The Memory Project is also focused on collecting information from other conflicts that involved Canadians, including the First World War, the Korean War, and a wide variety of Peacekeeping and other Canadian Forces missions. To date, the collected stories of about 1,000 veterans have reached more than one million young Canadians, either through personal visits and story sharing, or through The Memory Project's online database and digital archive (<http://www.thememoryproject.com/stories.aspx>).

The Historical-Dominion Institute is the largest independent organization dedicated to Canadian history, identity and citizenship. Launched in September 2009 through the amalgamation of The Historical Foundation of Canada and The Dominion Institute, its mandate is to build "active and informed citizens through a greater knowledge and appreciation of the history, heritage and stories of Canada."

On February 12, 2010, the Institute announced that former Chief of Defence Staff, and retired



Photos: Tom Philp, Contact Staff

Royal Canadian Air Force veteran Jim Moffat (left) is pre-interviewed for his Memory Project taping at the National Air Force Museum of Canada by Dr. Andrew Theobald, Research and Collections Officer with the project.

General, Rick Hillier had been named Honorary Patron of the project. "The intergenerational dialogue that happens when our volunteers – both currently serving members and veterans – visit schools through The Memory Project provides a unique opportunity for Canadian history to come alive for our young people," said Jeremy Diamond, Managing Director of the Historical-Dominion Institute's National Office on the occasion of Gen Hillier's appointment.

NAFCM Executive Director, retired Lieutenant-Colonel Chris Colton, was thrilled to have the museum used as one of The Memory Project's gathering points.

"It is an incredible privilege to have our museum host such a great project," Colton said. "Not only will veterans in this area have an opportunity to share their vast knowledge and experience, but we will be able to show them what a great place we have here."

If you are a Canadian veteran, or if you know a Canadian veteran, and you have stories to tell, please contact Davida Aronovitch, (416) 506-1867, or visit The Memory Project online, thememoryproject.com.



Bruce Cox (right) a decorated Second World War veteran, who served with the British 1st Airborne Division, chats with Memory Project staff member, Jennifer Givogne.



Bill Hitchon (right), a veteran of both armoured and infantry units during the Second World War, waits at the NAFMC with his son-in-law, Jack Arthur, a former Mayor of Quinte West, for his scheduled taping for The Memory Project.



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8 Wing personnel at work: Corporal Bruce Clark

by 2Lt Jennifer Jackson
Public Affairs OJT

Corporal Bruce Clark knows that when visibility is low and weather is bad he can expect to have a busy day at the 8 Wing Air Traffic Control (ATC) Section in Trenton, Ont.

"A big part of my job is to keep an eye on what is going on around an aircraft coming in for a landing," says Cpl Clark.

"I do this whenever a pilot asks, no matter what the weather."

Cpl Clark is a Radar Controller (Rdr Controller) who can be called on to monitor instrument approaches and offer precision approach radar (PAR) services.

Rdr Controllers are specialists within the Aerospace Control Operator trade (AC Op) and assist pilots to ensure these approaches are carried out smoothly.

As visual references, such as the runway itself, are unreliable in times of low visibility, pilots must land using only their instruments.

Cpl Clark first joined the Canadian Forces in July 2004. After completing his

Basic Military Qualification, he was posted to 8 Wing, where he has been employed both with ATC and Wing Operations.

"I had had some exposure to ATC before the military through Nav Canada," says Cpl Clark. "Eventually, I decided I wanted to make it a career, and the opportunities the military offered just appealed to me."

In order to become a licensed Rdr Controller, Cpl Clark first had to complete a three-month AC Op Course. After gaining some operational experience, he was then selected for the three-month Rdr Controller Course which took place at the Canadian Forces School of Aerospace Control Operations in Cornwall, Ont.

This course was followed by a "check-out" consisting of simulations and monitored live-traffic approaches to ensure proficiency.

Cpl Clark provides pilots with two different types of services upon request, monitoring of instrument approaches, and the PAR approach.

During the first, he

monitors aircraft approaches via sophisticated instruments, tracking the aircraft's progress on a radar screen as it completes the approach.

He is also able to provide the pilot with air traffic information. Cpl Clark's principle role is to monitor and assist the pilot in the event something unexpected happens during the approach.

"When I monitor an approach I am like an additional safety-net for the pilot," says Cpl Clark. "On my radar screen I can see everything going on in the air around the aircraft, and I can see every move the aircraft makes on its approach."

The second type of approach, the PAR, is much more demanding. During a PAR approach, Cpl Clark essentially "talks the aircraft down," by providing glide path (which indicates the angle at which the aircraft is approaching), and centre line (where the aircraft is in reference to the centre of the runway) information at regular intervals. During a PAR, Cpl Clark is the only constant reference for the pilot as he makes his approach.



8 Wing Air Traffic Control Corporal Bruce Clark.

"I take a lot of satisfaction in knowing that what I do helps a pilot land his aircraft safely," adds Cpl Clark. "No two approaches are the same, and everyday there is a different challenge. That is why I love what I do."

Originally from Winnipeg, Man., Cpl Clark can be found in his spare time either rock climbing or SCUBA diving.

He and his wife live in Trenton with two "wacky" cats, Chloe and Sindee.

Since being licensed as a Rdr Controller in 2007, Cpl Clark has completed approximately 1 500 approaches at the 8 Wing ATC section, and he continues to cast his "safety net" one approach at a time whenever pilots call.



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SPORTS & RECREATION

March Break Kidz Kamp

The March Break Kidz Kamp will run from March 15 to 19, from 8 a.m. to 4 p.m. at the RecPlex.

Before and after care is available from 7 to 8 a.m. and 4 to 5 p.m. Register now at the RecPlex.

Cost for military community members: 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.

Register today at the RecPlex.

Photo: Contact archives



Batawa ski 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. Passes available at the RecPlex.

Bronze Medallion/Bronze Cross and Standard First Aid - Crash Course

Participants must be 13 years of age or older to participate. The course will run from Monday, March 15, to Friday, March 19, from 9 a.m. to 6 p.m. each day.

Cost: \$225 for military community; \$250 for the general public.

Note: This is an intense program designed for individuals who have strong swimming skills.

OLYMPIC FEVER: TROOPS FACEOFF AT KAF

Photo: MCpl Matthew McGregor, Image Tech, JTFK Afghanistan



Regional Command South Director of Operations, Brigadier General Ben Hodges (left) and Task Force Kandahar Commander, Brigadier-General Daniel Ménard do a little trash talking before the game.



Canadian and American troops deployed in Afghanistan competed in a game of ball hockey at Kandahar Airfield. The match took place the day before the two countries met in Men's Olympic Ice Hockey. Hundreds of fans from both countries came out to cheer on their respective sides. In the end it was a lopsided victory for the Canadians, winning by a score of 16 to 2.

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FITNESS & HEALTH PROMOTION



Good Luck to all March 1st "I Quit" Participants!

Things for you to be mindful of during the quitting process...

Tension Relief: Most people experience an increase in tension as they are trying to quit using tobacco. It may show up as tense muscles, irritability and worry.

Take time to relax and practice relaxation as a strategy for managing the tension.

Watch for the new schedule from the fitness and sports flight that will include a relaxation/yoga class.

Socializing: Prepare a standard line for refusing tobacco. Be positive, unapologetic and straightforward (e.g., No thanks, I've quit).

You want to be prepared rather than tongue-tied when faced with an offer for a cigarette.

Concentration: If your concentration is falling try going for a walk, take a stretch break or open a window.

If your concentration is competing with thoughts of using

tobacco, try drinking water or chewing gum instead.

Triggers: If you would generally have tobacco after a meal and are finding this time hard try brushing your teeth right after eating.

Move away from the table when finished eating, start the dishes immediately after your meal.

Move into another room to listen to music while others finish eating.

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



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Sleep: Helpful stress management tool

People are sleeping less. Studies completed by the National Sleep Foundation found that an average night sleep has decreased between one and a half to two and a half hours since 1960. This decrease in sleep may be the result of a faster paced lifestyle, but it may also contribute to the stress level that comes from trying to find more hours in a day.

Lack of sleep increases levels of the stress hormone cortisol in the body. In a stressful situation, cortisol is released to respond to high levels of adrenalin. Cortisol regulates blood pressure, returns breathing back to normal, and normalizes blood flow to help the body deal with the aftermath of a stressful situation.

Problems may develop with cortisol when stress is chronic and higher levels of this hormone remain in the body. This carries long term risks for overall health.

The chronic release of stress hormones caused by sleep deprivation affects the immune system, increasing susceptibility to colds and infections. Chronically elevated levels of cortisol can make sleep shallow, fragmented, and not rested, delay the onset of sleep, and cause increased wakefulness during the night.

Sleep loss is also associated with an increase in appetite, desire for foods high in carbohydrates, and an increase in body mass index. Having trouble getting to sleep? Avoiding certain behaviours before bedtime may help to ensure a good night's rest.

Avoid caffeine at least two hours before bedtime. Caffeine invokes many of the same physiological responses as the stress response: increase in heart rate,

irregular heart beat, increase in breathing rate, increase in blood pressure, tense muscles, sweating. Don't forget less obvious sources of caffeine like medication.

Avoid alcohol at least two hours before bedtime. It might feel like drinking alcohol helps with falling asleep, but alcohol can interfere with staying asleep later in the night. Alcohol consumed at bedtime, after an initial stimulating effect, may decrease the time required to fall asleep. However, alcohol consumed as much as six hours before bedtime can increase wakefulness during the second half of sleep. By the time this effect occurs, the dose of alcohol consumed earlier has already been eliminated from the body, indicating a relatively long-lasting change in the body's mechanisms of sleep regulation.

Avoid smoking at least two hours before bedtime. Nicotine is a stimulant and can interfere with falling asleep and staying asleep. Getting a good night's sleep might be another reason to reduce or quit smoking. Smokers can reduce their sleep problems by avoiding cigarettes at least two hours before bedtime.

Avoid intense exercise at least two hours before bedtime. Research shows that people who exercise regularly (30 to 60 minutes three times a week) have deeper sleep. Exercising four to eight hours before bedtime can be helpful but exercising one or two hours before bedtime can interfere with falling asleep.

If stress levels seem to be on the rise, take a nap. Getting a good night's sleep may be a good way to prevent stress from becoming a nightmare.

Fitness Lunch and Learn

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

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

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?

The Ten Habits of Highly Effective Stress Managers:

1. They know how to relax.
2. They eat right and exercise often.
3. They get enough sleep.
4. They don't worry about the unimportant stuff.
5. They don't get angry often.
6. They are organized.
7. They manage their time efficiently.
8. They have and make use of a strong social support system.
9. They live according to their values.
10. They have a good sense of humour.



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

"March 1st I QUIT!"



REGISTER NOW!

February 28, is the last day to register for the "March 1st, I QUIT!" Challenge. Register at Strengthening the Forces Health Promotion Office by EOD 26 February or online: <http://hr.ottawa-hull.mil.ca/health-sante/iqquit-jarrete/default-eng.asp> by 28 February.

Good Luck participants!

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Patient Satisfaction Survey results from Health Services

by Cathy Yeager, Quality Improvement Manager, 24 CF H Svcs C

In November 2009, 24 CF Health Services Centre conducted our annual patient satisfaction survey blitz in order to solicit feedback from our Canadian Forces community.

As a CF clinic, we recognize the need to listen to our patient's perspective, bringing forward concerns and opportunities to improve.

This survey tool helps us monitor our performance as well as contributes to quality improvement initiatives.

The clinic had our best response rate yet of 405 completed surveys received in that

two-week timeframe. We would like to take the opportunity to thank all who participated in the survey.

The feedback you provided is extremely important to the Quality Improvement process in the clinic.

Based on the results, the overall satisfaction rate for the general survey questions was 88 per cent. Other key results of the survey included the following:

- 94 per cent were satisfied with getting an appointment in a reasonable time; and

- 92 per cent were satisfied with the overall care received.

There were 70 informative comments provided from patients during this blitz.

There were many compliments as well as several concerns and suggestions to help improve a patient's experience.

These suggestions and concerns are taken very seriously. The clinic management team is currently looking at several options to alleviate your concerns and provide better service.

Regarding some comments and questions noted by patients, here is some information for you:

the clinic does provide bilingual services, we are in the process of ensuring there are bilingual signs in the clinic;

Comment cards are available on a daily basis at front reception and other reception

areas in the clinic.

Completed comment cards can be deposited in the wall mounted box at the two main entrance/exits of the clinic or mailed to the QI Manager at 24 CF H Svcs C, comment cards are also available on our website;

The clinic does have a formal Compliments and Complaints program; there are pamphlets available in the clinic and information on our website.

You can find 24 CF Health Services Centre website at http://trenton.mil.ca/Lodger/MedSq/index_eng.htm

In closing, our patient satisfaction survey provided us with valuable qualitative feed-

back.

If you ever have a concern, want to compliment our services or just have a suggestion for us, please take the time to fill out the survey. Again we wish to thank you for participating in our satisfaction survey blitz.

Taking the opportunity to provide feedback regarding our services promotes a collaborative partnership and increases communication between the clinic and our CF community.

There is always room for improvement and our goal is for every CF member to be proud to utilize safe, high quality health care services in a patient-centred facility.

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Light it right, for your safety



Submitted by 8 Wing General Safety Office

Too little light, too much light or light in the wrong places – these are some of the ways poor lighting can create workplace hazards.

On the brighter side, light of the correct intensity and arrangement will help you work safely.

Moderately bright light is generally the most comfortable. You should be able to see the work easily without glare.

The light you need depends on the type of work you are doing. If you are carrying out inspections or detailed work, you will need more light.

If you are working with larger pieces or doing assembly work, you won't need as much illumination.

This checklist should shed some light on workplace illumination:

- Can you see comfortably? Can you work without straining or tiring your eyes?
- Is the work zone free of glare or overly

bright light?

- Is the lighting contrast adequate so you can make out different objects?

- Is the overall lighting of the area fairly even?

- Do you have direct control over the task lighting at your work station?

- Is the lighting appropriate for workers of all ages? As persons get older, they need more light to see.

- Is there natural daylight in addition to artificial light?

Can you control the natural light to prevent glare as the day goes on?

- Are work surface materials appropriate for the kind of work being done?

If a surface is too glossy, it will reflect the light causing a glare.

- How about the color of work surfaces and walls?

The color of the surface should contrast with the material being worked on so you can easily distinguish components from the background.

If you need to distinguish colors for the work you are doing, the color of the surfaces around you should enable you to do so easily.

- If your job requires you to move from outdoors to indoors, is there adequate transi-

tion lighting to allow your eyes to adjust to the change?

For instance, if you drive a forklift into a warehouse from the outdoors, you may have trouble seeing if the entrance is too dark.

It takes several seconds for your eyes to adjust to the change in light.

- Are stairwells and hallways painted light colors to improve visibility?

Railings, exits and other features should be in a contrasting color so they can be easily distinguished.

- Is bright tape or paint used to mark steps, uneven walking surfaces and other hazards?

- Are fluorescent lights flickering or "strobing" in your work area?

This problem could cause optical illusions and injury or misjudgment when using equipment machine.

Good lighting is an important part of a safe and healthy workplace.

The right light can help prevent accidents and mistakes, and can improve comfort and productivity.

Some of the items on this checklist are things you should discuss with your supervisor.

Work together to make sure your work area works for you.

Protect yourself when winter weather packs a punch

(NC) – Clearing the driveway after a winter storm can be quite a workout — especially when you consider that a single shovelful of snow weighs five to seven pounds.

Improper shoveling can lead to minor strains and sore muscles, and can also cause more serious injuries.

The good news, say Ontario's spinal health care experts, is that most of these injuries can be easily avoided — all it takes is a little know-how. That's why the Ontario Chiropractic Association (OCA) is relaunching its seasonal Lift Light, Shovel Right public education campaign.

"Most people don't realize that clearing their driveway involves moving several hundred pounds of snow," says OCA President Dr. David Brunarski. "Chiropractors certainly see a higher incidence of back and muscle pain or injuries following a heavy snow fall, and improper snow shoveling technique is frequently to blame."

The OCA's Lift Light, Shovel Right program was developed in 2003 to help inform the public about the risks associated with clearing snow after a Pollara survey of 500 Ontario chiropractors concluded that snow shoveling was a leading cause of back injury during the winter months.

"Some of the strategies the pro-

gram lays out can really help keep you pain-free this winter, and they're easy to put into practice," says Dr. Brunarski. "Warming up and taking frequent breaks can really make a difference. The program also provides information about proper bending and lifting techniques that won't strain your back and shoulders."

For more information on the Lift Light, Shovel Right program, which features an educational brochure and poster, go to www.chiropractic.on.ca.

Founded in 1929, the Ontario Chiropractic Association represents the professional interests of more than 2,900 Ontario chiropractors.

Chiropractic is a non-invasive, hands-on health care discipline that focuses on treatment and preventative care for disorders related to the spine, pelvis, nervous system and joints.

Chiropractors are primary care practitioners, trained to develop and carry out a comprehensive treatment / management plan, recommend therapeutic exercise and other non-invasive therapies, and provide nutritional, dietary and lifestyle counseling.

More than 1.2 million Ontarians rely on chiropractic care every year to help them get back to work and back to doing the things they love.

For more information about chiropractic care or to find a chiropractor in your area, go to chiropractic.on.ca.

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READERS' CHOICE 2009



Thank you for your strength, dedication, courage and loyalty

"Thank you to all military personnel, at home and in foreign postings, for carrying the difficult load on your shoulders. Be proud. March tall."

— Ross Marr

"For doing what most people only dream, protecting our children, standing strong and proud, often against all odds. Thank You!"

— Sherry L. Hall-Whetung

"One of the Blessings we should be thankful for is the fact that we are Canadians. The men and women of our forces who have fought for, and are currently fighting for the rights and freedoms we experience in this great country, are to be commended and supported to the fullest. God bless you all."

— Bob Reid

"Thank you all, for everything that you do to keep us safe. Your efforts are so much appreciated. Stay strong. You have my undying love, gratitude, thanks, support and prayers! Hold your heads high."

— Kim Plummer

"I am proud and honoured to say I work closely with members of the Canadian military from all three elements. You are peacekeepers and make sacrifices everyday, whether it be serving abroad or here at home. You should be proud of what you do for my little family and your country. Thank you."

— Sarah McColl-Dorion

"I want to say thank you to everyone at 8 Wing. Stand tall. I support you and stand behind you all. God bless and keep up the great work for this country."

— Terry Rachar

"I thank every soldier that has given there all for "our" Canada. Your hard work and dedication



has shown every Canadian that we will stand together and we will stand proud!"

— Claudia Papadopoulou

"I am proud to raise my family in a community with the likes of all involved with 8 Wing/CFB Trenton."

— Lisa Hill-Knell

"Thank you to all the men and women who serve our country. Be proud to wear your uniform, as we are all proud of you. May peace be with you and those who have lost their lives supporting our country. Keep up the good work!"

— Lexi and Diane Fox

"Be proud of what you stand for, your country and the brav-

ery you show. I'm proud of our military members. My thoughts and prayers are with all of you in Trenton, as well as across Canada. I support our troops 110 per cent."

— Carol-Ann Leger

"To the men/women who serve: Stand tall and stand proud in your uniforms. Do not let anything diminish your purpose, to stand guard and keep us safe. We thank you and support you for the sacrifices you are making both at home and abroad."

— Cheryl Chapman

"I have members of my family that wear their uniforms proudly. They would all give their shirts off their back if you needed it. The military stands together for peace, and we stand behind you. Thank you all."

— Lisa Ricard

"As a neighbour (residing just north of the base), I am very proud of our military. Please feel the love and support that

this town has for you and all you do. It takes someone special to do what you do. Please hold you head high and be as proud as we are of you."

— Kristy Chard

"Keep on soldiering. That is what our military does best. The proud and just citizens of this country are behind you 100 per cent. Carry on soldier!"

— Ruth Reid

"Thank you for keeping our country safe. Stay proud and keep your heads held high. May God's blessings always shine on all of you. With our heartfelt love, now and forever."

— Augustin and Beverley Richard

"I support the military for everything they do for us. I stand by them unconditionally. God bless you all."

— Darlene Mathieu

"I stand proud for the sacrifices our military make for us. Thank you to all the men and women

who defend and stand loyal to our country. God bless."

— Sharyl O'Handley-Lovelace

"God bless your family and we are thankful for all the good the military has done. We support our troops. Stand proud."

— Brenda Moore

"I live in the Quinte area and have seen firsthand, for many years, all of the wonderful work our Canadian Forces do all over the world. I am extremely proud of my country and of our Canadian Forces! Hold your chin high and keep up the wonderful work troops!"

— Liz Christie

"My family is extremely proud of our troops and I'm always proud to show support for the Canada's military. We are known as a peacekeeping country, but history has proven that peace comes at a very high cost. Thank you for doing what the rest of us are too cowardly (or unable) to do."

— Chantel Winney



Photo: Lindsey White, Contact Staff





Canadian Forces Show Tour begins at 8 Wing, heads overseas



8 Wing/CFB Trenton hosted the CF Show Tour Performance on the evening of February 20, 2010 at the Junior Ranks Mess. Many performers were on-hand, including singer-songwriter Elyse Robineault, Comedian Nikki Payne from Last Comic Standing, singer/songwriter Rex Goudie from Canadian Idol, and Dilana from the show Rockstar Supernova. This is their first stop before heading over to entertain the troops in Afghanistan.

Left: First to take the stage was Elyse Robineault playing the key board while singing (top left). Last to take the stage was the runners up from Rockstar Supernova Dilana. She took the stage with her high energy rock and roll and pumped the crowd up (bottom left).

Below: Shown below gathered for a group shot at the end of the show are performers Rex Goudie, Elyse Robineault, Caroline Gervais, Lori D'Agostino, Nikki Payne, Dilana, and Annik Charbonneau.



Photos: Cpl Drew Deics, 8 Wing Imaging

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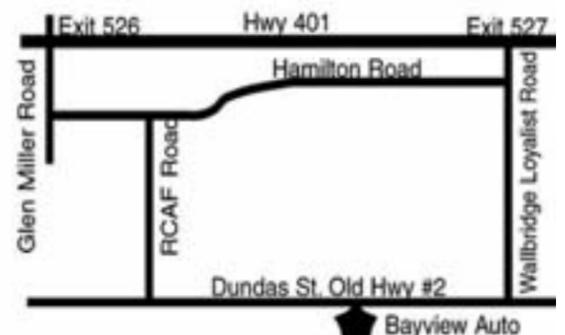
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

INTERNATIONAL WOMEN'S DAY
STRENGTH through DIVERSITY

Free Admission

To register contact
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Kalen.Johnson@forces.gc.ca
or
CWO Curtis Campaigne
Curtis.Campaigne@forces.gc.ca

Guest Speakers
Info Booths
Door Prizes
Refreshments
Limited Seating
Reserve Early

Hosted by the Defence Women's Advisory Organization
Astra Lounge - Thursday March 11th - 8 am to 2 pm.
Dress of the day or civilian attire accepted.

Grooming products for Three Oaks or Red Cedars and Food Bank donations are welcome.
Open to all members of 8 Wing, male and female, military and civilian.

Thursday March 11th 2010
**The Strength of our Past
The Roots of our Future**

THE INTERNATIONAL WOMEN'S DAY (IWD): 11 MARCH - ASTRA LOUNGE
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.
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 DIVERSITÉ fait la FORCE
JOURNÉE INTERNATIONALE DE LA FEMME

Entrée gratuite

Pour vous inscrire, communiquez avec
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Kalen.Johnson@forces.gc.ca
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Adjud. Curtis Campaigne
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Hôte: Organisation consultative des femmes de la Défense
Salon Astra - Jeudi 11 mars - 8 h à 15 h
Tenue du jour ou tenue civile acceptée.

Vos dons sont les bienvenus (produits de toilette pour Three Oaks ou Red Cedars et produits divers pour la banque d'alimentation)
Ouvert à tous les membres de la 8e Escadre, hommes et femmes, militaires et civils.

Jeudi 11 mars 2010
**La force de notre passé
Les racines de notre avenir**

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

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.

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.ea1@forces.gc.ca; or Liz Semark at 613.392.2811 Ext 7640.
Please visit our website at: <http://www.canada.fpsyip.com>
If you would like to apply for an intern, please fill out the RFI (Request for Internship) application (found online), along with a description of the internship. Please fax applications to 613.965.3733. Thank you.

PENNIES FOR PETS

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



FAMILY



Activity: Baker's Clay Beads



This activity is great for children four and older due to the need for fine motor control.

This is a great activity when the kids are at home for a few days since it requires time to make the beads, bake them and paint them.

You will need: four cups all-purpose flour, unsifted; one cup salt; 1 1/2 cups water; and utensils to have ready: rolling pin, blunt knife, fork, toothpicks, and a pencil

Instructions: Mix salt and flour in bowl. Add water, mixing with fingers. If clay is too stiff, add a little more

water. When mixed, take clay out of bowl and knead for about four to five minutes.

Roll clay into snake shape pieces, cut into half-inch shapes and pierce with a pencil. Place on baking trays.

Bake in moderate oven (about 325°F or 160°C) at least one hour.

Beads can be coloured with paint and made more durable by painting with clear gloss enamel or polyurethane.

*Children can thread beads on a string or piece of yarn to make a bracelet or necklace.

This activity will require some patience so think about the suitability of the activity for your child.

Also, this activity requires some fine motor coordination.

The great thing is that if your child is struggling with fine

motor skills, this is a fun way to get some practice in since the beads can be as big or small as she wants!

Once the beads have been baked, children can make a variety of things such as jewellery, key chains and other items for themselves or as gifts.

While decorating the beads, talk about how the materials have changed, the different shapes that you have ended up with, and what else you could make with this clay (be prepared, there may be another project that gets discovered using the clay!).

Enjoy this more with Comfort, Play and Teach™:

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

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

Mealtime.org

Caribbean Skillet

Sweet potatoes are loaded with vitamin A, giving each and every serving of this quick and easy island-spiced one-pot dinner 130 percent of your daily requirement. The flavour is slightly exotic, but with whole-family appeal – a combination of sweet and spicy (not too hot) with a subtle tang of tomato. Rinsing the rice before cooking it helps it cook faster, but if you would rather skip that step, dinner will just take another five minutes on the stove.



Ingredients:

- 1 cup basmati or jasmine (or regular long grain) rice, rinsed and drained
- 1/3 cup curry sauce
- 2 cans (6 oz each) tuna or salmon, drained, broken in large pieces
- 1 can (14.5 oz) diced tomatoes, drained
- 1 can (15 oz) cut sweet potatoes in light syrup, coarsely cut

Preparation Time: 5 minutes **Cook Time:** 12 minutes

Preparation: Bring 1 1/3 cups water to a boil over high heat in a large frying pan. Stir in the rice until moistened. Stir in curry sauce. Scatter tuna and tomatoes evenly over top of the skillet mixture, and then arrange sweet potatoes on top. Cover and return to a boil. Reduce heat to medium and boil gently until rice is tender, about 12 minutes. **Serving Suggestion:** Garnished with chopped cilantro, if desired. Serves: Four.

Nutritional Information Per Serving: Calories 400; Total fat 4g; Saturated fat 1.5g; Cholesterol 35mg; Sodium 650mg; Carbohydrate 64g; Fibre 3g; Protein 26g; Vitamin A 130 per cent DV; Vitamin C 40 per cent DV; Calcium 8 per cent DV; Iron 15 per cent DV. *Daily Value*

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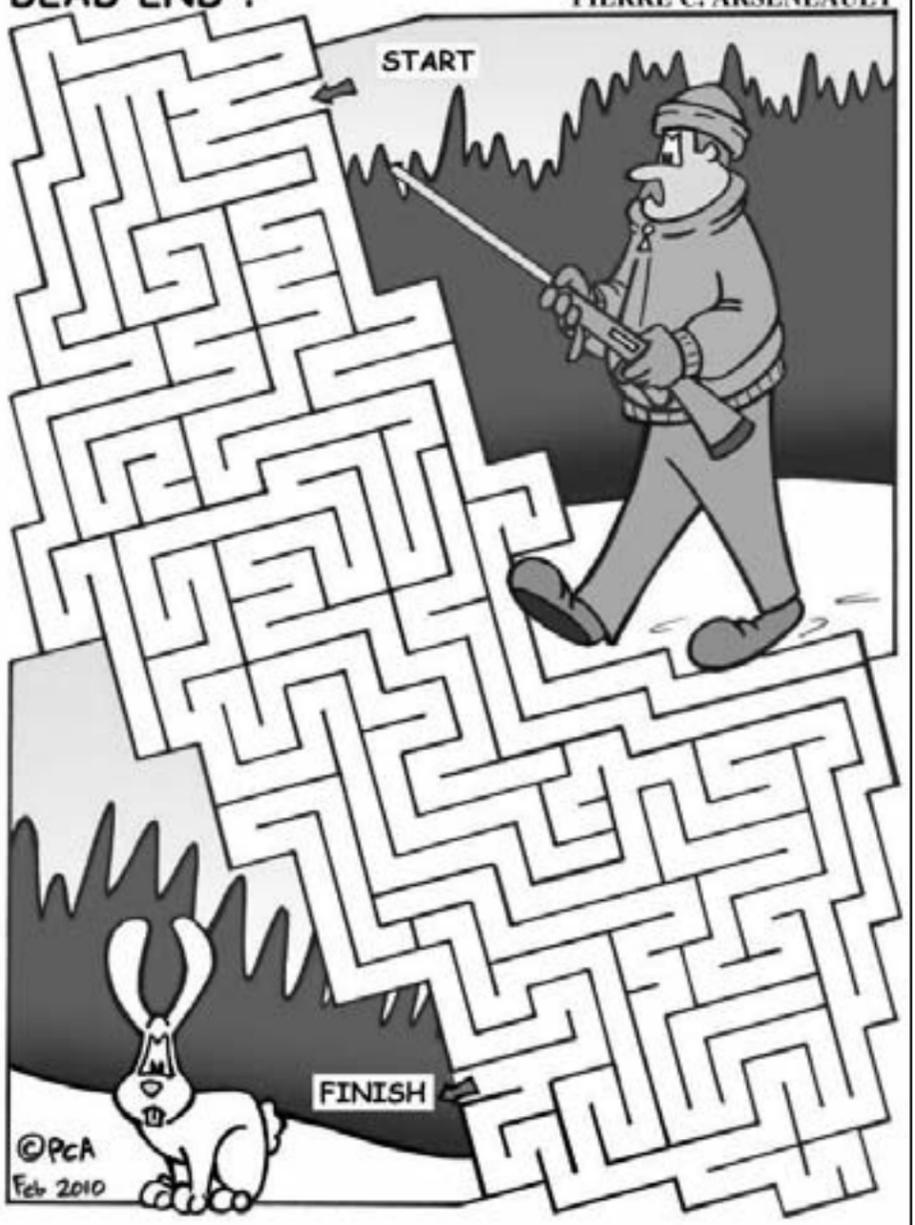


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ANSWERS: 1. PICTURE FRAME 2. MUSTACHE 3. PONYTAIL 4. HAND 5. MOUTH 6. CURTAIN 7. DICE

Nadiya's Zodiac Starcast

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

February 28 – March 6

Theme of the week: It is a week to embrace the unexpected. From the unbelievably great to the truly jolting, it is all on offer. Know that the good was always ours to achieve and cherish all the blessings available. The truth really will set us free and, though surprising, can also be refreshing. It will be a great week, enjoy!

ARIES (March 21-April 19): "We don't receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us." Marcel Proust is indicating the dignity of the journey you are on. It is valuable. Do not wish it away. The blessings of your self-honesty are here.

TAURUS (April 20-May 20): "Philia" was a category of love expressed by the Greeks and Romans. It can be described as friendship. It refers to the camaraderie and sharing that we have with people with whom we have ideas in common. This love is most notable and profound for you now.

GEMINI (May 21-June 20): Fame can be sought for external validation because of lack of inner approval. However, it could also be desired because in the pursuit you find your unique lessons. Do not curse yourself for wanting what you do. Instead, embrace it. It is where you will learn the most about yourself.

CANCER (June 21-July 22): Here comes an amazing opportunity to show the world your stuff and take the reigns of your success. You may be surprised by the lack of faith you feel inside. Although you feel scared, remember you are ready. You are oozing star quality. Just be you.

LEO (July 23-Aug. 22): The same attributes that makes one person feel strong can make another feel like it is a source of weakness. You know your insecurities are now ready to be transformed into power. The insights you are gathering now will contribute to your greatness.

VIRGO (Aug. 23-Sept. 22): Attraction is a mysterious thing. Some say it is based on our earliest childhood conditioning. Others think it is based on fate set up during lifetimes. Your understanding is about to change. A sudden feeling will hold significance that redefines you.

LIBRA (Sept. 23-Oct. 22): The philosophical school of Dualism holds that our mind occupies one reality but our bodies hold an entirely other one. You are now being asked to "Think with your whole body." Deshimaru's quote encourages you to pay attention to all within the depths of your being.

SCORPIO (Oct. 23-Nov. 21): The most memorable experiences are those that are infused with a spirit of lightness and freedom. It is in that state that we can have the most fun. You are now ready to let the past go so that you can know yourself, and trust yourself, more than you have in a long time.

SAGITTARIUS (Nov. 22-Dec. 21): Something deep within you knows that you are loved and supported. It is an internal feeling more important than any outside circumstance. You are strengthening your foundation. Keep your heart open and your core strong.

CAPRICORN (Dec. 22-Jan. 19): You are currently blessed with an ability to be aware of what you are thinking, and choosing thoughts that are more empowering. Even if you consider yourself realistic, you can ensure positive outcomes most by being ludicrously optimistic now.

AQUARIUS (Jan. 20-Feb. 18): There are many theories about our soul. Some say we are reincarnated in order to learn what our soul most desires to know. Regardless of what may actually be, you will enjoy this lifetime. Your fears are false. Your light, and letting it be seen, is truth.

PISCES (Feb. 19-March 20): There are some moments that cannot be planned for. We see this in moments of performance, where an artist takes hold of a new idea and displays it for the first time. You have worked on a creation of your own. Let it now be seen. It will bring rewards and recognition. Trust it.



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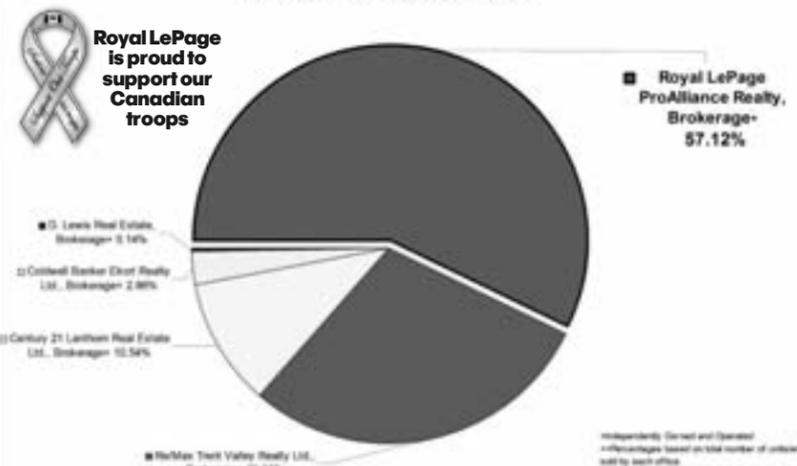
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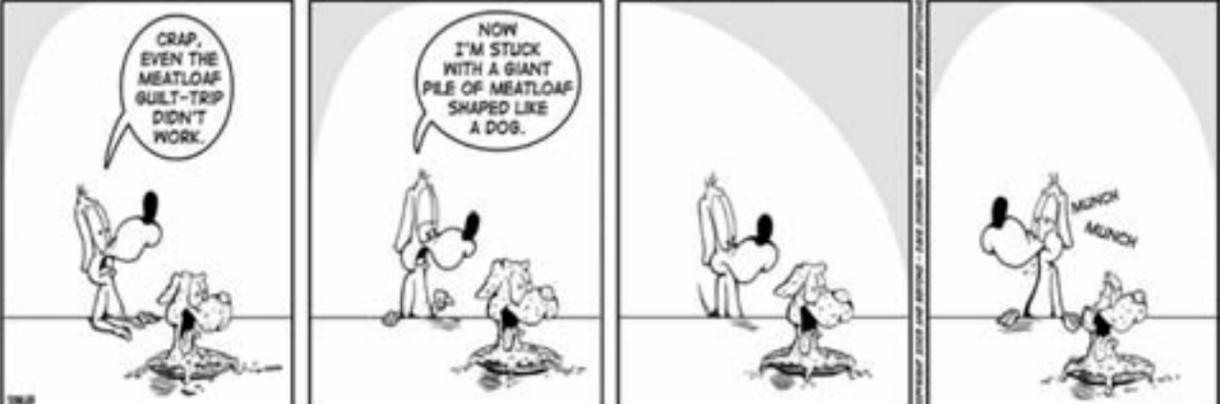


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GINGER & SHADOW BY BARRY CORBETT

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Honouring Canada's first black Victoria Cross Winner

Jodi Ann Eskritt
Wing Heritage Office

Lucknow, India is a long way from Horton's Bluff, Nova Scotia. For William Hall, the son of former American slaves, it was an even longer journey – a journey that had taken a terrifying turn.

Twenty meters ahead stood the walls of the Shah Najaf mosque, inside were 30,000 armed Sepoy rebels who had already killed one British gun crew as well as most of Hall's gun crew. Against the onslaught threatening to overwhelm him, William Hall stood his ground.

William Hall was born on 28 April 1827. At the age of fifteen he joined the merchant navy in order to help support his parents and five siblings. By 1852, Hall was an experienced sailor. During a stopover at Liverpool, he decided to join the Royal Navy.

As an able seaman, Hall served aboard HMS *Rodney* and was with that crew when they were called from the Channel Islands to take part in the Crimean War (1854-56). Hall joined the naval brigade that fought side by side with the British army on land and earned the Crimean War Medal with Inkerman and

Sebastopol clasps and the Turkish Crimean Medal. With the Crimean campaign over, Hall transferred first to the receiving ship HMS *Victory* then to the frigate HMS *Shannon* under the command of Captain William Peel, VC.

In far away India, resentment had been brewing for almost fifty years among local troops towards the British East India Company for its interference with the Hindu way of life. When rumours spread that the recently issued British Enfield Rifle cartridges, cartridges that had to be bitten into before loading, were coated with grease from both sacred cows and condemned pigs the Sepoys were pushed into open rebellion. Delhi fell to the enraged rebels then Cawnpore. In both locations the white populations were reportedly slaughtered, soldiers and civilians, men, women and children alike.

HMS *Shannon* was directed to Calcutta. Aboard was her new "Captain of the Foretop", William Hall. They were ordered to support the 93rd Seaforth Highland and Indian Sikh Regiments in lifting the siege of the small British garrison at Lucknow. About 400 seaman and marines joined Captain

Peel on the march from Calcutta to Cawnpore, by barge and on foot, dragging their 8-inch guns and 24-pounder howitzers. The two month journey was made all the more difficult by periodic enemy attacks en route.

At Cawnpore, Peel's men joined the relief force headed by Sir Colin Campbell and began the historic march on

could easily fire upon the attackers from the safety of concealed positions. They would inflict a heavy toll, but the 93rd Highlanders succeeded in breaching the outer wall by mid afternoon.

Then it was the turn HMS *Shannon's* 24-pounders to join the assault. There was a man missing from one of the gun crews and Hall

men hauled the guns in closer. The bombardment resumed. A bayonet attack was attempted but failed. Captain Peel ordered the guns to within twenty meters of the inner wall.

The Sepoys focused their fire on the guns. Before long one gun crew had been annihilated and all that remained of the second was William Hall and Lieutenant Thomas Young. Young was badly injured but able to help Hall keep the gun in action: load, fire, swap, load, fire, over and over until finally the wall broke open.

"I remember," Hall said, "that after each round we ran our gun forward, until at last my gun's crew were actually in danger of being hurt by splinters of brick and stone torn by the round shot from the walls we were bombarding."¹

Both Hall and Young were recommended for the Victoria Cross for their part in the relief of Lucknow on 16 November 1857. On 28 October 1859, Hall was presented with his VC while aboard the HMS *Donegal* in Queenston Harbour, Ireland. He had chosen to continue his naval career and would eventually retire as Quartermaster and Petty Officer in 1876 and

return to Avonport, Nova Scotia.

William Hall died on 25 August 1904. He was buried, without military honours, in an unmarked grave. It was an oversight that many have tried to correct in the years and decades that have followed. In Nova Scotia a campaign was begun in 1937 to recognize Hall's valour and unique place in Canada's military history. It would take eight years. Hall's remains were reburied in the local Baptist Church cemetery and a large cairn dedicated on the spot. Each Remembrance Day the members of Lucknow 109 faithfully place a wreath there in his memory. Hall's medals, including the Victoria Cross, India Mutiny Medal, Crimean War Medal and Turkish Crimean Medal, are today displayed at the Nova Scotia Museum in Halifax.

Lastly this year, 153 years after Hall's award, Canada Post has issued a stamp recognizing William Hall as the first Canadian-born, the first black and the first Royal Navy recipient of the Victoria Cross for valour.

Quoted from Nova Scotia Museum info sheet "William Hall, VC".



The heroic service of William Hall was recognized by Canada Post in 2010.

Lucknow.

On 15 November 1857, the relief force arrived at their objective. Within hours they faced the key defensive point in the city, the Shah Najaf mosque, a thick-walled structure protected by an equally strong outer wall. Inside, the Sepoy rebels

stepped forward to replace him. The two guns were dragged within 360 metres of the inner wall and the bombardment begun.

The afternoon drew on, the wall still stood and the Sepoys protected inside where taking a toll on the gun crews. The

Regional Science Fair looking for volunteer judges

On behalf of the Quinte Regional Science & Technology Fair committee I would like to extend an invitation to CF Members to volunteer as judges for the 2010 Quinte Regional Science & Technology Fair (QRSTF).

Last year we put out an emergency call for much needed volunteer judges at the last minute and many military members were generous in giving their time/expertise for the day in order to judge and encourage our budding scientists in our community. Thanks in part to military member

involvement, the 2009 QRSTF Fair was a success and we had enough volunteers to handle the large number of project entries from all across the Quinte Region. We are asking again for support from CFB Trenton military members to help us meet our judging shortfall for 2010. Ideally, each year we need approximately 100 judges in order to judge all the projects in a timely and efficient manner while providing the students with a quality, positive experience while at the QRSTF. Currently, we are short 25-30 judges.

Most judging volunteers participate in first round judging so only a few hours of your time is needed on the Saturday morning, however, we certainly encourage judges to stay after their judging assignment is finished in order to browse through all the projects. This is a great opportunity to add some volunteer time to military members PER's, and the commitment is for a few hours for 1 day only. Uniforms are not required to be worn during judging but are certainly appreciated to provide a visual reference to

our participants about base participation and community involvement.

QRSTF will be held at a new location and date for 2010. QRSTF will be held this year at Loyalist College on Saturday, March 27th with special guest Alan Nursall, host from "The Alan Nursall Experience" segment on Daily Planet.

Judges are volunteers from throughout the community: a mix of returning and new judges with a variety of background and expertise. Whenever possible, new judges are paired with experienced judges.

Judges receive an orientation session prior to the fair and then a briefing immediately before the fair on the day of. Judges are provided with refreshments and lunch on the day of the fair. Each team will usually judge 4-6 projects on average (a few less or more depending on the number of participants/judges ratio). Project entries are from grade 4 to grade 12 with subjects in math/chemistry/computer/medicine/environment / and technology for example.

If you are interested in this community volunteer

opportunity please visit the Quinte Regional Science and Technology Fair website at www.qrstf.ca for more information. Please contact Chris Spencer at cspencer@cogeco.ca to register as a judge. If you do decide to volunteer your time then please use a home e-mail address as the base firewall has presented problems in the past while military members have tried to register.

Thank you for your involvement in helping the QRSTF Committee reach much needed judge volunteers.

Reta Preece

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Museum's AD ASTRA program looking for a few good volunteers



by Tom Philp, Contact Staff

It is a military memorial program that is celebrating 14 years in 2010, and it needs your help to support its home, and to ensure Canada's Air Force veterans are remembered and honoured locally forever.

"The AD ASTRA program has become the museum's number one fundraising source since its first beginnings in the mid-1990s," said Chris Colton, Executive Director of the National Air Force Museum of Canada (NAFMC). "Its ability to allow Air Force veterans and their spouses to have their names located in the Memorial Air Park next to an aircraft, or unit/occupation monument that they feel attached to, is a unique opportunity that they share with over 9,800 other Air Force friends."

The AD ASTRA memorial stones program began in 1996 as a fundraising initiative for the National Air Force Museum of Canada, located on RCAF Road at 8 Wing/CFB Trenton. Fourteen years, and more than 9,800 memorial stones later, Air Force veteran, Cy Yarnell, the brainchild behind the project, is looking for more volunteers to perpetuate it.

"I'll be turning 90 in a few days. I'm one of 'the old farts,' as we call ourselves now," Yarnell said. "When we get to this stage

in life (the average age of the AD ASTRA program volunteers is 84), some of the guys are less active than they once were."

Yarnell said volunteers who have served the program faithfully over the years include Roy Skillicorn, Don Reid, Noel Funge, Glen Campbell, Bob Lake and Murray Hope. All of these men are veterans; and even though AD ASTRA volunteers do not need a military background, an interest in military history and the NAFMC is always helpful, he said.

"We'll take anyone who is enthusiastic and dedicated and willing to pitch in," Yarnell enthused.

Yarnell and his colleagues from 418 (Air Commodore Leonard Birchall) Wing of the Royal Canadian Air Force (RCAF) Association first proposed the AD ASTRA program to the (then) Royal Canadian Air Force Museum board of directors in 1996 to give interested people an opportunity to honour their friends, family, squadrons and units through the placement of memorial stones. Those granite, 6-inch by 10-inch blocks, all engraved with the words 'AD ASTRA' (taken from the Air Force motto, 'Per Ardua ad Astra - through adversity to the stars'), the Air Force Roundel, and the information about the person, or groups of people being honoured, would be placed permanently in the Air Park to the south of the museum.

The motto had been used by all British Commonwealth air forces since the Royal Flying Corps inception in England, in 1912; and it had been adopted by the RCAF when it was formed in 1924.

Yarnell, known affectionately by museum staff and volunteers as "that little Irish Spitfire pilot," credits the untimely death and subsequent burial of George



Donations to the Ad Astra Program may be made on behalf of any Canadian airman or airwoman who has served, or is serving, in one of Canada's Air Forces or an Allied Air Force, their spouse or others whom the Board of Directors deem appropriate.

"Buzz" Beurling, a Canadian-born Royal Air Force "ace" during World War Two, as the inspiration for using stones as a permanent memorial. Beurling was killed in a plane crash near Rome, Italy while enroute to join the Israeli Air Force in 1948. Although initially buried in Italy, Israel claimed his body two years later, and re-buried Beurling in a military cemetery in Haifa. Following Jewish tradition, small stones were placed on Beurling's grave, because "a graveside flower will fade and die; but a stone, never."

Interestingly, Buzz Beurling is also honoured here, in Trenton, with an AD ASTRA stone.

"That is the reason that those little granite blocks in our Air Park are called stones," Yarnell said. "It is done out of lasting respect for all those whom they represent."

Now, each fall for the past 13 years, a dedication and remembrance ceremony has been held in the AD ASTRA section of the Air Park, part of the renamed National Air Force Museum of Canada. It has become a destination unto itself for not only Canadians, but guests from countries worldwide. And the purchase of AD ASTRA stones to

honour someone or something, has become a benchmark fundraising initiative for the museum. The annual AD ASTRA Stone Dedication Ceremony, at which military bands play, veterans present the colours, and a senior, serving 8 Wing officer takes the salute, is the culmination of those fundraising efforts.

There were 1,546 AD ASTRA stones dedicated in 1996, the program's first year. The cost per stone was \$100. Costs have risen gradually since then; and beginning in fiscal 2010, the cost per stone will be \$150, with no further costs for re-cutting them to add additional information.

Organizing this annual event is the work of a volunteer committee. Many of these people, including Yarnell, have been there from the start. While their enthusiasm is as keen as it was in 1996, the years are catching up with them, and energy reserves are waning. New blood is needed, and it is needed now.

"Being an AD ASTRA volunteer is a great opportunity for personal involvement in our wonderful museum," he said. "You just can't imagine the number of people who come to the Air Park to

see 'Dad's stone' or 'Uncle Bill's stone', and who usually end up spending \$50 in the (NAFMC) gift shop."

Yarnell said the AD ASTRA program is designed to provide a simple process whereby anyone associated with the Air Force, in any way, can participate "personally, practically and emotionally in a dignified place, where planes fly overhead every day."

"The (AD ASTRA) program has become so popular and noteworthy that it has been copied numerous times across Canada by other museums and organizations," Colton said. "We are very proud of this fantastically successful program and are extremely pleased with its tremendous success."

New volunteers for the AD ASTRA program are needed now. If you have time to attend one meeting every month, and to spend a few additional hours working to ensure the future success of this great project, please call Chris Colton, Chair of the AD ASTRA Committee, (613) 965-2208, drop by the museum and Air Park in person, or visit online,

<http://airforcemuseum.ca/en/ad-astra-program/about-ad-astra>.

8 Wing's MCpl Boutin a member of the Canadian Forces Ceremonial Contingent

Hailing from Charlesbourg, Quebec, Master Corporal Frederic (Fred) Boutin joined the Canadian Forces in 1991 as an Aviation Technician.

MCpl Boutin has trained and served in Quebec, Ontario and Manitoba, but since 1997 he has been a fixture with various units at 8 Wing/CFB Trenton.

Although MCpl Boutin has been posted to 8 Wing/CFB Trenton for most of his career, that doesn't mean he sat still. In the past 10 years he has been deployed on overseas missions no less than five times; once to the Arabian Gulf and four times to Afghanistan.

In his off time, he keeps just as busy. He volunteers with the Brighton Minor Hockey Association and the United Way. As an active member of the German Shepherd Schutzhund Club, he competes in the sport with his two German Shepherds, Chunko and Deidra, making it all the way to the national competition level in 2008 and 2009.

He also enjoys weightlifting and spending time with his wife April and his

10-year-old stepson, Zachary and seven-year-old stepson, Calieb.

MCpl Boutin was suggested by his supervisors for the opportunity to be a part of the CF Ceremonial Contingent to the Vancouver 2010 Olympic and Paralympic Winter Games. His Chain of Command felt he was a dedicated airman who deserved recognition for his hard work in and out of uniform.

Members of the CF Ceremonial Contingent act as drivers and escorts to medaled athletes from the moment they complete their event to the moment they are returned to their residences. Besides being a member of the Ceremonial Contingent, MCpl Boutin was also selected as one of three CF members who will raise the National Flag of Canada during the opening ceremonies.

MCpl Boutin is proud to be serving with the Ceremonial Contingent and excited to be a part of the Vancouver 2010 Olympics and Paralympic Winter Games Opening Ceremony which will be viewed by billions around the world.

Photo: Submitted



Master Corporal Frederic (Fred) Boutin, currently in Vancouver, is shown above with the 2010 Olympic Rings lit up in the water off Coal Harbour.

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7	8 	9	10	11 Astra International Women's Day	12 St Paddy's Dance	13
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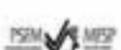
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Cette soirée est pour adultes et personnes qui veulent pratiquer leur français parlé.



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Up the grand staircase on the second floor are the two secondary bedrooms. Bedroom No. 3 enjoys its own walk-in closet, while the other bedrooms share a three-piece bathroom.

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Jamaican ALCE doing challenging work

by Major Annette Snow

Jamaica. Ah Jamaica. Visions of all-inclusive resorts, white sand beaches and the usual forms of tourist entertainment depicted in travel brochures. This has not been the experience of the Air Lift Command Element (ALCE) deployed to Kingston, Jamaica in support of Op HESTIA, but overall, our experience has been so much better!

The ALCE deployed to Kingston on 20 Jan. That is not to say that the Canadian Air Force had not been involved prior to that date. Quite the contrary. In fact, the first Canadian aircraft departed Canada with supplies and personnel within 24 hours of the earthquake which devastated Port-au-Prince (PAP), Haiti on 12 Jan and many of our aircraft had already utilized Kingston as a refueling stop thanks to superb cooperation at every level with the Jamaican government and the Jamaican Defence Force (JDF). For the ALCE, this meant that we hit the ground running in order to take over our responsibilities and establish the appropriate contacts and support required to sustain the mission. Our first day on the ground ended 14 hours after touching down – 19 hours after leaving Canada in the wee hours of that day.

The ALCE is housed with the JDF at the Jamaica Military Air School (JMAS) on the military portion of the Kingston airport. The

JDF have been amazing and very supportive. They have provided one of their pilot briefing rooms for our main operations and another building which has filled many roles including a Canadian Entitled Persons (CEP) staging area, troop holding area, medical facility and office space. Coincidentally...or maybe not so coincidentally... that building was built by CF construction engineers as part of Exercise Tropical Hammer and we are very appreciative of their efforts.

The Canadian military has enjoyed a positive working relationship with the JDF for many years and this long-standing relationship is evident in the on-going support that has made operations in Jamaica possible.

The ALCE team is made up of the operations staff, logistics, aircraft maintainers, traffic techs and medical personnel. Most are shift workers doing 12 on and 12 off – which is really closer to 14 hours once you take into account the shift change and transport. The work is physically demanding, especially in the heat of the day, but very rewarding as well. As a team, we aim to get the mission done, taking advantage of daylight hours to move as many flights into airfields such as Jacmel which can only support daytime operations, and arranging flights into PAP to coincide with the tightly controlled slot time that has been made available. Each day, the CC130

Hercules proves its worth in an era of bigger and faster aircraft as it gets loaded with pallets of critical supplies and completes the hop to the designated Haitian airfield. Every day multiple loads are moved through our location providing supplies to Canadian and Jamaican troops as well as the all important humanitarian aid.

As much as the work is very satisfying, there are daily challenges as well. The Hercules is an aging fleet and the aircraft maintainers work their magic daily to fix the aircraft and keep them servicable for the next tasking – often with creative solutions that can't be found in any text book. The air movements team struggles to re-package loads, creating pallets out of thin air and loading them onto the aircraft with barely adequate equipment. Just mentioning the word 'forklift' is enough to expand your vocabulary with words not found in most dictionaries. It has been a learning experience for all of us in adjusting to "Jamaica time" and the island way of getting things done...all the while ensuring that the safety standards we take for granted as Canadians are not compromised.

Challenges aside, the rewards are many. This is a tri-service operation where CF Army personnel are brought to Jamaica by the CF Air Force and housed by the ALCE at the airfield. Those personnel are then brought to the port and delivered by the CF

Navy to their Haitian destination. The ALCE and CF Navy Forward Logistic Site (FLS) personnel communicate regularly to divide loads with the more critical or perishable items moved by air while the larger non-perishable goods move by sea, stream-lining the movement of Canadian supplies and the humanitarian donations of the Caribbean nations.

This cooperation between the Army, Air Force and Navy to get the mission completed emphasizes the massive joint effort undertaken by the CF to respond to Haiti's humanitarian needs.

The Jamaican ALCE has accomplished a tremendous amount in a short time. As of today, the ALCE has moved one million pounds of goods and facilitated the movement of over 700 Canadian and Caribbean troops and civilian disaster relief personnel into Haiti as well as played a role in bringing several hundred CEPs and Jamaican citizens home. Our sunbathers are of the farmer variety, I have not been on a beach since I have been here and the hours can be long, but this is well balanced by the rewards of working with an exceptional and highly motivated team. Morale is high knowing we are succeeding in our mission to support the troops in Haiti who are working in much harsher conditions and ensuring that aid is reaching those devastated by the Port-au-Prince earthquake.

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Water heaters demystified

(NC) – Water heaters quietly function in basement corners across the country, providing hot water to millions of families on a daily basis. Most take hot water for granted, but when a water heater stops providing hot water, one wonders what they really know about their water tank. Dave Walton, director home ideas with Direct Energy talks about the most common myths and questions he's heard around water heaters recently:

Myth: You have dirty water if you have an older water heater.

Truth: Water heaters work for years without accumulating any significant buildup of rust – that's how they are designed. Small amounts of sediment or lime can accumulate at the bottom of the tank over the life of a water heater, but since hot water is pulled from the top of the tank, your water is largely unaffected by the small deposits of sediment.

Myth: Annual maintenance improves efficiency.

Truth: Only if you've experienced severe conditions like lime accumulation or sediment will an annual maintenance improve efficiency. It's best to order a maintenance visit if you notice a problem like discoloured water or not enough hot water from your tank.

Walton goes on to discuss tankless units' capacity, energy efficiency, maintenance requirements and lifespan as other common areas of interest around water heaters. He's compiled a list of helpful tips to help familiarize homeowners with water heaters and their needs:

Capacity – For both conventional and tankless units, it is important for homeowners to correctly calculate their hot water needs. This is especially true for tankless units. The capacity of a tankless unit needs to be thoroughly researched based on the number of facilities within the home requiring hot water simultaneously.

Quality – In areas where the water quality rates as hard, a tankless water heater is not recommended. Tankless units are more susceptible to water scaling than conventional water heaters. However, the harder the water quality, the more scaling occurs in both systems.

Longevity – Homeowners can expect their conventional water heater to supply hot water for

approximately sixteen years, depending upon a number of factors including, without limitation, the use of the water heater, the water temperature and the type of water in the premises. A tankless unit can last in the neighbourhood of twenty years, depending on water quality and usage requirements.

Maintenance – Unlike their basement mates, furnaces, conventional water heaters generally do not require an annual maintenance routine. Maintenance for tankless systems is specific to each model and brand. Homeowners should consult their manuals for guidance.

Energy Efficiency – Homeowners can take the following measure to add to the efficiency of their hot water tank. Wrap the water pipes leading away from the tank; do not wrap the tank itself if it is gas-powered; turn down the temperature when on vacation or away for extended periods of time; keep temperature at manufacturer suggested level; and keep the area around the tank clutter-free for optimum air flow.

More information is available online at www.directenergy.com or toll-free 1-888-334-8221.



A beautiful way to improve the environment

(NC) – Installing a new patio this year? A driveway or walkway? Now is the time to consider how this can be an upgrade and an environmentally sound improvement. One pavement that meets both requirements is permeable interlocking concrete pavements (PICPs). They look like popular concrete paving stones but work in a different manner. PICPs have a small space between the pavers. This space is filled with small stones that allow runoff to filter down between the pavers. The water filters down further to stone layers beneath that store the water. Finally the water will filter into the soil, reducing stormwater runoff and pollution.

Every Canadian homeowner can have a positive impact on the home environment through improvements that lower pollution. PICPs offer an environmentally-friendly solution and they are aesthetically pleasing. They are available in many shapes, sizes, textures and colours. Homeowners can even select a lighter more reflective colour and reduce the heat island effect created by existing asphalt pavements.

PICPs are made the same way concrete paving stones are manufactured that results in high strength precast concrete. This durability means homeowners can enjoy their beauty for a life time. PICPs have been proven effective in Canadian winters because they can substantially reduce icy build up. When the snow melts, it drains into the spaces between the pavers and does not have the opportunity to refreeze into ice. Snow removal is handled the same way as any

other pavement.

With a variety of styles and colours that complement any home, PICPs can enhance curb appeal and help the environment as well. The Interlocking Concrete Pavement Institute (ICPI) offers resources for homeowners, design professionals and contractors in PICP design, specification, construction and maintenance. You can find this information online at www.icpi.org.



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