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• Volume 45 Issue Number 2 •

## 2009: A Pictorial Review



Photo: Pte Gisele LeBlanc, 8 Wing Imaging

In a year that saw Canadians celebrating the 100th anniversary of flight and the 85th birthday of our Air Force, there is no doubt that the highlight of 2009 for 8 Wing/CFB Trenton was the re-dedication of the Wing's main Memorial Gates, and the hugely successful Air Display Weekend in July. Above, Canada's Snowbirds team flies in formation over the gates, shadowed by Hawk One (to the right) and the Centennial of Flight CF-18 Hornet. Please see pages 10, 11 and 12 for more photos of 2009 in review.

## PSP visit bridges gap between 8 Wing and CFS Alert

by Tom Philp, Contact Staff

It was 'mission accomplished' for a team of 8 Wing/CFB Trenton Personnel Support Programs (PSP) specialists, after another successful trip to Canadian Forces Station Alert to update and implement programs, and make sure "PSP is in tune with the requirements of the station."

"We try to bridge the gap between the two communities," said Todd Peddle, Deputy Manager of 8 Wing PSP, commenting on his team's week-long working visit to Alert late last year.

Leaving Trenton on November 26, and returning December 3, the "five-day window in Alert" allowed PSP members to introduce education courses from Health Promotion, in line with the Canadian Forces' Health and Physical Fitness Strategy; review mess and canteen operations; conduct fitness classes and testing; and ensure fitness equipment was in good repair. 8 Wing PSP members making the trip included Peddle, Kendra Lafleur (Director of Health Promotion), Amy Dawson (Instructor, Fitness and Sports Flight), Chief Petty Officer Second Class Rex Clarke (Messes and Institutes Officer), and Fitness and Sports Equipment Maintainer, Apollo Athanasopoulos.

On behalf of Health Promotion, Lafleur was able to introduce courses such as Everyday Eating, Nutrition for Physical Activity, Supervisor Training for Alcohol, Other Drugs and Gambling, Stress: Take Charge, the Butt Out Self Help Smoking Cessation Program, and Suicide TALK, a program designed to help create a suicide-safe community, and made mandatory by the Officer Commanding (Alert) for all military personal.

It was Lafleur's third trip to the remote base, and she noted some changes during her most recent visit.

"There has been a bit of a culture shift relating to a few key areas highlighted in the Health and Physical Fitness Strategy," she said.

"From a leadership perspective, I noticed a lot more buy-in for our programs. From a health promotion perspective, there was a lot more general participation."

Lafleur said there was an attitude of, "yes, we need to have these programs; and yes, we need military members to participate."

CPO2 Clarke had a mandate to "gain a

better understanding of the mess and canteen operations" at Alert. A steward by trade, CPO2 Clarke spent most of his time there reviewing the Trading Post (a very small CANEX), and the All-Ranks Mess.

"It was an eye opener," he said.

"I never realized that such a small amount of people could produce such large sales."

CPO2 Clarke said that, through the end of November, the combined Trading Post and Mess sales exceeded \$300,000.

"When you factor in that CFS Alert has less than 60 full-time residents (a combination of military and civilian), it is quite astonishing," he said.

The Alert Mess, Trading Post and postal operations are currently the responsibility of Petty Officer Second Class Karl Spittal. CPO2 Clarke was impressed with the levels of service being offered to residents, and that station members "seemed to be quite happy," with mess participation "exceptionally high."

"Friday nights are quite special," he said. "All members of the station would meet at the Mess at approx 1900 hrs, (and) they would welcome all new members, and brief station personnel on the week's happenings and upcoming events."

"My stay was short in Alert but the memories will last a lifetime," CPO2 Clarke said.

Dawson also visited Alert for the third time in two years. In November, she was able to offer workshops and fitness classes to both "military and civilian members working in our frozen north."

She noted attendance at weight lifting and core fitness workshops was excellent.

"One of the favourite fitness classes was the evening stretch and relaxation," Dawson said. "We began at 2100 hrs, wear pyjamas and bring blankets. By the end of class everyone is half asleep!"

"This is great for a location where lots of people suffer from insomnia," she said. "Even though it is dark 24 hours a day, it throws your system off and lots of people have a hard time sleeping."

"I love it every time I go," Dawson said. "Maybe one time I will even get to visit when there is sun!"

During the return trip to Trenton, Dawson was also able to conduct mandatory fitness testing for military personnel stationed in Thule, Greenland.

See "8 Wing PSP staff visit Alert," Page 5

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# Canada sends disaster relief to Haiti



Cpl Pierre Thériault, Relief Mission to Haiti

A CH146 Griffon helicopter is loaded into a Globemaster CC177 Aircraft and is one of the many military resources which will be used to support the relief efforts in the Port-au-Prince region. The 200-member Disaster Assistance Response Team (DART) is deployed as part of Operation HESTIA, the Canadian Forces' contribution to earthquake relief efforts in the Port-au-Prince region, where a 7.0 magnitude quake that struck Haiti on January 12, did the most damage. The DART is providing primary medical care, temporary shelter, production of safe drinking water, and a limited specialist engineer capability prior to the onset of winter in the region. The DART is coordinating its efforts with the government of Haiti and the other aid agencies involved in the relief effort.

## Operational Stress Injury Social Support

**Members and Veterans group:** For Members and Veterans suffering with an OSI

Every second Wednesday at the portable beside Trenton MFRC @ 6:30 PM  
For further information call Robyn May (Peer Support Coordinator)  
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Email: [robyn.may@osiss.ca](mailto:robyn.may@osiss.ca)  
DWAN: [may.r@forces.gc.ca](mailto:may.r@forces.gc.ca)

**Groupe des militaires et des anciens combattants:** Pour les militaires et les anciens combattants souffrant d'un TSO

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Pour de plus amples renseignements, veuillez communiquer avec Robyn May (coordonnatrice du soutien par les pairs)  
Au 613-392-2811 poste 5060/ 613-242-9689  
Courriel : [robyn.may@osiss.ca](mailto:robyn.may@osiss.ca)  
DWAN: [may.r@forces.gc.ca](mailto:may.r@forces.gc.ca)

**Family members group:** For family members living with someone suffering from an OSI

The first Monday & third Thursday of the month at the Trenton MFRC @ 6:30 PM. For further information call Dee Leroy (Family Peer Support Coordinator)  
613-392-2811 ext: 5058/ 613-242-0317  
Email: [dee.leroy@osiss.ca](mailto:dee.leroy@osiss.ca)  
DWAN: [leroy.dj@forces.gc.ca](mailto:leroy.dj@forces.gc.ca)

**Soutien social aux victimes de stress opérationnel :** Groupe des membres de familles - Pour les membres de famille vivant avec une personne souffrant d'un traumatisme lié au stress opérationnel (TSO)

Le premier lundi et troisième jeudi du mois au CRFM de Trenton @ 6:30 pm  
Pour de plus amples renseignements, veuillez communiquer avec Dee Leroy (coordonnatrice du soutien par les pairs pour les familles)  
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## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Wing Supply Squadron held its annual Christmas Pot Luck on 17 Dec 09 and it was a huge success. As always, there was lots of food and a great turnout, as many of Supply's members arrived to celebrate the coming holidays. No event is simply thrown together and it takes the efforts of all involved to make it work. This can be said of one individual in particular this year, as Susan Van Vaals spearheaded the organization and preparation to everyone's delight. Wing Supply would like to thank Susan for all her hard work and congratulate her on a job well done! Wing Supply wishes all the very best for 2010 and looks forward to continuing to provide "Service Second to None." – *Servitium Nulli Secundus*

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# Learning and Career Centre assistant earns achievement award

by Tom Philp, Contact Staff

Nelly Michaud, a Learning Advisor with 8 Wing/CFB Trenton's Learning and Career Centre (LCC) has been given a 'Dare to Soar' award for her "outstanding efforts" to improve services for both military and civilian staff.

"She is simply amazing," said Sara Rylott, an LCC Learning Advisor and Michaud's supervisor. "Nelly never stops looking for ways to help people."

Those efforts were rewarded January 11 when Stuart McDonald, manager of the Ontario Region LCCs and the Civilian Human Resource Service Centre at CFB Borden, presented Michaud with a framed 'Dare to Soar' award. McDonald said that a review of Michaud's nomination for the honour showed that "Nelly goes above and beyond, all the time."

Michaud, who retired with the rank of Sergeant after a successful Canadian Forces career, is able to see things from different perspectives, and applies that knowledge to her work.

"It's just something I like to do, making sure things are being improved for the many people who come to the (LCC)," she said.

LCCs are a major compo-



Photo: Tom Philp, Contact Staff

**Nelly Michaud (right), a Learning Assistant with 8 Wing/CFB Trenton's Learning and Career Centre, this week received a 'Dare to Soar' award from Stuart McDonald, manager of the Ontario Region LCCs.**

nent of the Defence Learning Network (DLN). The centres provide services in three areas: learning advisory services and training delivery services to both military and civilian personnel, and career advisory services to civilians; a wide spectrum of programs and serv-

ices for employees and managers; and promotion of and access to a number of nationally developed initiatives.

There are eight LCC hubs in the current network, along with seven satellite and kiosk locations, all of them serving six regions across Canada.

Please consider visiting the 8 Wing LCC, where you will find content such as Computer Courses, Ideas in Action, Business Communications Workshops and Time Management. LCCs also offer Lunch and Learn, covering subjects such as nutrition, finances, child

rearing, gardening and much more during noon-hour meetings.

For more information, call Sara Rylott, 613-392-2811, local 2557, or Nelly Michaud, local 2077, or visit [cmp-cpm.forces.gc.ca/dln-rad/ps/lcc-cac/index-eng.asp](http://cmp-cpm.forces.gc.ca/dln-rad/ps/lcc-cac/index-eng.asp).

## Search & Rescue UPDATE



424 Squadron had only one tasking since our last report. Our Griffon crew was asked to help in the search for some missing snowmobilers near Montreal, but the crew was stood down just after engine start.

Until next week, stay safe.

Missions for 2010: 1    Missions for Jan.: 1    Persons rescued: 0



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**Managing Editor:** Andrea Steiner  
**Assistant Editor:** Amber Gooding  
**Reporter/Photographer:** Tom Philp  
**Advertising Production :** Lindsey White  
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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:

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

### Letters to the Editor:

**Internet: ANDREA.STEINER@forces.gc.ca**

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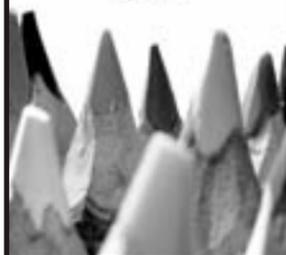
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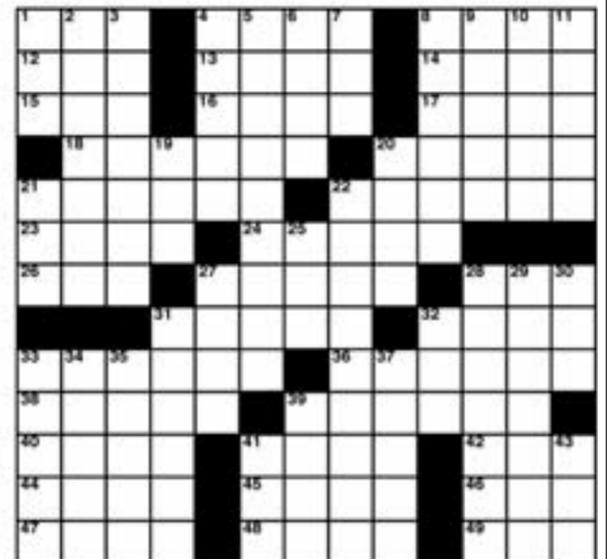
## Canadiana Crossword

### A Parade of Publishers

By Bernice Rosella and James Kilner

#### ACROSS

- 1 Night wear, slangily
- 4 Clouds do this on windy days
- 8 Culture medium
- 12 Sweltering
- 13 The Regina Leader \_\_\_\_\_
- 14 Bell or sky preceder
- 15 Twosome
- 16 Bizard and Perrot
- 17 Foretell
- 18 Melee
- 20 Fanatic
- 21 Patriotic hymn
- 22 Aspects
- 23 Commercial event
- 24 Bookish
- 26 Sneaky
- 27 Lodgepole and Knobcomb
- 28 Performance
- 31 Imprudent speed
- 32 \_\_\_\_\_ Hari
- 33 Oversee
- 36 Shopping malls
- 38 Sluggish
- 39 Push on
- 40 Space exploration org.
- 41 Prophet
- 42 Until, condensed
- 44 Blue dye
- 45 Sov. Union
- 46 Intertwine
- 47 Tear apart
- 48 Proboscis
- 49 Terminate



- 3 With determination
- 4 Volleyball manoeuvre
- 5 Pundit
- 6 Functions
- 7 Alcoholic's acronym
- 8 Abbot's tenure
- 9 The Toronto \_\_\_\_\_ and Mail
- 10 Check the books
- 11 Marsh features
- 19 Senor Gueverra
- 20 Auto parts
- 21 Donkey
- 22 The Winnipeg \_\_\_\_\_
- 25 Tolkien tree dweller
- 27 Seat or Nato
- 28 The Montreal \_\_\_\_\_
- 29 Fermi or Ferrari
- 30 Argon or radon
- 31 The Calgary \_\_\_\_\_
- 32 Chart
- 33 Iraqi currency
- 34 Assinine
- 35 Pine tar
- 37 Actor Peter
- 39 Mexican currency
- 41 The Vancouver \_\_\_\_\_
- 43 Ford nameplate

See Answers, Page 22



### This Week in Contact

1980 – Former CFB Trenton Administration Officer, Colonel J.L. Twambley, received word that he would be invested as an officer in the Order of Military Merit. Recently promoted to that rank, Col Twambley left Trenton to assume duties as the Director of Air Studies at Canadian Forces Command and Staff College in Toronto.

1990 – As a lead up to National Non-Smoking Week, members of the CFB Trenton Community were reminded of the dangers of smoking and being exposed to second-hand smoke. Children were and are a particularly sensitive group, and the theme for the 1990 smoking cessation week was "Smoking and Children." If smoking affects your health, what is it doing to your children?

2000 – The coordinator of the critical Y2K rollover period at CFB Trenton reported everything was A-Okay at 12:01 a.m. on January 1st. Nothing untoward happened as senior staff stood watch in the Y2K command post; and by about 2:00 a.m., all mission-critical systems had been tested and had passed "with flying colours."

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



# 8 Wing PSP staff visit CFS Alert, Continued from Page 1

“The contractor (Civilian Base Operators) is largely responsible for all logistical requirements for military personnel providing operational and administrative functions,” he said. “One of the major challenges is in coping with environmental conditions.”

Peddle said periods of continuous darkness, (followed by) continuous light, coupled with extreme weather conditions, have the potential to negatively affect both the morale and performance capability of station members.

When PSP teams travel to Alert from 8 Wing/CFB Trenton, they are helping senior staff ensure that station members have access to a wide range of morale-boosting and social welfare outlets to meet the needs of personnel.

“The station has made great strides to ensure that personnel are involved in many social activities,” Peddle said. “Regularly scheduled events ... at least one daily ... special activities and successful mess operations have resulted in a strong social net.”

“It is important to connect

with people from similar trades and positions back home,” he said. “It was my first trip to Alert, and I was privileged to be able to put myself in their shoes.”

Major Rob Tucker, in charge of the Alert Management Office, says his job is “to be the boots on the ground at 8 Wing/CFB Trenton, to coordinate support for the station, and to be the continuity for a society of transient personnel known as the ‘Frozen Chosen.’”

Maj Tucker believes the visits to Alert by PSP staff, and the “tremendous level of support” they provide to the station year-round, “is crucial to the maintenance of morale, and the success of the station.”

“Overall I would say their greatest contribution is being on station with a willing attitude and unparalleled expertise,” he said.

“I can not overstate the difficult living conditions of 24 hours’ darkness and extreme arctic weather when staff is often locked down in quarters for days at a time,” Maj Tucker said.

“Life on station without PSP support would be miserable.”



Photo: Contact archives

An aerial view of CFS Alert taken from the ramp of a CC130 Hercules aircraft. The terrain in the vicinity of CFS Alert is rugged and undulating with hills and valleys.



Photo: Submitted

Amy Dawson, a fitness instructor with 8 Wing/CFB Trenton’s Fitness and Sports Flight, works with personnel from CFS Alert during a recent visit.



Photo: Submitted

8 Wing/CFB Trenton Fitness and Sports Flight Equipment Manager, Apollo Athanasopoulos, repairs equipment in the workout room at CFS Alert during a recent visit there organized by 8 Wing’s Personnel Support Programs staff.



Photo: Submitted

Master Seaman Christine Hansen (left), interim manager of the CFS Alert Trading Post, and Chief Petty Officer 2nd Class Rex Clarke, 8 Wing Messes and Institutes Manager, pose behind the counter in the world’s most northerly CANEX outlet.

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## 8 Wing Personnel at Work: Corporal Roger Meuse

by 2 Lt Vincent Bédard  
8 Wing Public Affairs OJT

Corporal (Cpl) Roger Meuse has a sharp sense of observation.

The attention he and his fellow postal clerk apply to their daily work ensures that servicemen and women deployed overseas or posted through out Canada receive the heartwarming letter or package sent to them by a loved one.

Cpl Meuse was born into a family of 10 and grew up in Halifax. Cpl Meuse's family lines have deep roots linked to the Canadian Forces and to the Postal Service.

His grand father served in the First World War, as a Field Gunner with the Royal Regiment of Canadian Artillery, and his father worked for Canada Post for over 30 years.

Practically every member of the Meuse family, six boys and two girls in all, served their country at one point in their life either as part of the CF or the Coast Guard.

Cpl Meuse joined the CF in 1984. Without knowing it, he followed the footsteps of his grandfather and began his career as a Field Gunner.

In 1993, he did a tour in Bosnia and went back for a second tour in 2001. But thousands of hours spent in harsh conditions in the frigid hills of Shilo, Manitoba got Cpl Meuse thinking about an alternate route.



Photo: 2 Lt Vincent Bédard  
8 Wing Public Affairs OJT

### Corporal Roger Meuse works with the Canadian Forces Postal Unit.

Discussions ensued with friends and family about what avenue he might explore next.

"Anyone who has spent an extended period of time away from their family will tell you; it's a great moral booster when you get a letter from back home. That thought sealed the deal for me" said Cpl Meuse.

After going through the paper work, he took his leave from Artillery to join the ranks of the Postal Clerks.

After a course in Kingston, Cpl Meuse was posted to the Canadian Forces Postal Unit (CFPU) located at 8 Wing/CFB Trenton.

The CFPU receives, sorts and dispatches mail to Canadian Forces

personnel overseas and CFS Alert. It is also the school for postal training for the Canadian Forces.

"Every package is scanned with an X-Ray machine for dangerous goods, alcohol and tobacco products. Export laws prohibit the sending of alcohol and cigarettes overseas; when found these items are put aside, tagged and stored until they are destroyed. The security measures in place are tight." says Cpl Meuse.

The workload of Postal Clerks is heavy but they work diligently in order to get every one of those parcels out to the right person as quickly as possible.

The CFPU has an impressive record for accuracy; 98 per cent.

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## In loving memory, forever and always

*BASKO, Pawel "Paul" (Corporal, CF, CFB Trenton)* – With great sadness, we announce the sudden loss of our dear son Pawel. Cherished son of Halina & Krzysztof Basko. Loving nephew of Anna Mirowska & her husband Pawel and Slawomir Galka & his wife Krystyna. Pawel will be greatly missed by his dear friend Merly Wells, cousins and many friends & colleagues. Visitation at the Weaver Family Funeral Home - East Chapel, 29 Bay Street, Trenton on Wednesday from 2-4 and 7-9 p.m. Parish Prayers at 7 p.m on Wednesday. Funeral Service at Our Lady of Peace, 8 Wing Chapel, CFB Trenton on Thursday, January 14, 2010 at 1:30 p.m. Cremation to follow. Donations to the Military Family Resource Centre or the Soldier On Program would be greatly appreciated. Online guestbook and condolences at [weaverfuneralhomes.com](http://weaverfuneralhomes.com)



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**PET OF THE WEEK**

Portia is 1 year old spayed female Siberian husky. She needs a secure home that can give her lots of exercise and attention. Portia would do better in a home with no other pets or young children.

Contact the Quinte Humane Society for more information.

Animals are from the Quinte Humane Society  
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Thank you!

# SPORTS & RECREATION

## 2009 Canadian Forces Sports Awards

The Canadian Forces Sports Awards Program recognizes the exemplary contributions of athletes, coaches and officials to the CF sports program and to military life.

Individuals are first selected at the Wing/Base level and then staffed to Command for consideration of the Command Award in each category.

The Command Award winners are then eligible to be selected for the prestigious CF National Sports Awards, which are announced annually at the CF Sports Awards Ceremonies, held in Ottawa.

Please note that individual accomplishments outside the CF sports program are acceptable.

The CF Sports Award categories are as follows: Female Athlete of the Year; Male Athlete of the Year; Team of the Year; Official of the Year; Female Coach of the Year; and Male Coach of the Year.

The CF Sports Awards Program covers a specific calendar year period. Therefore, the period 01 Jan 09 to 31 Dec 09 will be used for all nominees in all categories.

Any Wing/Base personnel may

submit a nomination of CF members for a Sports Award category. The selection criteria and nomination forms are available at The Gymnasium.

All nominations must be received by end of working day 12 Feb 10.

When received, the nominations will be staffed to the Wing Council who will then review all nominations and select a winner in each one of the individual CF Sport Award categories.

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

## Standard First Aid and CPR 'C' Re-Certification

Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course not more than three years from the SFA date of issue.

To renew SFA certifications subsequently, award holders must repeat the full SFA Course.

Thereafter, individuals may renew by alternating recertifications and original courses.

Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course.

They may recertify only with the original certifying agency.

The eight-hour standard first aid recertification course provides a

review of first aid and CPR skills.

Practical skills will be assessed through scenarios and knowledge will be assessed with a written evaluation.

Candidates should review the course content and practice their skills prior to the recertification course.

Candidates must bring proof of original certification.

Or get a group of eight friends, family or coworkers and we will schedule a class just for you!

This course will take place on Saturday, January 30, from 9 a.m. to 5 p.m. or Thursday, March 4, from 9 a.m. to 5 p.m. at the RecPlex

Cost is \$55 for military community members, and \$65 for the general public. Register today!

## 2010 CF National Running Championship

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

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

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

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

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

The qualifying times listed below are the minimum times that must have been achieved on a certified course within 14 months prior to race day. Proof of time must be forwarded to Military Sports Coordinator, Dan

Cormier, no later than March 1, 2010.

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

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

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

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

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

**Female:** Marathon, 3:45:00; Half Marathon, 1:50:00; 10 km, 50:00; 5 km, 27:00.

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

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

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

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

## Trenton shines at Ontario Region Curling Championship

The Ontario Region Curling Championship was held in Kingston from December 6 - 9, 2009. 8 Wing/CFB Trenton sent two teams to compete.

Team One consisted of the following players: WO Mike Hope, MWO Jamie Whalen, Sgt Derrick Phillips, MWO Rick Robertson, and Pte William Russell.

Team Two consisted of the following players: Major James Marshall, Maj Kelly Freitag,

Captain Jeff Baldwin, and Capt Paul Peloquin.

The teams finished the round robin with Team One in third place and Team Two in fourth place.

During the semi-final, Team Two defeated first place Kingston by a score of nine to five, and Team One defeated second place Borden with a score of 10 to two, making for an all-Trenton final.

Team Two defeated Team One by a score of 10 to two and declared the 2009/2010 OR Curling Championship.



8 Wing/CFB Trenton's Team Two is shown above.

## 2010 8 Wing/CFB Trenton Badminton Playdown

CFB North Bay will be hosting the Ontario Region Badminton Selection Camp from March 28 to 31, 2010.

Smash, drop and clear your way to the Selection Camp with 10 positions.

The playdown will be held at The Gymnasium from Monday, January 25, to Friday, February 12, 2010.

Registered players will play a round robin tournament. Players will get a list of all registered players and play competitors on their own time.

The base team plays every noon hour, and Monday and Wednesday nights from 1900 to 2200 hrs.

Competition is open to all Canadian Forces, Class B and C Reserves members.

Players must register with the Military Sports Coordinator no later than January 20, 2010.

To register, or obtain more information, please contact Dan Cormier, Military Sports Coordinator, at local 3373.

## 2010 8 Wing/CFB Trenton Squash Playdown

The 8 Wing/CFB Trenton Squash team will represent 8 Wing at the Ontario Region Squash Championship held at North Bay from March 28 to 31, 2010.

Rally your way to the championship in the following categories: Open Men's: Four players; Open Women's: Two Players; Under 30: One player; Senior 40 to 44: One player; and Masters 45 and over: One player.

Playdowns will be held at The Gymnasium squash courts from the

Monday, January 25 to Friday, February 12.

Registered players will play a round robin tournament. Players will get a list of all registered players and play competitors on their own time. Competition is open to all Canadian Forces, Class B and C Reserves Members.

Players must register with Dan Cormier, Military Sports Coordinator, no later than January 20, 2010.

To register, or for information, please contact Dan at local 3373.

## Batawa Ski Hill Pass

The PSP CRA is offering a ski pass at a reduced rate. Save money! Passes are available to military personnel and CRA members only. Cost varies depending if purchased for daytime, evening or weekend skiing. Ski passes are available at the RecPlex.

## Standard First Aid and CPR 'C'

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

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

Lifesaving Society Standard First Aid is recognized by the Workplace

Safety and Insurance Board and Ontario Health Regulation and is one of the prerequisites to NLS.

Get a group of eight friends, family or coworkers and we will schedule a class just for you!

Tuesday, February 23, and Wednesday, February 24, from 9 a.m. to 5 p.m. or Thursday, March 4, from 9 a.m. to 5 p.m. at the RecPlex

Cost: \$80, military community; \$90, general public. *Manual included.*

## Winter Brochure of Programs and Services

See our complete line-up of programs and services at [www.cfbtrenton.com](http://www.cfbtrenton.com) or pick up a copy of our brochure at the RecPlex.



# FITNESS & HEALTH PROMOTION



## Turn on the safety switch with eating triggers

A trigger is defined as something that sets in motion a course of events.

Drinking red wine may cause migraine headaches for some people, spiders may cause panic in others. Eating triggers set in motion a course of uncontrolled eating. There are three types of eating triggers: Food Triggers, Emotional Triggers, and Environmental Triggers.

Food triggers are specific foods that cause uncontrollable eating. Often described as 'red light foods', these foods may be different for some people than others. It is important to recognize which foods are personal red light foods so that they can be managed.

Green Light Foods are easily handled, do not trigger overeating eg. Broccoli; Yellow Light Foods can be controlled in some circumstances, but not others eg. Eating a few chips at a social event vs. eating the whole bag when at home; Red Light Foods: cause uncontrollable eating and increase risk of losing sight of goals.

You can control trigger foods by setting up a few safety switches:

**Green Light Foods:** Make sure they are readily available i.e.. cut-up vegetables and fruits in fridge.

**Yellow Light Foods:** Determine where and when you

can safely eat them and only have them in those circumstances.

**Red Light Foods:** Temporarily avoid these foods. Try to establish a balance with substitutions.

Re-evaluate trigger foods on occasion. Red light foods may become controllable over time and with practice.

Emotional triggers are feelings, positive or negative, that trigger uncontrolled eating. Where food triggers are about specific foods, any food will do when eating is caused by an emotional trigger.

What do you really want? When emotion causes uncontrolled eating, food is used to satisfy a need caused by the emotion. When that need is determined, alternate behaviours can be used to manage the feelings instead of overeating.

For example, Betty realized that she often overeats in the evenings when she is sitting on the couch. She realizes that she is looking for companionship because she is lonely.

Instead, Betty could call a friend when she is feeling lonely so that she doesn't satisfy the emotional need with food.

By finding an alternative, Betty is managing the feelings behind the emotional hunger. (NOTE: there may be more than one alter-

nate to satisfy the need)

To manage emotional triggers, remember to HALT. Ask yourself if you are Hungry, Angry, Lonely or Tired. Unless the answer is hungry, ask yourself what you might do instead of eating through your emotion.

Environmental triggers are places or situations that trigger uncontrolled eating. They are usually the result of habit – the tendency to act in a certain way or do a certain thing in these places or situations.

What is it about this place? Environmental triggers are all around. They could be in the home, work, our car, social events like going to the movie theatre or a sporting event. We may not even realize that they are causing our uncontrolled eating. To manage these triggers, use the Three Rs of environmental management.

Recognize what is in the environment that may cause uncontrolled eating; Remove or avoid foods that are difficult to manage; and Replace with healthy alternatives, i.e. foods or activities that will prevent uncontrolled eating.

By recognizing the reasons behind uncontrolled eating and implementing a few strategies, you can turn on the safety switch with eating triggers.

**National Non-Smoking Week**  
Semaine nationale sans fumée  
17-23 January 2010



## Did You Know?

Snack smartly! It's a great strategy for preventing uncontrolled eating. Reach for whole grains and vegetables and fruits to help keep you satisfied throughout the day. Plan to eat three meals, with healthy snacks, to keep your energy levels high and help manage eating triggers.



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

## Upcoming Courses

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

Program delivery is available upon request for special events, unit professional development days, or in response to general interest of members. Contact the Health Promotion office for information.

### Weight Wellness Lifestyle Program

Tuesdays, 26 Jan to 16 Mar, from 0830 to 1030

**ASIST (Applied Suicide Intervention Skills Training)**  
3 and 4 Feb, from 0830 to 1600 (FULL)

For more information, or to register, please visit:  
healthpromotion.cfbtrenton.com

## How to be SMART about New Year's resolutions

Quit smoking, drink less, lose weight, exercise more, eat healthy.

If you are one of the 96 per cent Canadians who made a New Year's Resolution on January 1, you may have set a health-related goal.

Research shows that 20 per cent of Canadians achieve their resolutions. You can be one of them by taking SMART steps to achieve your resolutions.

Resolutions are all about goal setting. SMART goals are Specific, Measurable, Achievable, Relevant and Trackable.

**Specific:** They define exactly what you want to achieve.

**Measurable:** They include clear benchmarks to know that you are succeeding.

**Achievable:** They provide challenge, but are still within reason.

**Relevant:** They are important to you.

**Trackable:** They include a way to record progress.

An example of a SMART goal would be:

"I will use my pedometer to record my steps each day and increase my steps by 10 per cent each week until I am taking an average of 10,000 steps per day."

Goals can help to increase motivation by providing us with direction and build our confidence with increased feelings of success when they are met.

So what happens when motivation starts to fade? That is the time to revisit your goal.

Sometimes goals feel too big to tackle or take so long to achieve that it is difficult to stay focused.

Consider breaking large goals into smaller "bite size" pieces and determine if your goals match your preferences. Is it motivating for you to set goals slightly higher than you are likely to achieve?

Perhaps you prefer goals that are modest and can easily be met or exceeded, or you may prefer to have your goals match your performance.

By thinking about your preferences and adjusting your goals to fit, you can rejuvenate your motivation to achieve them.

Be SMART about your resolutions to help you reach your goals for 2010!

## The 100 Days, 3000 Minutes Challenge is complete!

180 members of the 8 Wing/CFB Trenton community chose to Benefit by the Minute and adopt active living as part of a healthy lifestyle.

Each participant was challenged to incorporate an average of at least 30 minutes of activity into each day for 100 days. That's a total of 3000 minutes of activity; one minute per troop serving the Afghanistan mission.

The final results are in. The total minutes reported by participants are 317,613. If a person walked 5km/hr for 317,613 minutes, they would be able to walk to Kandahar and back and then walk from Vancouver to Halifax in 220.5 days.

Congratulations for choosing to Benefit by the Minute!



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## VIEW FROM THE PINE



Don, Don, Don, Don, Don. Sir, in the immortal words of ZZ Top, you may be a "sharp dressed man", but I think your high collars may be cutting off circulation to your head.

Mr. Cherry normally ends up highlighted in this column (usually for good things) about once a year so kudos to him for getting things out of the way so early in 2010 following his most recent Hockey Night in Canada tirade. Not that there is anything generally wrong with his tirades. I tend to go on them all the time myself – I just end up getting medicated for 'em and not paid for 'em. Anyways, I think he was a just a tad off the mark with his prolonged rant criticizing TSN's World Junior coverage and their commentary on the American's hockey development program.

Seeing as I have absolutely no life and I love playing Divorce Russian Roulette, I watched most, if not all, of TSN's matches, including the gold medal game. To be honest, I believe the point TSN's analysts were making in the wake of the American victory was that their developmental system had progressed to the point where they were finally pumping out some excellent young players.

Not once did I hear anyone critiquing the Canadian system or stating that the U.S. program had overtaken Canada's.

Actually, if my memory serves me, and normally it does not, there was actually a reference or two to some of the American big whigs admitting that their system had largely been modelled after ours. And you know what they say about imitation being the sincerest form of flattery. Don's always game to stand up when he thinks Canada has been wronged, and it does make for some engaging TV, but I really do not think that's the case here.

Speaking of tirades bound to get you in trouble, it sure was nice of Alex Burrows to call out referee Stephane Auger following the Canucks loss to the Nashville Predators on Monday night. Now players and coaches commenting on bad officiating is nothing new, but this is the first time I have ever seen a player get

so personal, so quickly, and in such a public forum.

Now I did watch the highlights (low-lights?) and it sure as heck appears that Auger did indeed single out and talk to Burrows before the game, and from all appearances, Alex was the victim of some rather questionable calls.

Unfortunately for Auger, if there was no pre-game footage of the two talking, the calls against Burrows could easily have been chalked up to human error. And his post game rant? Just sour grapes and whining in the wake of a Canucks loss.

No such luck for Mr. Auger, however, and now, with a full blown media firestorm to boot, there will likely be some sort of official (but quiet) NHL investigation into the allegations that he was "out to get" Burrows for embarrassing him for incident in a previous game. Possibly even more telling that there may be some trouble brewing for the man in stripes? Although the League did immediately slap Burrows with a \$2,500 fine, they did so without a lot of fanfare or righteous indignation.

If there was absolutely no cause for concern at the top that there was any truth to Burrows story, I'm figuring that Alex would have been drawn and quartered in the public square and a line-up of people would be forming at the nearest microphone singing the praises of Mr. Auger. But that has not happened yet.

So, unfortunately for Mr. Auger, just like the time the Justice of the Peace turned to my wife-to-be and asked her to say, "I do", it's quiet. Too quiet.

### CHARLIE POTATOES

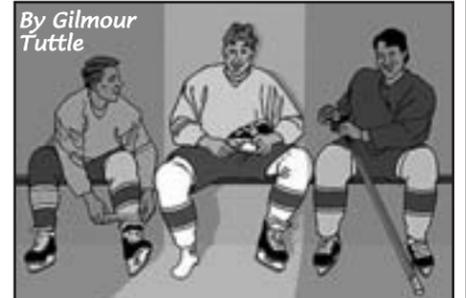
Alex Burrows/Stephane Auger (Alex, everyone knows that referees carry grudges. Players, coaches, linesmen, General Managers, stick boys, Zamboni drivers and hot dog vendors carry grudges. Heck, I still have a hate on for that pimply faced teenage referee that called off one of my goals in Nipawin back in Pee Wee – when your yearly goal

production get's cut in half one is bound to be upset. But if Auger did indeed warn you that he was going to "get you back" the first thing you should have done was advise your coaching staff. Immediately. At the very least they could have addressed the issue at the start of the game and given the zebra some pause before he did anything rash during it), Ron Wilson (Not sure if Ron is ready to hit the Motivational Speaker circuit just yet with his uplifting tales of inspirational leadership after his very public tongue lashing of Phil Kessel in front of the salivating horde that is the Toronto media. Way to make the face of the franchise feel right at home), Some idiot Vancouver Canucks fan (OK, not cool. Not cool at all. Some half-wit decided to try and distract Flames' goaltender Kiprusoff with a laser pointer during the last Canucks-Flames dust-up. I do not know what is more disturbing, the fact that the twit was doing it, or the fact that those around him did not point him out to security), Marty Turco (Heading into unrestricted free agency, Turco is not really succeeding at raising his value any. With only four wins in his last 10 matches, and no victories on the road, Marty will have to pick up his game significantly down the stretch if he wants to cash in during the summer), Theo Fleury (Not that I can necessarily disagree with Theo's musing that he would have likely been a lot more productive in the Flames' line-up than some of the plugs currently patrolling the wings in Cow Town, but that type of painful truth is better left unsaid. Especially if you want to continue on in your role as a Team Ambassador).

### MEAT AND POTATOES

Jimmy Howard (Seriously, can I call you James? Calling you Jimmy just reminds me of that kid that fell off the monkey bars in elementary school and was never quite right in the head afterwards. But I digress. Mr. Howard has relegated Chris Osgood to the bench with a 9-5-1 record since the start of December. I still would-

n't put it past the Red Wings to go back to Osgood before the playoffs, though.), Alex Burrows (He will not be receiving Christmas cards from NHL referees any-time soon and you can add NHL goal-tenders to that list as well. In his last 10 games he has tallied nine goals and four assists, as well as a whopping +11 rating. Oh, and that includes back-to-back Hat Trick games. Nice), Patric Hornqvist (Patric who? Predators right winger has become a hockey pool darling with his out-of-the-blue 17 goals and 10 assists on the season. Impressive? He has four goals in his last five games. More impressive? He has 23 total shots in those matches. Phil Kessel, a known sniper, has 31 shots in his last five games and has only a measly assist to show for it. I'm just sayin', that's all), Guillaume Latendresse (he may have earned the tongue-in-cheek moniker of "Tenderness" from Canadiens fans for his timid play around opposing nets during his time in Montreal, but he has been on fire for Minnesota in 2010. He has racked up four goals and four assists in his last five games, including a four point effort against the free falling Penguins), Curtis Joseph (He was one of the few Leafs I found hard to hate so I will have to lump him in with Wendel Clark in the "strong dislike" category. The great debate on whether he belongs in the Hall of Fame will start shortly. The 454 career regular season wins look good on his resume. The 352 career losses to tie him with Gump Worsley does not. Then again, the Gumper is in the Hall, so who knows?).



By Gilmour Tuttle

Any responses can be sent to [andrea.steiner@forces.gc.ca](mailto:andrea.steiner@forces.gc.ca)

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# A quick look at 2009: Who we were, what we did



Photo: Cpl Andrew Saunders

Above: Pilots and crew from 436 (Transport) Squadron – the Tuskers – from 8 Wing Trenton, gather for a photo in January 2009, after landing Herc 308, now the grand-daddy of Canadian Forces tactical airlift with the completion of 45,000 flying hours.



Photo: Cpl Isabel Lavallee-Raby, 8 Wing Imaging

Centre, right: Seven-year-old Isaiah Wannamaker, who suffers from a rare form of leukemia, checks out the interior of a CH146 Griffon helicopter from 424 Transport and Rescue Squadron. The Children's Wish Foundation helped Isaiah get his heli ride.



Photo: Cpl Simon Duchesne, 8 Wing Imaging

An aerial photo taken in January, 2009 shows the construction site of the new Air Traffic Control tower that was built on North Perimeter Road, north of the 8 Wing/CFB Trenton runway. The tower was one of the first, recent infrastructure and renewal projects to be completed on the Wing.



Photo: Trevor Easton

It was a cold, windy day at Hamilton International Airport on February 6, 2009, but former Canadian astronaut, Bjarni Tryggvason, found the conditions almost perfect for test flying a replica of the historic Silver Dart a few metres above the runway. Tryggvason was in Hamilton as pilot of the inaugural flight of the replica of this country's first heavier-than-air machine. The original Silver Dart flew on February 23, 1909 above the frozen waters of Baddeck Bay, Nova Scotia. The first pilot was engineer and co-designer J.A.D McCurdy, who also holds the distinction of being Canada's first licensed aviator. The replica shown here eventually made its way to Baddeck Bay, where Tryggvason took her up on the 100th anniversary of that first flight.

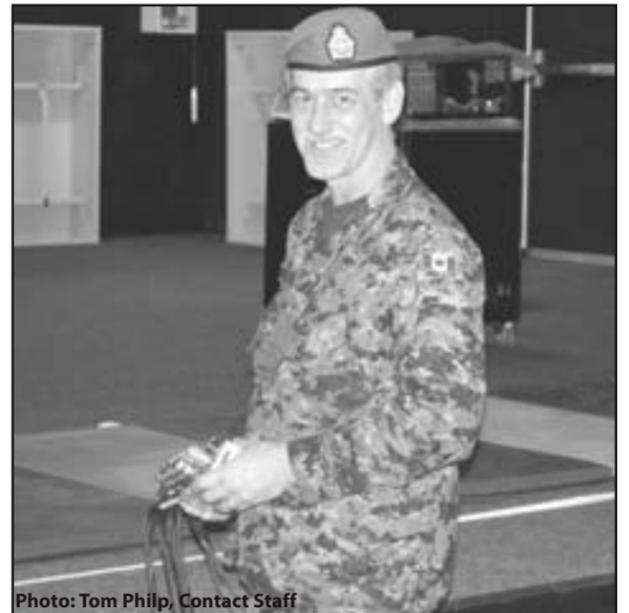


Photo: Tom Philp, Contact Staff

Capt Paul Peloquin (above), Deputy Officer Commanding RTF (Readiness Training Flight) stands in the (then) nearly completed 8 Wing Small Arms Trainer (SAT) last January. Preparing to train approximately 700 members each year, the RTF estimates savings of more than \$120,000 per year in expenses that are associated with live-fire small arms training by using the in-house SAT.



Photo: Tom Philp, Contact Staff

Left: The new CANEX Plaza at 8 Wing/ CFB Trenton opened officially in March, 2009. The expanded main store now features everything from furniture to dry goods, and is open seven days a week. Other plaza-tenants include a dental hygienist, massage therapist, hair stylist, and the Trenton office of SISIP financial services for military members.

Chief of the Defence Staff, General Walt Natynczyk (left), presented a Canadian Forces Unit Commendation coin and CDS banner to Lieutenant-Colonel J. MacCaull, Commanding Officer of 8 Wing's Aerospace Telecommunications Engineering Support Squadron, for exemplary work in delivering essential safety equipment for combat vehicles used by Canadian Forces in Afghanistan.



Photo: Cpl David Hardwick, 8 Wing Imaging

Right: Major Mark McCullins, an instructor with 8 Wing/CFB Trenton's 436 Transport Squadron, was tasked last year to test and train as an astronaut candidate for the Canadian Space Agency (CSA). Major McCullins was one of 16 Canadian finalists in total, in its astronaut recruitment program. Two of those candidates will go on to work with NASA in the United States.



Photo: Canadian Space Agency



2009 in Review (Cont'd)



Photo: MCpl Tom Trainor, 8 Wing Imaging

The first landing and take-off of a new Canadian CC177 Globemaster III at Canadian Forces Detachment Mountain View took place on May 5, 2009. Aircraft #177704 performed two touch and go's before landing, turning and taking off again. The point of this exercise was to demonstrate the aircraft's take off and landing capability on the austere runways commonly found in an Assault Landing Zone (ALZ). This photograph was taken by MCpl Tom Trainor aboard a 424 (T&R) Squadron Griffon helicopter.



Photo: Tom Philp, Contact Staff

Ed Robertson, co-founder of the popular Canadian band Barenaked Ladies, was invested last April as the latest Honorary Colonel of 424 (Transport and Rescue) Squadron at 8 Wing.



Photo: Pte Tina Gillies, 8 Wing Imaging

The tradition of Air Support Competitions was revived last summer at 8 Wing. Known as "Air Mobility Rodeos," the friendly competitions pit crews from various Canadian Forces bases against each other in a series of exercises. In this photo, 8 Wing's 2 Air Movements Squadron is capably represented by Pte Natashia Smith, under a judge's watchful eye.



Photo: MCpl Trainor, 8 Wing Imaging

Shown above is Second-Lieutenant Jennifer Jackson, 8 Wing Public Affairs, having her long locks shorn by hair stylist Ky Lewis of Capelli's Salon to as part of 8 Wing's 'Cut for the Cure'. More than \$7,100 was raised in the 2009 effort.



Photo: Lisa Bailey, Contact Staff

Reverend Doctor Kevin Fast, with 8 Wing/CFB Trenton personnel watching, pulled a 415,000-pound CC177 Globemaster III to eclipse a record set in 1997 in Australia, when another man pulled a 747-400 weighing just over 412,000 pounds.



Photo: 8 Wing Imaging

The 8 Wing Pipes and Drums performed at the 14th Annual Ad Astra ceremony at the National Air Force Museum of Canada. More than 1,500 people witnessed the dedication of 397 memorial stones.



Photo: Corporal Drew Deics, 8 Wing Imaging

In November, Brigadier General Eldred Thuen (centre) officiated at four 8 Wing/CFB Trenton project sod turnings, as the base approached \$1 billion in approved, ongoing or completed construction work.



Photo: MWO Dennis Dove, Wing Safety Office

Don Heans, aka "Mr. Safety" to his friends and colleagues, retired at the end of 2009 as 8 Wing's General Safety Officer. Mr. Heans, whose safety columns appeared each week in The Contact, had 54 years of combined military and civilian service.



### 2009 in Review



Photo Montage: Cpl Igor Loutsiouk, 8 Wing Imaging

8 Wing/CFB Trenton captured an impressive five Ontario Region Championship banners in the 2008-2009 season, in the following sports: Curling, Basketball, Men's Slo Pitch, Men's Soccer and Old Timer's Hockey.



Photo: Submitted

Sgt Lee Bibby, MCpl Kevin O'Donnel (both from 424 (Transport and Rescue Squadron), and MCpl Eric Dinn (right) from 14 Wing, Greenwood, won gold medals at the Canadian Sport Parachuting Association Nationals.

Photo: Tom Philp, Contact Staff



Construction of the new Air Traffic Control Tower (ATC) at 8 Wing/CFB Trenton, located on the north side of the base near the entrance to Roundel Glen Golf Club, was completed in October, with a ribbon-cutting in November, and scheduled to be operational early this year. For some idea of how far we've come, compare this photo to the one of the ATC taken in January 2009, and featured on Page 10.

Photo: MCpl Tom Trainer, 8 Wing Imaging



8 Wing/CFB Trenton witnessed changes throughout the command corridor in 2009, including the installation of its most recent Wing Commander, Colonel Russ Williams (right), who succeeded Colonel Mike Hood in July.



Photo: Tom Philp, Contact Staff

Above: Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, (centre) oversees a friendly fitness challenge between Major Mike Thornley, 426 Squadron and Government of Canada Workplace Charitable Campaign co-chair, and Wing Health Promotion Manager Angela Prescott (front right).

Right: Master Warrant Officer, Tom Fielding was selected by the Air Force Association of Canada as the Canadian Air Reservist of the Year for 2009. In part, the citation that accompanied his award read: "Master Warrant Officer Tom Fielding is the quintessential airman, and his recognition...with the Flight Lieutenant D.M. Grant award is the affirmation of this fact."





# First two CC130J getting primed for delivery

**Clockwise from top:** The first Canadian Forces CC-130J rolled out of the Lockheed Martin Aeronautics Systems paint facility in Marietta, GA on January 12, 2010. The Hercules spent 12 days in the hangar as 17 painters washed, primed and painted the aircraft. To cover the aircraft, 75 gallons of paint were used. First flight of the CC130J is scheduled for early February.

Painter Milton McClendon applies decals on the tail of the aircraft...

...While Painter Marvin Berry takes care of the decals for the wing.

The second Canadian Forces CC130J rolls past the first painted Canadian CC130J on its way to the Lockheed Martin Aeronautics Systems paint facility in Marietta, GA. Both aircraft will be delivered to Canada later this year.



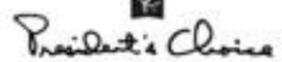
Photos: John Rossino, Photojournalist, Lockheed Martin Aeronautics Company



## Community Events









293 Dundas St. East,  
Trenton • 613-392-0297

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

### Give the Gift of Life Walk - Volunteers Needed

#### The Kidney Foundation Of Canada

Volunteers are needed to organize the first Kidney Foundation walk in the Belleville area for September 2010. There are now 24 walks held in communities across Ontario. If you are interested in helping, please contact Kate at 613-542-2121. To learn more about the Kidney Foundation Of Canada, please visit [www.kidney.on.ca/walks](http://www.kidney.on.ca/walks)

### TRENTON TRIMETTES

Trenton Trimettes "Readers Choice" Award for 2009 is a support group that encourages weight loss through healthy eating and exercise, with guest speakers. Monthly dues are \$8. Free registration and dues for the month of January 2010.

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

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

### "Sleep Out ... So Others Can Sleep In"

Friday, January 29th, 2010

Join us on Homelessness Awareness Day in Market Square, Belleville from 7 p.m. to 7 a.m. on Friday, January 29, 2010. Pick up a pledge form at our office (located at 199 Front St. Century Place Suite 530).

You may also call our office at 613-969-8874 or visit our facebook page, "Sleep Out ... So Others Can Sleep In" to obtain a pledge form.

There are many prizes to be given away the night of the event. Warm drinks and water are available for purchase at Keep It Simple Coffee, and the warming area and indoor washrooms are located at St. Thomas Anglican Church.

For further information please contact the Sleep Out Coordinator via email: [smercercmha@bellnet.ca](mailto:smercercmha@bellnet.ca).



### Family Literacy Day

January 27, 2010

Monday, January 25 ~ Join us for a fun sing-a-long with local musician Louise Ford, from 10:30 to 11:30 a.m. Free song book to take home!

Tuesday, January 26 ~ Join us for a Family Concert with Children's Performer Gerry Mitchell, from 10:30 to 11:30 a.m.

Wednesday, January 27 ~ Join our OEYC staff Thelma and Kathy for a little ukulele sin-a-long fun, from 6:00 - 6:30 pm. Free song book to take home.

### Link to Learning Reading Program

Links to Learning Resource Centre will be running a weekly no cost reading program for children of all ages. All books will be provided in a variety of levels.

This is a drop in program so children who are interested can come between 1:30 to 3:30 p.m. every Saturday. They will be either read to or listened to as they read.

Link to learning is located at 188 Victoria Ave, Belleville (use the side door off the parking lot in the Quinte Bible Chapel).

[www.linkstolearning.ca](http://www.linkstolearning.ca)

### Quinte Quilters Guild Workshop News

February 2010 ~ Vicky Lafleur

A new date has been set for another UFO Saturday workshop. Mark February 20, 2010 in your date timer to come and work on UFO's at Christ Church from 9:30 a.m. to 4 p.m.

Cost is only \$5.00 (goes as a donation to the Church for use of their space).

See Beth Willis for details at the February meeting. Please note the updated registration guidelines listed below.

#### Workshop Registration Guidelines:

Enrolments will begin at the Guild meeting at least two months prior to the actual workshop, where possible. Remember to sign up early to avoid disappointment.

Payment for workshops should be made at the time of registration. When registering by phone or email, we will hold a spot for you but it will not be secured until payment is received.

Please note that once you have registered, refunds will only be granted when the workshop co-ordinator is notified at least 14 days before the day of the workshop and only after a substitute attendee has been registered to take your place.

If you have to cancel, please call Mary Andrews Minigan, Fenella McWhirter or Connie Haggarty as soon as possible - if we have a waiting list we can find a substitute for you.

If registration is low we will offer some of our workshops to non-members (for an additional charge) approximately three weeks before the workshop date, so sign up early to reserve your spot.



### 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 Rd or call 968-4673.

### Seeking Post Secondary and Non-Graduate Mentor Applications

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

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

#### We have positions available for:

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

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

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

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



# FAMILY



## Activity: Pictures Tell a Story



This is a fun Comfort, Play and Teach™ activity that will encourage your child to talk about the pictures he draws.

Your child can imagine he or she is a storyteller, or an author as they share their ideas and describes his drawings!

### You will need

- Paper
- Drawing materials (e.g., pencils, crayons, markers, chalk, pastels)

Here's what to do while you make it: Provide your child with paper and drawing materials.

Encourage your child to create a picture of the family, pets, friends or even of a favourite activity.

Fold some sheets of paper in half so they look more like a booklet.

Your child can pretend to create their own picture book!

Invite your child to tell you a story about the picture they have drawn, and offer to write down the words to complete the story.

Then read the words back, tracing your finger under each one as you say it.

This will help your child begin to understand the relationship between speech and print.

Enjoy this more with Comfort, Play and Teach™:

### Comfort

Writing down your

child's words makes him or her feel listened to and lets them know you are interested in what they have to say.

### Play

When you provide drawing and writing materials, it enables your child to express their ideas and creativity through art and storytelling.

### Teach

When children see their own words in print, it helps them to make important connections between verbal and written words, and also supports their emerging reading and communication skills.

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

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

## Mealtime.org Italian Vegetable Chowder

### Ingredients:

- 1 tablespoon vegetable oil
- 1 small onion, diced
- 2 stalks celery, sliced
- 1 carrot, halved lengthwise and sliced
- 1 clove garlic, minced
- 1 can (15 ounces) black-eyed peas, drained and rinsed
- 1 can (14 1/2 ounces) diced tomatoes with juices
- 2 cups canned, reduced-sodium chicken or beef broth
- 2 cups water
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried thyme or oregano
- Salt and pepper, if desired
- 1/2 cup dry elbow macaroni
- Parmesan cheese, optional

Preparation Time: 15 minutes Cook Time: 30 minutes

**Preparation:** Heat oil in a Dutch oven or a large, heavy saucepan over medium heat. Add onion, celery and carrot; cook and stir until tender, about five minutes. Add garlic and cook another 30 seconds. Add black-eyed peas, tomatoes, broth, water, basil, thyme, salt and pepper if desired. Bring to a boil; simmer for 10 minutes. Add macaroni and cook 10 to 15 minutes, stirring occasionally, about 12 to 15 minutes, until macaroni is tender. Serve in soup bowls; garnish with Parmesan cheese, if desired. Serves: Six

*Nutritional Information Per Serving: Calories 140; Total fat 2.5g; Saturated fat 0g; Cholesterol 0mg; Sodium 480mg; Carbohydrate 24g; Fibre 4g; Protein 6g Vitamin A 45 per cent DV; Vitamin C 20 per cent DV; Calcium 6 per cent DV; Iron 10 per cent DV.*

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**WHAT'S THE DIF ?** www.pcatoons.com  
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ANSWERS: 1. RIVETS 2. ROUND WINDOW 3. ANTENNAS 4. SCARF 5. TREE 6. SUN 7. SNOW ON ROOF

# Nadiya's Zodiac Starcast

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

January 17 - January 23

*Theme of the week: What is most special this week is Jupiter's move into the sign of Pisces. In our individual lives, this indicates a shift of our blessings to the next, higher step. Collectively, it denotes a year of breakthroughs in medical advances, health care, and a rising compassion. The movie "Avatar" is perfectly timed. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): Slowly at first, but progressively stronger, will come the awareness of how your life is guided by a truly loving hand. You are being granted the kind of faith that knows you are exactly where you are supposed to be at this point in your life. Where you are is beautiful.

**TAURUS** (April 20-May 20): Friends are family that you choose for yourself. There is agency we exercise in choosing who we spend time with and who we trust. Whoever that may be right now, your friendships will be going through some changes, leading to greater authenticity.

**GEMINI** (May 21-June 20): You have spent the last year sharing of yourself in new and bigger ways. Your confidence has been refined and you now see yourself with more respect. It radiates from you and has left an impression on others. Increasingly, you will find those in high places taking note.

**CANCER** (June 21-July 22): Like the "Karate Kid", you are a young grasshopper. You are increasingly open to learn a new way of perceiving the world that will change your entire life. As your internal readiness rises, your sensei will arrive.

**LEO** (July 23-Aug. 22): A rewarding life entails the ability to take the heaviness of our pain, which acts as lead in our lives, and convert it into symbolic gold, which is our most precious asset. This is the journey of the alchemist. You are one now.

**VIRGO** (Aug. 23-Sept. 22): Your power of projection is your greatest asset. It is as if your internal state of happiness allows you to see the best in others. Your expectation will continue to be matched by truly loving allies. Be kind to yourself and the world is kind in return.

**LIBRA** (Sept. 23-Oct. 22): There are people you expect to always be there. It is those we have created strong bonds with that we call "tried and true". However, people grow and sometimes it is ok to let go. You are reconsidering your part in a friendship. Make a choice that feels right within you.

**SCORPIO** (Oct. 23-Nov. 21): A top 10 artist stated he believed if something is meant for him to do, it likely comes with struggle. He did not trust his desire to create because it came so easy, yet it held the key to his greatness. Similarly, your path to your contribution will be found in what is most natural.

**SAGITTARIUS** (Nov. 22-Dec. 21): Most Sag's need to feel like they are on a constant world exploration in order to feel at peace with themselves - but you start to feel the tide shifting. You will find your faith and your greatest adventure closer to home.

**CAPRICORN** (Dec. 22-Jan. 19): Networks are created consciously, as in joining events that you think will allow you to meet influential people, but also indirectly while you pursue things of interest. In either situation, people you meet will help you realize your dreams.

**AQUARIUS** (Jan. 20-Feb. 18): As a society, the manner in which we denote value has continued to evolve. The things we appreciate can shift through a lifetime. What is important to you is now changing. The thing most precious will be your own self-esteem.

**PISCES** (Feb. 19-March 20): There are times to be humble and forget yourself. You already excel at compassion. However, this is a time to trust yourself entirely and assert your instincts. It will lead you to inspiring developments. As the saying goes, "Believe in yourself and all that you are."



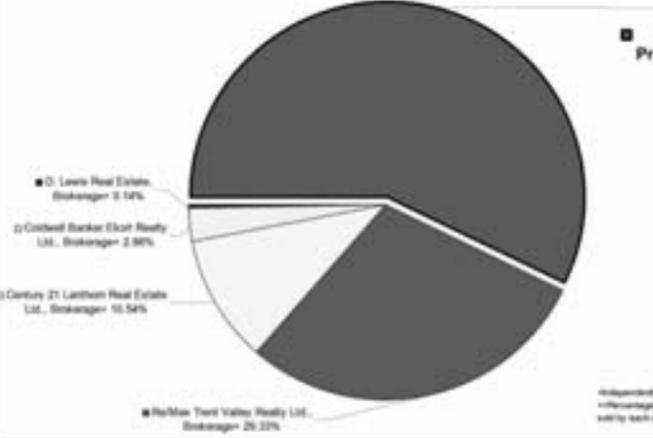
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# TRENTON Military Family Resource Centre

### MFRC-EVENTS & INFORMATION

Music - Art - Drama

Trenton MFRC partners with Trenton RiverSide Music to provide Music. Art. Drama programs for ALL ages: toddlers, kids, teens, adults and seniors.

Demonstrations and Registration at our 'Go MAD!' Open House

Time / Day: 9am-12pm, Saturday, 16th January 2010  
 Where: Trenton MFRC, Siskin Centre, Bistro  
 For additional Information  
 613-392-2811 ext 2382

---

**Women's Group**  
 Every 2nd Tuesday 10am-12pm  
 Open/Drop In  
 MFRC Annex, 9 Namao Drive

Come meet other women, discuss topics chosen by the group and explore new ideas.

For more info, contact Christa Zapitelli 613-955-0902

---

**Ballroom Dance Lessons**

**Ballroom and Latin Basic**  
 Tuesdays from January 19<sup>th</sup>; 6:30-8:30pm  
 Thursdays from January 21<sup>st</sup>; 6:00-8:00pm or 7:00-9:00pm

**Ballroom and Latin Intermediate**  
 Wednesdays from January 20<sup>th</sup>, 6:30-8:30pm  
 Sunday, Register for interest only  
 Cost: \$120/couple \$60/single

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

### CRFM-Événements et Information

Music - Art - Drama

Le CRFM de Trenton, en partenariat avec Riverside Music, offre un programme anglophone avec divers activités de musique, art dramatique et art visuel. Ce programme intitulé "Go MAD!" est ouvert à tous : enfants (pré-scolaire et scolaire), adolescents, adultes et personnes âgées.

Les activités débutent le 1<sup>er</sup> février 2010 donc venez voir les diverses démonstrations du programme 'Go MAD!'. L'inscription aux activités sera fait sur place.

Samedi, le 16 janvier 2010 de 9h-12h Bistro CRFM de Trenton  
 Pour information additionnelle  
 613-392-2811 ext 2382

---

**Groupe pour femmes**  
 Chaque 2e mardi 10:00am-12:00pm  
 visite libre  
 A l'annexe CRFM, 9 Namao Drive

Venez rencontrer d'autres femmes, discuter de sujets que vous choisissez et apprendre aux moyens de présentations

Pour plus d'info, contactez Christa Zapitelli 613-955-0902

---

**Leçons de danse sociale**

**Niveau débutant**  
 Les mardis à partir du 19 janvier de 18h30 à 20h30  
 Les jeudis à partir du 21 janvier de 18h à 20h ou 19h à 21h

**Niveau Intermédiaire**  
 Les mercredis à partir du 20 janvier 18h30 à 20h30  
 Inscriptions pour connaître le niveau d'intérêt  
 Les dimanches, à partir du 24 janvier de 14 à 16h  
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Pour information additionnelle  
 www.MFRC.CFBTrenton.com  
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**Two-Storey Charmer**  
Plan Number 7-4-971

This four-bedroom, two-story charmer boasts 19th-century arts-and-crafts movement touches on the exterior. The interior, however, is designed with the needs of a busy 21st-century family firmly in mind.

The master bedroom overlooks the back garden for privacy and will be peaceful, thanks to the fact that there are no rooms directly above it. The ensuite features a soaker tub and the toilet is separated from the washbasin by a partial wall.

Upstairs, two of the secondary bedrooms share a three-piece bathroom, while the other includes an ensuite and walk-in closet, as well as a window with an extra-deep sill that overlooks the front garden.

*This home measures 44 feet wide and 55 feet deep, for a total of 2,423 square feet of living space, in addition to the unfinished basement included in the plans.*



Plans for design 7-4-971 are available for \$711 (set of 5), \$796 (set of 8) and \$850 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$25.00 for Priority charge within B.C. or \$45.00 outside of B.C. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and Priority charges. Our 41st Edition of the Home Plan Catalogue containing over 300 plans is available for \$13.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:

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## Chaplain Services

# 8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre

### WING CHAPLAIN SERVICES

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

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

#### Unit Chaplains – aumôniers d'unités

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

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

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

### WORSHIP SERVICES

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

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

Chapel Life Co-ordinator

*Father Philippe Boudreau*

Co-ordinateur de Vie de Chapelle

#### Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

#### Confession - Réconciliation

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

#### Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

**St. Clement Astra (P)**

Protestant Community

Chapel Life Co-ordinator

*Padre Jim Craig*

#### Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

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

#### Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

### DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

### SACRAMENT OF BAPTISM

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

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

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

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

### SACREMENT DU BAPTÊME

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

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

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

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

## Planning to get married?

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

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

## Vous planifiez de vous marier?

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

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

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

### CHAPLAIN EMERGENCY FUND

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

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## "The Last Word" from Gerald Haddon, grandson of our first pilot

by Gerald Philip John Haddon

To be a part of the Canadian Air Force Centennial of Flight celebrations in 2009 has been a rare privilege and an honour for me. Few people have worked harder or longer than Brigadier-General Cloutier, to make the Centennial of Flight celebrations such a resounding success. Thank you 'Sir' for coming out of retirement and doing a truly magnificent job: you stand at the Vanguard of Excellence.

J.A.D. McCurdy would be honoured and delighted by Canada's recognition of his aviation achievements. Therefore, on his and my behalf, may I say thank you to the Air Force and the many other volunteer organizations, which have coordinated my participation in various activities and speaking engagements across the country. I thank, as well, all my fellow Canadians, who have contributed so selflessly to this year's success.

During 2009, I have been afforded the opportunity to speak to many Air Force Associations, Historical Societies and schools. I have also been deeply honoured to have had the occasion to salute our noble veterans and serving military personnel.

We are tremendously indebted to those who have paid a dear price in service to their country. As Churchill said, "We make a living by what we get, but we make a life by what we give".

With the end of the celebrations looming closer and 2010 knocking at our doors, many people have asked me - as the grandson of J.A.D. McCurdy - "What has this year meant to you?"

I have met and been approached by many people:



Photo: Submitted

**The Last Word – After a year of superlatives, coast to coast events and widespread media coverage, who better sum up our feelings than Gerald Haddon – grandson of our first pilot?**

from aerospace engineers to World War Two veterans; from snowbird pilots to air cadets; from six year old school girls and boys, to ordinary everyday Canadians, many of whom have conveyed their conviction, that J.A.D. McCurdy is one of Canada's true heroes. I have felt their passion and pride, their love and admiration for this man of destiny. I have been touched and moved in ways I simply cannot describe.

Reflecting over the past twelve months, I believe that the Centennial of Flight has been "An observance of achievement," as Jim Shilliday postulates in his excellent book: *A Memory of Sky: 'not only an opportunity to bask in the past, but also to look to the future'.*

Anatole France said, "To accomplish great things, we

must not only act, but also dream; not only plan, but also believe." And that is how my grandfather, Honourary Air Commodore, The Honourable John Alexander Douglas McCurdy, pursued his dream of flight.

Shilliday opines that J.A.D. McCurdy's first controlled flight in Canada and the British Empire by a British subject in a heavier-than-air machine on February 23rd, 1909 "was one of a galaxy of accomplishments." Much has been written about J.A.D. McCurdy's contributions to Canadian aviation history in this centennial year, not least, that in the span of just two years, he and his four colleagues, within the Aerial Experiment Association, would invent pontoons that allowed the lakes of Canada's vast

wilderness to become landing places; also the aileron and the tricycle landing gear. In fact, in a 1949 CBC interview from Government House, my grandfather said of the aileron ... "This is the system used universally to this day, and I consider it ... to be Canada's outstanding contribution to aircraft development." Incredibly, here we are a century later; the aileron is still used on aircraft worldwide. Each time I board a plane, look out the window and see the ailerons, I marvel at my grandfather's legacy.

The then chairman of the National Geographic Society, Gilbert Grosvenor, wrote in 1959 that he had known Lindbergh, Amundsen, Byrd, Peary, Shackleton and "I regard J.A.D. McCurdy as a man who ranks with the very greatest of

these."

In 1910, my grandfather became the first Canadian to be issued a pilot's license. On the fiftieth anniversary in 1959 of his historic flight, he was awarded the McKee Trophy for his contribution to the advancement of aviation and the Queen appointed him an Honourary Air Commodore. The only other person, at that time, sharing the same distinction was Sir Winston Churchill.

I was part of the team called the AEA 2005 group, headed by two experienced engineers, Doug Jermyn and Raymond Larson, which built the 2009 Silver Dart replica that was transported down to Baddeck, Nova Scotia for a re-enactment of the historic February 23, 1909 flight.

Back in the summer of 2004, Jack Minor, a former photographer in the RCAF from Port Colborne, Ontario, who has spent a lifetime immersing himself in the life of J.A.D. McCurdy, floated the idea to some of his aviation contacts of building a replica of the Silver Dart, to recreate McCurdy's historic flight.

When I started working on the replica, I was gently guided through the vastly complex task of putting wood, wire, tape, steel rods, grommets, bolts and nuts, all together to construct a flyable aeroplane. I relished every minute of being there, as I realized what a privilege it was to be able to work on my grandfather's aeroplane.

One of the many concepts my grandfather taught me, was that a life of giving would bring more fulfillment than a life of taking, and I thought about this message, as I toiled on the replica. The total accumulative time that the Welland Group

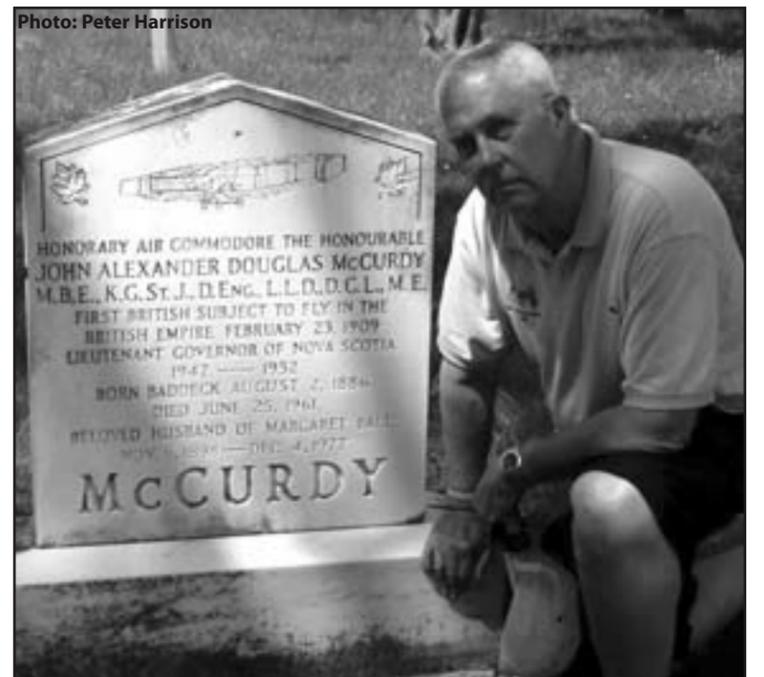
**See "The Last Word" Page 21**

Photo: Peter Handley



**The grandson of Canada's first pilot addresses a crowd at Vintage Wings, backed by three men at the very leading edge of air and space - two test pilots (Paul Kissmann, Centre and Tim Leslie Right) and an astronaut - Chris Hadfield.**

Photo: Peter Harrison



**In the middle of the Centennial year, the author visits the grave of his much loved and respected grandfather John Alexander Duncan McCurdy. At McCurdy's request, the gravesite, high on a rising hillside, overlooks the very waters where, 100 years ago, he had lifted into the sky.**



## "The Last Word" from Gerald Haddon, Continued from Page 20

has put into this magnificent venture is over 6,000 hours, with many donating their tools and their own money. It is fitting in this Centennial of Flight year, that on October 17, 2009, at the Air Force Association of Canada's Annual Awards Dinner in Trenton, Ontario, I was honored to be able to present one of its most prestigious trophies, the J.A.D. McCurdy Award, to the AEA 2005 Group in recognition for outstanding and praiseworthy achievements, by Canadians in the field of Civil Aviation.

One hundred years later, the Aerial Experiment Association 2005 duplicated the 1909 feat, by flying the Silver Dart over the same expanse of frozen ice, with former astronaut Bjarni Tryggvason at the controls. What a breathtaking moment it was to see the replica take to the skies with thousands on hand for this historic re-enactment. Many were overwhelmed by the exhilaration of witnessing the Silver Dart lift majestically off the smooth ice; it was if time had stood still and I felt the presence of my grandfather whispering, "Move over Mr. Tryggvason, I'd like to fly her now!"

We were brought back to the present – and the future – with the roar from the magnificent Hawk One F-86 Sabre Jet and the two striking F18 Hornets as they made several passes over Baddeck Bay, dipping their wings in salute to the aeroplane that started Canada's rich aviation history. All the Centennial of Flight pilots and their teams, who have visited countless Canadian cities and towns throughout 2009, have been such wonderful ambassadors and an outstanding credit to the Canadian Air Force.

One unique and poignant memory of our visit to Baddeck in February was being sworn in as members of 434 (Niagara Peninsula) Wing of the Air Force Association of Canada by its President, Don Feduck. As we stood on the ice of Baddeck Bay, Amanda and I swore our allegiance to country and Queen, with the Silver Dart as our backdrop.

Another memory: one husband and wife team had travelled all the way from British Columbia to be in Baddeck for this special day, to watch the Silver Dart take to the skies once more. They had obviously done their homework and examined the pictures of my grandfather's flight in 1909, for around their necks hung their skates, so that in later years they could boast, that they had skated over the same frozen waters, 100 years later. They told me that this was their pilgrimage and personal tribute to my grandfather, in this centennial year.

On the other end of the emotional spectrum, I met a family as

we were waiting to change planes in Halifax airport. A mother and father, who had been in Baddeck for the celebrations, approached my wife Amanda, and asked if I could have a chat with their teenage son, who was wavering about entering the military. A year previously, this younger son had lost his older brother tragically to cancer, a brother with whom he was going to join the Air Force. After the requisite training, they were hoping to become fighter pilots and serve their country together. I spoke to this soul-searching boy, wrote something, had our picture taken and wished him God speed and good luck. I think about him every day and pray I was able to help him come to terms with his grief ... in some small way.

One persistent gentleman has been writing to various politicians for nearly 50 years, vainly trying to persuade the appropriate authorities to name an airport after J.A.D. McCurdy, to honour his legacy. In July of this year, Amanda and I flew down to Sydney, Nova Scotia, where, 100 years later, the renaming of Sydney airport to the J.A. Douglas McCurdy Sydney Airport took place. Fraser Muir – the letter writer who had originally floated the idea half a century ago – flew in with his wife to witness this epic event. He could scarcely believe that his dream had finally come true. "Never, never, never, never give up" as Churchill used to admonish. It was an honour to shake this 85 year-old gentleman's hand and offer my undying admiration for his unyielding persistence.

When I was a young boy, I spent numerous summer holidays in Baddeck where my grandparents had a beautiful log summerhouse. This summer, I was invited back by the present charming owners to come for an afternoon and see my grandparent's two-acre estate. As I was finishing my tour, we found ourselves sitting in the living room, in front of the vast fireplace where I had had many discussions with my grandfather, so many years ago. My senses were overwhelmed as I recalled the tales and lessons, which my grandfather had passed on to me, as I quietly sat at his feet.

One of the most surreal events that Amanda, Emma, our daughter, and I attended, during the Baddeck visit, was being invited to a jamming session with Chris and Dave Hadfield, just hours after the successful Silver Dart replica flight. The three of us went to their quarters, to be joined by all the Hawk One pilots, the Air Force photographer, as well as two of Canada's astronauts and Loreena McKennitt, the supremely talented Celtic singer. With song sheets in front of us, and the Hadfield brothers accompanying

Photo: Janet Trost



Haddon helps roll out the replica Silver Dart from a temporary hangar on the frozen surface of Bras d'Or Lake - 100 years to the day after his Grandfather did the very same thing.

Photo: Janet Trost



Haddon poses with members of the Hawk One Sabre team and Bjarni Tryggvason, the Silver Dart's pilot for the re-enactment.

us on their guitars, we all exercised our lungs, good and bad singers alike. It was such a perfect evening to end a truly unforgettable day. Imagine, if you can, being serenaded by Canada's first astronaut to float freely in space, by the former astronaut who flew as a payload specialist aboard the 1997 Space Shuttle Discovery, by three of Canada's Snowbird pilots and by one of Canada's most talented musicians. Those of you who have 20-year-old sons or daughters will appreciate how hard they are to impress. As we bid farewell to our singing group at 2 a.m., and gingerly stepped outdoors to -20 degrees, Emma announced, "Daddy...you hang with a pretty cool crowd!"

One of the most enriching experiences for me this year, has been the opportunity to meet numerous Air Cadets and Officer/Cadets of our military colleges, three of Canada's Astronauts, many of this country's most gifted pilots, senior Generals and honored veterans. These members of the air force are the product of the seeds first sown in 1915, when my grandfather established Canada's first aviation school. How proud he would be to meet these impressive men and women, who have maintained Canada's Air Force,



Photo: Submitted

Haddon celebrates the triumph of the re-enacted flight with pilot Bjarni Tryggvason and his family - wife Amanda and daughter Emma in front of the Silver Dart replica.

at the pinnacle ... of worldwide excellence.

As I reflect on today's Canadian Air Force, Canada's aviation pioneers and my grandfather's achievements, I am reminded of the words of Sir Isaac Newton: "If I have seen further, it is only by standing on the shoulders of giants."

Every great idea begins with a dream. Always remember, we have within us...the strength, the patience, and the passion to reach for the stars to change the

world.

My grandfather changed forever the world of his time by believing in a dream: a dream of flight and of putting a man into the air. The Honourable J. A. D. McCurdy, on his historic flight in the Silver Dart, unleashed the power of man to thrill, shock, elevate and set Canadians free from the pull of gravity. He put his hand on...the "Arc of History" and bent it towards the milestone of Canadian aviation.

He truly was my hero.

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# Walking at night



Submitted by 8 Wing General Safety Office

Thousands of people are injured or die every year as a result of collisions between pedestrians and automobiles.

Pedestrians must do everything possible to ensure drivers can see them, especially at night.

In the past it was thought wearing white or light colored clothing made pedestrians safely visible at night.

But recent studies show this is not the case.

Drivers approaching pedestrians wearing white will have to be within 180 feet to be able to see them.

However, tests show under ideal, flat road conditions, a driver traveling at 60 mph needs 260 feet to stop.

Add darkness, snow or rain and oncoming headlights, then the time needed to react increases significantly.

Pedestrians can greatly improve their visibility by wearing clothing with

reflective strips.

The beam from automobile headlights hits the reflective material and sends the light back to the driver.

This is not fluorescent material. Studies show fluorescent colored fabrics creates no greater visibility at night than white ones.

Reflective clothing is available at most sports stores in the bike accessories section.

Manufacturers produce many different items including reflective vests (similar to the kind worn by traffic crossing guards), reflective arm/leg bands and reflective tape.

So the next time you walk, run or jog at night, take steps to improve your visibility to drivers and follow these tips:

-If there is a sidewalk, use it.

-If there is no sidewalk, use the shoulder of the road facing the traffic.

-Wear light colored clothing with some sort of reflective device.

-Carry a small flashlight.

Pedestrians need to ensure their safety when walking at night.

Don't walk alone in strange, deserted areas, use well-lighted routes and wear clothing easily seen by drivers.

# Beat the winter blues with lovely warm hues

by Max Broadview for News Canada

(NC)—CBC daytime hosts Steven Sabados and Chris Hyndman have tips to beat the seasonal blues with some decorating boosts that embrace the latest trends – and you may not need to spend a dime. The décor duo from Steven and Chris say the first step is to look through what you already have with fresh eyes and think about arranging things in your home a little differently.

**1. Embrace Colour:** seek saturated jewel tones in amber, plum or peacock blue. Pull out all of your objects in one colour and group them. For example, take an amethyst-coloured glass vase and pack it full of deep purple tulips.

**2. Pick Patterns:** checks and tartans are

huge this season. For that warm country classic feel, go for a tartan with rich colours. The key is to build the look – for example, a Royal 'Stewart plaid' could be great with a big wooden bowl of Macintosh apples or red candles.

**3. Group Finishes:** warm metallics are this season's rage. Bring out the bronze, brass or gold accessories, frames and bowls and group them together on a simple tray. Just as in fashion, we are seeing designers mixing and matching with silver and gold, so give it a try.

**4. Display the handmade homespun:** employ vintage with a vengeance. Bring out that handmade quilt and display it on a plain sofa or chair, or pull out that earthy pottery bowl from the craft fair. These "back to basics" are great as décor accents, but be mindful of mod-

eration. Limit yourself to one trend – the careful contrast between old and new can be the most effective way to accessorize your space.

There are many more

décor ideas from Steven and Chris online at [www.cbc.ca/stevenandchris](http://www.cbc.ca/stevenandchris), and you can submit your own décor questions for the guys' expert advice.

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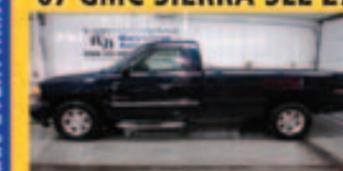
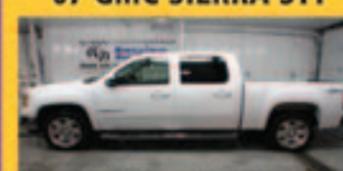
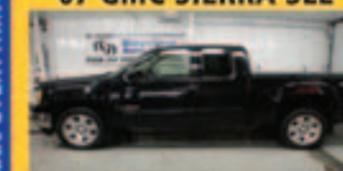
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