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• Volume 45 Issue Number 3 •

## Minister of Defence at 8 Wing to support Operation Hestia

by Tom Philp,  
Contact Staff

Canada's Minister of National Defence, the Honourable Peter MacKay, made a surprise visit to 8 Wing/CFB Trenton January 17 to support Operation Hestia, the rescue and relief operation to Haiti launched after the island country was devastated last week by a powerful earthquake.

"The Government of Canada feels it has a moral imperative to do everything in its power to help with international relief and stabilization efforts in Haiti," Minister MacKay said. "To further support Op HESTIA, I am ordering a light infantry battalion and health services support be deployed to bring further aid and assistance to the people of Haiti."

Minister MacKay, accompanied by General Walter Natynczyk, the Chief of the Defence Staff, provided an update about those relief efforts, stating that more than 65,000 pounds of water and rations, and 46,000 pounds of medical supplies had been transported from 8 Wing to Haiti by the Canadian Forces. (Considerably more personnel and equipment have been sent to Haiti since this visit) The Minister was on hand here as three more aid flights deployed January 17 to Port-au-Prince, the capital city of that country. MacKay said additional military personnel, vehicles, medical and logistical supplies, communications equipment and a lot more water and



Photo: WO Carole Morissette, CF Combat Camera

**Colonel Russ Williams, Commander, 8 Wing/CFB Trenton; General Walter J. Natynczyk, Chief of the Defence Staff, and The Right Honourable Peter MacKay, Minister of National Defence, chat about operations in front of a search and rescue aircraft currently being used in support of the relief efforts in Port-au-Prince, Haiti. The 200-member Disaster Assistance Response Team (DART) is deployed as part of Operation HESTIA, the Canadian Forces (CF) contribution to earthquake relief efforts in the Port-au-Prince region, where a 7.0 magnitude quake struck Haiti on January 12th, 2010.**

emergency food were "on the way."

While an advance team consisting of some members of 8 Wing's Disaster Assistance Response Team (DART), Search and Rescue technicians and CFB Trenton firefighters arrived in Haiti shortly after the massive earthquake destroyed most of the country's infrastructure, killing many thousands of

people, the Government of Canada authorized significantly more support to be sent from here on the weekend. Including the 30 additional troops who left on Sunday, about 230 Canadian Forces members are now on the ground in Haiti.

Canada has also sent three CH146 Griffon helicopters to the island aboard CC177 Globemaster III aircraft.

MacKay said that when "all our assets, platforms and personnel are in place, the Canadian Forces will have approximately 2000 Canadian Forces personnel, seven helicopters and two ships contributing to rescue, recovery and reconstruction efforts in Haiti."

Operation HESTIA will include the DART, with engineering, medical, logistical, defence and

security platoons; a Naval Task Force, made up of a destroyer, frigate, and a CH124 Sea King helicopter; six CH146 Griffon helicopters; and one light infantry battalion;

CC177 Globemaster and CC130 Hercules airlift support; and medical facilities.

The quick response DART has previously deployed to Honduras, Turkey, Sri Lanka and

Pakistan to help with disaster relief. MacKay said the DART would go to Haiti as a unit, since it was determined there was a need for that deployment.

"CFB Trenton will keep playing its usual key role in delivering whatever humanitarian aid and military equipment Canada does send to Port-au-Prince," MacKay said last Sunday.

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## Chief of the Air Staff presents awards at 8 Wing

Right: Lieutenant-General Andre Deschamps (left), Chief of the Air Staff, presents the Canadian Forces Decoration – First Clasp, to Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, on 15 Jan 2010 during a Town Hall meeting at the south side gymnasium. The CD1 is awarded to military members with 22 years of service.



Below: Lt-Gen André Deschamps (left), Chief of the Air Staff, presents a 10 000 flying hour certificate to Captain Brian Thomas from 424 Transport and Rescue Squadron (right) on 15 Jan 2010. Capt Thomas enrolled in July 1981. He has achieved this 10,000 hour flying time benchmark by serving with 436 Sqn, 437 Sqn, NATO in Geilenkirchen, 435 Sqn and is currently flying with 424 Sqn. Capt Thomas' flight time has been achieved on the CC130 in all three roles being tactical, air-to-air and SAR. Additionally Capt Thomas has flown as a Navigator on the CC707's and on the Airborne Warning and Control Systems. When Capt Thomas was not up in the air he has served as a Navigator lead, various Chief of Standards positions as well as served in various Ops positions.

Photos: Cpl Isabel Lavallee-Raby, 8 Wing Imaging



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## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



8 Wing Telecommunications and Information Services Squadron (WTISS) is currently involved (one way or another) with every infrastructure project at 8 Wing. As well, the small staff of WTISS Projects Flight works on all service requests (SR) to support MAC's (Moves, Add's and Changes) on the Wing. Recent involvements include the new Telecom building, several new trailers, 10 Hangar renovations and the new Air Traffic Control tower. Mr Phil Fisher and Mr Craig Neild are shown reviewing building schematics.



# What a month! For 426 Squadron, December was busy

by Capt Shannon  
Bernardo  
AETF Chief Instructor

Who says that December is a time to slow down and enjoy time with friends and family? Things here at the school continued at full throttle as normal.

There was the successful completion of the first Search and Rescue (SAR) Operational Training Unit course. An Aeromedical Evacuation Course graduated and received their wings. All said and told there were 12 courses that graduated in the month of December and 82 students leaving with new qualifications.

On top of doing what the school does best, time was taken to continue a long tradition of challenging 424 Squadron to a hockey game. Looking high and low for available personnel, the school managed to put together a team of "skilled" players. I have been told that the battle was fierce and fun and in the end, the "Thunderbirds" came out

on top 8-0.

As with Christmas tradition around the school, three events were held. The first was the Squadron's Children Christmas party held at the Officer Mess on December 5, 2009. Capt Ellis was able to get Santa to agree to come see the Squadron's children early and each received a present and candy cane from the big man himself. Many other activities were held for the children to participate in while waiting for Santa's arrival including face painting, a visit by two clowns and several crafts. To top it off the children and parents alike were treated to a light lunch of hot dogs and burgers with all the fixings.

The second event was the evening Christmas party for Squadron members. This year it was organized by Master Corporal Even Jacques. The event started with a wonderful pre-supper get together and then proceeded on with an amazing supper. Santa again showed up and told a few



Photo: Submitted

Santa with CWO McKenzie "front and centre" at the 426 Squadron Christmas party.

stories about various sections of the unit while handing out some special presents. After supper, everyone retired to the dance floor where some members danced late into the night.

The last of the events, the Squadron Christmas LOTTO, really signals to the school that Christmas holidays are at hand. This year it was

organized by Captain Paquette and his helpful elves, Sergeant Sherbeth and Heather Frank. The day started off with a huge pancake breakfast served by guest servers, including our very own CO, LCol Roy, and SWO, CWO McKenzie. After filling our bellies, it was off to classrooms for games to be played. These games lasted till

the main event started, LOTTO that is, where numbers are drawn and prizes are to be had. What excitement during the drawing, everyone waiting to see if their number will be a winner or eliminated with the rest of the losers (one out of three were winners this year). The drawing took so long that an intermission was held at

lunch where a chili contest was held. Members sample the offerings of various sections and individuals, lucky for us, the effects of the chili were not evident until after the end of the day.

2009 is history and 2010 is now upon us, bringing new challenges to both individuals and sections alike in the school.

## Search & Rescue UPDATE



424 Squadron had only one tasking since our last report.

Our Hercules was tasked to investigate an ELT going off near St Hubert, Quebec. Shortly after take-off the aircraft was stood down as the ELT had been located by SERABEC personnel.

Until next week, stay safe.

Missions for 2010: 2

Missions for Jan.: 2

Persons rescued: 0

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

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

### Letters to the Editor:

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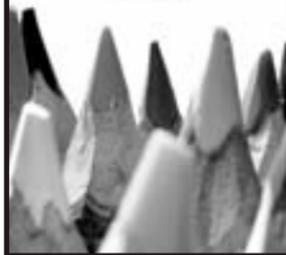
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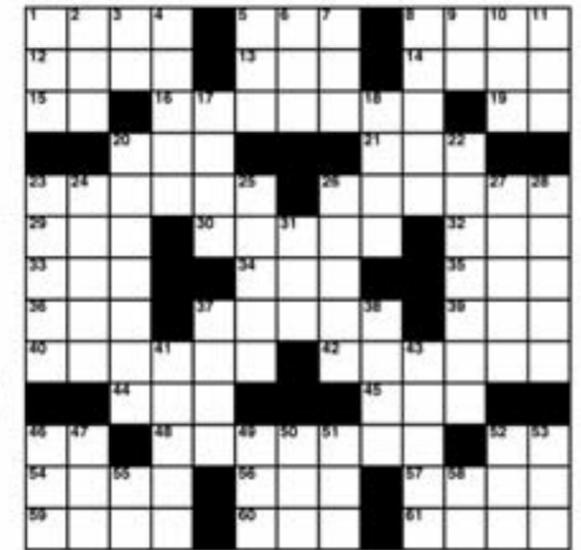
# Canadiana Crossword

## A Band of Billionaires

By Bernice Rosella and James Kilner

### ACROSS

- Off ingredient
- Famous Oiler Tikkanen
- Objective
- Aleutian island
- Word after bubble
- French verb
- Cold Lake to Cree Lake dir.
- The \_\_\_\_ Family (Communications billionaires)
- Cobalt symbol
- Jacob or Hutter follower
- Korean car maker
- The \_\_\_\_ Family (New Brunswick billionaires)
- Montreal's \_\_\_\_ Family (dairy products billionaires)
- Prefix denoting new
- Nova Scotia's \_\_\_\_ Family (grocery Billionaires)
- Tape to tape transfer
- Mongrel
- Land meas.
- \_\_\_\_ Amin
- Streets of Laredo starter
- Winnipeg's \_\_\_\_ Family (media billionaires)
- Foot part
- Goad, in a way
- The \_\_\_\_ Family (Telecommunications billionaires)
- Observe
- Succour
- \_\_\_\_ John NB
- New Brunswick food processing billionaires)
- Exist
- Equestrian team game
- Arbour and Blakeney
- Norse god
- Astounds
- Chart
- Strut



### DOWN

- Actor George
- Summer to Sylvain
- UFO crewman maybe
- Word before frutti
- Sense of self
- Total
- Some radio svces.
- Spanish lime
- Result of an NHL tie
- Circle part
- Zodiacal sign
- Buff Orpingtons
- Approve
- Piano keys
- Inspected
- About South American aboriginals
- Utilize again
- Furze
- Feast of the passover
- Jet trainer
- Drama awards
- Jazz
- Actor Guinness
- Horse colour
- Presentations, slangily
- Essences
- Grail Springs or Aqua Terre
- Haul
- Engine part
- Flower parts
- Email connector
- Scarf
- Stray
- The in Terrebonne
- Steak sauce or computer giant

See Answers, Page 22



## This Week in Contact

**1980** – The CFB Trenton Fire Chief issued a stern warning to the person or persons damaging markers attached to fire hydrants on the base. The rigid metal markers are placed vertically on all hydrants to aid fire fighters in locating them during severe winter weather. Persons unknown had been bending, twisting and breaking the markers to the extent that the majority of hydrants on base would be difficult to find in deep snow.

**1990** – Members of CFB Trenton's Aerospace Maintenance Development Unit (AMDU) were busy preparing the final batch of CH-139 Light Observation Helicopters before shipping them to Central America for duty with a United Nations Peacekeeping Force. Repainted UN blue and given emblems in Spanish, the helicopters would be flown and maintained by Canadian Forces personnel in "a unique peacekeeping role."

**2000** – 8 Wing/CFB Trenton welcomed Captain Andy Coxhead as its new Public Affairs Officer. Capt Coxhead was posted to 8 Wing in late December after tours of duty both at home and abroad. A skilled public relations specialist, Capt Coxhead once served as the Equerry to His Royal Highness, Charles, The Prince of Wales, during his 1993 tour of Canada. He was selected for the Canadian Forces Public Affairs Branch in 1999.

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



# OP HESTIA Update: Canadian Forces in Haiti

Honourable Peter Mackay,  
Minister Of National Defence

January 19, 2010 – In the past 24 hours, Canada has continued to provide humanitarian aid, medical assistance, engineering support, and logistical coordination in support of the massive effort to help Haitians rebuild their lives. More assistance is on its way, with our forces concentrating on a geographic area where we can have the most strategic effect.

Yesterday, General Walt Natynczyk, Chief of the Defence Staff, and I travelled to CFB Valcartier where we had the honour of visiting with the men and women of the 3rd bataillon, Royal 22e Régiment (3 R22e R), 5e Bataillon de service du Canada (5e Bn S du C), and Quartier général et escadron de transmissions du 5e Groupe-brigade mécanisé du Canada (QGET 5e GBMC), as they prepared to deploy to Haiti in support of Op HESTIA.

While saddened by the devastation and loss of life following the earthquake, many of the brave men and women with whom I spoke were anxious to get on the ground in Haiti and begin contributing to the extensive ongoing relief and recovery efforts. I cannot express the pride I feel, as the Minister of National Defence, and as a Canadian, when I listen to members of the Canadian Forces speak of the contributions that they hope to make in the lives of Haitians affected by this disaster.

I'm also happy to confirm the announcement made early yesterday by Brigadier-General Guy Laroche, commander of the soldiers, sailors, and airmen and women contributing to this relief effort, that the Government of Canada has decided to deploy the Canadian Forces Disaster Assistance Response Team (DART) to the region of Jacmel, located approximately 40 kilometres southwest of the capital of Port-au-Prince. HMCS Halifax will be stationed offshore from Jacmel, while HMCS Athabaskan will drop anchor just around the corner, near the town of Léogâne.

Léogâne was near the epicentre of the earthquake, expe-

riencing 90 percent destruction.

The Jacmel region has been identified by the government of Haiti as a priority for international assistance.

The decision to deploy the DART in this region was based on the recommendation of the Head of Mission in Haiti, Ambassador Gilles Rivard, who in turn consulted with Brigadier-General Laroche, the Task Force commander.

The deployment of the DART to the Jacmel/Léogâne region is supported by both the United Nations and the Prime Minister of Canada, and was undertaken at the request of the Government of Haiti.

The area of operations for the Canadian Forces flowing into Haiti will be further defined by the Government of Canada once coordination with our international partners is complete at all levels. The troops leaving CFB Valcartier will be deployed to an area where they are most needed once the area of operations is defined.

The road to Jacmel is severely damaged and the port rendered inoperable, isolating it from the world. A journey that would normally take four hours by road now takes at least eight. When the DART reconnaissance team first entered the area several days ago, they were in fact the first people from Port-au-Prince to visit Jacmel since the earthquake struck.

The situation is dire – as it is in other areas devastated by the earthquake. Many people are injured, deprived of food and water, and unable to access essential services.

The DART will provide medical assistance, water purification and engineering support to the area. It is well-equipped to make a difference, helping those who need it most.

In addition to the Canadian Forces' troops already supporting recovery efforts in Haiti, the approximately 500 troops onboard HMCS Halifax and HMCS Athabaskan will provide support to DART's efforts, clearing rubble, providing medical assistance, and opening the road so that vehicles can travel between Jacmel and Léogâne.

These will not be easy tasks,

Photos: MCpl David Hardwick



Master Corporal Kate Ryan (right), a Medical Technician from Canadian Forces Air Evacuation Flight Trenton, guides CF members in securing an injured Canadian evacuee aboard a CC177 Globemaster III from 429 Squadron based out of 8 Wing/CFB Trenton.



Canadian evacuees are secured aboard a CC177 Globemaster aircraft at the Port au Prince International Airport in Haiti, in preparation for their return to Canada.

but they are essential in order to restore some semblance of normalcy to this devastated population. Canadian Forces are well trained and well equipped to face the challenges we as Canadians ask of them.

To provide a brief update on what CF assets have committed to support this massive humanitarian assistance effort:

- The Disaster Assistance Response Team (DART), including engineering, medical, logistical, and defence and security personnel;

- A Naval Task Force, made up of a destroyer and a frigate, and a CH-124 Sea King heli-

copter;

- Six CH-146 Griffon helicopters;

- One light infantry battalion, standing by to deploy;

- Medical facilities; and

- CC177 Globemaster and CC130 Hercules airlift support.

In the past 24 hrs the Canadian Forces have airlifted 99,000 pounds of aid into Haiti, bringing the total to more than 293 tonnes in Relief Goods alone, in addition to equipment and supplies transported into theatre. I mentioned yesterday that we would have three NOMAD water

purification systems in place shortly.

The last of these systems arrived yesterday and, once fully operational, each unit will produce 36,000 gallons of clean water per day, which will be distributed to Haitians.

As the Canadian Forces mount an extraordinary effort to assist Haitians on the ground, Canadians continue to pledge their support, both monetary and spiritual, to the people of Haiti.

Together, we will be able to help see our Haitian friends through this crisis and started on the road to recovery.



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# Personnel at Work: Mark Bryson – RCAF Flyers Arena Supervisor

New arena supervisor has long history with CF fitness and sports

by Tom Philp,  
Contact Staff

Why would anyone want to leave the warm, dry air of 8 Wing/CFB Trenton's south side gymnasium to spend his days supervising activities in a cold, damp arena? Well, for Mark Bryson, the relatively new supervisor at the RCAF Flyers arena, it was simply a case of opportunity knocking at the right time.

"I've always loved the arena business, but when I lived (in Trenton) before, it was hard to get into it," he said. "When the supervisor's job came open, I saw it as a great opportunity to get my fingers back in the business."

Bryson has nearly 16 years of experience supporting Canadian Forces fitness and sports activities. For the past six years, he has been a familiar face at the gym, where he worked as an attendant. But prior to coming back to Trenton and assuming duties at the gym, Bryson spent 10 years as the

arena manager at CFB Cold Lake.

"I really enjoyed my time in Cold Lake," he said, "but my family is from here (Bryson's father retired as an 8 Wing Master Warrant Officer a number of years ago, where he had worked in Wing Imaging), and I was single at the time a job opened up here, and thought, 'why not?'" Six years later, he is well established on the Wing.

Moving to the arena from the main gym, Bryson now supervises four operators and three rink attendants. He reports to Brian Pierce, the arena manager. Both Pierce and Bryson are certified B Class refrigeration technicians, a mandatory qualification for anyone supervising operations where cooling equipment is used.

"Operators maintain the ice and make sure the cooling plant is still running, checking it every two hours during our operating time," Bryson said. "Attendants are generally high school kids



Photo: Tom Philp, Contact Staff

**Arena Supervisor Mark Bryson**

who move the nets when the Zamboni is on the ice, open and close (larger ice access) doors for people and machinery, ensur-

ing safety, cleaning change rooms, things like that."

A typical daily routine for Bryson includes arriv-

ing at the arena by 6 a.m., and staying until "when-ever". His tasks include opening the facility, turning on lights and auxiliary equipment and getting the ice ready for the first "customers" ... generally laced up and ready to go by 7 a.m. He does a "walk through" of every part of the building, checking to make sure "everything is still okay after a busy night or weekend."

Bryson is also responsible for scheduling arena staff, and making sure that "we do everything we can to accommodate all users." One of the things he and his staff does to help the noon-hour hockey league players is to have their sweaters in the change rooms before they arrive; then staff collects, washes and dries those same jerseys after the game.

"Those folks only have one hour to play at noon, and it is their lunch hour, so the least we can do is look after their sweaters for them," he said.

While most of those

patrons are military (the arena was built primarily for the use of military personnel, and still uses that priority), there is a free Family Skate on Friday nights, at a cost of \$1 for military family members, and \$2 for civilians; and anyone can book a child's birthday party (to be held during that Family Skate time), reserve a change room and bring in their own refreshments and party favours.

"As long as nothing is damaged, we don't really care what people bring in for kids' parties," he said. "For some reason we've had a huge influx of party bookings lately."

When he started at 8 Wing's gym six years ago, Bryson was a single man. Since then, he found "this wonderful woman" named Angie, and they've settled nicely into family life in their new Brighton home. Bryson is pretty sure his moving days are over.

"I love my life. I love my job," he said. "I wouldn't trade any of it."

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## PET OF THE WEEK





Dexter is a young adult male pet rat. Rats are very intelligent and make great pets. Dexter has been with us for awhile and would really love a new home where he can be played with and spoiled.

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# SPORTS & RECREATION

## 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.*

## Astra Lanes News: Bowling update

Happy New Year to all! Hope the holidays were good to everyone.

Results of the first half of Wednesday Men's league bowling season are in. The results are:

Team Scores were as follows: There was a tie for first place. Team Clark and Team Boudreau both scored 50 points each. Third place team with 44 pts is Team Edmonds and fourth place team with 36 points is team Peddigrew.

Top Three Averages are as follows: Jamie Peddigrew - 227; Larry Rankin

- 221; Rick Sensabaugh - 209

High Single game: Jamie Peddigrew 325

High Single Pins over Average (POA): John "Crittter" Ferlatte +120

High Quad: Jamie Peddigrew 1034

High Quad POA: John "Crittter" Ferlatte +213

If you are interested in more information on leagues, open bowling times or birthday parties please call: Astra Lanes at 613-392-2811 local 3305

Keep your eye on your spot, until next time...bowl well and have fun!

Photo: Contact archives



There is a number of leagues interested bowlers are welcome to join at Astra Lanes, as well as open bowling times and birthday parties.

## 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 day-time, evening or weekend skiing. Ski passes are available at the RecPlex.

## Skate with the Belleville Bulls

Join the PSP Community Recreation Association at the RCAF Flyers Arena on Sunday, January 23 from 1 to 2:50 pm and meet members of the Belleville Bulls hockey club.

The Belleville Bulls have dedicated their 2009/10 hockey season to the men and women of 8 Wing/CFB Trenton and the Canadian Forces in general. Come on out for a skate with the Bulls!



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

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.

Holder 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!

## Major Meagan McGrath treks on

by Jill St. Marseille, Air Force News

Jan. 6, 2010 - While Canadians dream of heading south at this time of year, seeking warmth in a sunny location somewhere near the Equator, one Canadian in particular is making progress on her journey to the most extreme southern location, the South Pole.

Major Meagan McGrath, an aerospace engineer with the Air Force, began her odyssey on Dec. 1, 2009 at approximately 80 degrees south latitude.

She crossed the 87th degree on Jan. 4, 2009 and travelled 20 nautical miles, or 37 kilometres on the same day.

The South Pole sits at 90 degrees south latitude, leaving her to cross just three more degrees or 334 kilometres in order to accomplish her hefty goal of travelling 1,100 kilometres from her starting point of Hercules Inlet, Antarctica, to the Pole.

She is travelling on

Photo: Submitted



Major Meagan McGrath at the summit of Mount Everest in May 2007.

skis and lugging all of her equipment on a sled for the anticipated 45-day adventure. Although she cannot confirm when she will arrive at the Pole, she is trying to get there by mid-January.

"I'm doing the very best I can to try to get [to the South Pole] between the 14 to 16 of January but anything can happen. It's a very harsh environment out here," she said in an audio blog recorded

via satellite phone on Jan. 4 on Science North's website, one of her sponsors.

On the second day of her expedition, Maj McGrath fell into a crevasse and, thanks to her satellite phone, was able to call for help. Once rescued, she spent a few days deciding the ultimate fate of her adventure.

In the end, she chose to carry on and tackle Antarctica.

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# FITNESS & HEALTH PROMOTION



## Are you ready? "March 1st, I QUIT!" is back

It's that time of year again! We are gearing up for our annual March 1st I Quit! tobacco cessation challenge.

Previous challenges invited smokers to butt out for good and join the majority of Canadians who've already worked hard at quitting smoking.

This year's challenge offers something new with a chance for all tobacco users to finally quit for good.

Tobacco users are challenged to register with two non-users of tobacco to be their supporters.

Registration is available online (DIN) at <http://hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete/default-eng.asp> or using the hard copy brochures displayed across the base.

Quit using tobacco for one

month and you may be eligible to win a prize. This year there is \$18,000 in prizes to be won with the top prize worth \$3,000.

Thank you to CANEX and SISIP who have graciously provided these prizes.

So what are you waiting for? Find two supports who are non-users of tobacco and register!

Deadline to register is 28 February 2010. Tobacco users who quit after 1 September 2009 are also eligible. The challenge is open to the entire DND team.

Please see the website and/or brochure for eligibility criteria, rules, and more details. Supporters are also eligible to win prizes.

Make 2010 the year you quit using tobacco! It's not easy, but it's definitely achievable. If you're ready to quit, *Take the Challenge!*



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## Annual Winter Carnival

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

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

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



Photo: Contact archives

Participants complete in a tug of war event at last year's Winter Carnival

## Are you at risk?

Are you at risk, or concerned about someone being suicidal? If someone was to ask you right now if you are having thoughts of suicide, what would your honest answer be? If yes, this is likely a difficult time for you. You do not need to go through this alone.

If you have thought about this seriously enough to have come up with a plan about how you will carry it out, you need to talk to someone.

Being alone with thoughts of suicide is one thing that is known to increase the risk of harm or death. Find someone you are comfortable talking to: someone who will work with you to prevent the risk of these thoughts leading to suicidal actions.

It could be a loved one, a friend, a co-worker or a helper in the community. Because suicide is not often discussed in society, they may initially be surprised.

However, they are likely to show more concern for you than themselves. If you don't find the support

you need, don't give up. There are trained resources in your community available around the clock.

Once you have found someone, don't expect that the helper is going to keep the danger secret or not want extra help. You want a helper who is honest about how much they can do.

Lastly, be honest. Don't say anything just to please the helper or promise anything you can't or won't do. Everyone needs to take the time to find what will really help. Suicide is not the only way out.

### IF YOU NEED HELP:

**8 Wing Community**  
24 Health Services: Local 3651; On duty MO or Padre (afterhours): Locals 2219/3316/0; Health Promotion: Local 3767.

### Community Resources

Hastings/Prince Edward Crisis Line: 613-962-7227  
Open Mind, Open Line: 310-open (6736) ; Centre for Addiction and Mental Health Services 613-392-0277; Kids Help Phone: 800-668-6868

Health Promotion invites you to the two-day workshop:

## ASIST (Applied Suicide Intervention Skills Training)

The emphasis of the ASIST workshop is on suicide first aid and helping a person at risk stay safe and seek further help.

Learn how to recognize opportunities for help, reach out and offer support, estimate the risk of suicide, apply a model for suicide intervention and link people with community resources.

ASIST will take place on March 30 and 31, 2010. Space is limited. Register online at [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com)

*\*\*There is no cost to attend this course\*\**

## Fitness Lunch and Learn

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

Bring your lunch with you, and learn exciting information about the following:

Injury Prevention will take place on January 27; Cardiovascular Conditioning will take place on February 24; and the Back Power Workshop will take place on March 31.

Each session will run from 1200 to 1300 hrs (don't forget to bring your lunch).

The Fitness Lunch and Learn series will take place in the Gymnasium Boardroom, and is open to all 8 Wing Community members, free of charge.

Register with Fitness Coordinator Lisa Refausse at [refausse.e@forces.gc.ca](mailto:refausse.e@forces.gc.ca).



## Did You Know?

Over the past few years, there has been an average of 12 suicides annually in the Canadian Forces, with young NCMs being at greatest risk.



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



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

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

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Safety

### Military Police: Emergency and non-emergency locals

**Important Notice** – Local 2333 was previously a non-emergency MP number.

Due to changes to the way emergency 911 calls are routed within the Base wide local dialing system, local 2333 is now the MP Emergency number and **must not** be dialed for administrative or non-emergency calls.

Local 4444 is to be used for non-emergency calls to the MP Detachment.

OPI: Lt(N) P.J. (Paul) Blackmore, C.D.  
 Title: Detachment Commander  
 Phone: 3685  
 Email: Blackmore Lt(N) PJ@CFB Trenton MP Sqn@Trenton

### Police militaire : numero de telephone d'urgence - non urgence

**Avis Importants** – Le poste 2333 était précédemment un numéro de la PM de non-urgence.

Dû au changement du système d'urgence 911, le poste 2333 est maintenant le numéro d'urgence de la PM et **ne doit pas** être composé pour des appels administratifs ou de non-urgence.

Le poste 4444 doit être employé pour des appels administratif et de non-urgence au détachement de la PM.

BPR: Lt(N) P.J. (Paul) Blackmore, C.D.  
 Titre: Detachment Commander  
 Tél: 3685  
 Courriel: Blackmore Lt(N) PJ@CFB Trenton MP Sqn@Trenton

# Never bypass a machine guard



Submitted by 8 Wing General Safety Office

Workplace machinery is fast and powerful. If you accidentally come into contact with moving parts such as blades or rollers, or the materials being worked on, you can be injured or killed.

Machine guards watch out for you when equipment and materials move so quickly you cannot protect yourself from injury. There are many kinds of machine guards; in fact, guards are specifically designed for each hazard and each machine.

These are some common types of machine

guards:

Barrier guards are a physical device between you and the danger.

For example, covers over moving machine parts and screens keep you from being struck by flying debris.

Interlocks are mechanical, electrical or electronic devices. An example of an interlock is a gate, which shuts to keep you out of the danger zone when a machine is operating.

Pushback devices are activated when the machine starts to move. They physically push you back from the danger zone.

An example is a bar, which moves and pushes you away from the point of contact on a punch press.

It may be tempting to bypass a machine guard for the sake of convenience or speed. This can

be a deadly mistake.

Machine guards are there to protect you while you work. With the peace of mind gained by the presence of a guard, you can work efficiently.

Follow this checklist when using machinery:

Read the manufacturer's instructions for operating the machine safely.

Know how to turn the machine on and off quickly.

Check over the machine for any signs of wear, damage or malfunction.

Make sure all machine guards are in place. They should be positioned anywhere you could come into contact with moving parts of machinery or moving materials.

Ensure guards are functioning properly and have not been damaged or tampered with.

Use devices such as push sticks and tongs to

move materials while keeping your hands away from the machine.

Establish a comfortable position in which to work. This will help decrease fatigue and the risk of repetitive strain injury.

Don't rush. Work steadily and methodically, but do not exceed a pace at which you can work safely.

Stay alert and pay attention to your work at all times. Many accidents occur in a moment of inattention.

Follow lockout procedures before attempting repairs or adjustments to machinery.

Replace machine guards before resuming work.

Machine guards are lifesavers. They are there to keep you from contacting dangerous machine parts and moving materials. Never bypass a guard!

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# Chief of Air Staff, HCol Wallin attend 8 Wing events

by Tom Philp, Contact Staff

The Chief of the Air Staff (CAS), Lieutenant-General André Deschamps, and the Honorary Colonel of the Air Force, Pamela Wallin, were kept busy during their two-day visit to 8 Wing/CFB Trenton recently, as personnel escorted them to various venues across the base.

Arriving here during the afternoon of January 14, LGen Deschamps, HCol Wallin and Chief Warrant Officer of the Air Force, CWO René Couturier, were given a brief tour of the many ongoing 8 Wing construction projects before retiring to the Officer's Mess to prepare for the Wing Logistics and Engineering Branch annual mess dinner that evening. The CAS had accepted an invitation from Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer, to be the guest of honour at the dinner.

A former Wing Commander here in Trenton, LGen Deschamps was "right at home" as he thanked the WLEO Branch for the "tremendous efforts" made by its personnel in the face of such rapid change at CFB Trenton. A highlight of the dinner for Captain Tanya Tebbutt, 8 Wing Supply (and who was about to go on maternity leave), came when she was promoted from Lieutenant by the CAS, with HCol Wallin attending.

"It was a great evening," said LCol Lewis. "The largest unit in the air force showed it could play as hard as it worked, and it was an absolute honour to have the CAS and HCol Wallin here with us for our mess dinner."

Despite the late hour when the mess dinner finished, the CAS and his party were on duty early the next morning, ready to participate in a full day of briefings, tours, medal presentations and a Town Hall meeting in the afternoon.

With the situation in Haiti at the forefront, and the Canadian Forces continuing to ramp up its response to the earthquake disaster that hit the country, the visitors attended both Wing Operations and 424 (Transport and Rescue) Squadron briefings to gain a better understanding of 8 Wing's response. They witnessed a demonstration of CFB Trenton's leased snow melters (rented on a trial basis to accommodate the loss of three of the five snow "dumps" available here last year); and then toured 424 (T&R) Squadron's facilities before taking a 20-minute air tour of the base aboard a CH146 Griffon. The north side activities culminated in an inspection of the Wing's new Air Traffic Control tower, a construction project the CAS remembered talking about when he was Wing



Photos: Tom Philp, Contact Staff

**Major Phil Baker (right), 8 Wing Construction Engineering Officer, leads Chief of the Air Staff (CAS), Lieutenant-General André Deschamps (left front), and the Honorary Colonel of the Air Force, Pamela Wallin, away from a CH146 Griffon helicopter at the conclusion of a 20-minute air tour of 8 Wing/CFB Trenton, part of the CAS's itinerary here on Jan 14-15.**

Commander here several years ago.

"I am impressed with the progress being made on construction projects here at 8 Wing while maintaining an unrelenting Ops tempo," LGen Deschamps said. "My tour of the Wing's ... numerous projects underway reinforce that the future is bright for the Air Force."

"The tremendous transition, and the modernization of our facilities increase the Air Force's ability to protect Canadian interests at home and abroad," he added.

On the ride back to the Officer's Mess, where the CAS's party would prepare for the presentation of Sacrifice Medals to two Canadian Forces members, HCol Wallin talked about how much the "busy-ness" of 8 Wing impressed her.

"There is an incredible amount of energy here," HCol Wallin said. "There is so much happening here in Trenton. The energy is almost palpable."

"The things we are seeing here this week, as people gear up to help out in Haiti, just amplify what we've seen in the Canadian Forces for a long time," she said. "The commitment, the dedication, the willingness to serve is amazing."

"8 Wing continues to demonstrate the kind of drive and flexibility that represent extremely well the kind of transformation and activity that has been going on across the Air Force," LGen Deschamps said. "The men and women of 8 Wing, both military and civilian, can be very proud of what they have accomplished."



**(left to right) Major Phil Baker, 8 Wing Construction Engineering Officer, Warrant Officer Peter Banfield, 8 Wing Air Traffic Control, Chief of the Air Staff, Lieutenant-General André Deschamps, and the Honorary Colonel of the Air Force, Pamela Wallin, visit the cab of 8 Wing's new Air Traffic Control Tower on January 15, 2010. LGen Deschamps was "very impressed" with the new tower.**

Photos: by Tom Philp,, Contact Staff



**A demonstration of the Wing's leased snow melters was given to Chief of the Air Staff, Lieutenant-General André Deschamps, and the Honorary Colonel of the Air Force, Pamela Wallin, during their January 14-15 visit to 8 Wing/CFB Trenton. LGen Deschamps noted the irony of securing the new equipment for use during a winter which, so far, has produced little snow.**



# CAS Town Hall attracts more than 300 troops

by Tom Philp,  
Contact Staff

While business-as-usual continued for many members of the base, more than 300 troops from 8 Wing/CFB Trenton gathered at the south side gymnasium on January 15, 2010 at the invitation of Canada's Chief of the Air Staff (CAS), Lieutenant-General André Deschamps.

With the Chief Warrant Officer of the Air Force, Chief Warrant Officer René Couturier, and Honorary Colonel of the Air Force, Pamela Wallin, at his side, the CAS hosted a Town Hall meeting here in the afternoon of January 15. It was an opportunity for him to present awards and speak to the troops; and it offered equal opportunity for military and civilian members of the 8 Wing community to pose questions to their Air Force "boss".

An early highlight of the meeting was realized when Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, received his Canadian Forces Decoration – First Clasp (CD1) from the CAS. Col Williams was unaware that he was to receive the award that day from LGen Deschamps. The CD1 represents 22 years of "faithful service" to the CF and Canada.

Other awards presented that day by the CAS included a Certificate of Achievement to Captain Brian Thomas, 424 (Transport and Rescue) Squadron, for completing

10,000 hours of flying; and nine CAS Coins awarded to Canadian Forces members who had contributed to its betterment, both here and abroad.

Addressing the troops, LGen Deschamps provided an overview of operations in 2009, and then outlined his top priorities for Canada's Air Force, now with a military strength of "12,000 and change," less about 1,000 members who are actively engaged in training.

The CAS referred to the ongoing domestic responsibilities of the Air Force, including air transport, air defence and search and rescue operations; an Air Wing was established in Afghanistan last year, a first for that mission; the Heron, an Unmanned Aerial Vehicle (UAV) was deployed to Canadian combat missions for the first time; Canada signed a contract for new Chinook helicopters; and Canadian Forces pilots are currently training in the United States, preparing to bring home the first C130J Hercules aircraft this summer, followed by the first Cyclone aircraft in the fall of 2010.

"The Air Staff talked about 2010 and that it was going to be busy," LGen Deschamps said. "Well, it's here; and guess what – it has started off in a very busy way."

Speaking about the situation in Haiti (a 7.0 earthquake devastated most of that island country on January 12, and CF members and equip-

ment were rapidly deployed there), the CAS said, "as far as we can tell at this point, it will be a couple of months before we can expect to see real results from our (search and relief) efforts." He praised 8 Wing members for responding to the disaster so quickly and professionally.

LGen Deschamps said his top three priorities for the Air Force were success in operations; integration of new capabilities; and human resources. It is managing that combination of operations, equipment and people that will enable the success of our Air Force this year, and for years to come, he said.

"Integrating new capabilities while maintaining operations will have effects on all of us, and that's where you come in," the CAS said.

As aging catches up with the rank-and-file of the Canadian Forces, recruitment of educated, talented new members remains a key priority.

LGen Deschamps referred to the rapidly expanding infrastructure at 8 Wing that will prove to be an attractive, exciting work environment for both new recruits and veterans.

"It's not very often in your career when you can see something brand new like this," he said.

Training new and established CF members is also an ongoing priority for the CAS. That is particularly critical, because "the personnel crunch will likely continue to be felt for another



Photos: Tom Philp, Contact Staff

**Above: Lieutenant-General André Deschamps addresses the troops during a January 15 Town Hall at 8 Wing. Below: Major Hanw Rietmuller, Deputy Commanding Officer, ATESS, poses a question to the Chief of the Air Staff**



five years," he said.

"We've invested a heck of a lot of money and time over the years in development and training," he said. "The result has been world class leaders, and world class operations."

"We have been as successful in Afghanistan as

we have because we have the right people and the right training," LGen Deschamps said. "And it's important that you folks in operations not forget to mentor those new faces in the Air Force."

After taking questions from several of the assembled members, the

CAS summed up his mission as leader of Canada's Air Force.

"My job, as Chief of the Air Staff, is to make sure that we have the right resources to do our job, and that we're all going in the same direction," said LGen Deschamps.



Chief of the Air Staff, Lieutenant-General André Deschamps, was the guest of honour at the 8 Wing Logistics and Engineering Branch Mess Dinner, held at the Officer's Mess on January 14. Other dignitaries in attendance included Honorary Colonel of the Air Force, Pamela Wallin, and Chief Warrant Officer of the Air Force, CWO René Couturier. Right photo: HCol Pamela Wallin (left) and 8 Wing Logistics and Engineering Officer, Lieutenant-Colonel Sean Lewis (right) look on as LGen Deschamps promotes Captain Tanya Tebbutt to that rank.



Photos: Corporal P.C. Carandang, 8 AMS



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<p><b>06 SATURN ION</b></p> <p>D10308 Manual transmission, 4 cyl., 4 dr., air, tilt, cruise, steering wheel controls, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 51,000kms.</p> <p><b>\$6,995</b></p>	<p><b>07 CHRYSLER 300 TOURING</b></p> <p>10338 Pwr leather seats, chrome wheels, tilt, cruise, air, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 34,000kms!</p> <p><b>\$15,995</b></p>	<p><b>06 MAZDA 3</b></p> <p>D10384 4 Cyl., 4 dr., manual transmission, air, tilt, cruise, steering wheel controls, alloy wheels, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 48,000kms.</p> <p><b>\$9,995</b></p>	<p><b>06 PONTIAC G5</b></p> <p>DAD9736 4 Cyl., automatic, 2 dr., alloy wheels, pwr sunroof, steering wheel controls, cruise, tilt, air, AM/FM/CD/MP3, pwr windows, mirrors, locks, local trade, 89,000kms.</p> <p><b>\$7,495</b></p>

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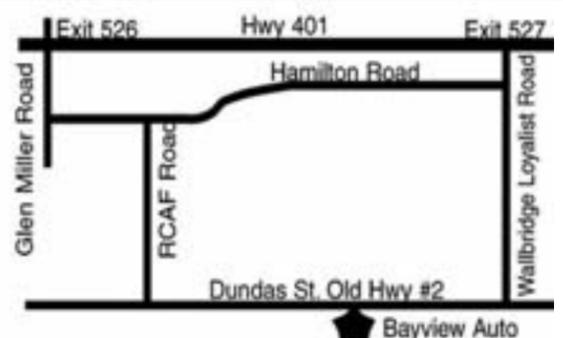


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# Community Events

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

### Quinte Quilters Guild Workshop News February 2010 ~ Vicky Lafleur

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

### TRENTON TRIMETTES

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

### MONTHLY BOOK SALE

The Friends of Quinte West Public Library will hold their monthly book sale on Saturday, January 30, between 9 a.m. and 1 p.m. at the Municipal Building (located at 22 Trent Street north) in Frankford. A great selection of books, puzzles, videos and CD's will be available for all ages.

For more information please call 613-392-3131.

### "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: [smercer.cmha@bellnet.ca](mailto:smercer.cmha@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)



### PENNIES FOR PETS

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

Thank you! Every little bit helps

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

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

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

#### We have positions available for:

- High School graduates for six-month internship
- 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: It's dress-up time!



This Comfort, Play and Teach™ activity will encourage your child to imagine being various people as he tries on different clothes, and gains skill in tying laces, pulling up zippers and doing up buttons.

**You will need:** A collection of dress-up clothes like shoes, jackets, aprons, pants and hats.

*Include garments and fabrics from different cultures, if available.*

**Instructions:** Fill up a box with a variety of different clothes for your child to put on.

Your child will be able to practice dressing

independently as he or she engage in pretend play.

Provide a full length mirror so that your child can admire their reflection each time they try on a costume, and see what a good job they did dressing

Enjoy this more with Comfort, Play and Teach™:

**Comfort:** Your child will develop confidence in her ability to dress independently as she puts on different items of clothing and practices using the fasteners.

**Play:** Trying on different outfits invites your child to use their imagination as he pretends to be different family members, community helpers and imaginary creatures.

**Teach:** Visit a thrift shop with your child, so he or she can practice using

decision-making skills as she explores clothing in different colours, fabrics and styles. They will learn something important about how clothes can be re-used and recycled.



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

All text by Invest in Kids. [www.investinkids.ca](http://www.investinkids.ca)

## Mealtime.org Stuffed Garlic Spinach Bread

**Ingredients:**

- 2 tablespoons extra-virgin olive oil, divided
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 can (14.5 ounces) no-salt-added chopped, spinach, drained and squeezed dry
- 1/2 cup diced, canned red bell peppers (pimentos)
- 12 large black olives, chopped (optional)
- Pinch crushed red pepper
- 1/4 cup freshly grated Parmesan cheese, divided
- Kosher salt and ground black pepper, to taste
- 1 pound frozen pizza dough, thawed

**Preparation Time:** 20 minutes    **Cook Time:** 20 minutes

**Preparation:** Preheat oven to 425°F. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add onion and sauté until tender, about three minutes. Add garlic and stir 30 seconds. Remove from heat and stir in spinach, peppers, olives, crushed pepper, three tablespoons Parmesan cheese, salt and pepper. Roll out pizza dough into a 12-inch round using just enough flour on the work surface and dough to keep it from sticking. Brush off excess flour and transfer dough to a baking sheet. Sprinkle remaining Parmesan over the center and mound the spinach mixture on one side of the dough leaving a 1/2-inch border of exposed dough at the edge. Brush the exposed edge with water, and fold the other side of the dough over top, stretching it so that it completely encases the filling. Firmly pinch the edges together sealing the filling inside. Cut four slits in the top and brush with remaining olive oil. Bake until crisp and brown, about 20 minutes; cool 10 minutes before serving. Cut in six wedges.

*Nutritional Information Per Serving: Calories 350; Total fat 10g; Saturated fat 1.5g; Cholesterol 5mg; Sodium 780mg; Total carbohydrate 50g; Fibre 3g; Protein 12g; Vitamin A 40 per cent DV\*; Vitamin C 35 per cent DV; Calcium 15 per cent DV; Iron 20 per cent DV. \*Daily Value. Serving size: One slice (with 2.5 ounces bread plus filling).*

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January 24 – January 30

*Theme of the week: This week holds a need for balance. We are being asked to make compromises and long-term commitments. Luckily, we easily embrace what is most responsible. Focus your loyalties in a direction that inspires you most. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): When we were children, the world was not any simpler. There have always been challenges that worry and highpoints that lift spirits in every generation. However, our perspective was different. We made having fun a priority. Tap into a simpler time.

**TAURUS** (April 20-May 20): The notion of family can be considered much more expansive than simply those you share bloodlines with. However you define family, you are now being called on to spend more time with yours. It is where you will find your lessons and your source of love are now.

**GEMINI** (May 21-June 20): A recent episode of "60 Minutes" featured researchers who are creating the first ever elephant dictionary. Similarly, it is the process of clarifying intentions that will allow you to make significant changes to the manner in which you communicate now and in the future.

**CANCER** (June 21-July 22): Values are considered widely subjective. We all have standards that are right for us individually, but may not be right for another person or for another time. What you once valued, you are now questioning. This is a major step towards becoming more genuine than before.

**LEO** (July 23-Aug. 22): We all have an unchanging, mystical essence and a temporal personality. You may not be entirely sure who you are becoming. Be confident in who you will always be and brave enough make changes to your personality that bring it into alignment with who you are today.

**VIRGO** (Aug. 23-Sept. 22): While getting away from the responsibilities of life in favor of a more remote locale may appeal to some, most of us need to find a way to bring the divine into our frenzied everyday lives. The divine is everywhere, and where you are right now. You only have to go within.

**LIBRA** (Sept. 23-Oct. 22): There are benefits trying to make their way to you. They may require some effort to secure, but you have it in you to make it come about. What you have most is your charm and your wit. Continue to be generous and gracious, and good things will result.

**SCORPIO** (Oct. 23-Nov. 21): Lauren Hill said that doing a higher will does not mean you can no longer wear lipstick. She meant you could be yourself and honor your calling at the same time. You are reconsidering your purpose. Let more information come in before you make a drastic change.

**SAGITTARIUS** (Nov. 22-Dec. 21): You are being asked to find commonality with those you think too foreign to share any bond with. It is in the process that you will come to accept yourself more deeply. As philosopher Jacques Lacan said, "The I is always in the field of the Other."

**CAPRICORN** (Dec. 22-Jan. 19): in "First Philosophy", Aristotle claims that in the moment of change, something ends while simultaneously something else begins. However, the eternal always remains. It is so in nature and in our own lives. Allow an ending to allow something new to come into its place.

**AQUARIUS** (Jan. 20-Feb. 18): Kierkegaard identified love as Psychical, which relies on a mental connection, Chivalrous, which is faithful, and Sensuous, which is anything but faithful. There is a connection you think is one kind of love but is possibly another. There is wisdom in a reality check.

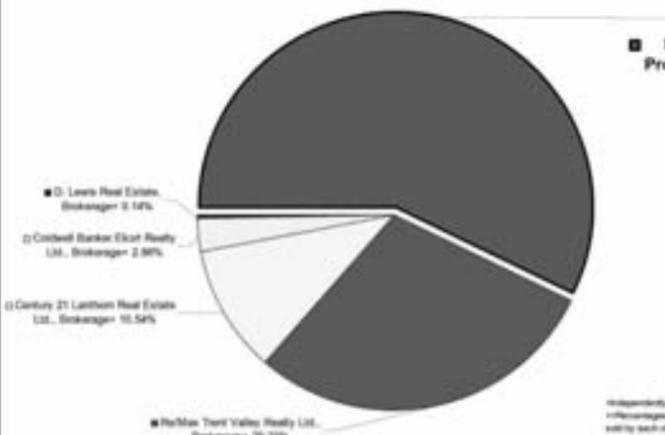
**PISCES** (Feb. 19-March 20): Regardless of how you feel about the mandate or the management you are working for, be kind to all you encounter. It is where you are supposed to be today, and it is preparing you for tomorrow. It is not your title that matters, but the character you express in the moment.



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

**DOG COMPLEX**  
AND NOW, A WORD FROM DALE FLEMING  
I'M SORRY IF ANYONE WAS OFFENDED BY SID'S RECENT CHOICE IN WARDROBE, OR LACK THEREOF...

I WAS SHOCKED AS I'M SURE MOST OF THE READERS WERE, BUT I WANT TO MAKE THIS POINT CLEAR...

THIS WAS AN UNFORTUNATE COSTUME MALFUNCTION, AND STEPS HAVE BEEN MADE TO ASSURE IT NEVER HAPPENS AGAIN.  
FOR THE LAST TIME, I DO NOT WEAR A #18566 COSTUME!

BY DAVE JOHNSON

**MISFITS** BY BRIAN CODAGNONE

DESIGNER FABRÉ HAS A PRONOUNCEMENT REGARDING NEXT YEAR'S STYLES...  
FIBERGLAS IS IT!

FASHION CRITIC RULA SCURVELLA HAS THIS TO SAY...  
WHO'S SHE KIDDING? THAT OUTFIT WOULD MAKE A DOG LAUGH! I KNOW! MY DOG, HALSTON, LAUGHS ALL THE TIME! IT'S KIND OF DISTURBING, ACTUALLY.

B. CODAGNONE

**DuJour**

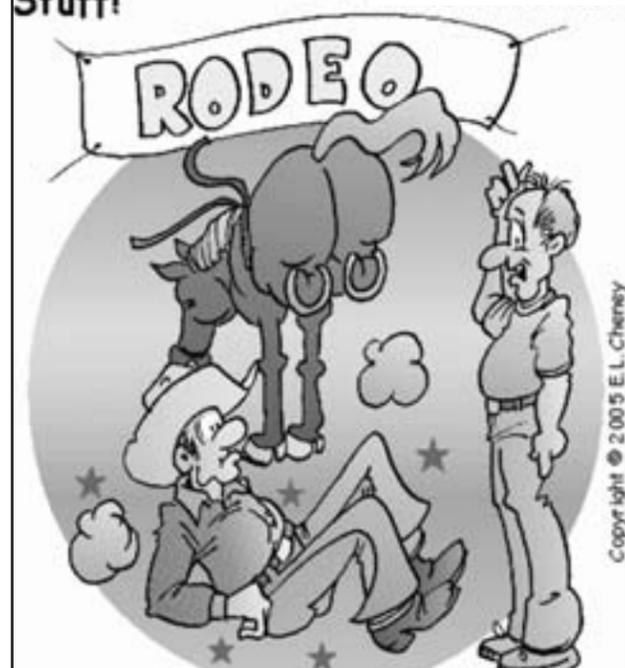
**INFLATE**  
ROBERT SOMMER



Note to self, no more compliments

**Stuff!**

**RODEO**



"I don't get it! Why don't you stay on the horse?"

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# Remembering... 102 KU on Northern Search

by Jodi Ann Eskritt  
Wing Heritage Office

18 January 1960 – Another mile of snow, ice and frigid black waters passed beneath the de Havilland Buffalo aircraft as it swept over Hudson's Bay coast. At the controls, F/L J.A. MacLachlan divided his attention between piloting and searching for any unusual signs on the ground. The two para-rescue technicians, Corporals Percy Liggins and Bill Blank, acted in turn as spotter, visually scanning mile after apparently endless mile for any sign of four missing Inuit men.

Cpl Styles, the RCMP officer posted at Port Harrison in northern Quebec (today Inukjuak, Nunavik) had requested assistance in finding the four hunters missing three days before. Construction of the mid-Canada line of radar stations, part of the Cold War electronic fence protecting against Soviet incursions into Canadian air space, had been completed in 1959. Mass unemployment among the Inuit working at the various sites along the line resulted.

The Inuit returned to making their livelihood off the land in large numbers just as the Caribou population dropped. Hunters ranged further afield in search of food.

The four missing men, between the ages of 22 and 56, knew the land well. They were experienced hunters and well-equipped with dog teams, rifles, ammunition and oil stoves. But the weather had taken a turn for

the worst; winds ranged between thirty and fifty km/h and temperatures had dropped as low as minus fifteen degrees Celsius before considering windchill factors. In such conditions, even experienced hunters could become separated from each other and from vital equipment on the shifting ice floes. When the men failed to return on schedule, a ground search party was sent out but had met with little success against driving snow that cut visibility to just beyond a kilometer.

In the early hours of Saturday morning, Air Transport Command Rescue Co-ordination Centre (ATC RCC) received Cpl Styles' call for help. Within hours, a 102 Composite Unit (KU) Buffalo was despatched from RCAF Station Trenton in response.

The 102 KU was established during the RCAF re-organization following victory in the Second World War and they might be forgiven during these early years if they suffered something of an identity crisis. Peace brought more than an end to hostilities; it brought a period of rapid change, of personnel and budget cuts, of disbanding squadrons and of aircraft disposals. Amid all this growing activity 1 Communications Flight of 1 Air Command was established on 1 November 1945 as part of the planned peacetime organization based at RCAF Station Trenton. The name lasted just over a month before the flight was rechristened 1 Air Command Composite Flight. The flight

would grow used to the experience; between 1945 and 1958, the unit name was changed no less than eight times. With each new name change came a new list of roles and responsibilities ranging from air transportation, target towing, practice flying, tri-service support, flying boat, float plane and ski plane training, support for aircrew officers at the Royal Military College of Canada (RMC) and the

east and between Coal Harbour in the north and Niagara Falls in the south. The preponderance of the operations with flown in the northern sector.

The Dakota's first stop on this occasion was RCAF Station Great Whale River located two hundred miles south of Port Harrison. The small station had opened in November 1955 as a small detachment.

*The one constant throughout was the search and rescue role. In this role, 102 KU developed a reputation for excellence bar none – a reputation that earned them the added responsibility of search and rescue training and para-rescue training.*

National Defence College (NDC). Ansons, Harvards, Norsemen, Expeditors, Cansos, Dakotas, Albatrosses, Otters, T-33 Silverstars, Boeing Vertol H-21 helicopters, Sikorsky H-34 helicopters and Labradors rotated through Trenton as part of the unit's ever changing inventory of aircraft.

The one constant throughout was the search and rescue role. In this role, 102 KU developed a reputation for excellence bar none – a reputation that earned them the added responsibility of search and rescue training and para-rescue training. Regardless of any other responsibilities, 102 KU stood ready to assist any SAR operations in the Eastern Region – an area covering everything between Thunder Bay in the west and Quebec City in the

The detachment had closed in December 1956 as the site prepared to take on station status with the new year. It became part of the mid-Canada line along the 55th parallel of latitude stretching across some of the country's most difficult and inhospitable terrain. With its 1550 meter long gravel runway, Great Whale River was an ideal staging base for 102 KU's pending search. Unfortunately, the weather had not improved. They were grounded until conditions improved on Monday, 18 January 1960.

Once in the air, however, finding the missing men proved routine – 102 KU were, after all, expertly-trained and highly-experienced in search and rescue with plenty of time spent in the north. The four Inuit men were spotted about thirty kms off the

east coast of Hudson's Bay. The Dakota aircraft circled the site, determining the state of the men below. Finding them in relative good health, the crew dropped food supplies and survival equipment before returning to base. Back at Great Whale River, two military H-21 helicopters operated by Spartan Airways waited on standby to pick up the men. As the weather finally cleared, the four hunters were safely on their way home. 102 KU could chalk up another successful search and rescue operation.

Northern search and rescue operations often attracted a great deal of publicity. On this occasion, 102 KU's efforts garnered little press beyond local coverage around RCAF Station Trenton, RCAF Station Great Whale River and the isolated communities of Canada's north. It certainly came nowhere near drawing the massive amounts of coverage that surrounded operations during the heyday of northern search and rescue – operations such as the rescue of injured Canon John H. Turner and his family in 1947 or the futile search for missing Toronto Maple Leaf star Bill Barilko in 1951. But it was operations such as this, operations that weren't necessarily lauded in the national press, upon which 102 KU's reputation for excellence had been built since 1945.

And it was this reputation that 102 KU passed on with pride to the men and women of 424 (Communications and Rescue) Squadron on 8 July 1968.

## USAF SERVICEWOMAN TAKES OATH OF RE-ENLISTMENT



Photos: Tom Philp, Contact Staff



History may have been made January 7 at 8 Wing/CFB Trenton when a United States Air Force (USAF) servicewoman is believed to have become the first female American reservist to take an oath of re-enlistment on this Canadian military base. Senior Master Sergeant Deana Lewis, "re-upped" in the USAF Reserve last week, taking her oath of allegiance to the United States, its president, and its constitution in the Wing Theatre, under the direction of USAF Lieutenant-Colonel John Tringali. SMSgt Lewis is also the wife of Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer. LCol Tringali is a senior CC177 pilot instructor on exchange with 429 Squadron. SMSgt Lewis is a Reserve Readiness Technician with over 23 years in her country's military, specializing in Nuclear Biological and Chemical Defence. By taking the oath of allegiance last week, she agreed to serve in the USAF Reserve for an additional four years. In the photo above, at left, LCol Tringali administers the oath to SMSgt Lewis in front of an American flag.



# Chief of the Air Staff presents coins to 8 Wing members

Chief of the Air Staff (CAS), Lieutenant-General André Deschamps, presented CAS Coins to nine members of 8 Wing/CFB Trenton during a Town Hall meeting held at the south side gymnasium on January 15, 2010. CAS coins are awarded to men and women serving in the Canadian Forces in either a military or civilian capacity, for demonstrating consistent, exemplary efforts in the performance of their duties. LGen Deschamps spoke with the 300 troops gathered after presenting the coins.



Chief of the Air Staff, Lieutenant-General André Deschamps, awards the CAS Coin to Corporal Robert Fleming, 426 Squadron, for meticulous work in preserving and promoting squadron history, ensuring its legacy is remembered.



Chief of the Air Staff, Lieutenant-General André Deschamps, awards the CAS Coin to Corporal Johann Rehner, 424 Squadron, for extreme professionalism and performance in his duties in the Aviation Life Support Equipment shop.



Chief of the Air Staff, Lieutenant-General André Deschamps, awards the CAS Coin to Sergeant Phillippa Roberts, 2 Air Movements Squadron, for outstanding support and dedication implementing procedural changes in repatriation ceremonies.

All photos: Cpl Isabel Lavalée-Raby, 8 Wing Imaging



Chief of the Air Staff, Lieutenant-General André Deschamps, awards the CAS Coin to Captain Shane Antoniuk, Multi-Engine Utility Flight, for his motivation, resourcefulness and initiative to become "the heart and soul" of MEUF operations.



Chief of the Air Staff, Lieutenant-General André Deschamps, awards the CAS Coin to Master Corporal Sandy Ehnrenreich, 436 Squadron, for diligence in resolving issues with Supply Customer Account when the squadron relocated.



Chief of the Air Staff, Lieutenant-General André Deschamps, awards the CAS Coin to Master Warrant Officer Sandra Spragg, Wing Admin Branch, for displaying "exceptional leadership as the Chief Superintendent Clerk" on the Wing.



Chief of the Air Staff, Lieutenant-General André Deschamps, awards the CAS Coin to Sergeant Alan Moore, Wing Comptroller Branch, for his "sound leadership" as Acting Branch Warrant Officer, during a time of significant personnel shortages.



Chief of the Air Staff, Lieutenant-General André Deschamps, awards the CAS Coin to Master Corporal Robert Lafferty, 8 AMS, for organizing the 2009, 8 Wing Motorcycle Rally, raising funds for the Heart and Stroke Foundation of Ontario.



Chief of the Air Staff, Lieutenant-General André Deschamps, awards the CAS Coin to Ms Lois Scharfe for "envisioning, shaping and delivering" the largest apprenticeship program in the Air Force, securing 16 apprentice trades for the Wing.



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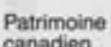
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## TRENTON

### Military Family Resource Centre



### MFRC-EVENTS & INFORMATION

#### 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](mailto:Christa.Zapitelli@mfrc.ca) 613-955-0902

The Belleville Bulls will be hosting a community fundraising event on Saturday, February 13<sup>th</sup> at the Yardman Arena with proceeds supporting 8 Wing Trenton personnel and their families through the Trenton Military Family Resource Centre

The Belleville Bulls will wear one time special "CADPAT" jerseys for the game which will be auctioned off immediately following the game. There will be a fun game between 8 Wing Trenton and CFB Kingston prior to the official game. Great intermission activities and prizes!

Fun for the whole family!

Adult -\$14.00 12 and under - \$10.00



Tickets (not vouchers) will be on sale at the MFRC Reception

For additional information:  
[www.MFRC.CFBTrenton.com](http://www.MFRC.CFBTrenton.com)  
 Contact: Jaimie Corriveau 613-955-8711



### CRFM-Événements et Information

#### Groupe pour femmes

Chaque 2e mardi 10:00am-12:00pm  
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*Venez rencontrer d'autres femmes, discuter de sujets que vous choisissez et apprendre au moyen de présentations*

Pour plus d'info, contactez [Christa Zapitelli](mailto:Christa.Zapitelli@mfrc.ca) 613-955-0902

Les Bulls de Belleville seront les hôtes d'une soirée bénéfice qui se tiendra Samedi, le 13 février à l'aréna Yardman. Tous les profits de cette soirée seront utilisés pour supporter le personnel et les familles de la 8<sup>e</sup> Escadre de Trenton par l'entremise du Centre des Ressources pour familles militaire de Trenton.

Pour cette soirée, les Bulls de Belleville porteront un chandail édition limité "CADPAT". Ces chandails spéciaux seront mis aux enchères immédiatement après la partie. Il y aura une partie entre la 8e Escadre de Trenton et CFB Kingston avant la partie officielle des Bulls. Des activités amusantes sont organisées lors de l'intermission et des prix seront disponibles.

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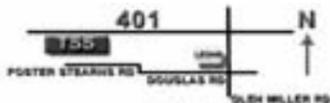


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*This home measures 54 feet, eight inches wide and 57 feet, four inches deep, for a total of 1,630 square feet of living space, plus the unfinished basement.*

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 Saturday, 27 February 2010  
 Le samedi 27 février 2010

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Cocktail at 5:30 pm, Dinner at 7:00 pm  
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**\$60.00 each/chacun**

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 - How to get your family members organized and stay organized.  
 - Tips and tricks to save you time and money  
 - Where to buy inexpensive organizing tools and various ways to use them.  
 DATE: Tuesday, January 26th, 2010  
 TIME: 7:00 pm  
 COST: \$15 per person

**Surmonter le Chaos à la Maison**  
 Lors de ce séminaire, vous apprendrez comment organiser votre maison pour la nouvelle année. On vous montrera comment éliminer le chaos dans toute la maison, du sous-sol au grenier et rendre votre foyer plus serein. Vous apprendrez :  
 - Les causes du désordre et comment les éviter.  
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 DATE: Le mardi 26 janvier 2010  
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**Couples Communication Workshop**  
 A TEAM APPROACH; teaching couples how to work together to solve problems, communicate effectively, and manage conflicts  
 Saturday, February 6th, 8:30 – 4:30  
 Refreshments, Lunch, and Childcare provided  
 Location: TBA

The above workshops are FREE of charge and childcare is available at a subsidized cost.

How do I register and how do I get more information?  
 Contact the PSI Coordinator, Christa Zappitelli, @ 613-955-0902 or email @ [czappitelli@cogeco.net](mailto:czappitelli@cogeco.net).

**Atelier de communication pour couples**  
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To learn more about the Military Discount Program, please visit the MFRC website! If you know of any businesses offering discount to the military, tell them about this program or tell us about them. Thank you!

Pour plus d'information sur le Programme de rabais pour les militaires, svp, visitez le site Web du CRFM. Si vous connaissez des entreprises qui offre déjà un rabais aux militaires, informez les de notre programme ou informez-nous de leur rabais. Merci!

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Time! 7-10pm 12- 16 year olds  
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A	W	E	S		M	A	P		S	P	A	R	

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## Impress your valentine with insulation

(NC) – This Valentine's day, you may be wondering what to give your loved one to show just how much you care. If you are tired of giving flowers or chocolates year after year, it may be time to get creative with a sentimental gift like a home renovation. If your loved one has been too busy, why not give the gift of a home upgrade— something you can both enjoy. Now, with the government grants available, you can upgrade your home without having to spend a fortune. The ecoENERGY Retrofit – Homes program is offering a grant of up to \$5000 from the Government of Canada for energy efficiency renovations which have not yet started. Some energy utilities and provincial governments offer additional funding. For more information on ecoEnergy grants and incentives, visit [www.ecoaction.gc.ca/homes](http://www.ecoaction.gc.ca/homes).

If you've been delaying a home renovation like insulating your basement, the government grants available will help reduce the cost of the project. On top of this, insulating your basement just became a whole lot easier with the Owens Corning Cel-Lok® System insulation panels and PINK FIBERGLAS® insulation batts. Installing Cel-Lok panels can be

quick, easy and done in no time because of their lightweight, durable quality and easy interlocking panels. And the interlocking insulation panels are moisture-resistant, with a vapour barrier to help improve your home's energy efficiency and save on heating and cooling bills all year long.

"Insulating your basement is a great way to improve the quality and comfort of your home and will increase the overall energy efficiency," says David Flood, insulation expert at Owens Corning. "The government grants can help make a project like finishing your basement more affordable for homeowners, who want to create additional living space for their family to enjoy."

What's not to love with a gift like insulation? Just think – finally finishing your basement and enjoying each other's company by cozying up on the couch can be more affordable than jewelry and something you will BOTH enjoy.

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

## Protecting your family from radon gas

(NC) – As Canadians, we all want the cleanest, safest, most secure home environment to live in and raise our families. One way to do this is to monitor our homes for the quality of the air we breathe. Radon gas is not something we hear about every day in Canada however, radon exposure is a leading cause of lung cancer – second only to smoking.

Radon is a radioactive gas present in the soil and rocks around and beneath your home. Radon gas enters your home through cracks and gaps in floors and walls. It can be an issue in all types of homes: new or old, with finished or unfinished basements, regardless if they're heavily sealed or drafty. While problems can be more concentrated in some areas of Canada, any home can be at risk.

While all Canadians should be concerned about the level of radon gas in their homes, it appears smokers are at a higher risk of developing

lung cancer because of their exposure. In fact, the combined effects of radon exposure and smoking create a risk greater than the two separately. However, non-smokers are not immune: radon exposure is the leading cause of lung cancer in this population segment. In Canada, long-term exposure to radon causes around 2000 deaths every year.

There is nevertheless a bright side to all of this: a home with radon problems can be fixed, and the costs of repair are often low. But first, you need to find out if your home is affected by high concentrations of radon.

Testing your home's radon levels is the key and the good news is – it's easy. Radon is measured in units called "becquerels per cubic meter (Bq/m3)", and the Government of Canada's guideline for radon in indoor air is 200 Bq/m3. Health Canada recommends that steps be taken to reduce radon levels in any home that

tests above the guideline. Inexpensive commercial testing units are available at retailers, radon testing service providers and from on-line and telephone distributors across Canada. Health Canada recommends a minimum three-month testing period to maximize testing accuracy and be able to estimate your annual average level. The most popular long-term radon detectors are the electrets and the alpha track detector. These devices are placed in a home and exposed to its air for a specified period of time, and then the testing kit is sent to a laboratory for analysis.

If your tests result is above 200 Bq/m3, then you need to take action, but there's no need to panic. Because health risks occur only after long-term exposure, Health Canada provides timelines for homeowners to remedy a radon problem. If your home's radon levels are between 200-600 Bq/m3, then you should remediate

your home to lower the radon level below the guideline within two years. If your home's radon concentration is above 600 Bq/m3, then look to remedy that within a year.

Some quick and easy steps you can take that may help reduce radon levels in your home include:

- Renovating existing basement floors, particularly earth floors.
- Sealing cracks and openings in walls and floors, and around pipes and drains.
- Ventilating the basement sub-floors.

There is a wealth of information about radon on Health Canada's website, at [www.healthcanada.gc.ca/radon](http://www.healthcanada.gc.ca/radon), including information on how to obtain a free booklet called Radon – A Guide for Canadian Homeowners. Knowing the risks of radon and testing your home for radon will go a long way towards ensuring a safe home for you and your family.

## Home equity is a sound solution for seniors

(NC) – It's never too late to shore up your finances. Just ask Canadian seniors who have turned a portion of the equity in their homes into cash. With today's housing prices rebounding, many seniors are living in homes that are mortgage free and have appreciated in value substantially since they first purchased. Yet due to changing demographics and the rising cost of living, many seniors do

not have sufficient income to do the things they want to do – sometimes despite years of saving.

A reverse mortgage is a home equity borrowing solution that lets homeowners over 60 turn their home into a source of tax-free cash and feel secure about their financial future.

For those in their early stage of retirement (60 to 75 years old), a

reverse mortgage can be used to enhance income and enable seniors to travel more often, buy a holiday property, invest in a new hobby or a small business, or assist children or grandchildren with education expenses or a home purchase. In later stages of retirement, a reverse mortgage is an excellent vehicle for estate planning or can pay for in-home help or home renovations such as

bathroom alterations and ramps for better accessibility.

HomeEquity Bank, Canada's newest bank is the leading provider of reverse mortgages in Canada under the CHIP Home Income Plan brand. Details on reverse mortgages can be found online at [www.chip.ca](http://www.chip.ca), toll-free at 1-866-522-2477 or by contacting your financial advisor.

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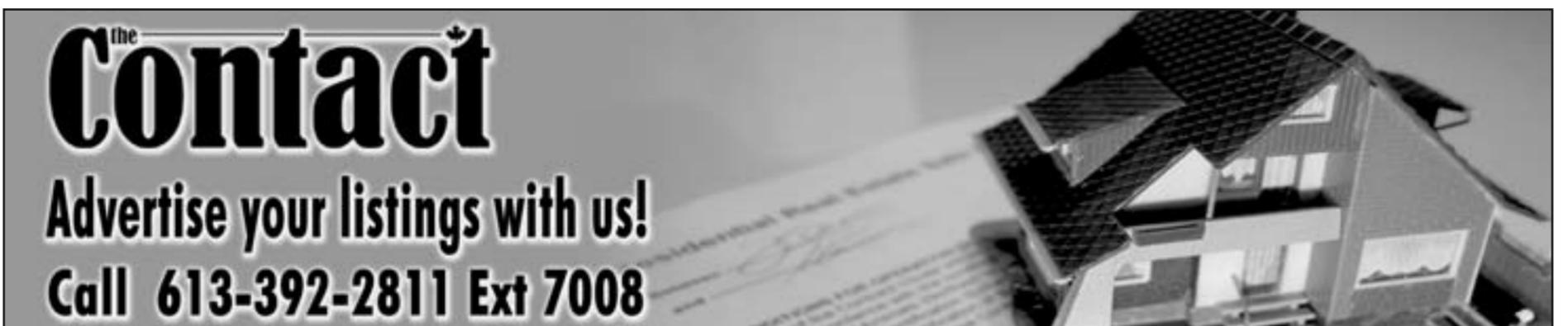
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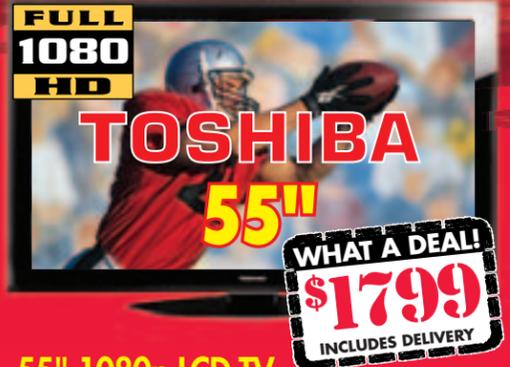
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