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## "Young Guns" claim another National Hockey title for 8 Wing/CFB Trenton

by Dan Cormier  
Military Sports Coordinator

The last time another region outside of Quebec and Atlantic won the Canadian Forces (CF) Men's Hockey Nationals was in 1998.

With most of the players never attending a Hockey Nationals prior to this year, and the addition of some veterans and three solid pick-ups, two from Kingston and one from Petawawa, Ontario (Trenton) went undefeated during the round-robin series of the 2011 CF National Men's Hockey Championship held from March 19 to 25, at CFB Borden.

During the semi-final Trenton was up with a score of 8-2 when Quebec made a surge and scored three unanswered goals before Trenton sealed it with an 8-5 win, advancing to the final round against Halifax.

During the finals, Trenton took an early 2-0 lead before Halifax evened up the score to 2-2.

Early in the second period Trenton went ahead to gain a score of 4-2 when Halifax rallied back to tie the score again with 4-4.



Photo: Submitted

Shown above, front row from left to right: Cpl Rob Turland, Pte Mark Lapensee, LS Mike Sullivan, Pte Mike Gagne, Pte Dan Labarre, Cpl Gabe Proulx, Cpl Chris Harron, Pte Brent Alvaro, Pte Chris Rowan (CFB Petawawa) and Cpl Darryl Stragratt-Squires. Back row, from left to right: Pte Brad Steadman, Lt Mark McNeil, Pte Jonathan Wall, Lt Mike Soros (Kingston), Maj Mario Beauchense, OCdt Kirk Sullivan (Kingston), Cpl Tyler MacInnis, Cpl Frank McCafferty, Mr. Bryan Pearce, and MWO Rick Plante.

It was in the third period that Halifax gained the lead with a score of 5-4 over Trenton.

That didn't last long when

Trenton levelled the playing field again bringing the score to 5-5.

The battle back and forth led Halifax back to a position with one

point ahead of Trenton bringing the score to 6-5 before Trenton again tied it up with 6-6.

With the face-off deep in

Halifax's zone with only 7.4 seconds left in the game, Trenton won the draw, which went back to our defence line, who shot the puck towards the net and Corporal Gabe Proulx (2 Air Movements Squadron) deflected his third goal of the game to win the CF National's with a final score of 7-6, giving 8 Wing/CFB Trenton their third Men's Hockey National in 40 years.

Cpl Proulx was named the game's MVP of the final. Named to the tournament All-Star team from Ontario were Private Brent Alvaro (Firehall), Officer Cadet Kirk Sullivan (CFB Kingston) and Sapper Chris Rowan (CFB Petawawa)

Also, in addition to playing on this team, Major Mario Beauchesne (8 Air Maintenance Squadron), Master Warrant Officer Rick Plante (CJIRU) and Corporal Rob Turland (Wing Training) played on the Old-timers team that won CF National two weeks ago at the Trenton RCAF Flyers Arena.

Well done to the Flyers who represented 8 Wing/CFB Trenton with distinction and honour.

## CP-140 Aurora makes historic landing at Canadian Forces Station Alert

By David Elias, 1 Cdn Air Div Public Affairs

For the first time, a CP-140 Aurora has landed in the northernmost permanently inhabited place in the world.

Less than a thousand kilometres from the North Pole, Aurora 140106 from 14 Wing Greenwood touched down on the frozen gravel runway at Canadian Forces Station Alert around 11:30 local time on March 23, 2011.

"CFS Alert is an airfield we've flown over for decades in the Aurora, but it's a place we've never landed," said pilot Major Al Harvey who, along with his crew, flew the historic mission. "When we landed,

you couldn't tell that it wasn't a paved runway because it felt just like concrete."

Upon landing, the crew visited briefly with the station's Commanding Officer and staff, made a few checks, and then took to the skies once again.

Major Harvey suggested that Alert's potential as an operating location will allow the CF to use the North better.

"The Arctic is taking on greater importance for Canada's sovereignty," he said. "If you can't occupy it, you can't own it. Based on the preparation and the planning we conducted prior to the attempt, things couldn't have gone much better."

The unpaved airfield at CFS Alert has recently welcomed new airframes such as the C-17 Globemaster which is designed to handle rougher landing strips.

The Aurora, on the other hand, was designed primarily to roll on pavement. It sits higher and has equipment and antennae that may be vulnerable to damage from rocks or debris.

"The CP-140 landings in both Resolute Bay and Alert are historic events, made possible by stellar work by Maj Al Harvey and his crew, as well as outstanding support from the staff at CFS Alert, 1 Cdn Air Division, CP-140 See "Aurora landing," Page 16



Photo: Corporal Jennifer Kusche

The CP-140 Aurora, A/C 106 takes off at Canadian Forces Station Alert for the first time in history during blizzard-like conditions on March 23, 2011.



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## 8 Wing/CFB Trenton Firefighter completes exchange with New Zealand Defence Force

by Sgt Dave Wheeler  
Wing Construction Engineering  
- Firehall

The Canada New Zealand Exchange (CANZEX) program is designed to allow military personnel from both nations to travel to the other nation to gain experience, learn different ways of doing business and to bring back lessons-learned in an effort to increase capabilities in the Canadian Forces (CF).

In January and February of 2011, I was fortunate enough to participate in this outstanding program and experience as a CF Firefighter. My mission in New Zealand (NZ) was to learn as much as possible about how both

the NZ military and civilian fire services conduct business to see if there are ways we can improve operations within the CF Fire Service.

For just over three weeks, I travelled throughout the country visiting fire departments, fire schools and fire authorities on both the North and South Islands of NZ.

I left Toronto on January 19 bound for Auckland, NZ, arriving on January 21 after a 24 hour journey crossing multiple time zones.

One short domestic flight later, I arrived in Palmerston North, where I met my host unit and sponsor.

Luckily, I had a weekend to get over jetlag after which I headed to

Air Force Base Whenuapue, just North of Auckland.

In Whenuapue, I was able to compare NZ Air Force Crash Fire Rescue capabilities to those we use in Trenton and in the CF.

I learned that the NZ Air Force Fire Service operates in a very similar manner to us in Canada and that they are also struggling with an aging fleet of firefighting vehicles, which much like in Canada are slowly being replaced.

One significant difference in the NZDF is that their Firefighters are both Air Force and Army, unlike the CF, where all Firefighters wear Air Force blue.

My next visit was to the Naval Damage Control (DC) School in See "8 Wing Firefighter," Page 11

Photo: Submitted



Sergeant Wheeler is shown running the deck gun of a New Zealand Defence Force fire truck during a training evolution conducted at the Camp Waiouru Fire Department.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Training has to be in line with current operational procedures of 8 Wing/CFB Trenton. CFB Trenton's Ambulances are specialized equipment that requires a constant update of driver operator and procedural skills for this new asset within 8 Wing/CFB Trenton. Corporal Brisson MSE OP 8 Wing Tn/EME is training Private Gauthier a new QL 03 trained MSE OP on the Daily Inspection required for this specialized vehicle that is at the ready at all times in case of an emergency situation and or call out. Utilization of this vehicle is controlled by Wing Tn Dispatch for all operational requirements like on-base and off-base crash response, as well as medical coverage, aircraft drop recoveries, jump course drop zone coverage, repatriation ceremonies parades and specials events.

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# Search and Rescue (SAR): Sharing the Haiti experience

by Lynne Bermel  
Air Force Public Affairs,

Fourteen months ago, Sergeant Dave Payne and Master Corporal Kevin O'Donnell, Search and Rescue (SAR) Technicians with 424 (Transport and Rescue) Squadron from 8 Wing/CFB Trenton were in Haiti.

They were among the first SAR techs on the ground, helping the victims of that deadly earthquake.

Last week, they were going over that experience at the Canada Museum of Science and Technology as part of the "Build it or Break It" March break event.

The event, which drew hundreds of children and their parents, featured hands-on demonstrations to test miniature buildings and towers against forces of nature, including wind and earthquakes.

Sgt Payne and MCpl O'Donnell demonstrated their survival gear and spoke about searching through the rubble and under demolished schools, hospitals and homes, looking for victims of the 7-magnitude earthquake.

"Some people asked us how it compared to Japan's earthquake and tsunami since that is all over the news these days," said Sgt Payne.

"Since I haven't been to Japan, I couldn't tell them first-hand but what I did say is that those horrendous images you see on YouTube and on TV only tell part of the story. It is nothing like being there. You can't begin to fathom what it's like to be in a disaster zone until you're on the



Photo: Sgt Ron Flynn

Sergeant Dave Payne helps Joshua Pemberton, 11, of Whitby, ON, try on his knapsack parachute and helmet. They were at the Canada Museum of Science and Technology during the "Build It or Break It" March break event.

ground."

Haiti was a huge departure for Sgt Payne and MCpl O'Donnell. Their work is generally confined to Canada as Search and Rescue Technicians almost never deploy internationally.

"Haiti was a real eye-opener for us,

said MCpl O'Donnell. "It's rewarding to come out to events like this to be able to talk about what we did there and what we do in Canada."

"We had a lot of kids come up and ask us if we're astronauts. It could be because our display was so close to the

space simulator and the fact that we both have orange jumpsuits. Nonetheless, it seems that Canadians of all ages don't know too much about us."

"What we do is unique. We have a purpose."

## Search & Rescue Update



424 Squadron had two missions this week, both of which were for ELTs.

The first was for the Hercules to investigate a signal north of Kingston. The signal was tracked to a large communication facility with no distress observed.

The second was east of Ottawa. The signal was traced to be east of the approach path of CYOW but seemed to be moving. A Canpar delivery truck was seen on the road and when it was passed by the crew, the needle tracking the ELT swung. This was repeated several times to confirm the ELT was on the truck. JRCC was informed and the crew continued with their training.

Until next week, stay safe!

Missions for 2011: 19 Missions for March: 9 Persons rescued: 1

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# Tigers hone water rescue skills in the Gulf of Mexico

by Capt Paul McKinley  
424 Squadron

424 Squadron recently had the opportunity to deploy a Griffon helicopter to Clearwater, Florida and participate in Exercise LIGHTNING.

Ex LIGHTNING (named due to its proximity to the Tampa Bay NHL team) was led by 439 Combat Support Squadron from Bagotville, Quebec, and hosted by the United States Coast Guard (USCG).

In a similar setup to our Search and Rescue system, the USCG operates C-130s and HH-60 Jayhawk helicopters from USCG Station Clearwater to cover portions of the Gulf of Mexico and the Caribbean Ocean.

“Exercise LIGHTNING provided a good opportunity for 424 Squadron to conduct recurrency and proficiency training for the challenging water rescue role which is an essential part of operations here in our Search and Rescue region,” said Lieutenant-Colonel Joël Roy, Commanding Officer, 424 Transport and Rescue Squadron.

Throughout the exercise, boat hoisting and open water rescue training were conducted in the warm waters of the Gulf of Mexico.

As it is impossible to conduct this type of training in the winter months in Ontario, Florida provides an excellent



Photo: Submitted

**A crew from 424 Squadron based at 8 Wing/CFB Trenton hoists a SAR Tech to a moving vessel during a recent training opportunity with the USCG at their station in Clearwater, Florida.**

venue to brush up on some very perishable skills. While ice may be a major barrier, winter month helicopter training in the Griffon over or around water is further complicated by freezing spray and a general lack of training vessels in the water.

“It is an undisputed fact that water work [operating over water], especially at night, is by far the most challenging aspect of the job as a helicopter crew in the Search and Rescue business,” added LCol Roy. “There are many calls for help through-

out the year to the Squadron, and many of these calls require crews to operate over the Great Lakes in all types of weather and at all hours of the day and night.”

Over the last five years, the Squadron has averaged 121 CH-146 Griffon missions per year, with a Squadron total average of 45 lives saved annually. Many of these missions were conducted over water proving that having the Great Lakes at 424 Squadron’s front door makes proficiency with “water

work” critical to the unit’s ability to carry out their important mission.

As spring approaches, 424 Squadron will once again call upon its crews to answer the phone in the middle of the night and conduct challenging missions in a marine environment.

“Though we are always ready to answer the call for help regardless of the season, Ex LIGHTNING highlighted the importance of attaining crew proficiency. We do everything

we can to ensure our crews are prepared to handle any type of mission in any type of environment,” said LCol Roy.

Over the course of one week, 424 Squadron was able to conduct multiple open water hoist and boat hoisting missions. Having the opportunity to compare notes and exchange ideas with our American counterparts while training incoming crews to 424 Squadron during the winter months proved to be invaluable to the Squadron’s force generation activities.

## The Contact Newspaper

The *CONTACT* is an unofficial publication of 8 Wing/CFB Trenton. The *CONTACT* is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada’s largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940.

We strive to build awareness, morale and *‘esprit de corps’* among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work.

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We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

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er.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.

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# CFS Alert Station Auxiliary Security Force (SASF) Headquarters opens

by Master Warrant Officer Dumelie  
CFS Alert SWO

At 1300L on March 18, 2011, the Canadian Forces Station Alert (CFS Alert) Station Auxiliary Security Force (SASF) Headquarters opened for business.

Major JJCD Letellier (CO of CFS Alert) and SASF Commander Warrant Officer S. Worden officially cut the ribbon on the newly established SASF HQ.

This up to date facility equipped with radio and computer support is the result of several months of effort by the station's command staff, under the expert guidance of the 8 Wing Military Police Detachment (8 MP Det).

This marks the completion of

Phase One and sets the stage to begin the initial training of personnel, the establishment of Standard Operating Procedures and integration into the station's Emergency Response Plans.

The Alert SASF is an independent entity, with a mandate to provide an initial security response for routine incidents or incursions and to stabilize emergency situations until control of the security situation is assumed by the 8 MP Det and appropriate security assets are deployed from Trenton.

This increases the overall capabilities of the station and marks a proud moment in the station's progress.

With the renewed interest in the North, CFS Alert is certain to play a significant role, of which the SASF will be an integral component.



Above: Station Auxiliary Security Force (SASF) team, front row: PO2 Nadeau, MWO Dumelie, Maj Letellier, WO Worden, and Sgt McKee. SASF Team, back row: Cpl Kabangu, Cpl Blanco-Silva, Cpl Boulianne, Cpl Power, Cpl Verreault, MCpl Poulin, Pte Cummings and Private Brown.

Top left: WO Worden, SASF Commander, and Maj JJCD Letellier, CO CFS Alert, during the ribbon cutting opening SASF HQ.

Bottom left: MCpl Poulin and Cpl Boulianne (Section Commanders), receive orders from PO2 Nadeau.



Photos: Corporal Jennifer Kusche

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## L'expérience SAR en Haïti

par Lynne Bermel  
Affaires publiques de la Force aérienne

Il y a quatorze mois, le Sergent Dave Payne et le Caporal-chef Kevin O'Donnell, techniciens en recherche et sauvetage (SAR) du 424<sup>e</sup> Escadron de transport et de sauvetage de la 8<sup>e</sup> Escadre Trenton, en Ontario, se trouvaient en Haïti. Ils étaient parmi les premiers Tech SAR sur le terrain à aider les victimes de ce séisme meurtrier.

La semaine dernière, ils ont témoigné de cette expérience au Musée des sciences et de la technologie du Canada dans le cadre de l'activité du congé du mois de mars « Build it or Break It ».

L'activité, qui a attiré des centaines d'enfants et leurs parents, comprenait des démonstrations pour mettre à l'essai la résistance d'édifices et de gratte-ciel miniatures contre les forces de la nature, notamment le vent et les tremblements de terre.

Le Sgt Payne et le Cplc O'Donnell ont montré leur équipement de survie et ont parlé de la recherche des victimes du séisme de magnitude 7 dans les décombres des écoles, des hôpitaux et des maisons.

« Certaines personnes nous ont demandé en quoi le séisme d'Haïti pouvait se comparer au tremblement de terre et au tsunami du Japon, qui font l'objet d'une grande couverture

médiatique ces temps-ci, de dire le Sgt Payne.

Puisque je n'ai pas été au Japon, je ne peux pas en témoigner, mais je leur ai répondu que les images épouvantables qui sont transmises sur YouTube et à la télé ne sont qu'une partie de l'histoire. Il n'y a rien comme d'être sur place. Vous ne pouvez pas comprendre réellement ce qu'est un désastre à moins d'être sur le terrain », a-t-il ajouté.

Le séisme en Haïti a été un événement majeur dans la vie professionnelle du Sgt Payne et du Cplc O'Donnell. Leur travail de technicien en recherche et sauvetage s'effectue généralement au Canada; ils ne sont presque jamais appelés à intervenir à l'étranger.

« Haïti nous a vraiment ouvert les yeux, de dire le Cplc O'Donnell. C'est gratifiant de participer à des activités comme celle d'aujourd'hui et d'être en mesure de parler de ce qu'on a fait là-bas et de ce qu'on fait au Canada.

Nombreux sont les enfants qui sont venus nous demander si nous étions des astronautes. Probablement parce que notre présentoir était placé tout près du simulateur spatial et que nous portions tous les deux des combinaisons de vol orange. Il n'en reste pas moins que des Canadiens de tout âge ne sont pas très renseignés à notre sujet ».

« Ce que nous faisons est unique en son genre. Nous avons une raison d'être ».



Photo : Sgt Ron Flynn

Le Caporal-chef Kevin O'Donnell attache le casque d'un jeune visiteur dans le cadre de l'activité « Build It or Break It » du congé du mois de mars, au Musée des sciences et de la technologie du Canada.

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# SPORTS & RECREATION

## Variety of Yoga classes available

**DAYTIME:** Gentle Yoga with Nancy (75 minute classes) takes place on Wednesdays from March 23 to June 22, from 1 to 2:15 at the RecPlex.

**POWER YOGA** with Amelie (Bilingual, 60 minute classes) will take

place on Mondays from March 21 to June 6, from 7:15 to 8:15 p.m. in the Studio at the South Side Gym.

**GENTLE YOGA** with Amelie (Bilingual, 60 minute classes) will take place on Wednesdays from March 23 to June

8, from 7:15 to 8:15 p.m. in the Studio at the South Side Gym.

**LUNCH TIME POWER YOGA** with Amelie (Bilingual, 30 minute classes) will take place on Tuesdays and Thursdays, from March 22 to May 26, from

12:15 p.m. to 12:45 p.m. at the RecPlex.

**NEW YOGA AND MEDITATION** with Amelie (Bilingual, 60 minute classes) will take place on Saturdays from March 26 to May 28, from 3 to 4 p.m. in the Studio at the South Side Gym.

## Astra Lanes update

Submitted by Wendy Phillips

Hey fellow fun seekers! Lots of great news in the world of bowling at Astra Lanes for the month of March! Our youth bowlers sent four senior boys to the zone round of the YBC 4 Steps to Stardom Tournament.

With the help of Coach Marisa Roy the team of Robert Roy, Joseph O'Hara, Brandon Wight and Kyle Roe bowled a team total of 4,052 to win the zone round and advance to the provincial round.

The junior boys were not so lucky but the team of Riley Carey-Avery, Zach Avery, Josh Martin, Matt Laporte and Coach Michelle Avery bowled amazing and placed in the top three. Way to go! The senior boys will be competing in the Provincials on March 6 in Ottawa. Good Luck Boys!

Before Christmas the leagues participated in the Triples tournament and teams advanced to the house round. The house round winners advancing to Newmarket in May are Josiene Bergeron, Kerry Riley and Helene Courtney. Congratulations and Good Luck in Newmarket!

The zone round of the Ontario Open 5 Pin Championships for the Sidney L. Morris Awards was held before Christmas and the winners of the zone round heading to Hamilton on the Easter weekend to compete in the Provincial Round are: John Hawman and Debbie Koshul (competing in the Singles) Cyndal Hansan and Marisa Roy (competing on the Ladies Team) and Mike Stoddart, Dallas Bentien and Kristy Francis (competing as a mixed team Coached by Cathy Stoddart) We wish you all the best of luck!

Astra Lanes has leagues available for everyone, from age five to 80. It's a great way to meet people, get some exercise and have fun! If you are interested in joining a league in the fall, call the Astra Lanes at 613-392-2811 extension 3305 to get your name on the list.

### Variety of fitness classes

**Interval Madness** (60 minutes) will take place on Mondays, from March 21 to June 20, from 6 to 7 p.m. in the Studio at the South Side Gym.

**Group Power** (70 minutes) will take place on Wednesdays from March 23 to June 22, from 6 to 7 p.m. in the Studio at the South Side Gym.

**NEW! Urban Poling** (90 minutes) will take place on Tuesdays, from March 22 to June 7, from 5 to 6 p.m. at the RecPlex.

Register now! Visit "PSP Online" at [cfcommunity-gateway.com](http://cfcommunity-gateway.com)

### 2011 Summer Kidz Kamp

The Community Recreation Association is already planning for a high energy, fun-filled summer of adventure and fun.

If you are between six and 12 years of age and enjoy swimming, playing sports and making new friends, this is the place to be this summer. Activities include swim and gym, games and crafts, music, special guests, overnigh- ters and an awesome road trip each week!

The camp takes place at the RecPlex (21 Namao Dr.), Monday through Friday from July 4 to August 26 (total of eight weeks). Camp hours are from 8:30 a.m. to 4:00 p.m.

Before and after care is available from 7 to 8:30 a.m. and 4 to 5 p.m. at a cost of \$2.50 per hour, per child, or any part there-of.

Please note: There will be no Summer Kidz Kamp on Monday, August 1, 2011.

Cost for military community members is as fol-

lows: \$100 for one child; \$180 for two children; \$225 for three children; and \$270 for four children.

Trip day: \$10; Blue Jays trip: \$18. Sleepover: \$15.

Cost per day: \$25 for one child; \$40 for two children; \$55 for three children; and \$70 for four children.

Cost for the general public is as follows: \$110 for one child; \$200 for two children; \$245 for three children; and \$290 for four children.

Trip day: \$10; Blue Jays trip: \$18. Sleepover: \$15.

Cost per day: \$30 for one child; \$50 for two children; \$70 for three children; and \$90 for four children.

Please note: No Trip Fee applies during Week Five (August 2 to 5).

Registration for military community members began on Tuesday, March 29, at the RecPlex.

Registration for the general public will begin on April 26, at 8:30 a.m. at the RecPlex.

### Senior Lane Swim

Senior Lane Swim will take place on Monday, Wednesday and Friday mornings.

Register for one of the following times: 7:30 to 8:20 a.m. (12 spots available); 8:30 to 9:20 a.m. (12 spots available).

Spring Session runs from March 28 to June 24 (36 swim periods). Register now with PSP Online registration or in person.

### NEW! Evening Aqua Jogging

Jog or run - it's all up to you and your level of fitness.

Aqua Jogging is an alternative to most running programs. It provides a low impact workout for adults of all ages; it is a great rehabilitation program for knee and legs injuries.

This program consists of running in deep water alternating with extra arm, leg and ab exercises, with stimulating music.

The Spring Session of Evening Aqua Jogging takes place on Tuesdays and Thursdays from 6 to 6:50 p.m. (for a total of 20 classes). The Spring Session will run from March 28 to June 24.

PSP Online registration and in-person registrations are now being accepted.

### NEW! Morning Aqua Jogging

Jog or run - it's all up to you and your level of fitness.

Aqua Jogging is an alternative to most running programs. It provides a low impact workout for adults of all ages; it is a great rehabilitation program for knee and legs injuries.

This program consists of running in deep water alternating with extra arm,

leg and ab exercises, with stimulating music.

Classes will take place on Mondays, Wednesdays, Fridays from 7:30 to 8:20 a.m. The Spring session runs from March 28 to June 24 (for a total of 36 classes).

PSP On-line registration and in-person registration begins Tuesday March 8, 2011.

### Spring Red Cross Swim Lessons

Registration for the Spring Session of lessons continues at the RecPlex. Register in person or online. Lessons are held as follows: Saturdays, from April 2 to June 18; Tuesdays, from April 5 to June 7; Thursdays, from April 7 to June 9. All lessons are 10 weeks in duration.

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# FITNESS & HEALTH PROMOTION



## Alcohol as stress management: Finding the balance

Submitted by 8 Wing Health Promotion

Many people use alcohol to relax, but does it actually work? And, if alcohol does relax us, is this an appropriate stress management technique?

Alcohol is a central nervous system depressant, which means that it "slows down" our brain. So, in this sense, alcohol does relax us.

However, this effect is only temporary – it wears off once our body has processed the alcohol in our blood (for one standard drink, this can be as little as an hour).

Afterwards, we are just as stressed as before.

Additionally, even one or two drinks can increase the amount of time required to fall asleep and can reduce the amount of time spent in deep

sleep.

This means that our body gets less rest, which can result in more stress and being less able to deal with that stress.

More importantly, however, is that alcohol serves to "cover up" problems.

If we are stressed due to some chronic problem (e.g., depression, marital difficulties, etc.), alcohol will not reduce our stress over the long term.

Once the alcohol has worn off, the problems are still there – we haven't dealt with anything.

Having said this, drinking a glass of wine or a pint of beer with dinner to help us "unwind" from the workday is NOT the same thing.

As long as we are staying within the low-risk drinking guidelines, using alcohol in this manner is not problemat-

### Low Risk Drinking Guidelines





**0 drinks = lowest risk**

**2 standard drinks per day**

**9 standard drinks/week for women\***

**14 standard drinks/week for men\***



\*Drinks are not to be saved up and consumed in quantities higher than 2 standard drinks / day.

ic.

However, if alcohol is being used chronically or excessively, or if alcohol is being used as an alternative to dealing with problems in a constructive way (e.g., talking to a professional or otherwise seeking help), this is a problem.

Overall, alcohol is not a very good method of stress management.

There are many other, more effective ways of dealing with stress, including exercise, getting more rest, and meditation.

For more information on

adaptive and effective stress management, consider taking a stress management course, such as the Strengthening the Forces' Stress Take Charge course.

Always remember to **STOP AND THINK BEFORE YOU DRINK!**

## L'alcool pour gérer le stress : rouvrir un équilibre

Beaucoup de gens consomment de l'alcool pour se détendre, mais est-ce vraiment efficace? Et même si l'alcool nous permet effectivement de nous détendre, est-ce une technique appropriée de gestion du stress?

L'alcool est un dépressant du système nerveux central, ce qui signifie en fait qu'il « ralentit » les fonctions du cerveau. En ce sens, il nous permet donc de nous détendre.

Cet effet est toutefois temporaire – il disparaît dès que l'alcool qui se trouve dans le sang a été traité par l'organisme (pour une consommation normale, cela

peut prendre aussi peu qu'une heure).

Après, le stress reprend ses droits. De plus, une ou deux consommations peuvent suffire à retarder l'endormissement et à diminuer le temps de sommeil profond.

Notre corps se repose donc moins, ce qui peut engendrer plus de stress et nuire à notre capacité d'y faire face.

Ce qui est toutefois plus grave, c'est que l'alcool sert à « dissimuler » les problèmes. Si le stress est attribuable à un problème chronique (p. ex., une dépression ou des ennuis conjugaux), l'alcool ne le réduira pas longtemps.

Lorsque les effets de l'alcool se dissipent, les problèmes réapparaissent, et rien n'est réglé.

Cela dit, ce n'est PAS la même chose prendre un verre de vin ou une bière avec son repas pour relaxer après sa journée de travail. Dans la mesure où nous respectons les limites énoncées dans les directives de consommation d'alcool à faible risque, il n'y a pas de problème.

Ce qui peut s'avérer plus grave, c'est la consommation chronique ou excessive d'alcool ou le fait d'en prendre au lieu de trouver une solution constructive à ses difficultés (p. ex., consulter un spécialiste

ou obtenir une autre forme d'aide).

Dans l'ensemble, l'alcool n'est pas une très bonne méthode de gestion du stress. Il y a bien d'autres moyens plus efficaces, y compris s'adonner à l'exercice, dormir plus longtemps et méditer.

Pour en savoir plus sur les méthodes adaptatives et efficaces de gestion du stress, inscrivez-vous à un cours de gestion du stress, tel que celui qui est offert dans le cadre du programme Énergiser les Forces, Le stress : Ça se combat!

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The 25th Annual Surf and Turf Relay Race is quickly approaching. Registration begins April 1; you can do so on-line and find all the information you need at <http://www.cg.cfpsa.ca/cg-pc/Trenton/EN/FitnessandSports/MilitaryFitness/Pages/SurfNTurf.aspx>. You can also register in person at the gym, by e-mailing Emily Tetzlaff at [emily.tetzlaff@forces.gc.ca](mailto:emily.tetzlaff@forces.gc.ca) or by calling her at 4548. We hope to see you June 10!



**MARCH 1ST, I QUIT!**  
**CONGRATULATIONS!**

Congratulations on one month smoke free! As you move forward, continue to remind yourself of the positive things you've experienced since you quit smoking as one way to help yourself to never quit quitting!

**LE 1ER MARS, J'ARRÊTE! BRAVO!**

Un mois sans fumée... Bravo! Pour maintenir le cap, rappelez-vous les choses positives que vous avez vécues depuis que vous avez cessé de fumer afin de vous aider à ne jamais renoncer à renoncer!

# Air Force heroes recognized at Dawn Patrol breakfast in Ottawa

by Holly Bridges  
Air Force News

The Air Force Association of Canada hosted its annual Dawn Patrol breakfast in Ottawa last week in memory of the most famous combat mission flown by William Avery "Billy" Bishop, Canada's most renowned aviator from the First World War – the morning raid on Estourmel aerodrome in France.

The breakfast is designed to bring air power decision makers, representatives of Canada's aerospace industry and parliamentarians together in an informal setting to allow them an opportunity to network and pay homage to past and present heroes and heroines of Canada's Air Force.

This year, it was a veritable who's who of Air Force membership, past and present. Three former Chiefs of the Air Staff – Lieutenant-General (Ret'd) Angus Watt, LGen (Ret'd) Ken Pennie and LGen (Ret'd) Lloyd Campbell joined the current CAS, LGen André Deschamps, for the celebration.

Also in attendance were two very special members of the Air

Force — heroes actually — who represented the "best of the best" of Air Force heroism.

Captain Bill Fielding and his CH-147D Chinook helicopter crew were conducting a sustainment mission in Afghanistan last summer that involved carrying coalition troops and supplies to military installations outside Kandahar Airfield.

While flying at low altitude from the forward operating base Masum Ghar to the Panjwaii district centre in Kandahar Province, the aircraft was forced down due to an in-flight fire. The source of ignition was linked to insurgent fire directed towards the aircraft.

With the helicopter on fire and some 21 lives at stake, Capt Fielding had to make a split-second decision – land the burning helicopter in enemy territory or push on to a safer landing area. He decided to land immediately and ordered everyone to evacuate. By this time, the helicopter was completely engulfed in flames.

In reading his citation for Capt Fielding, LGen Deschamps, credited Capt Fielding with saving the lives of everyone on board. "He absolutely made

the right decision," said LGen Deschamps. "One minute later and everyone would have died."

LGen Deschamps also recognized Corporal Emelie Pilon, a firefighter from 8 Wing Trenton, Ont., who performed urban search and rescue missions in Haiti last winter during Operation Hestia. "We didn't have an urban SAR capability before we deployed to Haiti," said LGen Deschamps. "But we do now thanks to the outstanding work of Cpl Pilon and her fellow firefighters."

Cpl Pilon, Capt Des Desjardins, Cpl Éric Beauclair were sent as part of the inaugural deployment of the Canadian Forces Urban Search and Rescue team, from January to March 2010. Tasked with locating, extracting and recovering Canadian and foreign human remains, these three individuals helped to ease the suffering of many families through their unrelenting and compassionate efforts, and were an inspiration to their team and international partners. Despite the mental and physical demands of this horrific and complex operation, they maintained an unwavering dedication that brought great



Photo: Vic Johnson

**Captain Bill Fielding, Lieutenant-General André Deschamps, CAS, and Corporal Emelie Pilon, at the Dawn Patrol breakfast.**

credit to the Canadian Forces and to Canada.

"Congratulations to you, Cpl Pilon, for an outstanding job," said LGen Deschamps.

After receiving a Commander's Coin from LGen Deschamps, both members expressed their appreciation for having been chosen to represent the Air Force at the breakfast.

"I felt I was representing the entire crew, the squadron, the

Air Force and the Canadian Forces," said Capt Fielding. "It was an honour to be here." Cpl Pilon echoed Capt Fielding's remarks saying how pleased she was to have met so many friends of the Air Force during the breakfast.

The Dawn Patrol breakfast is held each year in conjunction with the Canadian Conference of Defence Associations seminar held annually in Ottawa.

## Héros de la Force aérienne reconnus au déjeuner de la patrouille de l'aube à Ottawa

Par Holly Bridges

L'Association de la Force aérienne du Canada a tenu son déjeuner annuel de la patrouille de l'aube à Ottawa la semaine dernière en souvenir de la mission de combat aérien des plus audacieuses menée par William Avery « Billy » Bishop, l'aviateur canadien le plus célèbre de la Première Guerre mondiale, à savoir le raid matinal lancé contre l'aérodrome d'Estourmel, en France.

Ce déjeuner vise à rassembler des décideurs de la Force aérienne, des représentants de l'industrie aérospatiale du Canada et des parlementaires dans un cadre informel afin de leur donner l'occasion d'établir de nouvelles relations et de rendre hommage aux héros actuels et passés de la Force aérienne du Canada.

Cette année, le déjeuner a donné lieu à un véritable rassemblement de personnalités de la Force aérienne d'hier et d'aujourd'hui. En effet, trois anciens Chefs d'état-major de la Force aérienne, soit le Lgén (à la retraite) Angus Watt, le Lgén (à la retraite) Ken Pennie et le Lgén (à la retraite) Lloyd Campbell, se sont joints au Chef d'état-major de la Force aérienne, le Lgén André Deschamps, pour l'événement.

Deux autres membres très spéciaux, en fait des héros, de la Force aérienne

étaient également présents et représentaient la crème de la crème de la Force aérienne.

Le Capitaine Bill Fielding et l'équipage de son hélicoptère CH147D Chinook ont effectué une mission de ravitaillement en Afghanistan l'été dernier lors de laquelle ils ont transporté des troupes et du matériel de la coalition en direction d'installations militaires situées à l'extérieur de l'aérodrome de Kandahar.

Alors que l'hélicoptère volait à basse altitude après avoir quitté la base d'opérations avancée de Masum Ghar en direction du chef-lieu du district de Panjwaii, dans la province de Kandahar, il a été forcé de se poser en raison d'un incendie à bord. Des tirs d'insurgés au sol étaient à l'origine de l'incendie.

Comme l'hélicoptère était en feu et la vie de 21 personnes était en péril, le Capt Fielding a dû prendre une décision en une fraction de seconde : ou il se posait en territoire ennemi, ou il poursuivait sa route jusqu'à un lieu sûr où poser son appareil. Il a décidé de se poser sur-le-champ et a donné l'ordre à toutes les personnes à bord d'évacuer l'appareil. À ce moment, l'hélicoptère était complètement ravagé par les flammes.

Pendant la lecture de sa citation destinée au Capt Fielding, le Lgén

Deschamps lui a accordé le crédit d'avoir sauvé la vie de toutes les personnes à bord. « Il a véritablement pris la bonne décision. Une minute plus tard, tout le monde aurait perdu la vie », a affirmé le Lgén Deschamps.

Le Lgén Deschamps a également souligné les actes du Caporal Emelie Pilon, pompière à la 8e Escadre Trenton, en Ontario, qui a mené des missions de recherche et de sauvetage en milieu urbain en Haïti l'hiver dernier durant l'opération Hestia. « Nous n'avions jamais eu de capacité de recherche et de sauvetage en milieu urbain jusqu'à notre déploiement en Haïti, et si nous disposons maintenant de pareilles ressources, c'est grâce au travail exemplaire du Cpl Pilon et de ses collègues pompiers », a déclaré le Lgén Deschamps.

Le Cpl Pilon, le Capt Des Desjardins et le Cpl Éric Beauclair ont pris part au déploiement inaugural de l'équipe de recherche et de sauvetage en milieu urbain des Forces canadiennes, qui s'est déroulé de janvier à mars 2010. Ils avaient alors la tâche de localiser et de récupérer les restes humains de Canadiens et d'autres ressortissants. Grâce à leurs efforts sans relâche empreints de compassion, ils ont tous les trois contribué à alléger les souffrances de nombreuses familles et ont été une

source d'inspiration pour leur équipe et leurs partenaires étrangers. Par ailleurs, en dépit du caractère exigeant sur les plans psychologique et physique de cette atroce opération par ailleurs bien complexe, ils ont fait preuve d'un dévouement inébranlable qui a fait honneur aux Forces canadiennes et au Canada.

« Félicitations à vous, Cpl Pilon, pour avoir réalisé ce travail exceptionnel », a déclaré le Lgén Deschamps.

Après avoir reçu le Médaillon du commandant des mains du Lgén Deschamps, les deux militaires se sont dits heureux d'avoir été choisis pour représenter la Force aérienne lors du déjeuner.

« J'avais vraiment l'impression de représenter l'ensemble de l'équipage, de l'escadron, de la Force aérienne et des Forces canadiennes. C'est un honneur d'être ici », a expliqué le Capt Fielding. Le Cpl Pilon a repris les remarques du Capt Fielding en disant combien elle était heureuse d'avoir rencontré autant d'amis de la Force aérienne durant le déjeuner.

Le déjeuner de la patrouille de l'aube se tient chaque année en même temps que le séminaire de la Conférence des associations de la défense, qui a lieu chaque année à Ottawa.



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# Camp Mirage – The end of an era

by LCol Tom Dunne

*The following article is a first-person account of the weeks leading up to the closure of Camp Mirage as told by the last commanding officer of the base in south-west Asia.*

On October 5, 2010, I received a call from Colonel Robert Perron, the Canadian Defence Attaché in the United Arab Emirates.

"Tom, you'll never believe the news," he said. "Canada is to be completely out of Camp Mirage within 30 days!"

This type of surprise doesn't come along too often and I had never expected that the end of Rotation (Roto) 10 would come in this manner. The 30-day timeline was tight but due to a period of diplomatic negotiations on the final end date, I was only able to give the camp 25 days notice to move.

I made the official announcement to all of Camp Mirage Roto 10 personnel on October 11, telling them we had a unique opportunity; that we had the good fortune that our Roto would be entirely different. Ours was an important challenge – we had the responsibility to close Camp Mirage in record time – we had to be out by November 5.

The great news was that Theatre Support Element (TSE) Roto 10 did not have to do it all alone. Help was on its way in the form of a mission closure team (MCT), mounted by Canadian Operational Support Command (CANOSCOM) and led by Lieutenant-Colonel Ghislain Sauvé.

The MCT played a key role in much of the logistics involved in cataloguing, loading and shipping our equipment and they were heavily involved in other areas, from engineering to communications and finance.

They also brought along experts in disposal and contracting – two areas that were key to our departure.

The task ahead was clear. Consolidate vital Canadian equipment. Identify what was to be forwarded to Kandahar, what was to be relocated to Germany or Cyprus, and what was to return to Canada. Make preparations to vacate all buildings. Leave the Camp in an acceptable state to hand over to the United Arab Emirates (UAE).

Complicating this was the ongoing requirement to support the mission in Afghanistan until alternate support arrangements could be made.

Fortunately, we were well supported in this. Plans had been developed at Canadian Expeditionary Forces Command (CEFCOM) and CANOSCOM to relocate services at a designated time and minimize the impact on Joint Task Force Afghanistan (JTF-A). TSE Roto 10 and the MCT reacted fabulously, achieving success despite ever-changing circumstances.

Since Canada had been in the UAE the longest of all our coalition partners, we were still providing support to them in a variety of ways. We



**LCol Tom Dunne salutes while Canadian Forces personnel lower the flag during the Camp Mirage closure ceremony.**

were relied on for everything from fuel trucks to fire trucks and medical clinics to barber shops. Before removing a service, we ensured there was adequate time available for the coalition partners to put alternate arrangements in place.

The Camp Mirage Cenotaph was critical in order to properly respect our fallen. The TSE Camp Chief Warrant Officer, CWO Richard Lefebvre, prepared a solemn and respectful farewell to the cenotaph on October 22. It was then carefully dismantled and loaded into a sea container headed back 8 Wing/CFB Trenton.

During the ceremony, I remarked that, "Nearly every soldier, sailor and airman that has worked in support of this mission has walked this path and laid eyes on this monument. [The monument] will return to glorify them on our native soil." Plans are now being put in place to have this same cenotaph re-erected in a suitable location at 8 Wing/CFB Trenton.

In the end, 62 sea containers were shipped, 122 vehicles were prepared and shipped and more than 150 aircraft pallets were also prepared and shipped. The final sea container was shipped on November 2.

The personnel challenge was one of the most difficult. Morale is greatly affected by uncertainty and, due to changing circumstances, it took some time before I could tell everyone with certainty where they would end up on November 5. In the end, about 250 military and civilian personnel were either relocated to Kandahar or Cyprus, or returned to Canada.

A CC-150 Polaris conducted the final personnel movements on November 4. However, some members of Roto 10 were delayed longer in theatre. The engineer support flight didn't return to Canada until January 22, 2011, having spent a few unexpected additional months out-

side the wire in Afghanistan. For their great work in theatre they earned a JTF-A Commander's Commendation.

The final camp closure ceremony took place on November 3. It was a significant event, with a lot of visibility from Canada. Canadians were well supported by all our Allies throughout the closure, and they didn't miss the opportunity to say goodbye to us officially on parade as well. I have a vivid and lasting memory of watching the Canadian flag being lowered for the last time amongst the flags of those with whom we had worked so closely, for so long.

During the ceremony, I cited the positive relations that remained with those with whom we had worked, including the UAE military. I noted, "...this is the final ceremonial act of closure. When we take this flag down, we are closing a chapter on Camp Mirage. However, we part as friends. Aviators, warriors – men and women of arms. But friends."

I am extremely proud of all the work that went into the closure of Camp Mirage. It was a team effort, facilitated by the early work of Roto 10 and completed by dedicated people from both TSE Roto 10 and the MCT, sweating in the desert sun, loading box after box and sea container after sea container. The assistance of the MCT was well appreciated and the help that was provided by our Allies was phenomenal.

But, most of all, it was the hard work and flexibility of TSE Camp Mirage Roto 10 that will always stand out in my mind.

In recognition of the historical significance of what we had accomplished, I signed off Roto 10's final situation report to headquarters with these words: "Ten years of accumulation...rarely before in the history of mankind has so much been moved by so few, in so little time."

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**Or contact:**

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## 8 Wing Firefighter, Cont'd from Page 2

Davenport which houses facilities much like our DC schools in Halifax, N.S. and Esquimalt, B.C.

There, I experienced naval techniques of fighting fires and battling floods in a variety of extremely realistic and challenging full size simulators which use both live fires and massive quantities of water for floods.

One of the most memorable elements of the exchange was spending a day with the Auckland Fire Department doing ride-alongs with the busiest fire station in the city.

I was involved in responding to many alarms, including two fires, all within a 24 hr shift. The first fire broke out at a bank machine, followed almost immediately by a dumpster fire in an underground parking lot.

Although these were not large emergencies, they left me with a great understanding of how the civilian fire service in NZ operates.

The ride-along day was a tremendously positive experience and left me with a good understanding of how some of the different techniques used in NZ could benefit our operations in the CF.

Forestry is a large component of the economy in NZ and therefore they take great interest in preventing and combating forest fires.

While in Rotorua, I visited the Pumiceland Rural Fire Authority, responsible for wild land firefighting in that area.

My next stop was at the National Fire School, also located in Pumiceland. This civilian facility is responsible for training all full-time and volunteer firefighters for the entire country.

This national school sets the NZ national standard in firefighting tactics and equipment. The interoperability produced by these standards are obvious as you travel from fire station to fire station, ensuring seamless operations when joint operations are required and when responding to large disasters such as earthquakes, which frequently rattle the Nation.

The large earthquake on February 22, 2011, happened just 14 days after I was visiting with the Burnham Army Base Fire Department, located just outside Christchurch.

Fortunately, I was on the North Island during the quake and was in the final hours of my exchange, but many of the personnel whom I met during my visit deployed to Auckland to conduct Urban Search and Rescue Operations.

This exchange was a tremendous opportunity and provided me with a great understanding of how a military and civilian fire service operates in a different country.

The knowledge I brought back is being shared with my fellow firefighters and, together with our chain of command, we look forward to seeing if these lessons can be implemented into our emergency response at 8 Wing/CFB Trenton and in the CF.



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## ROADSHOW COMES TO TRENTON NEXT WEEK!



**By Jason Delong**  
STAFF WRITER

Clean out your attics, closets and lock boxes, because the Treasure Hunters Roadshow is coming to **Trenton**. Roadshow experts are in town examining antiques, collectibles, gold and silver.

While the Roadshow will accept anything that's old, they will be focusing on: gold and silver coins made before 1964, military items, toys and trains, musical instruments, pocket and wrist watches. Scrap gold is expected to be a popular category this week due to soaring gold prices.

Expert buyers for the roadshow have noticed a tremendous increase in the amount of gold coming to the Roadshow, and for good reason. Record gold prices have Roadshow guests cashing in on broken or outdated jewelry with our fair and honest purchase offers.

The Roadshow encourages anyone planning a visit to take a minute and examine their jewelry box or their lock box at the bank



**Above—Roadshow expert, Tony Enright, talks with a family about the gold jewelry that they brought in.**

and gather anything that is gold. If a guest is not sure if something is gold, bring it anyway and the Roadshow staff will test it for free. Other gold items of interest include gold coins, gold ounces, gold proof sets and dental gold.

**"U.S. & CANADIAN COINS MADE BEFORE 1967 ARE THE MOST SOUGHT AFTER BY COLLECTORS. COINS MADE BEFORE 1967 ARE 90% SILVER, AND VALUABLE BECAUSE OF EITHER THE SILVER CONTENT OR EVEN MORE VALUABLE IF ONE HAPPENS TO BE A RARE DATE."**

Other types of items Roadshow experts hope to see include old toys and train sets. Archie Davis, the Roadshow's toy expert, spoke about some of the top toys getting great offers. "Old tin wind-up toys from the late 1800's through the 1960's are in great demand right now," said Davis, "especially those that are character related. Mickey Mouse, Donald Duck, the Flintstones or any

other character toys are sought after. Old Buddy L toys from the 1920's to the 1960's are especially in high demand." Basically any toys made before 1965 are wanted. Train sets made by Lionel, American Flyer, Marklin and others have the potential to fetch a large sum. Davis also stressed, "Toys with boxes and in mint condition bring sensational prices. Most of the toys that come to the Roadshow are not in perfect shape, but can still bring good prices from collectors."

When expert Tom Fuller was asked what he enjoyed most about working at the Roadshow, he was quick to answer, "Old coins and paper currency—for as long as I can remember, I have been fascinated with collecting coins. I would go through the change in my parents' grocery store, looking for rare dates and errors. Once, I found a silver quarter that I sold for \$300. Not bad for an 8 year old."

Fuller went on to explain that any U.S. coins made before 1964 are the most sought after by collectors. Coins made before 1964 are 90% silver, and valuable because of either the silver content or even more valuable if one happens to be a rare date. Fuller explained, "We help people sort through their coins for unique dates. We buy all types of coins at the Roadshow—from wheat pennies to buffalo nickels, and from single coins to entire truckloads. See you at the Roadshow."

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**TOYS, TRAINS, DOLLS** All makers and types of toys made before 1965: Hot Wheels, Buddy L, Smith Miller, Nylint, Robots, Battery Toys, Mickey Mouse, train sets—Marklin, American Flyer, Lionel, Hafner, all other trains, Barbie dolls, GI Joe, Shirley Temple characters, German.

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12791 Pwr sunroof! Alloy wheels! Automatic, 4 cyl, 4 dr, steering wheel controls, cruise, air, tilt, AM/FM/CD/MP3, pwr mirrors, windows, locks, keyless entry, only 40,000kms.

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**07 SATURN ION LEVEL 2**



P12786 Automatic, 4 cyl, 4 dr, tilt, cruise, air, steering wheel controls, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 51,000kms.

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D12196 Pwr driver seat! Automatic, 4 cyl, 4 dr, air, cruise, tilt, steering wheel controls, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 18,000kms!!

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**07 CADILLAC CTS**



12216 Pwr sunroof! Pwr heated leather seats! 16" Alloy wheels! Dual climate controls, steering wheel controls, OnStar, tilt, cruise, air, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 81,000kms.

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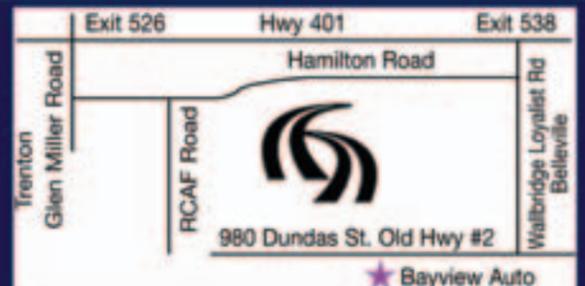
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to [amber.gooding@forces.gc.ca](mailto:amber.gooding@forces.gc.ca), at least 10 days prior to your event. Call 613-392-2811 Ext. 3978 for more information.

**8 Wing Officers' Mess Ladies Club** is hosting a Fresh Flower Arrangement Seminar, presented by Sheila Fernly, owner of Rosehips. April 13, 6:30 pm in the Upper Lounge of the Officer's Mess. Light snacks served. Admission: Members free, invited guest of member \$5. For info call Kim 613-962-2718 or Betty 613-392-4639

**Food Prices Going Up ~ Grow Your Own!**  
Hobby gardens on base. 4 available. No charge. Grow your own veggies. For information call Keith Jennings at local 2864 or 613-392-1644

Annual concert with proceeds to Alzheimer Society of Belleville-Hastings-Quinte  
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Canadian Cancer Society / Société canadienne du cancer

**3rd Annual Frankford Island Blues Festival**  
15, 16, 17th July, 2011

Call for Volunteers

The Loyal Blues Fellowship Inc. is a not-for-profit community based volunteer group. We are looking for volunteers and sponsors for the Frankford Island Blues Festival. Join us to help produce another great weekend of music July 15, 16 & 17, 2011. Over 3 days we feature some of Canada's finest Blues, with over 30 workshops in a relaxed outdoor summer festival environment. Currently looking for volunteers with marketing experience, and setup, gate and hospitality crews for the festival weekend. This volunteer run event is a major fundraiser for our Blues in the Schools program. [www.loyalblues.com](http://www.loyalblues.com) email: [festival@loyalblues.ca](mailto:festival@loyalblues.ca) or phone (613) 392-1025.

**Big Brothers and Big Sisters of Hastings and Prince Edward Counties** offers some unique programs designed to run in our local school with children grades 1 through 8. *Volunteers Opportunities with some of these valuable programs:*

- In-School Mentoring:** Matches children with community volunteers for one hour per week during school hours, on school property. Sharing in friendship and fun with social activities such as playing sports, crafts, reading or simply talking. In-School mentors must be 16 years of age or older and must commit to one year.
- GO GIRLS!:** Healthy Bodies, Healthy minds is a programs that targets girls in grades 7 & 8. Providing tools to assist them in making healthy choices about physical activity, balanced eating, and feeling good about themselves. Female volunteers are needed from ages 18-25. The program runs for 7 weeks, 1-2 hours each week.
- Game On! Eat Smart, Play Smart, Live Smart:** Developed for male adolescents to provide boys and young men with information and support to make informed choices about a range of healthy lifestyle practices. Physical activity, healthy eating, self esteem and communication skills. *Game On!* includes seven one hour core sessions.

**For volunteer information Call 613-962-3666**  
More information can be found at [www.bigsneeded.ca](http://www.bigsneeded.ca)

Mentoring is about being a friend to a child or youth. You'd be amazed at what a little friendship, attention and gentle guidance can bring to the life of a child!

**Help support Trenton High School**  
**Vote online for Track Quest initiative**

About one quarter of the students at Trenton High School are from military families and the THS Track Quest committee is asking for your help in voting online as they attempt to win a \$100,000 grant from the Pepsi Refresh Everything Good Idea contest. THS Track Quest is a community based project being initiated by the Trenton High School Alumni Association. The project is geared to replacing our unsafe track and field complex at Trenton High School. The cost to replace the track is between \$450,000-\$500,000. A \$100,000 grant would contribute to the excavation of the existing track.

Voting is active from 1 March to 30 April 2011. To vote, log on to: <http://www.refresheverything.ca/THStrackquest>



Feature





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The Contact Newspaper staff would like to acknowledge Trenton McDonald's as the weekly sponsor of our feature, The Contact Family Feature.

## Nadiya's Zodiac Starcast

April 3- April 9, 2011

*Theme of the week: A strong new Moon in Aries fills the sky with passion. This week's Horoscopes focus on Neptune's move into Pisces, announcing the idealistic promises we have to look forward to in 2012. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): Your friendships come to a new clarity. You decide who is truly with you and where you are ready to say goodbye. When you have faith in a higher hand, you become less attached to mere mortals. A project close to your heart gets its long waited kick-start this week.

**TAURUS** (April 20-May 20): Progress and a plan forward become easier to grasp. Your friends hold the keys to making your dreams come true. You might seek new alliances with organizations based on your newfound spiritual interests. Memberships to clubs lead you back to yourself.

**GEMINI** (May 21-June 20): You're finding yourself with a strong desire to create a legacy that is in some way divinely inspired. Maybe it will not always be clear on what that will be, but your intention to merge love, beauty, and inspiration into your goals ensures your faith will be rewarded.

**CANCER** (June 21-July 22): You focus on how to expand your influence. Wherever you travel can feel like home. Be careful not to only see the enchanting side of far away locales, as the tendency is strong now. If you can mesh glamour into the picture, you will capture the world's attention.

**LEO** (July 23-Aug. 22): The most practical people of your sign may find themselves interested in occult subjects and may take up some esoteric art form successfully, like astrology or another form of divination. You can see through to the truth of any situation for its underlying love and beauty.

**VIRGO** (Aug. 23-Sept. 22): Your love life is about to rev with a shot of idealism, as you find yourself aching for a true soul mate. However, he or she may not be so easy to find, though you may kid yourself by thinking you have. You can get carried away on a dream when the music plays.

**LIBRA** (Sept. 23-Oct. 22): You take an honest look at what works and what doesn't, despite your highest wishes. You now enter a cycle that asks you to take ownership of your health. You are likely to find success in improving your wellbeing when looking to hypnosis or meditation.

**SCORPIO** (Oct. 23-Nov. 21): You begin to share more of yourself. You develop the spiritual certainty, sometimes guided by a higher hand or calling that leads you to believe there is a light within you that is worthy of being seen. A greater interest in music and the arts is likely.

**SAGITTARIUS** (Nov. 22-Dec. 21): You find a welcome clarity to your thoughts and an ability to be more precise in your communications. Any changes you do make to your home will begin to make it look like the inside of a temple or yoga studio, filled with symbols of your spiritual understanding.

**CAPRICORN** (Dec. 22-Jan. 19): It's too easy to believe you are innately blessed with the skills required to succeed that the work is an after thought. Luckily, with Pluto in your sign you are unlikely to let yourself slack off too much. You become determined to express yourself in new ways.

**AQUARIUS** (Jan. 20-Feb. 18): Your finances become infused with idealism as you aim for a more perfect calling to pay your bills. There will be a need to stay practical in finances. This is when karmic rewards start to cash in and you attract the kind of prosperity you knew you would have someday.

**PISCES** (Feb. 19-March 20): Neptune comes home to your sign, making you more "you" than you realized you could be. That doesn't mean it will always feel that way, as the sensitivity your sign is noted for comes to the surface. Your idealism becomes undeniable to you and those around you.

*Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC. For expanded forecasts and more, visit Nadiya's website at <http://www.nadiyashah.com>*

### Science Kids

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- Things invisible to the human eye can often be seen under UV light, which is handy for scientists and detectives.
- Helium is lighter than the air around us so it floats and is perfect for the balloons you get at parties.
- Humans breathe out carbon diox-

ide (CO<sub>2</sub>). Using energy from sunlight, plants convert carbon dioxide into food during a process called photosynthesis.

• Hydrogen is the first element on the periodic table. It has an atomic number of 1. It is highly flammable and is the most common element found in our universe. More hydrogen facts.

Source: [www.sciencekids.co.nz](http://www.sciencekids.co.nz)

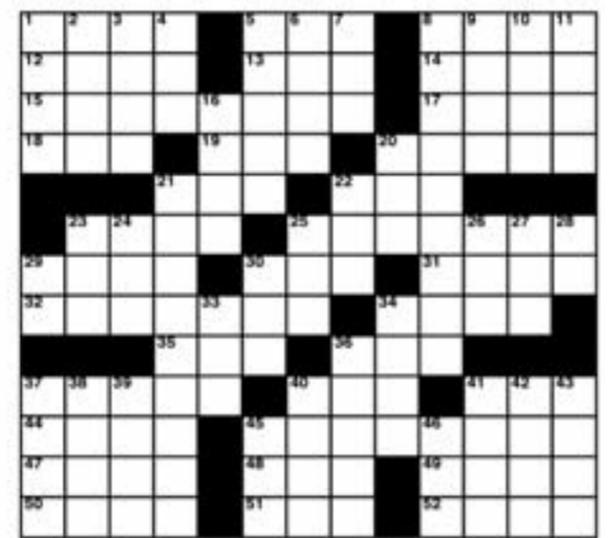
## Canadiana Crossword

### Vowel Play

By Bernice Rosella and James Kilner

- ACROSS**
- 1 Bishops' finery
  - 5 Coy
  - 8 Nunavut neutered
  - 12 Legumes
  - 13 Acronym denoting hearty approval
  - 14 \_\_\_ and tear
  - 15 Saskatchewan sans vowels
  - 17 Queen of cheeses
  - 18 Twillingate to St Johns dir.
  - 19 Go hastily
  - 20 Precipice
  - 21 Table napkin for a babe
  - 22 2000 pounds
  - 23 Alberta altered
  - 25 Crook
  - 29 Watery fortification
  - 30 Chief exec.
  - 31 Deprive a child of mother's milk
  - 32 Bottomless
  - 34 Shrub with winged fruit
  - 35 Skirt part
  - 36 Squid juice?
  - 37 Nova Scotia condensed
  - 40 Prefix for Kones and cats
  - 41 Friend, to Francoise
  - 44 Barbie, for one
  - 45 Newfoundland neutered
  - 47 Astringent
  - 48 Dory device
  - 49 Satiated
  - 50 Curb, in Kensington
  - 51 Genetic info
  - 52 Globes

- DOWN**
- 1 Church part
  - 2 Smaller quantity
  - 3 Practice a culinary art



- 4 Big fast air freighter (acronym)
- 5 Sir, in Satna
- 6 Gordie the great?
- 7 Yukon condensed
- 8 New Brunswick fore-shortened
- 9 Filippo \_\_\_
- 10 Egotistic
- 11 Journey
- 16 Tab
- 20 Male child
- 21 British Columbia trimmed
- 22 Tai language
- 23 Tennis stroke
- 24 Coastal feature
- 25 Salt, in Saguenay
- 26 Golf course part
- 27 Corn plant part
- 28 Hosp. worker
- 29 Murray or Perkins
- 30 Crank shaft feature
- 33 Encountered
- 34 Sugar apple
- 36 \_\_\_ red
- 37 MB neighbour
- 38 Burrowing rodent
- 39 Disparaging remark
- 40 Cygnet
- 41 Daminozide
- 42 Manitoba muted
- 43 Roman holy days
- 45 Neither
- 46 Mil. medal

See Answers, Page 19

## Mealtime.org Moroccan Chicken Wrap

Ingredients:

- 1 can (10 ounces) premium chunk chicken, drained and flaked
- 1 garlic clove, minced
- 1 teaspoon freshly grated ginger
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cumin
- 1 tablespoon olive oil
- 2 cups cooked whole-wheat couscous
- 1 can (6 ounces) Mandarin oranges, drained and cut up
- 1/2 cup chopped, fresh mint
- 1/2 cup canned, sliced olives (black or green)
- 1/4 cup slivered almonds, toasted
- 1/4 cup green onion 4 (10-inch) flour tortillas

**Preparation:** In a medium bowl, season chicken with a mixture of garlic, ginger, cinnamon and cumin. Heat oil in a medium, non-stick skillet; add seasoned chicken; cook until lightly browned, about 5 minutes. Remove from heat; cool slightly. Combine chicken with couscous, oranges, mint, olives, almonds and green onion; toss gently with fork to mix. Warm the tortillas.\* Spread equal portions of the couscous-chicken mixture on the bottom half of each tortilla, leaving room on the edges. Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll so the tortilla covers the filling. Serves: Four.

\*To make them more pliable before wrapping, warm tortillas: ·Microwave oven: 10 to 15 seconds on high heat. ·Oven: 3 to 5 minutes at 350°F in aluminum foil. ·Stovetop: 15 seconds per side over medium-high heat in a large, non-stick skillet.

*Nutritional Information Per Serving: Calories 530; Total fat 20g; Saturated fat 4g; Cholesterol 35mg; Sodium 590mg; Carbohydrate 60g; Fibre 6g; Protein 28g*



## Aurora landing, Continued from Page 1

Weapons Systems Management, the Aerospace Engineering Test Establishment, 14 Wing Operations, Maritime Patrol & Evaluation Unit, 404 Squadron, 14 Software Engineering Squadron and from Buffalo Airways," said Colonel William Seymour, 14 Wing Commander. "All in all, a truly outstanding team effort."

Crews practiced the landing a number of times in a simulator. The recently acquired category D flight simulator is of the same standard as those used by commercial airlines to train pilots. The full motion, full colour simulator was programmed with landing scenarios for both Resolute Bay and Alert thanks to 404 Squadron and 14 Wing SES.

Aside from barren white landscapes, simulations included slippery runways conditions. Unpaved airstrips can limit a plane's grip on the ground, which increases the danger from cross winds, so weather conditions play a crucial role.

"The right conditions are necessary," said Major Coleman Spence who coordinates Long Range Patrol, Force Generation at 1 Canadian Air Division. "There may be a time in the future when our Auroras will be tasked to land in a rugged location, and we need to know how to do it right."

Like most CF members involved with this Arctic mission, Major Spence was confident that it would be successful.

"Our experts with the Aerospace Engineering Test Establishment didn't see this as a risk for the Aurora because it is currently winter in Alert which means

the airstrip is frozen solid," said Major Spence. "Landing there in the summer will be the real test because the gravel will be loose and will present more risk."

First delivered to the Air Force in the early 1980s, Canada's current fleet of 18 Auroras are in the process of being upgraded to extend their operational life while enhancing their sensor and avionics systems. When these improvements are complete, the Aurora is expected to have some of the most sophisticated radar, surveillance and mapping systems available.

Originally designed for anti-submarine warfare (ASW), the Aurora can detect and destroy the latest generation of stealth submarines. It conducts other operations such as searching out illegal fishing, immigration, drug trafficking and polluting along the coastline. With its long range, the CP-140 regularly patrols with vigilance for violations to Canada's territorial sovereignty above and below the ocean's surface.

The CP-140 is also equipped with air-droppable survival pods which can be used in search and rescue (SAR) operations. During the Red River Flood of 1997, two Auroras flew missions over flood-ravaged southern Manitoba providing operation assistance.

*Did you know?: In Greek mythology, Aurora is the Greek goddess who restored Orion's eyesight, and also the Aurora Borealis are the "northern lights" that are prominent over northern Canada and the Arctic Ocean.*



The Aurora crew are all smiles after arriving at CFS Alert. Shown from left to right: WO Pat Henry, Flight engineer; MWO Conrad Wilson, Flight Engineer; MWO Don Mainville, ASOP; Maj Scott Hale, Pilot; and Capt Stephane Bouchard, Nav.

## 8 Wing Personnel at Work: Master Corporal Brian Slaughter

by MCpl Jeff Brophy  
436 (T) Squadron

Master Corporal Brian Slaughter joined the Canadian Navy in 1987 as an electrician, spending time aboard HMCS Athabaskan, Algonquin and Provider.

He also deployed to the Arabian Sea aboard HMCS Toronto for Operation Apollo in 2002. During his 15-year tenure as a seaman, he also spent time ashore at both the Fleet Maintenance Group and the Fleet Maintenance Facility-Atlantic.

During Op Apollo, he accepted his occupational transfer to aircraft structures technician and began training at the Canadian Forces School of Aerospace Technology and Engineering at 16 Wing Borden, ON.

A posting to 8 Wing/CFB Trenton followed; he spent his first four years working in the composite shop at the Aerospace and Telecommunications Engineering Support Squadron where he was accustomed to repairing structures using composite, fiberglass, textiles, and synthetic components.

This training would prove to be vital to his current posting at 436 Transport Squadron where he expects to keep the new fleet of CC-130 J model Hercules in tip-top shape.

"This posting does not come without challenges" said MCpl Slaughter. "Navigating through the demands of a highly technical in-service support contract, having limited spares at times, and many unfortunate incidents with birds, austere arctic airfields, and support equipment, have proven to be taxing on all the structure techs at the squadron."

There is a flurry of activity at the squadron.

"New people are showing up every

Photo: Cpl Levarre McDonald



Master Corporal Brian Slaughter, an Aircraft Structures Technician (ACS TECH) with 436 (T) Squadron, is originally from Churchill, Manitoba. MCpl Slaughter has served 24 years with the Canadian Forces.

week, new aircraft every couple of months, and we must support the first J-model in Kandahar, while still trying to maintain flyable assets for the aircrew to keep their currencies," he said. "It's busy for sure, but at the end of the day you feel like you've contributed to something bigger than yourself."

To add to all of his important primary duties, he is also a member of his unit's general safety team where he advises his crewmates on safety legislation, investigates hazardous occurrences, and provides valuable insight to 436 Squadron's safety program.

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## Take safety on your break

Submitted by Wing General Safety Office

Your break from work is a chance to kick back, relax and forget about your job for awhile. But don't forget about safety - it is important during your breaks, too.

Here are some tips for taking safety on breaks with you:

Follow the correct procedure for powering down any equipment, as your supervisor instructs.

Don't rush off to lunch or coffee breaks until you are sure machinery is shut down or handed over as required. Leave only when it is safe to do so.

If you have been working with any chemical substances, follow the recommended procedures for removing any Personal Protective Equipment to avoid contamination of yourself and your co-workers. If there is a possibility of chemical contact, wash your hands before using the toilet as well as after.

Wash with soap and water before eating or drinking, to prevent catching or spreading disease.

Help keep washrooms clean and dry. Wipe up any spills. Put trash in the correct covered receptacles so that it does not attract insects or rodents.

Use your break for health-enhancing activities. Don't skip meals - eat nutritious foods. Drinking plenty of water, getting some fresh air and doing some relaxation techniques, stretching exercises or taking a walk are good ways to use the time. You'll return to work refreshed and more alert.

Keep the lunchroom dry, clean and sanitary. Put trash and materials for recycling in the correct containers. Don't drink from dirty cups or use a communal coffee spoon.

Learn the Heimlich manoeuvre so that you can save a life if someone chokes. You can even save your own life with this technique. It is often taught in conjunction with CPR (cardiopulmonary resuscitation) training.

Pedestrian safety is just as important at break time as any other time. As you walk through the plant, be sure to stay within designated pedestrian lanes and watch for traffic such as hand trucks and forklifts.

The parking lot can be a hazardous place at break time. Be alert to dangers from traffic, and watch your step so that you do not trip or slip. For personal security, do not enter remote areas of the parking lot alone.

If you drive to another location for lunch, remember that traffic hazards don't take a lunch break. Put on your seat belt and drive safely - even if you are feeling rushed as you try to make it back to work on time.

When you return to your work station, check for any changes which may have occurred while you were away. Has anyone been adjusting the equipment? Is there a lockout in effect? Are machine guards in place?

Remember to put on your Personal Protective Equipment, such as your safety eyewear. Replace barrier cream which you may have washed off during your break.

Clear your mind of distractions before you get back to work. Your job needs all of your attention so that you can perform it safely.

Accident hazards never take a break, so be sure to take safety on your break!

## Cold water can kill: Are you prepared?

*Wearing a lifejacket and thermal protection could save your life*

Submitted by Kathleen Rankine

It's finally Spring. The days are getting longer, the air carries a sweet fragrance and the ice has receded from the lakes. It's a time when millions of Canadians finally get back their favourite pastime and head out on the water in their boats.

Smartboater.ca was created by the Canadian Safe Boating Council in partnership with the National Search and Rescue Secretariat to remind Canadians to take a few extra precautions to guard against the dangers of a fall into Cold Water.

Many people think that a fall into the water is no big deal. They can climb back onto the dock or swim the short distance to shore, or they can right their overturned boat and get back in.

If the boat can't be righted, they can put on their lifejacket and hold onto the boat until help arrives. The reality is when dealing with cold water those goals often can't be reached.

It's hard to imagine what happens should you unexpectedly find yourself in cold water. Dr. Gordon Giesbrecht, Professor of Thermophysiology at the University of Manitoba, has experienced firsthand the effects of cold water. He developed what he calls the 1-10-1 Principle to help you understand how

your body will react. You will have one minute to get your breathing under control, as there is an initial gasp response followed by extreme hyperventilation. Ten minutes of meaningful movement before the muscles in your extremities lose their effectiveness, and up to one hour before you lose consciousness due to hypothermia.

If you're not wearing a lifejacket and survive the initial shock and gasp, you have very little time before their arms and legs begin to stop functioning, preventing you from staying afloat.

Studies have shown that our bodies lose heat approximately 25 times faster in water than in air of the same temperature. If you are wearing thermal protection such as a neoprene wetsuit, paddling dry suit or a floater coat/suit, it will help keep you warmer for a greater length of time.

Should your boat capsize and you find yourself in the water, try to reduce the rate of heat loss by climbing onto the overturned hull or any other floating object such as a cooler.

If none are immediately available, remain as motionless as possible to allow your skin to warm a thin layer of water around your body. Thrashing in the water not only disturbs this layer of warmer water but also accelerates heat loss. If you are alone, tuck your legs and fold your arms across



your chest in the HELP (Heat Escape Lessening Position) to protect your vital organs.

If you are with others, huddle together interlacing your arms and legs and pressing your torsos together to preserve body heat.

One of the big questions is whether to stay with the boat or swim to shore.

You should only consider swimming for shore if you are wearing a lifejacket, your chances for rescue are very slim and the distance to shore is manageable. (Be aware that the effort involved in swimming will increase heat loss and adversely affect muscle movement.)

Keeping these considerations in mind and taking proactive steps to protect against the dangers of a fall into cold water will go far towards making your boating activities safer and more enjoyable.

Remember too that, in Canada, many of our larger bodies of water remain cold throughout the summer.

Whether you use a power boat, sail boat, personal watercraft, canoe, kayak or fishing boat, find more information on a variety of boating safety tips by visiting SmartBoater.ca.

## Consider the following: Chilling facts of cold water

Canadian Safe Boating Council



Canadian Safe Boating Council  
Conseil canadien de la sécurité nautique

Hypothermia. Say it out loud and it's an unpleasant sounding word.

But it has a simple meaning. It's when the core of your body drops to abnormally low body temperatures and if it goes too low and for too long eventually your heart can stop.

Many Canadian boaters are aware of hypothermia but most are not aware that it is the 'final stage' your body reaches after being in cold water. Many people die during the first few minutes of immersion in cold water and they are not hypothermic, they simply drown due to the immediate, involuntary and often deadly effects of cold water.

If you accidentally tumble into cold water, the initial cold shock will make you gasp and if you are underwater you can breath in about a litre of water. If you are on the surface, your heart rate can skyrocket, your breathing will be uncontrolled and increase as much 600 to 1000 percent. You can expect panic to set in as well. For most, this initial shock will last about a minute and then the breathing will slowly come back under control.

Depending on the water temperature, over the next ten minutes or so you will experience Cold Incapacitation. As your body struggles to preserve its core temperature your limbs will become numb and your ability to self rescue or even simply continue to swim will become impaired. In cold water without a lifejacket, you will eventually become so incapacitated that you can no longer stay afloat.

If you do have a lifejacket on and have not been able to rescue yourself, even in the coldest water, you can expect to be conscious for about an hour and it will still be some time before you succumb to hypothermia. This will give rescuers plenty of additional time to find and rescue you.

There is one simple preventative measure that anyone can take to avoid drowning in cold water and to keep you floating if you become hypothermic. Wear your lifejacket. It guarantees that you will float, especially in those first critical minutes when just trying to catch your breath and figure out how to rescue yourself.



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## cohesion [Koh-hee-zhuhn]

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4. the force of attraction that holds molecules of a given substance together.



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### Charming Cottage-Style Home Plan Number 1-2-643

This charming cottage-style home, designed for a lot that slopes to the back, has been carefully planned to maximize every centimetre of floor-space.

The entry leads to a foyer with a view through an archway into the great room. Here, a gas fireplace is flanked by built-in entertainment units. Sliding doors open to a covered deck overlooking the back garden. At one end of the great room, a railed stairwell leads down to the unfinished basement included with the plans.

The dining area occupies its own bayed-out area, with windows on three sides. A doorway opens to the deck, part of which is uncovered.

The cook will never feel isolated in the kitchen, which is separated from the great room and dining area by a prep island containing a sink. Ample counter-space includes a computer desk, located next to a large walk-in pantry.

The pantry opens to the laundry room, which doubles as a mud room and contains a bench with hooks above. To the right of the foyer is a den that includes a closet, so the room can also serve as a guest room.

The master suite overlooks the back garden and includes a walk-in closet reached via the five-piece ensuite. A claw-footed soaker tub and glassed-in shower occupy their own bayed-out area, with a window next to the tub.

The second bedroom overlooks the front garden through a window with an extra-wide sill. This bedroom has a three-piece bathroom that will also serve as a powder-room for guests. Across the corridor from the bedrooms are coat closets and linen cupboards.

The plans include an unfinished basement. Ceilings are nine feet throughout.

Exterior finishes include horizontal siding with brick accents. Cedar shingles clad the gables, and ornamental bracing contributes to the home's cottage-like feeling.

*This home measures 48 feet wide and 69 feet deep, for a total of 1,904 square feet, in addition to the unfinished basement.*

Plans for design 1-2-643 are available for \$654 (set of 5), \$735 (set of 8) and \$782 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$55.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T (where applicable) to both the plan price and Priority charges.

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## 8 Wing/CFB Trenton Education Fair

Come join us at our fourth 8 Wing/CFB Trenton Education Fair. This event is open to all military and civilian personnel, as well as their dependants.

We are featuring Universities, Colleges and Learning Institutions to provide you information on enhancing your education or preparing for your second career.

**Tuesday 19 April 2011 1000 – 1500**  
**WO's & Sgt's Mess**

L'évènement sert à informer les militaires et civiles et leurs dépendants des options disponibles pour améliorer leur niveau d'éducation et/ou le développement professionnel.

Les participants inclus, des centres d'apprentissages pour adultes, des collèges et des universités.

**Mardi le 19 avril 2011 1000 – 1500**  
**Mess des adjudants et des sergents**

- Participants:** Academy of Learning • Algonquin College • Athabasca University • Brock University • Canadian Defence Academy • Centennial College • Centre for Entrepreneurship • Commissionaires Security Solutions • Fanshawe College • La Cité Collégiale • Laurentian University • Loyalist College • Maxwell College • Ontario Ministry of Training Colleges and University • Queen's University • Quinte Adult Education • Royal Military College • Royal Roads University • St Lawrence College • Transport and Training Centres Canada • Trent University • Trenton Dispute Resolution Centre • Trenton Learning & Career Center • Trenton Wing Personnel Selection Office • University of Liverpool & Walden University International • University of Western Ontario

*Registration is not required, but if you have any questions please direct them to: WPSO@CFB Trenton W Adm@Trenton*



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## TRENTON Military Family Resource Centre



### MFRC Events & Information

*Welcome to all the newcomers to 8 Wing/CFB Trenton!!*

**This is your MFRC, come to visit and get your moving-in goodies. Moving to a new community could be a challenge, come for a visit, coffee and see what we have to offer.**

### Military Family Easter Village



Sunday April 17, 2011 1-3pm  
 National Air Force Museum of Canada  
 (Registration required)  
 MFRC Reception 613-965-3575  
 or jcorriveau@cogeco.net

### CRFM Événements et Information

*Bienvenue aux nouveaux arrivants de la 8e escadre/BFC Trenton!!*

**C'est votre CRFM, venez visiter et recevoir vos gâteries d'arrivée. Emménager dans une nouvelle communauté peut être un défi, venez nous visiter, prenez un café et voyez de vous-même ce que nous pouvons vous offrir.**

### Village de Pâques des familles militaires

Le dimanche, le 17 avril, 2011  
 13h00-15h00

Musée national de la force aérienne du Canada  
 (Inscription obligatoire)  
 Bureau d'accueil 613-965-3575  
 ou jcorriveau@cogeco.net



### From the Ground Up

This group will help you discover and strengthen your voice, teach you the necessary skills to empower and nurture the inner you so you can discover the woman you really are.

April 28 – June 16 Thursdays 9:30 – 11:30 am

Register by April 15th

*\*Must pre-register for subsidized childcare*

For information contact: agillis@cogeco.net or 613-955-0902



### Apprendre à grandir

Ce groupe vous permettra de découvrir et de renforcer votre voix, de vous enseigner les outils nécessaires comme l'empowerment et le « prendre soin de soi » pour vous faire découvrir la femme que vous êtes vraiment.

Les mardis du 28 avril au 16 juin de 9h30 à 11h30

Inscrivez-vous avant le 15 avril

*\*Inscription requise pour service de garde subventionné.*

Pour informations, contactez :

ldeschamps@cogeco.net ou au 613-955-0419



For additional information  
 www.familyforce.ca  
 Contact: Jaimie Corriveau 613-955-8711



Pour information additionnelle  
 www.familyforce.ca  
 Contactez: Jaimie Corriveau 613-955-8711



Chaplain Services



# 8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre



**WING CHAPLAIN SERVICES**

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

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

Unit Chaplains – aumôniers d'unités

LCdr Padre Stephen Merriman, P; Capt Padre Robert Lavoie, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale; Capt Padre Emmanuelle Dompierre, RC, Pastoral Associate/Agent de pastorale; Capt Padre Blair Ross (P); Capt Padre Gerson Flor (P); Capt Padre Allan Lynk (P)

As support staff - comme personnel de soutien

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

WORSHIP SERVICES

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

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

Chapel Life Co-ordinator

*Father Robert Lavoie*

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 11h30

Sunday Mass at 1015hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 1015 hrs and coffee

3ième dimanche messe bilingue: 10h15 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, 900hrs

Holy Communion:

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

**DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR**

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

**SACRAMENT OF BAPTISM**

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

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

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

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

**SACREMENT DU BAPTÊME**

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

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

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

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

**Planning to get married?**

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

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

**Vous planifiez de vous marier?**

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

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

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

**CHAPLAIN EMERGENCY FUND**

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

**FONDS D'URGENCE DES AUMÔNIERS**

Vous pouvez aider les aumôniers à aider les familles de nos militaires qui en ont le plus besoin. *Comment?* Chaque fois que vous faites un achat dans notre CANEX, demandez que les points du *Club Xtra* soient crédités à la carte *Club Xtra* des aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales. Pour avoir des renseignements supplémentaires, demandez à l'un des employés du Canex.

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# Making your dream home a green home

(NC) - If you are planning a renovation to your new home consider the financial value in making it eco-friendly.

Not only will a green home reduce your environmental impact, a home that costs less to run will be worth more on the market. Modifications such as adding solar panels to the roof will reduce the amount of electricity you will have to buy.

But if you don't have the investment to make in large renovations, even small adjustments can help save money, and energy. Simple tasks such as dusting off light bulbs to keep them glowing brightly or ensuring you match the size of the pot to the appropriate sized element on the stove can help. Even better, consider changing the incandescent bulbs with compact fluorescent lights which last longer and require less energy.

Blinds and drapes can also help save energy. In the winter, open the blinds during the day to allow sunlight to heat your home then close them at night to minimize heat loss. In the summer, keep them closed during the day to block out the heat.

Checking a refrigerator's door is another key step to greening your home. Try closing the door on a \$5 bill. If the bill is held in place, the seal is okay. If not, either replace the seal or adjust the door. One of the best things you can do for the environment is retiring that second

fridge. Older refrigerators are much less energy efficient than newer ones.

Hot water can be a drain on the environment. Showers account for up to 40 per cent of hot water usage in a household. Try to use less wherever possible, and consider installing a low flow showerhead to reduce water consumption by as much as 50 per cent. And if you go on holiday, turn down the water heater temperature.

Other tried and true methods of eco-helping your home include insulating windows and doors, using a programmable thermostat that reduces the temperature at night when you are sleeping and unplugging appliances that aren't in use to avoid them drawing power even when they are switched off. And don't forget to wash all clothes in cold water!

If you need to purchase new appliances, give serious consideration to ENERGY STAR certified appliances. This equipment meets or exceeds the Government of Canada's standards for energy efficiency. They use less energy over their lifetime, saving you money.

After you've made these green changes, you'll soon notice added savings which can then be applied to some home decorating or even better, put down as a lump sum payment on your mortgage! To learn more ways to lower your mortgage and tips for home buying, visit Genworth Financial's website, [www.homeownership.ca](http://www.homeownership.ca).



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Belleville  
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**Crossword Answers**

A	L	B	S	S	H	Y	N	N	V	T	
P	E	A	S	A	O	K	W	E	A	R	
S	S	K	T	C	H	W	N	B	R	I	E
E	S	E	H	I	E	B	R	I	N	K	
			B	I	B	T	O	N			
	L	B	R	T	S	H	Y	S	T	E	R
M	O	A	T	C	E	O	W	E	A	N	
A	B	Y	S	M	A	L	A	C	E	R	
			H	E	M	I	N	K			
N	V	S	C	T	S	N	O	A	M	I	
D	O	L	L	N	W	F	N	D	L	N	D
A	L	U	M	O	A	R	S	A	T	E	
K	E	R	B	R	N	A	O	R	B	S	

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 **Contact**

