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January 29, 2010

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8 WING FIREFIGHTERS PROVIDING ASSISTANCE IN HAITI



Photo: Courtesy of Alan Woods, Toronto Star

The Canadian Forces now have more than 1,000 personnel on the ground in Haiti, providing assistance and expertise throughout the island as its people steadily come to grips with the devastation there caused by a 7.0 earthquake on January 12.

Pictured here are members of 8 Wing's Fire Hall, working with Haitians in the port city of Jacmel in efforts to search for survivors and provide additional help. (left to right) Corporals Turcotte, Nicholson, Fleming, Chafe and Martin climb a hilly street in Jacmel. Members of the 8 Wing crew not seen in this photo are Corporals Wrobel and Landry, and Private Porteous.

These firefighters deployed on January 14, 2010, as part of the Disaster Assistance Response Team (DART). The 12 deployed 8 Wing/CFB Trenton firefighters are also tasked to provide fire protection services for Canadian Forces camps in Jacmel.

See related article on Page 2.

Critical Op Hestia camp infrastructure handled by 8 MSS

by Capt Lauren Flaherty
HR/Fin Flt O, 8 MSS
OP HESTIA APOD Jacmel

Jacmel Airport, Haiti – It was 8 p.m. on January 17, 2010 when the first few 8 Wing Mission Support Squadron (MSS) personnel got the official word that they were headed down to Jacmel, Haiti.

They had only a few hours to pack their bags and get on a military flight headed to Jacmel – a Haitian town 40 km south of Port-au-Prince. They were on ground in Jacmel, Haiti by early morning on January 18.

The Jacmel Airport is located just north of the water front in Jacmel.

This small airport is the offloading point for mass amounts of food, water and supplies that are

distributed by various NGOs to the local population. It is also where the DART equipment is received via Jamaica and Port-au-Prince and forwarded to the DART camp.

Over the past few days Jacmel Airport has become a fully functional camp, providing essential support to all aircraft (civilian and military from around the world) trying to deliver aid to this area. Jacmel Airport houses 79 Canadian military members every night, mostly from 8 Wing Trenton.

In total, 48 of those members belong to 8 MSS who were on High Readiness following the field training Exercise Osos Hammer in Petawawa last fall, and are responsible to build camp infrastructure and provide support to

sustain airfield operations.

The remaining personnel form the Airlift Component (ALCE) run the day-to-day operations of the airfield and provide services such as Air Traffic Control, unloading of cargo, and security run by the military police.

Up to this point, there have been over 100 flights in and out of Jacmel per day.

These flights include Hercules aircraft, Griffon Helicopters, Sea Kings, American military aircraft and numerous civilian pattern aircraft.

The main effort of 8 MSS has been unloading the aircraft that come in day to day, a challenging task considering the hot climate.

There isn't much shade on the apron and offloading aircraft with engines running is very hot work,

but our people have been working extremely hard and the aircrafts are in and out of the airport in record time.

When not off loading aircraft our MSS team has worked on setting up camp infrastructure.

Modular tentage for sleeping accommodations, ablution, as well as four make-shift showers and a camp orderly room have been built to date. A few laptops are set up with wireless internet and satellite phones for telephone calls are also available – a morale booster during a deployment like this.

Everyone is enjoying the military rations and the only arrangement that has yet to be set up is a laundry system although today wash bins and soap were made available for all.

Haiti is a very warm country

this time of year but most seem to value the time away from a Canadian winter. Although we're all sweating buckets everyday, it sure beats shoveling that long snowy driveway. All in all, the folks in Jacmel are smiling and happy to be a part of helping a country so desperately in need.

Before wrapping up, it is important to note that there are many members from Trenton that are working outside of Jacmel in both Port-au-Prince and Kingston, Jamaica.

Everyone participating in OP HESTIA plays a critical role in some aspect of the mission. We certainly appreciate the support from back home and want to pass on our thanks. Keep the emails coming – we love hearing from you!

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Teams of firefighters deployed to Haiti

by Captain David Jane,
8 Wing Fire Chief

Firefighters deployed to Haiti as part of the initial response to the disaster that had happened just 12 hours earlier. This began a fury of events over the next several days to prepare, kit and deploy a group of 10 - 12 firefighters to be attached to DART for search and rescue operations.

On January 14, the first group of 10 firefighters were deployed to Port-au-Prince and began operations which were prioritized by the

Canadian embassy in the capitol city. By January 19, another group of six firefighters, including five with specialized Urban Search and Rescue (USAR) training from Comox, were deployed to augment the initial capability.

A seventeenth firefighter was deployed as part of 8 Mission Support Squadron (8 MSS) to provide fire protection planning and capability at the airfield and camp at Jacmel airport.

Currently, the group is operating in three teams, one conducting recovery

operations for the Canadian embassy in Port-au-Prince. This team is expected to continue recovering Canadian casualties in that city.

A second team is living in the DART camp in the southern city of Jacmel, providing recovery and humanitarian assistance with the City of Jacmel Civil Engineers. This team spent about one week living onboard HMCS Halifax and was taken ashore each day by the Navy to conduct operations in and around the

city of Jacmel.

One firefighter is currently operating at the Jacmel airport; he will soon be augmented by five more firefighters who will be providing Aircraft Rescue and Firefighting (ARFF) Services as well as camp fire protection for the CF camp at Jacmel airport.

The firefighting capability at Jacmel airport will be increased in the very near future by the addition of a deployable fire truck that is being relocated directly from Op Podium in British Columbia.

The International Women's Day (IWD) is coming up soon – 8 March

The Defence Team is commemorating this year's IWD under the theme "The strength of our past – The roots of our success." Events and awareness activities will be held across the organization. To obtain copies of IWD posters, please send your request to Lise Charron at 613-944-7171 or at Lise.Charron2@forces.gc.ca. Visit the EE Commemorative Events Intranet site at <http://hr.ottawa-hull.mil.ca/eec-ece/index.html> for more information on IWD. The site includes a handbook on How to organize an EE commemorative event; regions are invited to send in their agendas, success stories and photos via this website.

La Journée internationale de la femme (JIF) approche – 8 mars

Cette année, c'est sous le thème « Les luttes qu'elles ont menées : les racines de notre succès » que l'Équipe de la Défense commémore la JIF. Divers événements et activités de sensibilisation auront lieu à la grandeur de l'organisation. Pour obtenir des affiches, faites parvenir votre demande à Lise Charron au 613-944-7172 ou à l'adresse Lise.Charron2@forces.gc.ca. Pour en connaître davantage sur la JIF, visitez le site Intranet des Événements commémoratifs d'EE à l'adresse <http://hr.ottawa-hull.mil.ca/eec-ece/index.html>. Le site comprend un manuel sur Comment organiser un événement commémoratif d'EE; les régions sont invitées à faire part de leurs programmes, histoires de réussites et photos via ce site.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



MWO Trent Doucette and MCpl Alan Collins of 8 Wing/CFB Trenton move boxes of humanitarian relief supplies from the Sea Stallion with a local Haitian National, in Jacmel, Haiti.


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CF personnel provide air and ground reports from Op Hestia

by Tom Philp, Contact Staff

One is a Major, a pilot from 435 (Transport and Rescue) Squadron in Winnipeg. The other is a Corporal, a medic with 24 Health Services in Trenton. Both Canadian Forces members shared stories this week with The Contact, providing another look at Op Hestia, Canada's military effort to provide much needed relief to Haiti.

A devastating earthquake shook the very foundations of that island nation on January 12, 2010. Literally within hours of the first reports emerging from Haiti, Canada began ramping up Op Hestia, transporting supplies and personnel to the country. By the end of the first week of operations there, Canada was concentrating its efforts in the Haitian port city of Jacmel, about 40 kilometres southwest of the capital city of Port-au-Prince.

Major Scott Frost was the first CF pilot to land a CC130 Hercules aircraft in Jacmel, taking a team of Canadian Airfield

Engineers there to survey the airport and runway for use by CF aircraft transporting aid to earthquake survivors. Maj Frost and his crew made their first passes over the Jacmel airport on January 17. An obstacle to landing safely there was a stand of trees at the approach end of the runway. Approach angles would be steep because of those obstructions, and that would mean reducing the landing weight of Hercules aircraft – and a corresponding reduction in the amount of relief supplies brought in – until the trees were removed.



Major Scott Frost

about 3,300 feet long, sitting in a large bowl or val-

ley, surrounded by mountains and trees on three sides," Maj Frost said. "We really didn't have much information about it before deploying. We had no specifications, and there was no communications with people on the ground at the airport."

Solutions to those problems were set in motion at the Op Hestia command post at 8 Wing/CFB Trenton and arrangements were negotiated for the trees to be cut down quickly, improving landing safety for all aircrews bringing relief to Jacmel. As flights into, and out of Jacmel ramped up, local interest in the efforts geared up too.

"It was relatively quiet (at Jacmel airport) last Monday ... but following (the tree cutting), in the next few days it got very busy, with a lot of aid agencies flying in," he said. "It's actually hard to get a landing slot sometimes now."

Now ferrying up to four relief flights a day to Jacmel from Kingston, Jamaica, Maj Frost is thankful that CF personnel have secured the air-

port there, establishing air traffic control and setting up runway lights.

"We had done one night landing (at Jacmel) to assess the feasibility of doing more of them, and that was very interesting, very challenging," he said.

Major Frost noted much of Jacmel was "lit up" earlier in the week after emergency crews had restored a lot of electric power to the city.

"(Landing in Jacmel) is really pushing the limits of what the Hercules can do," Maj Frost said.

"Everyone who came down here to help ... is still very motivated, full of energy and focused on getting the job done," he said. "I was honoured to be selected to fly the first CF crews into Jacmel."

Waiting on the ground for the supplies flown in by Major Frost and other CF aircrews is Corporal Alex Robitaille, a Medic with 24 Health Services Group, 8 Wing. Cpl Robitaille deployed to Jacmel with Trenton's Disaster Assistance Response Team (DART). He described the "fast pace" of personally attending to "at



least 12 patients each day," with "lots of injuries (caused by) the earthquake." The condition of many of those patients "had become chronic."

DART medics have dealt with every condition from fractures and wounds, to a multitude of infections. Initially, medics were challenged by the lack of medical supplies; now they hope for "continuity of care" for the many patients they've treated. Cpl Robitaille says it is important that members of the DART, and indeed all CF members, treat victims of this disaster with dignity at all times, despite facing many challenges.

"There are multiple challenges ... dealing with the poor living conditions of the Haitians," Cpl Robitaille said. "For example, doing wound care, telling them that they should keep the wound clean, and then sending them back to live on the streets."

"A lot of progress has been made here, (but there is a need) to get a working hospital in Jacmel," Cpl Robitaille said.

"Being one of the first nations on the ground, we started to make a difference the day after the earthquake, and that is something we can be very proud of," he said.

Search & Rescue UPDATE



424 Squadron had two taskings since our last report.

Both the Griffon and Hercules were tasked to search for an overdue aircraft flying from Lindsay to Smiths Falls. Two aircraft departed Lindsay but when the second of the two arrived in Smiths Falls, the pilot realized that the other aircraft had not. 424 Squadron was tasked to search for the missing aircraft. The Hercules and Griffon both tracked the ELT and the Griffon located the crash site. The aircraft was located but the lone pilot on board did not survive. Both our crews remained on-scene until the crash site was handed over to OPP, and then returned to Trenton.

Next tasking was for our Griffon crew. They were tasked to search for a missing 52-year-old female in the Arnprior, ON area. The Griffon searched the area as tasked until they had to refuel. At this time they were stood down and returned to base.

Until next week, stay safe.

Missions for 2010: 6

Missions for Jan.: 6

Persons rescued: 0

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- 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.**

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All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



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Tyson Talk

By Bernice Rosella and James Kilner

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- 52 Doppel
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- 54 Toronto to North Bay dir.
- 55 Whiskey mix

7 Part 8 of our quote

8 Snapshots

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10 First name in mystery

11 Poppa

17 Colombian town

19 Computer file extension

22 Mil. rank

23 Carr's milieu

24 Easter or wester preceder

25 Succumb

26 Author Fleming

27 Bambi's mom

28 Peg

6 Woodwind instrument

29 Part 10 of our quote

31 Lush so to speak

34 Conforms

35 Pertaining to China

36 Word before Marino

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39 Standpoint

40 Car parts

41 Buck or switch follower

42 Stitched

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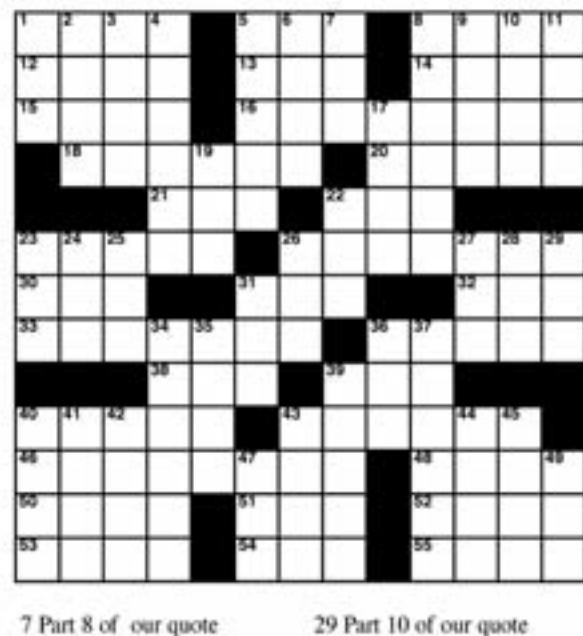
44 contendere

45 Part 4 of our quote

47 Decorate a cake

49 Raptor's org.

1 2 3 4 5 6 7 8 9 10 11



See Answers, Page 22



This Week in Contact

1980 – The first edition of the Dash7, the latest addition to the Canadian Forces airborne fleet was christened at CFB Trenton by Colonel Young, then Commanding Officer of Trenton's Aircraft Maintenance and Development Unit (AMDU). After undergoing extensive renovations to its interior at AMDU, the aircraft left for CFE Lahr to take up commuter flight duties in Europe.

1990 – The Department of National Defence launched the Canadian Forces Sports Patrons Program, designed to heighten the profile of about 14 CF national sports, by assigning General Officer mentors to each one. The mentors, or patrons of the sports, must have demonstrated a long-standing tradition of interest and support in his/her athletic field. Called the "Godfathers of CF Sports," the mentors were led by Vice Admiral Chuck Thomas, who became the patron of CF golf.

2000 – Lorie Boychuk, wife of Captain Wes Boychuk, 8 Wing/CFB Trenton was preparing to celebrate a "sweet" anniversary in Brighton. The creator and proprietor of Mrs. B's Country Candy in Smithfield, has been "cooking up a storm" of peanut brittle, chocolate and vanilla caramels, and spiced wine and cider mix since February 1999. Business boomed after she displayed her goodies at Brighton's Applefest last September.

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



Padre Allan Lynk: exploring military chaplaincy in middle age

by Tom Philp,
Contact Staff

Former American president Abraham Lincoln once said, "In the end, it's not the years in your life that count. It's the life in your years." That sage observation is one of the cornerstones of Padre Allan Lynk's decision to join the Canadian Forces ... after the age of 50!

"You know, I had a hundred reasons for making this move, and I'm not certain if any of them are valid," he said in a recent interview.

An ordained United Church minister since 1980, the Reverend Allan Lynk spent nearly 30 years serving God, his church and various communities before answering "the call" to enlist. He recalls the conversation he had with a friend in Brantford, early in 2009.

"I told him I'd had the funniest thought the other day; I may become a chaplain in the Canadian Forces," he said. Padre Lynk knew it was time for him "to leave the congregation," but he didn't feel his next mission was to take charge of another church group in the community and "whip them into shape!"

"I mean, what if they didn't want to be whipped into shape?" he said. "I was afraid of getting too complacent, but taking on another congregation was not the answer for me."

The veteran minister had "been there before," just as he had while serving in the United Church's Quinte region as a Personnel Minister. He had considered leaving ministry altogether when he was invited to "interview" for the pastoral charge in Brantford, Ontario; it was an opportunity that would lead him to 14 years of ministerial

service that both revitalized him, and tired him out.

Padre Lynk's work in Brantford included starting a grassroots response to poverty, hunger and access to medical care in that community. He worked with area health care and social work specialists to provide "badly needed" services to Brantford's less fortunate, including the first non-hospital-based methadone treatment clinic in North America. Just when things were looking very good, the main church building burned down in 2006, prompting him to start a vigorous campaign to have it rebuilt, but in a new and improved form, and quickly (the first service in the rebuilt church was held less than three years from the day the old one was destroyed).

"It was tremendous to be a part of that, but I kept feeling it was time to move on," he said.

Enter the conversation about military chaplaincy, followed by an "I have a friend" query to the Canadian Forces Chaplain General in Ottawa. An information package was sent. An intrigued and still somewhat mystified Allan Lynk filled in the forms and began the enlistment process.

"If I was going to do this, I wanted to serve on a base, not ride a desk somewhere," he said.

Padre Lynk was summoned to the CF Selection Board last March. His experience there confirmed that he was on the right path. At the age of 54 years and counting, Reverend Allan Lynk was about to become a full-fledged military chaplain.

"I found my experience was valued by those Board members," he said. "Pluralism, tol-



Photo: Tom Philp, Contact Staff

Padre Allan Lynk spent 30 years in community ministry before answering the Canadian Forces' call

erance, acceptance, compassion, all those things I believed in, were embraced by the Canadian Forces. It wasn't what I was expecting, and it was a pleasant surprise."

Accepted and sworn in at CFB Borden on a Friday, Padre Lynk was told to report to 8 Wing/CFB Trenton the following Monday, August 15. He was given a temporary room at the Officers' Mess. He found the base chapel. He started going to the gym and running. He found

some help organizing his kit from a "very kind" Master Corporal at Wing Supply who went "out of his way" to get the new Padre ready for basic training back in Borden.

"It was Padre Basic, really," he said. "I don't pretend that it was anything like the regular basic training. Still, I'd never been what you call a 'morning person,' and it was like,

'Welcome to the Canadian Forces!'"

Five months later, and still with no name patches for his kit (he

refers to himself as the "Missing Lynk" or the "No Name Padre"), Padre Lynk is navigating a steep learning curve, adjusting to new rules of decorum, protocol and ... heaven forbid ... saluting on a regular basis.

"I mean, I had a long beard when I arrived here, and was a biker kind of guy," he said. "Now I'm wearing the uniform, the beard's gone and I'm loving my work."

Padre Lynk would "like to be deployed" but has "absolutely no wish

for promotion" beyond his current rank of Captain.

"I just want to work with the many people here, get to know them, and serve them in any way I can," he said. "I am proud to be a Canadian, and this is one important way for me to serve."

Padre Allan Lynk can be found "ensconced in the attic" of the 8 Wing Transportation building. Appointments are encouraged, and can be made by calling local 3665.



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8 Wing Personnel at Work – Sergeant Jean-Marc Harvey

by Tom Philp, Contact Staff

Sergeant Jean-Marc Harvey will take off his Canadian Forces uniform for the last time at the end of January, saying goodbye to a 41-year career of loyal and dedicated service to his country. It's goodbye clerical work; hello fishing!

Enlisting in the CF in November 1968, Sgt Harvey began serving as an Administration Clerk at the former Canadian Forces Base (CFB) Toronto, located where the Downsview air strip is today. Toronto was not his first choice.

"I wanted to go in the Navy. They asked me where I wanted to go, and I said, 'Halifax or Esquimalt,'" Sgt Harvey told The Contact recently. "Instead, they sent me to Toronto, right in the middle of the country, and about as far away from a navy base as you could get."

"I've spent my entire career in administration," Sgt Harvey said. "When I joined, it was with the Navy, but I've worn over the years, all of the distinctive service uniforms."

Still, he practiced his administrative trade for four years in Toronto, honing the skills that would serve him well throughout the next four decades.

"I was 19, and it was a little different then," he said. "You might say you want to go here, but they send you there, and you go."

Sgt Harvey's dream of going to sea was realized in 1972 when he was posted to Halifax aboard Her Majesty's Canadian Ship (HMCS) St. Laurent. It was also during his service on the HMCS St. Laurent that Sgt Harvey first sailed to Europe, arriving in Amsterdam, The Netherlands, and to a "big surprise".

"After we arrived in Amsterdam, I realized that I needed to get my money exchanged," he said. "So, I went to (the exchange) room, and within a few seconds there were three people in that room pointing at each other and smiling."

Sgt Harvey had arrived at the currency exchange location at the same time as two friends with whom he'd gone to college in Quebec, each of them now in the Canadian Forces, serving on separate ships, and all three ships docking in The Netherlands at the same time.

"What were the odds of that ever happening," he said.

Sgt Harvey next spent six years in administrative support at the Saint-Jean garrison/military training college, located in a suburb of Montreal, and also enjoyed a tour of duty with the United Nations in Cyprus. A few years later, and back in Montreal, he was introduced to Carol, the woman who would become his wife.

"I was a smoker then, and I stopped by the Mess to get some



Photo: Tom Philp, Contact

Sergeant Jean-Marc Harvey

cigarettes," Sgt Harvey said. "(Carol) was there with another couple I knew, former members of the Mess. I guess it was meant to be."

Now a veteran of military administration, Sgt Harvey was posted next to CFB Valcartier with the Royal 22nd Regiment, where he spent three years.

Following promotion, he was posted to Europe, but this time to the North Atlantic Treaty Organization (NATO) base in Geilenkirchen, Germany. It was also his first time serving with the air branch (to an actual flying squadron) of the Canadian Forces.

"That was an incredible experience in serving alongside 12 other nationalities stationed there," he said. "I really enjoyed that posting. It also permitted my family and me to spend some quality time while travelling to some of the neighbouring coun-

tries". After more than three years in Geilenkirchen, Sgt Harvey was posted to his "first Canadian Airbase" in Comox. CFB Comox was followed by a posting to CFB Trenton, where Sgt Harvey once again put his administrative expertise to good use in a number of positions.

In 1993, Sgt Harvey retired from the regular force with a full 25 years of service. His retirement lasted "barely a month" before a former boss in Germany, also now retired and living in the Belleville area, asked him to join him as an administrator with the Hastings and Prince Edward (Reserve) Regiment. It was office work again; but it was also the type of work with which Sgt Harvey was very familiar.

"He said to me, 'Do you want a job,' and it didn't take me long to say yes," Sgt Harvey said. "I guess I

got accustomed to the uniform; and it can be difficult getting employment in the local community."

Sgt Harvey began his new career with the "Hasty Ps," essentially running the Cobourg Depot of that regiment. That service led him eventually to join the Air Reserve Flight at 8 Wing.

He finishes his service on January 31, 2010 (his last day of work was January 28) as the person in charge of Central Registry at 8 Wing's Aerospace Telecommunications and Engineering Support Squadron (ATESS).

"I will miss all the many people I've met over the years," he said. "I've been working with the staff here for the past two-and-a-half years. They keep saying that I will miss them, and I keep telling them, 'No, I won't! The truth is, I will miss them.'

"It's going to be awkward at first, I know that," he said. "You know, I'm happy to finally retire, but then I'm NOT happy to retire."

Sgt Harvey has a fishing boat he loves, and a new neighbour that also enjoys this sport.

"I'm looking for something else to do between the fall and spring; but in between, don't mess with my fishing," he said.

Hat's off to Sgt Jean-Marc Harvey and his 41 years of service to Canada.

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Sports

SPORTS & RECREATION

Major McGrath reaches the South Pole

By Jill St. Marseille,
Air Force News

January 20, 2010 – Major Meagan McGrath has successfully done what so few have: skied from the Hercules Inlet to the South Pole, unsupported.

In doing so, she became the first Canadian to achieve this impressive feat that has spanned 1,100 kilometres across the Antarctic.

"I came into this with one perspective, and I'm certainly coming out of it with another," she said on a Jan. 15 audio blog on Science North's website after reaching the South Pole. "It is a whole different experience."

The journey took her 40 days from start to finish. It was not all smooth skiing though, she did encounter a setback on her second day: she fell into a crevasse and had to call for aid.

Once rescued and brought to Patriot Hills for medical evaluation, she decided to take a few days to evaluate her position but she ultimately decided to put her skis back on. She departed anew on Dec. 7, 2009 — destination: South Pole.

During the final leg of her trek, she developed a lung infection, but it did not delay her arrival time.

"The whole journey was very difficult, but what a way to end it; with my arrival here at the South Pole station," she said. "I got really cold but I kept going. I kept driving toward my goal because I knew I would get there."

This is not the first impressive adventure Maj McGrath has had.

In 2008, she ran the Marathon des Sables, a seven day race through the Sahara desert in Africa.

In May 2007, she peaked the Seven Summits (the highest peaks on each of the seven continents)



"It is a whole different experience," said Major Meagan McGrath, on her Antarctic journey, who is shown above after her feat.

when she climbed Mount Everest's apex.

In doing so, she became the first Canadian Forces member and the youngest Canadian female to reach the Seven Summits.

Maj McGrath is an aerospace engineer with the Air Force and is currently on a one year unpaid leave of absence.

The next installment of her year

'off' work will bring her back to Mount Everest, where she will lead a base camp expedition before attempting to summit the tallest mountains in the world, which are in the Himalayan and Karakoram mountain ranges of Asia.

Congratulations on your latest accomplishment Maj McGrath and good luck with the upcoming mountain challenges.

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.

March Break Kidz Kamp

For kids 6 to 12 years of age

The March Break Kidz Kamp will run from March 15 to 19, from 8 a.m. to 4 p.m. at the RecPlex. Before and After care available from 7 to 8 a.m. and 4 to 5 p.m. Register now at the RecPlex.

Cost for military community members is as follows: One child - \$100; Two children - \$170; Three children - \$215; and Four children - \$250.

Registration for the general public will begin on Monday, February 15, starting at 10 a.m.

Cost is as follows: 1 child - \$115; Two children - \$190; Three children - \$240; Four children - \$275.



Photo: Contact archives

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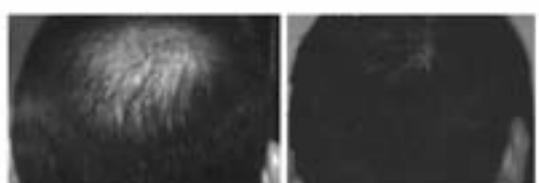
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FITNESS & HEALTH PROMOTION



Do you have the desire to quit smoking?

Not sure if you are ready to quit? When making your decision, there are a few things to consider:

Your health: One out of every two lifetime smokers die from their smoking, mostly from cancer or heart disease.

Tobacco use kills more than 45,000 Canadians every year.

Diabetic smokers increase their risk of circulatory problems.

Broken bones heal more slowly if you smoke.

Smokers have more dental problems; cavities, gum disease.

Your quality of life: Smoking dulls your senses: smell, taste, hearing, sight.

Smoking makes exercise harder and less fun.

Smoking costs money. If you quit, you can put the money you save into other things you enjoy.

Those around you: Your smoke hurts those around you, especially children. They get more colds and ear infections. It can trigger asthma.

attacks, or make them worse.

The more children see adults smoking, the more likely they are to start smoking themselves.

Over the long term, tobacco smoke exposure can cause heart disease and lung cancer, even in people who have never smoked themselves.

"BUTT OUT" can help!

"BUTT OUT" recognizes that smoking does good things for you. Maybe it reduces stress. Maybe it gives you a break, or helps you concentrate.

"BUTT OUT" can help you identify your personal reasons for smoking, then help you develop and practice substitutes for smoking that do the same good things for you, without the negative long-term effects that smoking gives you.

"BUTT OUT" can also help you overcome the addiction to nicotine.

You may be eligible to get nicotine gum, the nicotine patch, the



"BUTT OUT" for good with the help of Health Promotion.

bupropion pill, or Champix at DND expense if you also participate in "BUTT OUT".

Registration available by appointment.

Contact the Health Promotion office at local 3768 or email healthpromotionTrenton@forces.gc.ca.

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/i-quit-jar>

rete/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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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.



Annual Winter Carnival



Photo: Contact Archives

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 all there!

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.

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



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

Email: healthpromotionTrenton@forces.gc.ca

Jessica Ivanko, HP Administrative Assistant

Angela Prescott, HP Manager

Kendra Lafleur, HP Director

Visit healthpromotion.cfbtrenton.com to learn more.

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Safety**Take on the night: Healthy, safe transitions with shift work**

Submitted by 8 Wing
General Safety Office

Working odd and late shifts may be a pleasant change for some, an absolute nightmare for others.

Workers may find they become so out of step with the regular schedules of friends and family members and with the normal rhythms of their bodies, they suffer psychologically and physically - particularly if the shifts rotate frequently. But there are ways to minimize the negative effects of shift work.

Understanding how the body reacts to shift work is a first step.

Working at night or

during the late afternoon and sleeping during the day contradicts the natural body cycle, and can disrupt your metabolism.

The body suddenly must ignore light-dark patterns and internal clock cues.

Given enough time, the body can shift to fit a new pattern of work and sleep. When the internal clocks are desynchronized repeatedly, as happens with rotating shifts problems arise.

The main complaint of rotational and night shiftworkers is disrupted sleep. Shiftworkers, especially those who work throughout the night, sleep an average of one to two hours less than day workers.

In addition, the quality of sleep and its ability to refresh is less during the day.

As a result, shiftworkers are more likely to feel tired during working hours, and may be more susceptible to accidents and illness.

They may also experience more symptoms of stress than their day work counterparts, including headaches, loss of appetite, insomnia, digestive troubles and depression.

Some shiftworkers try their own methods of overcoming severe sleep problems, some of which include heavy doses of caffeine to stay awake, followed by alcohol or other drugs to bring on sleep.

This practice can aggravate other stress-related symptoms and can cause dependence on alcohol as well as a general decline in health.

Several studies have found more on-the-job accidents occur at night and tend to be more severe than those during the day.

This may be because of lack of sleep, fatigue and that your mind is operating at a lower concentration.

The following are some ways you can try to battle the night shift:

Set up a good sleeping environment

Because the body's normal rhythm commands sleep when it is dark and quiet, heavy drapes and rugs can be useful by blocking out light and noise. Setting a regular wake-up time can help establish a regular sleep schedule.

Inform friends and family members of your sleeping pattern so they will know not to disturb you during those hours.

Make sure there are no distractions in your room such as the telephone.

Healthy diet can help minimize effects

The best foods to eat during night shifts are those easy to digest such as fish, poultry, rice and whole grain breads.

It helps to maintain a regular eating pattern of three meals each day even when working night shifts.

Fruits and fruit juices can provide a quick energy lift on the job and will not interfere with sleep.

Light foods in moderate amounts are best to eat before going to bed because they are easiest to digest. Heavy foods such as red meats, pork, fried foods and heavy cream can impede relaxation.

Caffeine contained in coffee, tea and soft drinks can interfere with sleep because caffeine remains in the system for about eight hours after consumption.

Alcohol may facilitate sleep initially, but usually causes light sleep with many interruptions.

Start an exercise program

Setting a regular exercise schedule can also improve sleep and make it easier to stay awake during night shifts. With the proper attitude, sleep environment and diet, workers can survive the night shift.

During this weekend show appreciation and respect for the health and happiness of yourself and others.

Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.



From the Management and staff of Personnel Support Programs

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The Trenton Craft Guild has limited openings for crafters of fine hand made products at their upcoming shows.

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MFRC hosts “Le Bal des Masques 2010 – Dress to Thrill”

Photo: Submitted



Attendees of “Le Bal des Masques 2009” are shown above. Tickets for this year’s event are available at the Trenton Military Family Resource Centre, located at 50 Rivers Drive East.

mid-winter blues. The evening will bring back the magnificence and grandeur of the Formal Balls but at a reasonable cost for all.

This is a social event, not to be confused with the MFRC Invisible Ribbon Gala which is the centre major

fundraising event, to be held in May 2010.

Masks and formal wear are mandatory for everyone at this event. Ladies will wear a formal evening gown and gentleman will wear a tuxedo (a dark suit is acceptable). We encourage all to wear 1930s

inspired formal attires but today’s version is also welcomed.

This event is open to all, military and civilian alike. Tickets are limited and available at the Trenton MFRC reception, 50 Rivers Drive East, Trenton at a cost of

\$60.00 each.

For more information, please contact Hélène at 613-392-2811 ext. 2379 or Roxanne at 613-955-8891.

You and your friends dress to thrill and come join us for a fun-filled evening and help fade away the winter blues.

CRFM : Le Bal des Masques 2010 – Vêtu pour charmer

Organisé par le Centre de ressources pour les familles des militaires de Trenton, le 27 février 2010 au Mess des Officiers de la base de Trenton

Vous êtes invité à une élégante soirée, dîner et danse.

Marquez le 27 février sur votre calendrier, vous ne voudriez manquer le deuxième Bal des Masques annuel du CRFM de Trenton qui prendra place au Mess des Officiers de la base de Trenton.

Cette année, le thème de notre bal rappellera la sophistication et l’élégance des années 30.

Comme aujourd’hui, les années 1930 furent économiquement difficiles ayant une profonde influence sur l’utilisation des fonds personnels. Durant cette décennie, tout fut affecté, même la mode vestimentaire.

C’est l’époque où les stars commencent à influencer la mode, Joan Crawford, Marlène Dietrich...autant d’inspiratrices de charme avec de longues robes près du corps, coupés dans le biais, une élégance plus paisible.

Le lien autour du cou et le



Photo: Submitted

« The Frank Howard Orchestra » joue au Bal des Masques 2009.

décolleté au dos sont les fantaisies permises. Le tuxedo était la tenue de soirée de la gent masculine.

Le cocktail, le dîner et la soirée seront agrémentés par

des musiciens, « The Frank Howard Orchestra » fournira la musique de danse pour l’occasion. Après tout les années 1930 ont mis en vedette Fred Astaire et

Ginger Rogers.

Nous souhaitons que cette soirée atténuerait le stress journalier et dissipera le « blues » hivernal. Cette soirée ramènera la beauté

magnifique des bals passés à un coût raisonnable pour tous.

C’est un événement social, à ne pas confondre avec le Gala du ruban invisible qui est la collecte de fonds principale du CRFM qui aura lieu au mois de mai 2010.

Les invités devront porter la tenue de soirée ainsi qu’un masque. Pour les dames se sera la robe longue et pour les hommes le tuxedo (un complet foncé est acceptable).

Nous vous encourageons à porter le style des années 1930, mais la mode actuelle est aussi la bienvenue.

Cet événement est ouvert à tous, la communauté militaire et civile. Le nombre de billets est limité et vous pouvez vous les procurer au bureau d’accueil du CRFM, 50 Rivers Drive Est, au coût de 60,00\$ chacun.

Pour plus d’information, contactez Hélène aux 613-392-2811 poste 2379 ou Roxanne au 613-955-8891.

Venez avec vos amis, habillez-vous pour charmer, vous aurez du plaisir et effacerez le blues hivernal.



Building out sometimes means building up first

by Tom Philp, Contact Staff

Two weeks ago, it wasn't there. Last week, the tower crane needed for construction of the new Air Mobility Training Centre rose high in the air, as if by magic. Sometimes it's necessary to build up before building out.

According to Major Phil Baker, 8 Wing/CFB Trenton's Construction Engineering Officer, the use of this very high tower crane for construction purposes here was approved in December 2009; and it may well be the first time in Canadian military history that erection of this type of crane has been given the green light on an operational air base.

When workers have finished building this necessary "tool," it will reach a height of just under 131 feet, with a jib (or extended boom) of just over 235 feet. Free standing tower cranes can have a maximum mast height of 265 feet, but can "grow" much higher if attached to the structure it is helping to build. Maximum reach for any tower crane is 230 feet; and maximum lifting power is 19.8 tons, with 20-ton counter-weights.

Due to the height of the crane, it required final approval through Wing Operations. Once completed, it will be one foot higher than the existing 8 Wing water tower. As such, it becomes the controlling obstacle for certain aircraft approaches, "even though it has no effect on minimums

for any approach," said Captain Jeffrey Baldwin, WingOps.

Capt Baldwin said the tower crane will be lit with red lights positioned at the unit's centre and boom end.

"A NOTAM (Notice to Airmen) will be generated until publications are updated, and an Ops Advisory will be generated for our local aircrews," he said.

"The use of the crane will allow the contractor to quickly and efficiently move heavy material loads throughout the Air Mobility Training Centre construction site," Maj Baker said. "It will also speed up the pace of construction, making this a win-win situation for the contractor and for 8 Wing."

There is also the potential for similar construction cranes to be erected at the Number 1 Hangar construction site, and at the site of the new Transportation/Electrical Mechanical Engineering building," he said. Both of those projects are located on the north side of 8 Wing's airfield.

The 8 Wing Logistics and Engineering Branch advises all tower cranes consist of the same basic parts: a base bolted to a large concrete pad that supports the crane; a mast, or tower, connected to the base which gives the tower crane its height; a slewing unit (gears and motor) attached to the top of the mast that facilitates crane rotation; and a long horizontal working arm or jib that carries the load, accommodating a trolley running along its length to move loads in and out from the crane's centre.

Other working parts of a tower crane include a shorter, horizontal "machinery" arm that contains motors, electronics and concrete counter-weights.

The crane operator's cab, visible near the junction of the mast and jib, is the centre of this essential piece of construction equipment. How do tower cranes "grow" on site?

A mobile crane is used to assemble the jib and the machinery section, and places these horizontal members on a 40-foot section of mast. The counter-weights are then set in place. Strong, triangulated, 20-foot sections of mast are added, one at a time, allowing the crane to "grow" itself. Once each section is bolted in place, the tower crane is 20 feet higher. And when the construction project is finished and it's time for the crane to come down, the process is simply reversed.

A casual observer might ask, "Why don't these things fall over?"

The answer lies far below the operating parts in the large (typically 30 feet by 30 feet by four feet deep) reinforced, 400,000-pound concrete pad that is poured several weeks before erection begins. Large anchor bolts embedded deep into this pad support the base of the crane, ensuring their stability.

"It's another construction first for 8 Wing," Maj Baker said.



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Matt Joice *Sean Hickey*



RTF visit by Chief of Air Staff an honour for Fitness and Sports Flight

by Tom Philp,
Contact Staff

One of the final stops made by Lieutenant-General André Deschamps, Chief of the Air Staff (CAS) during his recent two-day visit to 8 Wing/CFB Trenton was a tour of the Return to Function (RTF) room in the south side gymnasium. The visit was only a few minutes long, but it meant the world to the staff tasked to help injured Canadian Forces members get back to work quickly.

"We were quite honoured that the CAS ... took the time out of a busy schedule to visit our RTF room," said David Rothermund, 8 Wing's Director of Fitness and Sports. "He asked some very thought-provoking questions and raised some good points, a testament to his support for this program."

Unique to the Canadian Forces, 8 Wing's RTF is "the model" facility for CF members recovering from injury,

Rothermund said, with specialized equipment and service designed to help referred personnel rehabilitate through structured exercise. The equipment utilizes a "free motion" setup that requires greater participant focus to ensure exercises are done with the proper movement pattern, promoting muscular stabilization.

"I can't emphasize enough how important this is for people recovering from an injury," he said.

Ryan Abrams is a Physical Exercise Specialist hired specifically to work with RTF referrals; and his expertise has "transformed the room into a safe, functional health and fitness area for (injured) CF members," Rothermund said.

"The RTF Room has become a focal point for the CF members and recognition of the room has been growing since the opening," Abrams said. "A few last-touch pieces of equipment have been added to completely outfit the room."

Abrams said 46 members have been referred to the RTF by 24 CF Health Services since its opening in October 2009. There are 25 members (54 per cent) listed as active in their RTF programs; and 12 (26 per cent) have graduated from those programs. Currently, only military members referred by Health Services can access the RTF.

"One thing the RTF program has done is create a unified approach to the members care," said Kendra Lafleur, 8 Wing's Health Promotion Director. "It has brought several partners together, working in the same direction, which raises the level of care the member receives."

"Health Promotion fits in well as we move forward in this initiative," Lafleur said. "Operational readiness is key, and keeping the member engaged with the base environment while (she/he is) injured will mean a quicker return to function."

"Offering the RTF



Photo: Cpl Isabel Lavallée-Raby, 8 Wing Imaging

Lieutenant-General André Deschamps, Chief of the Air Staff, and the Honorary Colonel of the Air Force, Pamela Wallin, visited the unique Return To Function room during a recent two-day visit to 8 Wing/CFB Trenton. (left to right) Kendra Lafleur, 8 Wing Health Promotion Director, David Rothermund, Director of Fitness and Sports, Captain Holly Trinkwon, 24 CF Health Services' physiotherapist, HCol Wallin, LGen Deschamps, and Ryan Abrams, Physical Exercise Specialist in charge.

member Health Promotion programming will not only help keep them engaged, but also provide them with skills to self-manage as they work towards an optimal level of health," she said.

"The RTF program has allowed members to bridge rehabilitation and return to full duties. It promotes reconditioning of injured areas and improves musculature, flexibility and

function," Abrams said. "This gives CF members the ability to perform at their greatest potential and also to improve their way of life, whether it is within the CF or civilian lifestyle."

Abrams said the CAS's visit to the RTF "shows the transition of health care and support for the CF members who serve our country."

"I see great potential for this program," he

said. "Growth will result to improve this service for the CF members and to expand our versatility to provide for the unique injuries/illness that may result from such an abstract job environment, compared to that of civilian life."

"Hopefully, this is just the beginning of a service that will continue to grow for the benefit of the men and women of the Canadian Forces," Abrams said.

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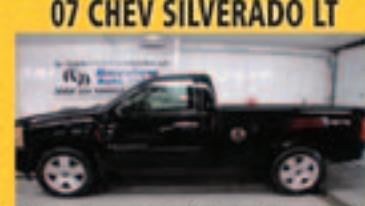
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10349 4X4, 5.3L-V8, Vortec Maxx, extended cab, short bed with tonneau cover, tow pkg., pwr seats, 4th dr., 20" alloy wheels, OnStar, steering wheel controls, air, tilt, cruise, satellite radio, CD, pwr locks, mirrors, windows, dual climate controls, keyless entry, only 40,000kms.

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10143 4X4, 5.3L-V8, Short bed, tow pkg., 20" alloy wheels, OnStar, steering wheel controls, factory remote start, cruise, tilt, air, satellite radio, CD, pwr windows, mirrors, locks, keyless entry, only 37,000kms.

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10386 3.7L-V6, Extended cab, bed liner, alloy wheels, 4th dr., pwr heated seats, cruise, air, tilt, steering wheel controls, dual climate controls, AM/FM/CD, alloy wheels, pwr locks, mirrors, windows, keyless entry, only 33,000kms.

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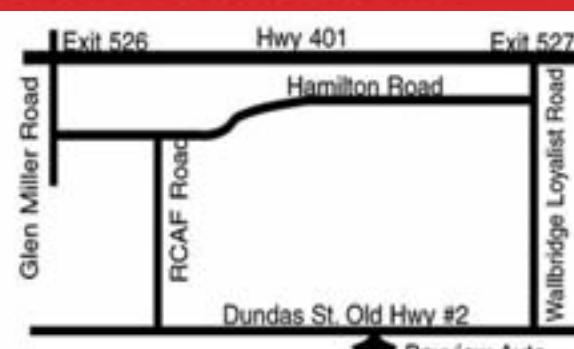
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

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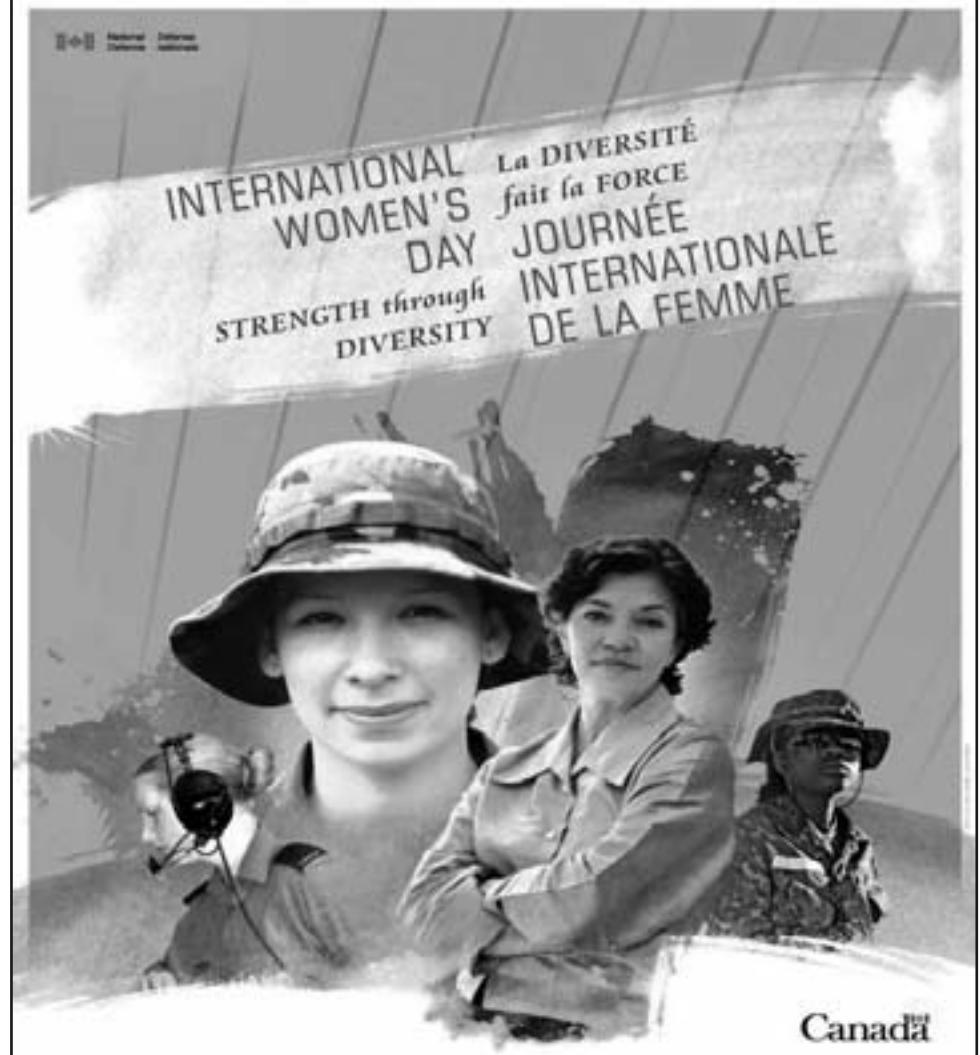
RAMADA

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Pancakes for Haiti!

The Anglican Churches of Quinte West will be hosting a Pancake Supper on Wednesday, February 10, 2010 at Christ Church, Glen Miller. Cost of the tickets is \$5.00. Supper will run from 4:30 to 7:00 p.m.

All proceeds will be given to the Primate's World Relief and Development Fund to support disaster relief in Haiti! Every dollar donated to this cause will be matched by the Canadian Government! For more information please call 613-394-4244.



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

Scotty 'n' Rockin' Out for Haiti

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FAMILY

Activity: Tactile Treasures



Comfort, Play and Teach™:

Comfort: Gently stroke your baby's skin using the different textured fabrics, or tickle her tummy or toes with a feather. She will discover which sensations she prefers while she engages in this activity with you.

Cover your head with the different pieces of fabric. Encourage your baby to pull them off and then say, "Peek-a-boo" when she sees your face. Describe what you were hiding under (i.e. the bumpy corduroy), and then play the game again!

Play: Create a texture mat, with squares of different materials (i.e. fine grain sandpaper, mac tac, cloth). Holding your baby in standing position, they can explore the sensation of the materials as your child stamps his or her feet and bounces!

Your child will learn to do this activity as she copies and plays with you.

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

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

Encourage your baby to explore different textures using his sense of touch.

Many board books for babies have textured pages, but you can create a collection of household materials so you and your baby spend some time together enjoying the way different things feel!

It is important to monitor this activity at all times, to protect your baby from putting these materials in his mouth.

You will need: Different pieces of fabric, such as: silk, terry cloth, corduroy, fake fur, a feather, cotton balls, corrugated cardboard.

Enjoy this more with

ends dangle in front of you. This will encourage your baby to reach toward you and touch the fabric as he grasps at it. Say, "Look! You caught the soft handkerchief!"

Teach: By touching different materials your baby will begin to notice the difference between textures like bumpy and smooth, soft and rough. Use these words as you describe what your baby is touching.

If you punch two holes into a small box and line the box with different textured fabrics, you can show your baby how to poke her finger into the hole to touch it.

Your child will learn to do this activity as she copies and plays with you.

Mealtime.org Tuscan-Style Pasta

Pasta is the perfect partner for nutrient-rich vegetables. High in fibre, this Tuscan-style pasta dish is gently tossed with a vegetable trio – fresh escarole and flavourful, canned cannellini beans and tomatoes.



Ingredients:

- 1 pound ziti or penne pasta
- 1/4 cup extra-virgin olive oil
- 5 large garlic cloves, finely chopped
- 1/4 pound curly escarole, sliced or 1 small bunch arugula
- 1 can (16 ounces) cannellini beans, drained and rinsed
- 1 can (14 1/2 ounces) diced tomatoes with juice, undrained
- 2/3 cup dry white wine
- Salt and freshly ground pepper, to taste
- 1/4 cup fresh basil leaves, thinly sliced

Preparation Time: 15 minutes **Cook Time:** 10 minutes

Preparation: Cook pasta according to the package directions. Heat oil in a large skillet over medium-high heat. Add the garlic and cook until slightly browned (should take less than a minute, be careful not to burn – it doesn't take much). Add escarole; stirring occasionally until wilted, about two minutes. Add beans, tomatoes with their juice and wine. Simmer five minutes, stirring occasionally. Season to taste with salt and pepper; stir in basil and heat through. Drain pasta and toss with the sauce. Serves: Four

Nutritional Information Per Serving: Calories 690; Total fat 16g; Saturated fat 2.5g; Cholesterol 0mg; Sodium 320mg; Carbohydrate 110g; Fibre 11g; Protein 22g

WHAT'S THE DIFF?

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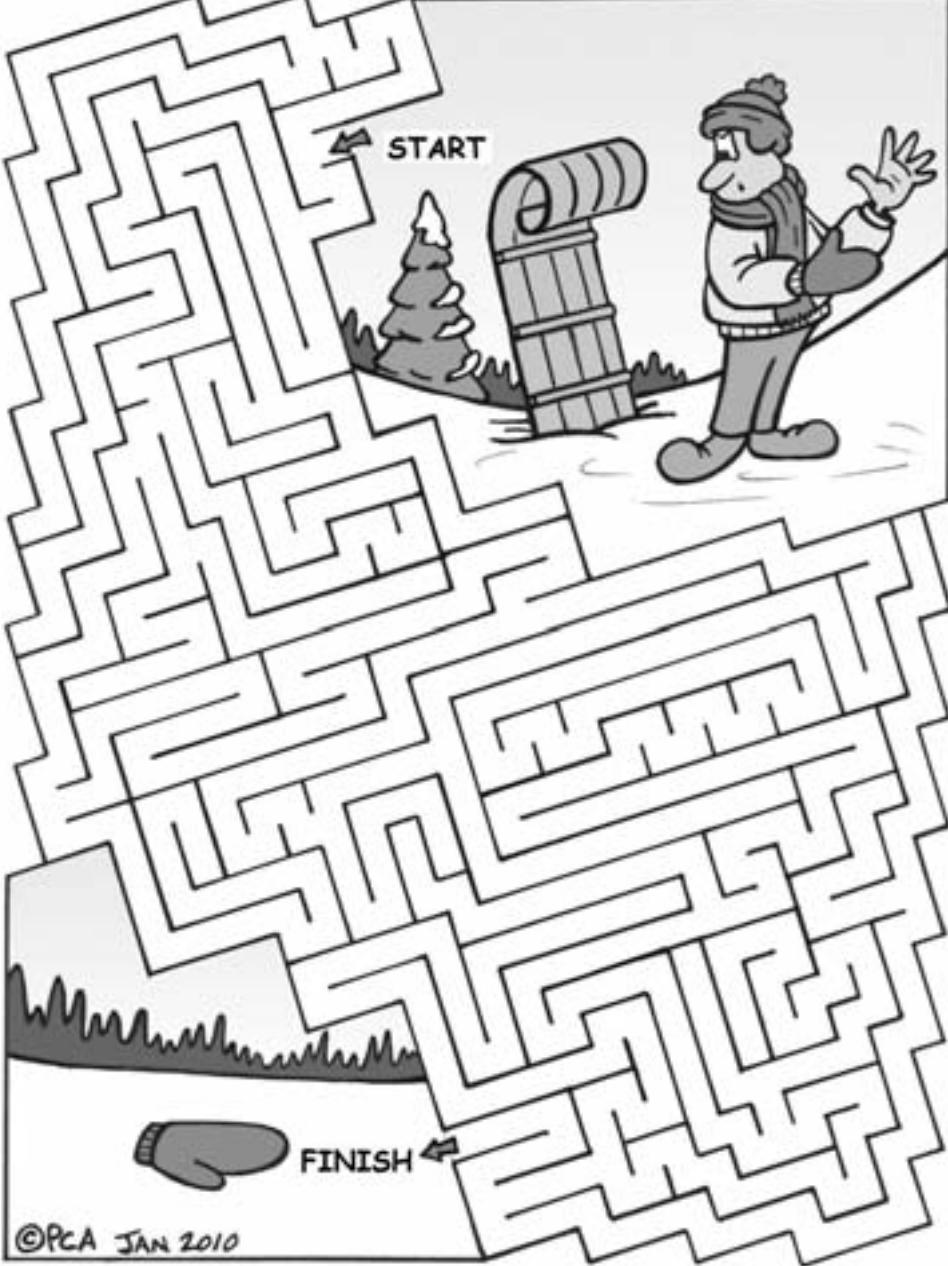
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January 31 – February 6

Theme of the week: The enthusiasm needed to make positive change a reality is here. We are inspired by how much people are willing to work together in a spirit of compassion and unity. There should be news this week that strengthens the economy. It will be a great week, enjoy!

ARIES (March 21-April 19): Right now, you are being asked to look at what truly motivates you. You want to figure out how you can channel your need to be you towards your worldly advantage. Examine what will inspire you most, and make an honest move in the direction that feels most inspired.

TAURUS (April 20-May 20): Resentments can act as poison to our own spirit, keeping the freedom of sanity at bay. Acceptance then is ultimately a selfish act. We do it to liberate ourselves. Release your expectations and embrace what is. This stance will return you to your power.

GEMINI (May 21-June 20): This time requires action in order for you to make progress. The little stuff of life will always be there, but right now, take a noteworthy shot at greatness. The bolder a move you make, the more likely you will love the outcome. You are shaping your destiny.

CANCER (June 21-July 22): By examining the work of those critical to astrology, I grew to firmly hold my own position and career in support of it. You now have to face those who are critical of your faith. It is not personal. Be open to a conversation that will make you stronger.

LEO (July 23-Aug. 22): An ad campaign for a sports-wear store features the words "move your body and the heart will follow." There is antsy energy within you. Move and you will understand the root cause to what you really feel. It is really your heart asking for your conscious connection.

VIRGO (Aug. 23-Sept. 22): Aristophanes stated, "Human desire was originally one and we were whole, and the desire and the pursuit of the whole is called love." You are willing to demonstrate your open heart. This will transform the way you understand love, making it a much more empowered experience.

LIBRA (Sept. 23-Oct. 22): There is nothing ordinary about being consistent, if that means consistently taking responsibility for yourself and your ultimate happiness. Break down what you want to do into small workable steps. You will quickly see them add up towards a lovely life.

SCORPIO (Oct. 23-Nov. 21): Nietzsche stated, "The secret of reaping the greatest fruitfulness and the greatest enjoyment from life is to live dangerously!" However, it could be argued, that living dangerously is one way to ensure that you have less life to enjoy. Engage your need for fun with maturity.

SAGITTARIUS (Nov. 22-Dec. 21): In our world of psychological theories and complex personal histories, the willingness to see our parents and our past with the most loving eyes is, for some, hard earned. You are reshaping history, and it will have the most positive effect on your future.

CAPRICORN (Dec. 22-Jan. 19): There is a balance between knowing that there is something special that you are here to do, and having the humility to acknowledge that we are all here to do something very special. Your life is giving you clues to both sides of this coin now.

AQUARIUS (Jan. 20-Feb. 18): From ancient myths to contemporary folklore, we are inspired by tales of those who faced the great demon that everyone else was running scared from, and did the seemingly impossible, overcame them. These stories speak to an inner journey you are on now. You will be victorious in your campaign.

PISCES (Feb. 19-March 20): "When you think things are bad, when you feel sour and blue, when you start to get mad... You should do what I do! Just tell yourself, Duckie, you're really quite lucky!" Allow these words from Dr. Seuss to prompt a reminder. You are very lucky right now. Adjust your lens to tap into it.

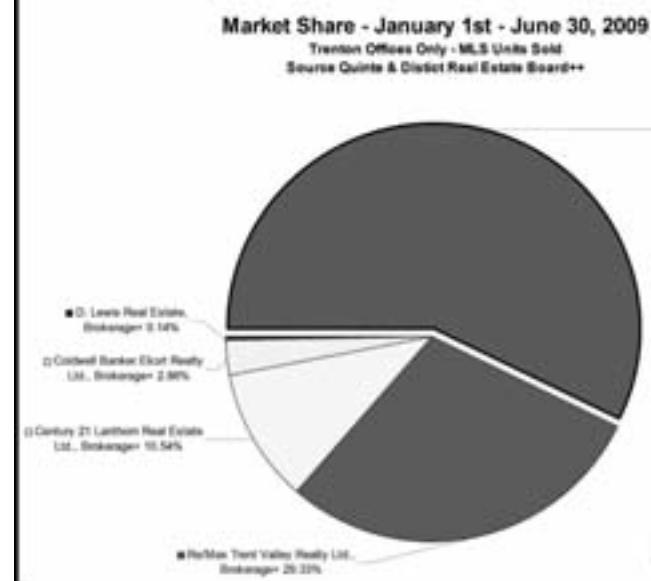
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GINGER & SHADOW BY BARRY CORBETT



DuJour



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Bad news. You must buy a PC.

Stuff!





1 Canadian Field Ambulance Health Services Group deploys to Haiti



1 Canadian Field Ambulance Health Services personnel gather for a group picture just before they deploy to Haiti.

Photos: Corporal P.C. Carandang, 8 Wing Imaging



Above: Major West (with Canadian Forces Health Service Group in Ottawa) gets ready to deploy to Haiti as a Medical Officer in 1 Canadian Field Hospital Health Service.

Left and bottom: 1 Canadian Field Ambulance Health Services Group are ready to fly in the CC177-02 Globemaster as they deploy to Haiti. Along with Health Services Personnel, the CC177 flight contains vehicles and equipment required to set-up the military hospital that will save Haitian lives suffering the after effects of the earthquake.

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Showcase



MCpl P. Clemens
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by LCol J. MacCaull, CO ATESS, and
MWO J. Proulx.



Cpl T. Willard
received the 8 AMS AMO Tech of the Quarter
award, presented by Maj J.L.R. Roy, 8 AMS.



MCpl D. Daley
received a promotion to that rank, presented
by LCol J. MacCaull, CO ATESS, and
MWO J. Proulx.



Sgt T. Little
received a Certificate of Achievement for 1000
flying hours, presented by LCol J. Komocki,
437(T) Sqn.



MS L. Gregory
received a Certificate of Achievement for 1000
flying hours, presented by LCol J. Komocki,
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MCpl E. Wood
received a Certificate of Achievement for 1000
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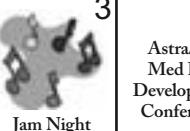


LS S. Boyce
received a Certificate of Achievement for 1000
flying hours, presented by LCol J. Komocki,
437(T) Sqn.

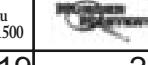
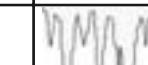
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SUN	MON	TUES	WED	THURS	FRI	SAT
	1 	2	3  Jam Night	4 Astra/LL Med Prof Development Conference	5 Astra/LL Med Prof Development Conference TGIF - Pizza Sports - Pool	6 Astra Taylor B-Day Party UFC TV Room
7  Super Bowl	8 Astra Dental Conference	9 Astra Dental Conference Jam Night	10 Astra Dental Conference Jam Night	11 Astra Dental Conference	12 TGIF - Lasagna Sports - Euchre	13 Mega Sports Day
14  Valentine's Day	15	16	17  Jam Night	18	19 TGIF - Donairs Sports - Pool	20 Show Tour UFC TV Room
21 22 Astra WCWO Sgt Seminar	23 Astra WCWO Sgt Seminar	24 Astra WCWO Sgt Seminar Jam Night	25 Astra WCWO Sgt Seminar	26 Astra WCWO Sgt Seminar TGIF - Subs Sports - Euchre	27	
28						

**FEBRUARY
2010****WO & SGTS MESS**

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3 Health Promotion CR/ML --- ASIST CRSE G/R	4	5 TGIF Family Pot Luck	6
7	8	9 Coast Guard Rescue Group Conference CR/ML	10 Specialist CRSE G/R	11	12 TGIF Lasagna --- 18:35 --- WO Comeau Mug Out F/S 1500	13 
14	15	16 Dental Working	17 Health Promotions CR/ML	18	19 TGIF Family Burgers & Fries	20
21	22	23	24	25	26 TGIF Roast Beef	27 
28						

FEBRUARY 2010

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 Friday 11:30 to 1330 (Toonie Lunch) & 1500 to 2030 hrs

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 Call 613 392-2811 Ext 2438 / 2768
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TRENTON
Military Family Resource Centre



MFRC-EVENTS & INFORMATION**FACE OFF for the FORCES**

The Belleville Bulls will wear one time special "CADPAT" jerseys on Saturday, February 13th which will be auctioned off immediately following the game. There will be a fun game between 8 Wing Trenton and CFB Kingston at 5:00pm – Bulls game tickets gets you into this game. Great intermission activities and prizes!



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Le Bal des Masques

This is a black tie and mask event.

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 Saturday, February 27
 \$60.00 each

Information: 613-965-3575



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

**CRFM-Événements et Information****FACE OFF for the FORCES**

Samedi, le 13 février, 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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Le Bal des Masques**Le Bal des Masques**

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 Le Samedi, 27 février
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Jewel de soirée et masques sont requis.

Billet en vente du CRFM

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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)

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Christian community – communauté catholique

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Father Philippe Boudreau

Co-ordonateur de Vie de Chapelle

Masses-Messes

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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:

1st 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, appeler le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.*

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 prénuptial, 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 prénuptial 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 père de votre confession religieuse le plus tôt possible.

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What you need to know about carbon monoxide

(NC) – Carbon monoxide (CO) is a poisonous gas that you cannot see, smell or taste. It is often referred to as the “silent killer”. CO is produced by the incomplete burning of fuels such as natural gas, propane, heating oil, kerosene, coal, charcoal or wood.

Improperly installed or poorly maintained appliances that run on these fuels may create unsafe levels of CO. In enclosed spaces such as your home, cottage or recreational vehicle, even a small amount of CO is dangerous.

Exposure to CO can cause flu-like symptoms such as headaches, nausea, dizziness, burning eyes, confusion, drowsiness and even loss of consciousness. In very severe cases, CO poisoning can cause brain damage and death. The elderly, children, people with heart or respiratory conditions, and pets may be particularly sensitive to CO and may feel the effects sooner.

The conditions that can create a CO hazard include:

- Fuel-burning appliances, venting systems and chimneys that have not been serviced and maintained regularly by a qualified service technician or heating contractor;
- A chimney blocked by a bird or squirrel's nest, snow and ice or other debris;
- Improper venting of a furnace and cracked furnace heat exchangers;
- Exhaust fumes

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

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

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

At any time, if you or any one else in your home is experiencing the symptoms of CO, make sure that everyone leaves the home immediately and gets medical help. Call 911 or your local fire department. If a CO detector alarm sounds in your home, open all doors and windows to ventilate. If you can't find the problem and the alarm continues, contact your local gas utility or a qualified heating contractor to check your fuel-burning equipment.

Remember that carbon monoxide detectors are a good second line of defence, but they do not eliminate the need for regular inspection, maintenance and safe use of your fuel-burning appliances. Information on where to find a qualified contractor in your area can be found on the website of the Heating, Refrigeration and Air Conditioning Institute of Canada at www.hrai.ca, or toll-free 1-877-467-HRAI.

For furnaces, the right size matters

(NC) – If your home heating system is more than 15 years old, this winter is a great time to consider upgrading your equipment to more energy efficient models, all the more because of the large number of government, utility and manufacturer incentive programs in effect.

If you do make the decision to replace your heating and/or cooling system, be sure to insist that the installing contractor “sizes” the system properly. To determine the correct heating or cooling capacity of your system, a contractor should perform a “heat loss and heat gain calculation”. This calculation relies on an assessment of the size and age of the home, insulation levels of walls and attic, the type

and number of windows, air infiltration rate, indoor design temperature, coldest outdoor temperature found in your area (typically in January) and other factors that influence the rate at which your home loses heat.

The “right-sizing” of replacement equipment is one of the most commonly overlooked methods for ensuring that you get the most from your system. Properly sized equipment performs more effectively and more efficiently, ensuring optimal comfort, less temperature differentiation between floors and maximum energy efficiency. If your contractor refuses to do a heat loss/heat gain calculation, find another contractor.

Over-sizing equipment

can result in increased fuel consumption and higher operating costs, potential premature parts failure, higher noise levels, and reduced comfort (including hot or cold spots within the home). On the other hand, under-sizing can

result in higher operational costs, particularly with today's sophisticated models. The units will be working at full capacity most of the time, which can lead to premature breakdowns and, more generally, reduced comfort levels.

Furnace technology advanced significantly over the past few years. The introduction of two-stage and modulating technologies have allowed furnaces to provide heating at two or more different capacities.

This will allow the furnace to deliver air to the home at a rate which more closely matches the heat loss requirements found throughout the year providing a more even temperature and comfortable environment.

A replacement furnace is not an everyday purchase, so make sure you look at all the options carefully. Remember to get three quotes when considering the purchase of new HVACR equipment, and make sure the contractor you select includes the cost of performing a heat loss/heat gain calculation in the price. You can find a qualified contractor by calling HRAI at 1-877-467-HRAI or online at www.hrai.ca.

Entertainment Appeal: Organizing your TV-watching area gives your living room an instant face-lift

By Sam McDermott
for News Canada

(NC) – If you're like most people, the area surrounding your TV is a disaster; cluttered with an endless assortment of video players, receivers, gaming systems, controllers, remote controls, DVDs, and the list goes on. Home entertainment systems appear to be organizing nightmares with the number of components and unsightly cables that go with them. Luckily, there are simple solutions for getting your media area in perfect shape and giving your living room an instant face-lift.

Flat-screen TVs are the preferred option for most viewers, but if you're one of those people still hanging on to your oversized tube-style TV, it may be time for an upgrade. If you already have a flat screen, consider mounting it on the wall for that added wow factor. Wall mounts are quite affordable and a safer option than setting the TV on a piece of furniture where it can easily tip over. Mounting a TV

also allows you the option of hiding cables behind the wall for a picture-perfect display, and, depending on the type of mount you choose, the ability to adjust the viewing angle.

“Full motion and tilting mounts are by far the most versatile,” says Keith Pribyl, vice president for Sanus Systems, a leading manufacturer of TV mounts, home theatre furniture and accessories.

“Low-profile

models are great, too, and less expensive but don't offer all the bells and whistles.”

Storage that cleans up

Media cabinets are another great way to give your living room a fresh new look and are a nice way to contain all of your audio video gear. Look for pieces with features that optimize equipment performance, such as convection cooling systems, which keep components at an optimal temperature so they don't overheat, and vibration isolation so the equipment doesn't rattle with loud audio bursts.

If ultra-modern is more your style, the

Sanus Vertical Foundations line (available at www.Sanus.com) offers many options of “on-wall” furniture. Mimicking the mechanics of a wall mount, on-wall furniture attaches to studs inside the wall, allowing you to store your equipment on the wall as well. Models such as the VF5022 and VF5023 offer two or three shelves that hold up to 75 lbs.

each for maximum storage capacity. The furniture can be offset over an outlet and cables can be routed through the back of the furniture and then covered with decorative

panels.

One last thing to keep your TV looking great: Purchase a screen cleaner that is safe for flat screens. Many cleaners contain harsh chemicals that can damage the screen. Specially formulated solutions like Sanus Elements screen cleaner, and similar kinds offered by other manufacturers and store brands, are the best options.

With a few updates to your system, you'll soon be enjoying a sparkling, clutter-free entertainment area. All that'll be left to do is kick back and relax.

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