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## **Congratulations Flyers - Canadian Forces Old-Timers Hockey National Champs!**

8 Wing Public Affairs

The 8 Wing/CFB Trenton Flyers "Old-Timers" hockey team are National champions after winning the 2011 Canadian Forces (CF) National Old Timers' Hockey Championship held Thursday, March 10, 2011.

Trenton's Flyers defeated 12 Wing/CFB Shearwater 5-0 in the final championship game held at the RCAF Flyers Arena at 8 Wing/CFB Trenton. This marks 8 Wing/CFB Trenton's first National Old-Timers hockey win since 2000.

The RCAF Flyers Old-Timers Hockey Team, 8 Wing/CFB Trenton's home team, won the regional competition in February, propelling them to the Nationals as representatives of the CF Ontario Region.

Thanks to Mr. Dan Cormier, Mr. Dave Rothermund, Ms. Emily Tetzlaff, Mr. Jim Burr and Mr. Bryan Pearce of PSP and the numerous tournament volunteers for their tremendous efforts in making this tournament such a tremendous success.

The CF "Old Timers" hockey league is comprised of full-time actively serving Canadian Forces members, 35 years of age and over.



Photos: Cpl Levarre McDonald, 8 Wing Imaging

The RCAF Flyers pose for a group photo as the CF National Old-Timers Hockey Champions at the RCAF Flyers Arena. See Page 9 for photos

## **Operation MOBILE wraps up: Mission demonstrates Canada's solidarity**

Photo: Corporal Jax Kennedy, Canadian Forces Combat Camera



A CC-130J Hercules aircraft taxis at the Malta International Airport after the emergency evacuation flight of entitled persons out of Libya during Operation MOBILE - the Canadian Forces contribution to Canada's emergency evacuation response to the situation in Libya. See Page 3 for story and more photos.

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## Family Support Feedback: Commander's update

by Major General Yvan Blondin, Commander, 1 Canadian Air Division

Above and beyond the priority we place on missions, resources, recruiting and retention, the highest priority for the Canadian Forces is our people and their families.

The Chief of the Defence Staff unveiled the CF Family Covenant in September 2008 which reflects a commitment to military families.

In the spirit of this Covenant, I have spent the past 18 months working to foster improvements in family support for our members in three key areas: 1) childcare, 2) health care and 3) housing.

I recently sought your feedback on how we are performing in these areas through the Family Support Needs Assessment ([www.forcesfam.ca](http://www.forcesfam.ca)).

I'm proud to say over 1,900 of you and yours took time to share your thoughts and I wish to express my sincere gratitude for your responses.

This assessment, open from 14 February to 4 March 2011, was a cru-

cial means for us to gain information needed to measure our effectiveness to date and to help us continue our progress.

The results will soon be presented at the second annual Family Support Conference that I am hosting in Winnipeg 10 -11 May, 2011.

This conference brings together all major players including the Chief of the Air Staff, the Commander of 2 Cdn Air Div, Wing Commanders, other senior AF officers, CFHA members and many more.

We will discuss lessons learned, best practices and the way forward.

Many of you know what it means to be called upon to serve whenever and wherever you are needed. Making heavy sacrifices for our country means making heavy sacrifices at home.

Families are our most important source of strength, and as such, they deserve consistent and timely access to healthcare, childcare, and appropriate housing on every posting to a new location and while their spouse is deployed.



**Major General Yvan Blondin, Commander, 1 Canadian Air Division**

To this end, I have given direction to all of my Wing Commanders to improve dependent care with the aim of addressing areas impacting on retention within the AF.

Our loved ones are, in many respects, extended members of the Defence Team. They help keep us

flying, they're the reason we do what we do, they're our ultimate home base.

I thank you once again, for taking the time to participate in the Family Support Needs Assessment and I look forward to working with you to build a stronger, even more caring Air Force.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Wing Telecommunications and Information Services Squadron (WTISS) Technical Services Flight, Private Jeremy Banks is seen connecting a hard drive to the new KanguruClone duplicator. The KanguruClone is a high speed, stand-alone IDE and SATA hard drive duplicator that can simultaneously clone up to 12 hard drives. The recent acquisition of the duplicator comes at a very opportune time with the yearly life-cycling of new computers for older computers underway. The KanguruClone will significantly speed up the imaging process and minimize the time to prepare a computer for delivery to the user's work desk. It also provides a capability to wipe information off of drives in a very efficient manner.

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## Op MOBILE: 8 Wing personnel return

All 8 Wing personnel and aircraft deployed in support of Operation MOBILE returned home to Trenton on Saturday, March 12, 2011. About one-third of the total military airlift contribution to the non-combatant evacuation (NEO) mission was carried out by 8 Wing aircraft. In total, the Canadian Forces' eight airlift missions (two conducted by the CC-177 Globemaster and six by the two deployed CC-130J Hercules) resulted in the safe evacuation of 166 people, including 36 Canadians, from Libya.

Operation Mobile, the Canadian Forces contribution to a whole-of-government effort led by the Department of Foreign Affairs and International Trade, saw the safe evacuation of 191 Canadians and citizens of other nations from Libya.

All CF personnel supporting the operation were slated to depart the area by March 13, 2011.

In all, Op Mobile called upon the capabilities of two CC-177 Globemaster strategic airlifters and two CC-130J Hercules tactical airlifters operating between Malta International Airport in Luqa and Tripoli International Airport in Libya.

About 80 CF members, including aircrews, medical staff, military police, air movement personnel and liaison officers deployed to Malta.

"The Maltese government has been very helpful in assisting our evacuation

efforts from Libya," said Minister of National Defence Peter MacKay from Malta. "Without their support, this challenging operation would have been even more difficult. Canada's bilateral relations with Malta have never been better."

HMCS Charlottetown, with 240 sailors and air personnel, will continue monitoring the crisis in Libya through operations with NATO's Standing Naval Maritime Group (SNMG) 1.

"The short-notice deployment of Canadian Forces personnel and assets to the Mediterranean is another example of our ability and willingness to help those in need," said General Walt Natynczyk, Chief of the Defence Staff. "HMCS Charlottetown's presence in the Mediterranean Sea provides the Government of Canada with the means to react rapidly should any new crises unfold in the region. We are proud of our troops and the support of their families."

HMCS Charlottetown has been assigned to Operation Active Endeavour, NATO's ongoing maritime security operations in the Mediterranean Sea.

Op Active Endeavour was designed to prevent the movement of terrorists or weapons of mass destruction, but it has since evolved into building situational awareness, and promoting peace and security, on the Mediterranean Sea.



Major Bill Swales, Task Force Malta Surgeon from 24 Canadian Forces Health Services Centre at 8 Wing/CFB Trenton, hands out water onboard a CC-130J Hercules aircraft during a flight from Libya to Malta.



Photos: MCpl Shilo Adamson

Master Corporal Brigitte Macala, medical technician with 24 Canadian Forces Health Services Centre from 8 Wing Trenton, helps a young child with his seatbelt onboard a CC-130J Hercules aircraft during a flight from Libya to Malta.

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## Sondage sur le soutien offert aux familles

### Le point de la situation par le commandant

par Major-général Yvan Blondin  
Le commandant de la 1<sup>re</sup>  
Division aérienne du Canada,

Au-delà des activités prioritaires que constituent les missions, les ressources, le recrutement et le maintien de l'effectif, les Forces canadiennes (FC) accordent la priorité absolue aux militaires et à leurs familles.

En septembre 2008, le Chef d'état-major de la Défense a dévoilé l'Engagement des FC à l'endroit des familles, qui témoigne de l'importance accordée aux familles des militaires. Dans l'esprit de ce document, j'ai passé les 18 derniers mois à trouver des moyens de favoriser l'amélioration du soutien offert aux familles de nos militaires dans trois domaines clés, à savoir les services de garde d'enfants, les soins de santé et le logement.

Dernièrement, j'ai cherché à connaître vos opinions sur notre rendement dans ces domaines, par l'entremise de l'évaluation des besoins en soutien aux familles ([www.forcesfam.ca](http://www.forcesfam.ca)). J'ai le plaisir de vous annoncer que plus de 1 900 d'entre vous et les vôtres ont pris le temps de faire connaître leurs opinions, et je vous en suis fort reconnaissant.

Le questionnaire, auquel on pouvait répondre depuis le 14 février jusqu'au 4 mars 2011, est un outil indispensable en tant que moyen de réunir l'information qui nous permettra d'évaluer l'efficacité des efforts que nous avons fournis jusqu'ici et qui nous aidera à poursuivre les progrès.

Les résultats seront bientôt présentés, à l'occasion de la deuxième conférence annuelle sur le soutien aux familles que nous organisons et qui aura lieu à Winnipeg les 10 et 11 mai 2011. Cette

conférence rassemble tous les principaux intervenants, dont le Chef d'état-major de la Force aérienne, le commandant de la 2e Division aérienne du Canada, les commandants des escadres, d'autres officiers supérieurs de la Force aérienne et des membres de l'ALFC, entre autres. Les discussions porteront sur les leçons retenues, les pratiques exemplaires et la voie à suivre.

Vous êtes nombreux à savoir ce que cela signifie d'être appelé à servir là où on a besoin de vous et au moment voulu. Faire de lourds sacrifices pour notre pays nécessite de lourds sacrifices au foyer.

En tant que notre plus importante force, les familles méritent d'avoir accès systématiquement et rapidement à des soins de santé, à des services de garde d'enfants et à des logements convenables chaque fois qu'elles arrivent à un nouvel endroit à la suite d'une affectation et pendant que le conjoint est parti en mission.

À cette fin, j'ai demandé à tous les commandants d'escadre de prendre des mesures visant à améliorer les soins pour les personnes à charge, dans le but précis de remédier à certaines situations qui nuisent au maintien de l'effectif de la FA.

Nos proches sont, à bien des égards, des membres de l'équipe élargie de Défense. Ils nous encouragent à poursuivre nos activités dans les airs. C'est pour eux que nous faisons ce que nous faisons. Ils constituent notre véritable base d'attache.

Encore une fois, je vous remercie d'avoir pris le temps de participer à l'évaluation des besoins en soutien aux familles. Je me réjouis déjà à l'idée de travailler avec vous à mettre sur pied une Force aérienne plus puissante et plus soucieuse encore du bien-être de ses membres.

## Watch Army News to see CAS discussing Air Force operations in Afghanistan

by Holly Bridges  
Air Force News

The Chief of the Air Staff, Lieutenant-General André Deschamps, will appear on a special 15-minute episode of Army News to be broadcast on the web during the week of March 23 at [www.army.gc.ca](http://www.army.gc.ca).

LGen Deschamps will speak about Air Force operations in Afghanistan, particularly the

work of Task Force Silver Dart and the concept of joint operations between the Air Force and the Army.

LGen Deschamps will discuss the vital role being played by Air Force personnel in protecting the lives of soldiers on the ground, and how that role is changing perceptions of what the Air Force can do.

With the close-out

of operations in Afghanistan on the horizon, LGen Deschamps will look back at 10 years of operations for the Air Force, discuss lessons learned and look ahead to how those lessons will be incorporated into future learning curricula, or doctrine.

Video of Air Force operations in Afghanistan will also be interspersed throughout the interview.



Lieutenant-General André Deschamps, CAS, speaks with Army News host Sgt Luc Taillon during his interview which will be aired at [www.army.gc.ca](http://www.army.gc.ca) the week of March 23.

## 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.

The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies.

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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:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.

- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.

- Articles may be mailed, e-mailed ([stein-er.al@forces.gc.ca](mailto:stein-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.

- Articles must include author's full name, unit and phone #.

- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction. *Jpeg-Maximum (8X10), 300 dpi*

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

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# 426 Squadron Airbus training makes extensive use of simulators

by Maj Mark Weidenborner and Sgt John MacKinnon  
‘A’ Flight, 426 Squadron

The Airbus Training Flight (known as ‘A’ Flight) at 426 Squadron is responsible for training CC-150 Polaris flight-deck and cabin crews.

Polaris aircraft are used extensively around the globe to support troop movements, VIP, cargo, as well as air-to-air refuelling missions. Using an actual CC-150 Polaris to train these personnel would prevent the aircraft from conducting these important missions.

Fortunately, there is another option which is used extensively during crew training. Simulators!

Advancements in technology have allowed ‘A’ Flight to reduce training time while still achieving the desired training objectives; much of this training is done with simulators.

For pilots, the training starts with a computer-based training tool which is used to introduce the student to aircraft. It runs on a PC-type computer with dual screens. Using this system allows the student to learn the intricacies of the aircraft systems; including electrical, hydraulic and fuel systems. Moving switches or opening and closing valves on one screen shows the corresponding result in the system on the other screen.

For example, if a student is trying to isolate a fuel tank due to a suspected leak. Working through the checklist alone will tell them which valves should be closed to isolate the leak, but at times it may be unclear as to why a particular step is being performed.

By using this training tool the student can get the visual explanation and see the resulting system configuration, which enables a better understanding of the procedure.

For the next phase of pilot training the students proceed to a full-motion flight simulator with their instructor. Training time in this simulator is leased from a commercial vendor. Here they will learn how to fly the aircraft in normal as well as abnormal and emergency conditions.

The simulator is very realistic. It has the ability to generate smoke in the cockpit and allows the instructor to inject any possible malfunction. Another key feature is ‘flight freeze’. By pressing one button the instructor can temporarily stop the simula-



Above: Cabin crew trainer used for emergencies simulation. Below: Full-motion Simulator used by CC-150 Polaris student pilots.



tion in order to allow the students to absorb a particular training event or give further explanation. A training method unfortunately not available in the real aircraft!

Pilots are not alone in using simulators for CC-150 training. Cabin crew, which include Loadmasters, Flight Attendants and Flight Stewards also make use of a leased simulator.

The simulator is a section of aircraft fuselage equipped with passenger seats, crew seats, working doors, escape slides and a sound system, all of which allow students to train for emergencies in a realistic environment.

This realism is achieved by using lighting appropriate to the stage of flight, as well as typical sounds one would expect to hear during aircraft emergencies.

Some of the scenarios which can be included in the training are air-

craft evacuation, lavatory and cabin smoke, blocked exits, hijacking, crash landing and rapid decompression. The students undergo two days of intensive training followed by a day of testing.

The simulator also includes an emergency escape slide found on board the CC-150. This slide is used during emergency evacuation of the aircraft while on the ground and can be used as a survival raft during a ditching scenario.

All students must perform at least one ground evacuation via the slide in order to appreciate the dangers involved with the real life scenario.

Using these simulators has allowed ‘A’ Flight at 426 Squadron to make efficiencies in crew training. Decreased use of actual aircraft for training allows more missions to be completed in our global environment.

# Air Force captain makes Afghanistan air operations safer

by Holly Bridges, Air Force News

In the Air Force, anything that improves flight safety has the potential to save lives and safeguard millions of dollars of equipment.

Captain Steve Mullins was well aware of that during a visit to Afghanistan in 2008. The former Army officer, now Air Reserve intelligence officer, who works at the CF Aerospace Warfare Centre (CAWC) in Ottawa, mounted, led and conducted a technical assistance visit that is now paying huge dividends for the Canadian Air Force and other air forces.



Capt Steve Mullins

Through his work as the optic/infrared section chief at CAWC, Capt Mullins investigated reports that some of the missile warning systems on board CC-130 Hercules aircraft and CH-146 Griffon helicopters were giving aircrew false readings. His findings have now resulted in an overhaul of defensive measures on board the CC-130 Hercules and other fleets.

“Everybody knew there were some deficiencies,” Capt Mullins says, “but Afghanistan really exasperated them to the point where they had to be dealt with, and the understanding wasn’t fully out there as to why it was happening. Once we had a chance to analyze it over there, it was clear that the problem was pretty substantial.”

Although the retrofits are classified, according to his superiors, Capt Mullins “is credited with having enhanced the margin of safety of Canadian and international aircrews participating in contested airspace.” These words of praise appeared in a citation given to Capt Mullins after he received the 2010 Canadian Aeronautics and Space Institute Trans Canada (McKee) Trophy. The award is given for “outstanding achievement in the field of aerospace operations.”

“I was surprised and humbled,” Capt Mullins says, adding that the retrofits were a team effort among staff at Defence Research and Development Canada Valcartier, 1 Wing, and the Directorate of Scientific and Technical Intelligence.

By blending his operational experience with the engineering expertise of various DND/CF experts who understood “down to the micron” what was required, Capt Mullins was able to find a solution for the crews in Afghanistan.

“I don’t know how many millions and millions of upgrades that have gone in [in other countries], especially in the US [as a result of this work]. There was a system weakness [that required risk mitigation] so that risk could be minimized.”

It has been gratifying for Capt Mullins to know his work has significantly reduced the threat to aircrews overseas. He hopes one day to experience the feeling of flying himself, having applied to become either a Regular Force pilot or intelligence officer. He has passed his medical and hopes to complete the air crew selection process soon.

“I’ve always wanted to become a pilot,” he says, “so of course I’d love to fly for the Canadian Forces. Pilot or Int officer, I want to join the Reg Force.”



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# WTISS hosts first ever High Frequency National conference

by Lt Wendy Osmond  
8 WTISS Operations Officer

On Tuesday January 25, 2011, 8 Wing Telecommunications and Information Services Squadron (WTISS) hosted the first ever national High Frequency (HF) conference aimed at discussing revitalization initiatives related to HF communications in the Canadian Forces (CF).

Lieutenant-Colonel (U.S. Army) John Donaldson, Section Head of DIMTPS 3, welcomed the participants to the conference and described how the conference had grown quickly from a conversation between several people in November to a full blown national conference held in January.

Representatives of the Navy, Army, Air Force, Assistant Deputy Minister of Information Management – ADM(IM), 8 Air Communication and Control Squadron (8 ACCS), Aerospace and Telecommunications Engineering Support Squadron (ATESS), Canada Command, Canadian Operational Support Command (CAN OSCOM), Canadian Special Operations Forces Command (CANSOFCOM) and industry leaders from Canada, United States, Germany, Israel, United Kingdom and France attended this groundbreaking event.

The four-day conference consisted of several presentations, industry demonstrations and workgroups organized by the HF Radio and Antenna team from the Director Information Management Technologies, Products and Services (DIMTPS).

Covering bandwidth between 3 and 30 MHz, HF radio has been the staple of long range communications of the CF for many years.

With the emergence of satellite communication as the primary means of communications, HF was relegated to a backup form of communications. With the majority of funding support prioritized on new communications capabilities, the CF's capacity to support HF has slowly degraded. However, Canada's renewed interest in the North, where satellite communications is difficult to acquire, has sparked new interest in HF.

HF is a very long distance form of communication. It is disadvantaged by low bandwidth, heavy and bulky equipment (for mobile communications), and is relatively complex to use.

However, new technology has made use of HF smaller and more user friendly, thanks to renewed interest from industry and the user community.

In many cases, HF remains the sole means of communications in certain envi-



Photos: Lt Osmond, WTISS

Participants examine the latest in high frequency equipment at the HF Conference held at 8 Wing/CFB Trenton.

ronments such as arctic latitudes, mountainous terrain, or when communicating through jungle canopies. It can be totally owned by the CF, and once equipment is acquired, has no usage fees.

Major Eric Cyr, Officer Commanding of 8 WTISS, welcomed over 75 participants to 8 Wing.

With the responsibility of operating and maintaining the Military Aeronautical Communication Systems (MACS) at 8 Wing/CFB Trenton, WTISS had a vested interest in the outcome of the conference.

The conference consisted of numerous presentations given by the various providers of HF services to the Canadian Forces, whether supporting domestic operations and exercises, NORAD operations, search and rescue, or other international deployments and operations in the North. Lieutenant Commander Kris Langeland, Project Director for the Integrated HF Radio System Project (IHFRSP), highlighted the most recent developments from the Center and the need for the user community to clearly articulate their operational HF requirements.

Day two was dedicated to industry demonstration and presentations of new HF technology. The latest HF technology and new functionalities were displayed including digital voice, computerized signal processing, HF over IP (Internet), connection to Internet as well as e-mail capability and improved antennas.

In the end, a short wrap-up session and a list of action items for key personnel was produced.

Without a doubt, everyone in attendance was motivated to improve communication between the elements and to ensuring that the operational community is knowledgeable about the latest in HF capabilities. The next conference is scheduled to take place in Halifax in October, 2011.



Master Corporal Chantalle Serre and Corporal Joseph Linington take notes at the first ever national High Frequency (HF) Conference.

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## First female member to receive top physical fitness award

by Sgt Eileen Redding

Call it committed, dedicated, disciplined, a little bit obsessive compulsive – call it what you want. Master Corporal Kelly Christensen, an aviation technician at 442 Transport and Rescue Squadron from 19 Wing Comox, B.C., has made fitness a lifestyle and not a chore; it has become as routine as brushing her teeth.

This extraordinary level of discipline and commitment will garner a Physical Fitness Award for Aerobic Excellence, the highest fitness award in the Canadian Forces. Only a handful of members have ever succeeded at attaining an award at this level and MCpl Christensen will be the very first female.

MCpl Christensen began her training regime three decades ago when she referred to herself as being “chunky”, 50 pounds heavier and not in very good shape. She made a pact with a colleague to practise for their upcoming physical fitness test – both could only walk and jog but they completed the 1.5 mile test route, without giving up. Encouraged by friends she began losing weight and started feeling better.

Today she has kept off those 50 pounds and has never looked back.

She signed up for the Aerobic Incentive program in 1981 and only one year later would complete her first marathon in Vancouver, B.C., with a time of 3 hours and 28 minutes.

MCpl Christensen’s workouts are comprised of three disciplines: running, swimming and cycling.

She alternates her exercise and remarkably has not missed a daily workout since 2004. What is also remarkable is the fact she logs every workout in a runner’s day-by-day journal and has kept the last 30 years worth!

Even while traveling in India she managed to get her run in. She and her husband were on an 18-hour bus trip so she asked the guide to let her and her husband off the bus when they were about ten kilometres from their destination. In the middle of the desert, with nothing around except a large tree with vultures, they got off the bus. Her husband, Ted, who is incredibly supportive, ran those last kilometres with her so she would be safe and wouldn’t miss out on her daily regimen.

Her level of dedication to her personal fitness has been nothing short of outstanding and she credits it for having survived ovarian and endometrial cancer in 2001.

“They only gave me a 20 percent chance of living two years,” she said. “If I hadn’t been in such good shape I wouldn’t have been able to receive ‘the most toxic chemo available’.”

The CF Award of Aerobic Excellence is divided into seven levels of achievement that are broken down into six sub-levels (red to gold seals) that each require completing 2,000 units of aerobic exercise moving on to the next seal.

To put this into perspective, one unit equals swimming 400 metres, cycling three kilometres and jogging one kilometre.

At the completion of each level, a member will have completed



Photo: Sgt Eileen Redding

### MCpl Kelly Christensen

12,000 units of aerobic exercise.

Two years was the time frame allotted to completing a seal; MCpl Christensen was averaging one every six months.

On Dec. 27, 2010, she accomplished several “lasts”: the last kilometre, the last gold decal for the last scroll of the CF Aerobic Award for Excellence. It took her 30 years, but she did it!

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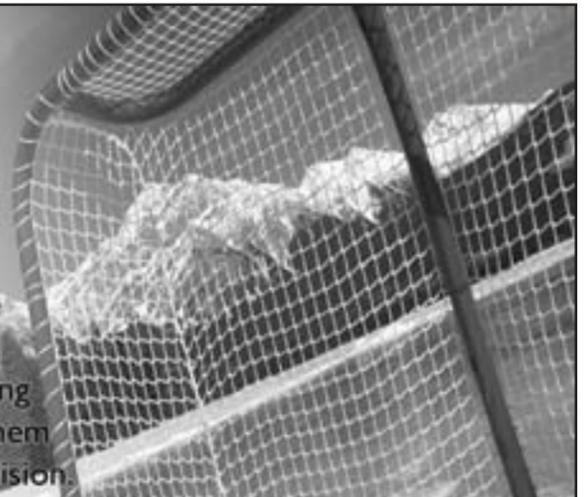
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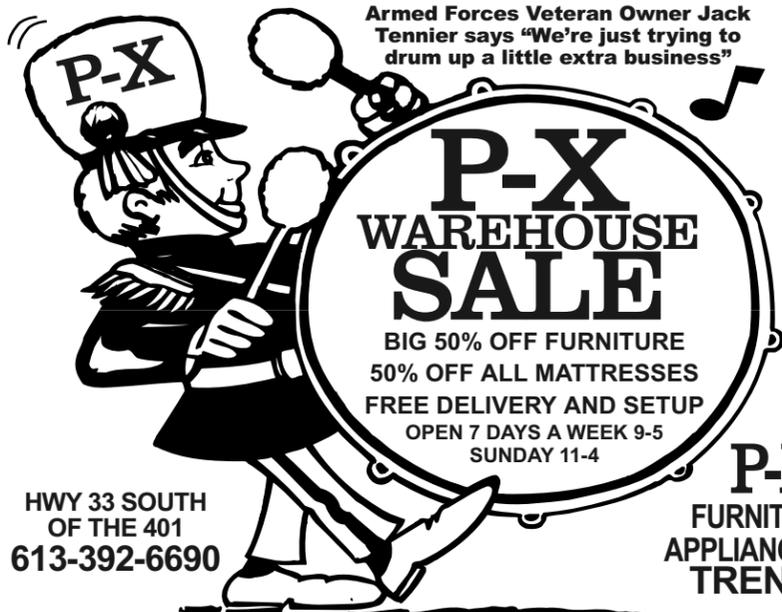


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## Tension relief through Progressive Muscle Relaxation

Progressive Muscle Relaxation is a relaxation technique used to release stress.

It can relax the muscles and lower blood pressure, heart rate, and respiration.

The exercise involves tensing and then relaxing each muscle group of the body, one group at a time.

Though this technique is simple it may take several sessions before it is 'mastered.'

Sit comfortably, take several slow deep breaths and notice the chair and the floor supporting your body and feet. Allow your head to balance weightless between your shoulders.

Shift attention to your face slowly increasing tension in your forehead (15 seconds).

Slowly release tension over a period of 30 seconds until all tension has left the muscles.

Notice the feeling of relaxation as you continue breathing slowly and evenly.

Shift attention to your face slowly increasing tension in your jaw (15 seconds).

Slowly release tension over a period of 30 seconds until all tension has left the muscles.

Notice the feeling of relaxation as you continue breathing slowly and evenly.

Shift attention to your neck and shoulders slowly increasing tension as you raise your shoulders toward your head (15 seconds).

Slowly release tension over a period of 30 seconds until all tension has left the muscles.

Notice the feeling of relaxation as you continue breathing slowly and evenly.

Shift attention to your arms and hands slowly drawing your fingers into a fist and pulling your fist toward your chest (15 seconds).

Slowly release tension over a period of 30 seconds until all tension has left the muscles.

Notice the feeling of relaxation as you continue breathing slowly and evenly.

Shift attention to your buttocks slowly increasing tension (15 seconds).

Slowly release tension over a period of 30 seconds until all tension has left the muscles.

Notice the feeling of relaxation as you continue breathing slowly and evenly.

Shift attention to your legs slowly increasing tension in your quadriceps and calves (15 seconds).

Slowly release tension over a period of 30 seconds until all tension has left the muscles.

Notice the feeling of relaxation as you continue breathing slowly and evenly.

Shift attention to your feet slowly increasing tension in your feet and toes (15 seconds).

Slowly release tension over a period of 30 seconds until all tension has left the muscles.

Notice the feeling of relaxation as you continue breathing slowly and evenly.

Enjoy the relaxed feeling washing over your entire body as you breathe slowly and evenly.

*Adapted from: csd.mcmaster.ca*

## Did You Know?

Incorporate physical activity into your daily life. When quitting, it will help distract you from cravings and urges and help prevent the potential for weight gain.

## Le saviez-vous?

Ajoutez des activités physiques à votre vie quotidienne. Elles vous distrairont de vos envies irrésistibles de fumer et vous aideront à réduire le risque de prendre du poids.



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



## Relâchement de la tension grâce à la détente progressive des muscles

La décontraction progressive des muscles est une technique de relaxation qui sert à combattre le stress.

Elle vise à décontracter les muscles ainsi qu'à faire diminuer la pression sanguine, la fréquence cardiaque et le rythme de la respiration. Pour ce faire, on contracte puis on décontracte chaque groupe musculaire du corps, un à la fois. Bien qu'il s'agisse d'une technique simple, il peut falloir plusieurs séances pour la maîtriser.

Asseyez-vous confortablement, inspirez lentement et profondément à plusieurs reprises et concentrez-vous sur la chaise et le plancher qui soutiennent votre corps et vos pieds, puis laissez votre tête balancer légèrement d'un côté et de l'autre.

Concentrez-vous maintenant sur votre visage et contractez lentement les muscles de votre front (15 secondes).

Décontractez-les ensuite lentement en l'espace de 30 secondes jusqu'à ce qu'ils soient complètement détendus. Portez attention à la sensation de détente ressentie alors que vous continuez à respirer lentement et de façon régulière.

Concentrez-vous de nouveau sur votre visage et contractez lentement les muscles de votre mâchoire (15 secondes).

Décontractez-les ensuite lentement en l'espace de 30 secondes jusqu'à ce qu'ils soient complètement détendus. Portez attention à la sensation de détente ressentie alors que vous continuez à respirer lentement et de façon régulière.

Concentrez-vous maintenant sur votre cou et vos épaules, et contractez lentement les muscles de vos épaules en les haussant (15 secondes).

Décontractez ensuite lentement vos muscles en l'espace de 30 secondes jusqu'à ce qu'ils soient complètement détendus. Portez attention à la sensation de détente ressentie alors que vous continuez à respirer lentement et de façon régulière.

Concentrez-vous maintenant sur vos bras et vos mains en ramenant lentement vos doigts dans le creux de vos mains pour former un poing, puis en portant vos poings à votre poitrine (15 secondes).

Décontractez ensuite lentement vos muscles en l'espace de 30 secondes jusqu'à ce qu'ils soient complètement détendus. Portez attention à la sensation de détente ressentie alors que vous continuez à respirer lentement et de façon régulière.

Concentrez-vous maintenant sur vos muscles fessiers et contractez-les lentement (15 secondes).

Décontractez-les ensuite lentement en l'espace de 30 secondes jusqu'à ce qu'ils soient complètement détendus. Portez attention à la sensation de détente ressentie alors que vous continuez à respirer lentement et de façon régulière.

Concentrez-vous maintenant sur vos jambes et contractez lentement vos quadriceps et vos mollets (15 secondes).

Décontractez-les ensuite lentement en l'espace de 30 secondes jusqu'à ce qu'ils soient complètement détendus. Portez attention à la sensation de détente ressentie alors que vous continuez à respirer lentement et de façon régulière.

Concentrez-vous maintenant sur vos pieds et vos orteils, et contractez-les lentement (15 secondes).

Décontractez-les ensuite lentement en l'espace de 30 secondes jusqu'à ce qu'ils soient complètement détendus. Portez attention à la sensation de détente ressentie alors que vous continuez à respirer lentement et de façon régulière.

Une sensation de détente envahit maintenant votre corps tout entier alors que vous continuez à respirer lentement et de façon régulière.

*Adaptation du site csd.mcmaster.ca*

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# 8 Wing Flyers Old-Timers hockey team claims top honour



Photos: Cpl Levarre McDonald, 8 Wing Imaging



Players from the the Trenton RCAF Flyers and the Ottawa Flyers start the first game of the CF National Old-Timers Hockey Championships held at the RCAF Flyers Arena (above), while Trenton RCAF Flyers teammates cheer on (right).



Brigadier-General Steve Noonan, Director General Information Management Operations drops the puck during the CF National Old-Timers Hockey Championships. BGen Noonan is the CF Hockey Patron.



Above: The All Star Medal recipients pose for a group photo during the CF National Old-Timers Hockey Championships awards banquet held at the Officers' Mess in Trenton on March 10. Shown above, front row from left to right: Ms. Sandra Campbell, Sergeant Wade Sutton, Petty Officer Second Class Claude Leblanc, Major Sebastien Bronsard. Back row from left to right: Mr. Dave Rothermund, Chief Warrant Officer Sly Ethier, Major Mark Roberts, Master Corporal Steve Owens and Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton.



Left: Ms. Sandra Campbell and Mr. Dave Rothermund present Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, with a gift following the awards banquet.

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# International Women's Day celebrated at 8 Wing/CFB Trenton

International Women's Day was adopted by the United Nations General Assembly in 1977, with a resolution calling on member states to proclaim a day for women's rights and international peace – and Canada quickly followed behind, declaring March 8 as International Women's Day (IWD).

Each year Canadians celebrate progress toward equality for women and their full participation, reflect on the challenges and barriers that still remain, and consider future steps to achieving equality for all

women in all aspects of their lives.

IWD has grown throughout the years, into a week-long series of commemorative events and activities across the country. International Women's Week 2011 began on Sunday, March 6, and wrapped up on Saturday, March 12.

This year, IWD was observed at the Astra Lounge at 8 Wing/CFB Trenton on March 10, as participants gathered for a day of recognition, with guest speakers in attendance and a number of information displays from various local participants.



Photos: Cpl Levarre McDonald, 8 Wing Imaging

An attendee observes one of the many displays set up for participants at the Astra Lounge.

## STATUS OF WOMEN CANADA FACT SHEET

Source: <http://www.swc-cfc.gc.ca>

- Canadian women have made enormous strides. The current Government has the highest percentage of women in Cabinet in Canadian history. The House of Commons currently has 67 women.
- Women are also increasing their participation in other aspects of Canadian life. Currently, women make up the majority of full-time students in most university faculties.
- The labour force participation rate for working-age women (15 to 64 years) has risen from 68.2 per cent to 74.3 per cent over the past decade (1997 to 2008). In 2007, women made up 35 per cent of all self-employed individuals.
- There has also been a long-term increase in the share of women who are working in managerial positions. In 2007, 35 per cent of those employed in managerial positions were women.



Lieutenant-Colonel Cathy Blue, Commanding Officer of 8 ACCS and champion for the 8 Wing Defence Women's Advisory Organization addresses the crowd.



Above: Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Sandor Gyuk, 8 Wing Chief Warrant Officer, spend some time speaking to participants of International Women's Day on March 10, 2011 at the Astra Lounge.

Left: Guest speaker Tracy Bray does her presentation in honour of International Women's Day. Tracy Bray has been a practicing Chiropractor since 1999 and presented signs and symptoms of stresses of particular interest to women and how they can be prevented or minimized.





# Opérations aériennes en Afghanistan : la sécurité avant tout

par Holly Bridges

Dans la Force aérienne, tout ce qui accroît la sécurité des vols est susceptible de permettre de sauver des vies et de protéger du matériel valant des millions de dollars.

Le Capitaine Steve Mullins en était bien conscient lors d'une visite en Afghanistan en 2008. Ancien officier de l'Armée de terre, cet agent du renseignement de la Réserve aérienne, qui travaille au Centre de guerre aérospatiale des Forces canadiennes (CGAFC), à Ottawa, a organisé et dirigé une visite d'aide technique dont profitent grandement aujourd'hui la Force aérienne du Canada et celles d'autres pays.

Dans le cadre de son travail à titre de chef de la section du matériel optique et infrarouge au CGAFC, le Capt Mullins a étudié des rapports selon lesquels les données de certains des systèmes de détection de missiles à bord d'aéronefs CC-130 Hercules et d'hélicoptères CH-146 Griffon étaient erronées. Ses constatations ont donné lieu à un remaniement des mesures défensives adoptées par les CC-130 Hercules et d'autres flottes.

« On savait tous qu'il y avait des lacunes, signale le Capt Mullins. La situation en Afghanistan était si exaspérante qu'il a fallu combler ces lacunes, mais on ne comprenait pas tout à fait ce qui se passait. Après avoir analysé le problème, on a vu qu'il s'agissait de quelque chose de gros. »

Bien que les mises à niveau soient classifiées, selon les supérieurs du Capt Mullins, c'est grâce à lui que s'est améliorée la marge de sécurité des équipages du Canada et de l'étranger volant dans des espaces aériens dangereux.

On a inscrit cet éloge sur la citation remise au Capt Mullins après qu'il eut

reçu le Trophée Trans-Canada (McKee) 2010 de l'Institut aéronautique et spatial du Canada. Le prix est décerné à toute personne qui fait un geste de mérite dans le domaine des opérations aérospatiales.

« J'ai été surpris et touché », mentionne le Capt Mullins en ajoutant que les mises à niveau sont le fruit d'un travail d'équipe du personnel de Recherche et développement pour la défense Canada – Valcartier, de la 1re Escadre Kingston et de la Direction du renseignement scientifique et technique.

En jumelant son expérience opérationnelle au savoir-faire technique de divers spécialistes du MDN et des FC qui comprenaient « jusqu'au micromètre » ce qui était nécessaire, le Capt Mullins a pu trouver une solution pour les équipages en Afghanistan.

« J'ignore combien de mises à jour ont été effectuées [dans d'autres pays], surtout aux États-Unis [en raison de ce travail], mais il y en a eu des millions. Il y avait une lacune systémique [qui nécessitait des mesures] afin de réduire le risque. »

Il est gratifiant pour le Capt Mullins de savoir que son travail a réduit considérablement le danger pour les équipages à l'étranger. Le militaire espère pouvoir un jour connaître lui-même le sentiment de voler, c'est d'ailleurs pourquoi il a fait une demande en vue de devenir pilote ou agent de renseignement de la Force régulière. Il a réussi son examen médical et il compte terminer bientôt le processus de sélection du personnel navigant.

« J'ai toujours voulu être pilote, dit le Capt Mullins, alors, bien sûr, j'aimerais voler pour les FC. Que ce soit comme pilote ou agent du renseignement, je veux me joindre à la Force régulière. »

## ÉCRIREZ AUX MILITAIRES

### LE MORAL PAR BABILLARD ÉLECTRONIQUE!

Les hommes et les femmes des Forces canadiennes ont démontré maintes et maintes fois qu'ils sont à la hauteur de tout défi. Faites savoir aux membres des Forces canadiennes que vous appréciez leur service en leur envoyant un message à partir de ce babillard électronique surveillé. [forces.gc.ca/site/commun/message/message-add-ajout-fra.asp](http://forces.gc.ca/site/commun/message/message-add-ajout-fra.asp)

Le service de courrier d'encouragement vise à permettre à la famille et aux amis des militaires affectés à une opération déployée des FC de leur envoyer gratuitement des produits de réconfort, plutôt que d'avoir recours à la Société canadienne des postes.

Le courrier d'encouragement peut être déposé au Centre de ressources des familles des militaires de la base ou de l'escadre, salle du courrier ou Bureau de poste militaire.

## We want to hear from you!

The Contact is looking for personal stories and anecdotes relating to the base over the years. Please send your stories in to [amber.gooding@forces.gc.ca](mailto:amber.gooding@forces.gc.ca).

Do you ever wonder why Trenton was chosen? Where the Memorial Gates came from? How long the water tower has been sporting that trademark checkerboard colour scheme? Who planted the beautiful oak trees seen throughout the base?

Over the next few months, *The Contact Newspaper* will feature different stories about the history of CFB Trenton. Check it out in issues to come.



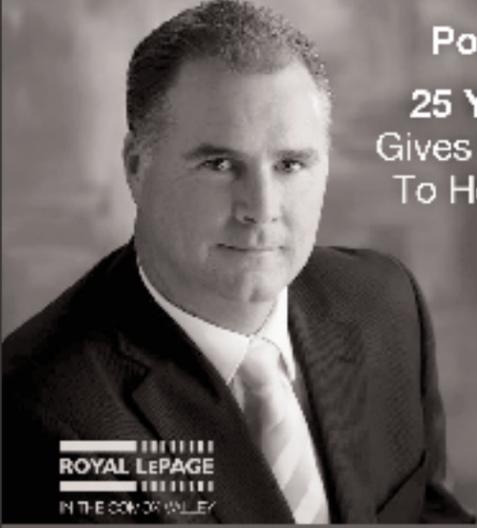
## WRITE TO THE TROOPS MORALE BY MESSAGE BOARD!



The men and women of the Canadian Forces have demonstrated time and again that they will rise to any challenge. Let your Canadian Forces members know you appreciate their service by sending a message using the monitored message board available at [forces.gc.ca/site/commun/message/index-eng.asp](http://forces.gc.ca/site/commun/message/index-eng.asp)

Canadian Forces Morale Mail: The Morale Mail service provides families and friends within Canada a cost-free alternative to using Canada Post to send care packages to those serving at a CF deployed operation.

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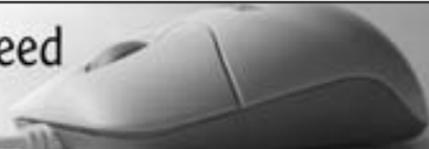


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## L'Opération Mobile termine

L'Opération Mobile, la contribution des Forces canadiennes à l'effort pangouvernemental mené par le ministère des Affaires étrangères et du Commerce international, a permis l'évacuation de 191 Canadiens et autres ressortissants qui se trouvaient en Libye. Tout le personnel des FC affecté au soutien de l'opération ont quitté la région le 13 mars 2011.

En tout, l'Opération Mobile a nécessité deux avions de transport aérien stratégique CC-177 Globemaster ainsi que deux avions de transport tactique CC-130J Hercules. Ces appareils ont effectué des vols entre l'aéroport international de Malte (Luqa, Malte) et celui de Tripoli, en Libye. Environ 80 membres des FC, incluant les équipages d'aéronef, du personnel médical, des membres de la police militaire, du personnel des mouvements aériens et des officiers de liaison, ont été déployé à Malte.

« Le gouvernement maltais a contribué aux efforts d'évacuation de la Libye et nous a été très utile, a expliqué le ministre de la Défense National Peter MacKay de la Malte. « Sans ce soutien, cette opération difficile l'aurait été davantage. Les relations bilatérales entre le Canada et Malte sont meilleures que jamais. »

Le NCSM Charlottetown, avec à son

bord 240 marins et aviateurs, continuera à surveiller le déroulement de la crise en Libye par l'intermédiaire d'opérations menées avec le 1er Groupe de la Force navale permanente de réaction (SNMG 1) de l'OTAN.

« Le déploiement à court préavis du personnel et des moyens des Forces canadiennes en Méditerranée est une autre démonstration de notre capacité et de notre désir d'aider ceux qui en ont besoin, a affirmé le Général Walter Natynczyk, chef d'état-major de la Défense. La présence du NCSM Charlottetown en Méditerranée donne au gouvernement canadien les moyens de réagir rapidement si une nouvelle crise devait se produire dans la région. Nous sommes fiers de nos troupes et du soutien de leurs familles. »

Il est prévu que le NCSM Charlottetown participera à l'opération Active Endeavour, soit à des manœuvres relatives à la sécurité maritime organisées par l'OTAN dans la mer Méditerranée. L'opération Active Endeavour avait été conçue pour empêcher les déplacements de terroristes ou le transport d'armes de destruction massive, mais, au fil du temps, elle a évolué; elle a aussi pour but de favoriser une connaissance de la situation et de promouvoir un climat de paix et de sécurité en Méditerranée.



Photo : Cplc Shilo Adamson

L'Ambassadeur James Fox, haut-commissaire du Canada auprès de Malte, accueille du personnel qui arrive de la Libye lorsque le Cplc Brigitte Macala, technicienne médicale de la 24e unité services de santé de la 8e Escadre Trenton, assiste au débarquement d'un CC-130J Hercules à Malte.



Le Sergent Ross Thistle, technicien des mouvements de la Section mobile des mouvements aériens de la 8e Escadre/BFC Trenton, examine une palette pour s'assurer qu'elle n'est pas endommagée pendant le réaménagement du matériel à l'aéroport international de Malte.

## Op MOBILE: 436 (T) Squadron returns to 8 Wing/CFB Trenton



Lieutenant-Colonel Colin Keiver (right, foreground), CO 436 (T) Squadron welcomes Aircraft Commander Major Trent Hunter, (436 Sqn Stds Flt Comd) and gets a quick post-operation debrief. Shown in the background, from left to right are: Captain Rod Moore (436 Squadron), Captain Chris Rumpel (426 Squadron), Captain Jordan Forbes, Captain Joe Tufenkjian, Captain Dean Bergamo and Major Spencer Selhi (436 Squadron)

On Sunday, February 27, 2011 two 436 (Transport) Squadron CC-130J Hercules aircraft deployed on short notice to the island of Malta for Op MOBILE in the Mediterranean Sea north of Tripoli, Libya.

On Saturday, March 12, the two CC-130J Hercules aircraft returned to 8 Wing/CFB Trenton and were greeted by 436 Commanding Officer, Lieutenant-Colonel Colin Keiver, and other members of 436 (T) Squadron.

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**\$20,995**

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**07 DODGE RAM 1500 SLT**



12523 20" Alloy wheels! Tow mirrors! Rear sliding window! 5.7L-V8 Hemi, Crew cab, short bed, bed liner, trailer hitch, pwr seat, steering wheel controls, air, tilt, cruise, AM/FM, pwr windows, mirrors, locks, keyless entry, 77,000kms.

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**07 DODGE RAM 1500 SPORT**



D12525 4X4! 20" Chrome wheels! 5.7L-V8 Hemi, Crew cab, short bed, bed liner, trailer hitch, steering wheel controls, pwr seat, air, cruise, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 35,000kms!!

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**08 GMC SIERRA 1500 DENALI**



P12571 4X4! Pwr heated leather memory seats! TV/DVD! Pwr sunroof! 20" Chrome wheels! 6.2L-V8, Crew cab, short bed, bed liner, rear sliding window, park aid, pwr pedal, dual climate controls, factory remote start, traction control, steering wheel controls, OnStar, cruise, air, tilt, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, 71,000kms.

**\$29,495**

\$232.02 biweekly  
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+HST

**07 GMC SIERRA 2500HD SLE**



P011818 Z71, 4X4! 17" Alloy wheels! 6.0L-V8, Crew cab, long bed, bed liner, trailer hitch, tow mirrors, park aid, pwr pedals, factory remote start, dual climate controls, steering wheel controls, OnStar, cruise, air, tilt, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 48,000kms.

**\$25,995**

\$237.51 biweekly  
0 DOWN  
+HST

**08 GMC SIERRA 1500 SLE**



12561 4X4! 20" Alloy wheels! 5.3L-V8, Crew cab, short bed, bed liner, trailer hitch, steering wheel controls, dual climate controls, tilt, air, cruise, AM/FM/CD, OnStar, pwr locks, mirrors, windows, keyless entry, 73,000kms.

**\$24,495**

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0 DOWN  
+HST

**08 DODGE RAM 1500 SLT**



PD12467 4X4! Pwr rear sliding window! Chrome bed rail bars! 20" Alloy wheels! 5.7L-V8 hemi, trailer hitch, bed liner, steering wheel controls, air, cruise, tilt, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, only 33,000kms!!

**\$23,995**

\$188.76 biweekly  
0 DOWN  
+HST

**08 GMC SIERRA 1500 SLE**



12658 Z71, 4X4! 17" Alloy wheels! 5.3L-V8, Crew cab, short bed, bed liner, trailer hitch, pwr seat, OnStar, factory remote start, steering wheel controls, dual climate controls, tilt, air, cruise, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 57,000kms.

**\$23,495**

\$184.82 biweekly  
0 DOWN  
+HST

**08 CHEV SILVERADO 1500 LS**



D12657 4X4! Chrome wheels! 4.8L-V8, long bed, trailer hitch, 2 dr, tilt, air, OnStar, AM/FM/CD, pwr locks, keyless entry, only 40,000kms!

**\$17,995**

\$141.56 biweekly  
0 DOWN  
+HST

**07 FORD RANGER SPORT**



PD12586 Alloy wheels! 4.0L-V6, Extended cab, bed liner, tilt, AM/FM/CD, 52,000kms.

**\$11,995**

\$109.60 biweekly  
0 DOWN  
+HST

**08 DODGE RAM 1500 SXT**



D12535 4X4! 17" Chrome wheels! 5.7L-V8 Hemi, Crew cab, short bed, chrome step bars, trailer hitch, steering wheel controls, air, cruise, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 46,000kms.

**\$20,495**

\$161.23 biweekly  
0 DOWN  
+HST

**08 GMC SIERRA 2500 HD SLT**



12578 4X4! Pwr sunroof! Pwr heated leather memory seats! Tow mirrors! 17" Alloy wheels! 6.0L-V8, Extended cab, short bed, rear sliding window, bed liner, trailer hitch, wood grain trim, pwr pedals, park aid, dual climate controls, factory remote start, steering wheel controls, OnStar, cruise, tilt, air, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, 57,000kms.

**\$29,995**

\$235.96 biweekly  
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+HST

**08 CHEV SILVERADO 1500 LT**



12609 Z71, 4X4! Integrated brake controller! 18" Alloy wheels! 5.3L-V8, Crew cab, short bed, bed liner, tonneau cover, chrome step bars, trailer hitch, flex fuel, factory remote start, dual climate controls, traction control, steering wheel controls, air, tilt, cruise, OnStar, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 40,000kms.

**\$25,995**

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**07 CHEV AVALANCHE 1500 LTZ**



12301 4X4! Pwr heated leather seats! Pwr sunroof! Park Aid! 20" Alloy wheels! 5.3L-V8, Crew cab, short bed, bed liner, tonneau cover, running boards, trailer hitch, wood grain trim, OnStar, dual climate control, traction control, factory remote start, steering wheel controls, cruise, tilt, air, satellite radio, 6 disc changer, pwr windows, mirrors, locks, keyless entry, 83,000kms.

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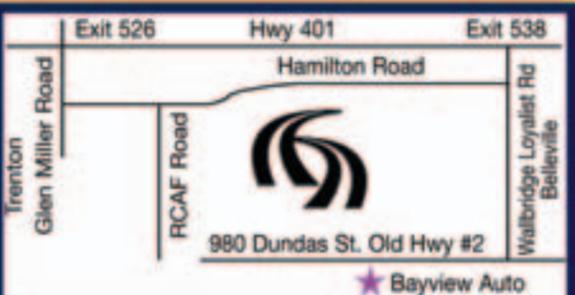
All payments based on biweekly payments, 2005, 2008 & 2007 - 90 infra; 2008 - 72 infra; 2008 94 infra; 2010 & 2011 - 96 infra; PPSA, Scanner and base extra. EG: \$10,000 + taxes \$1,300 + PPSA \$60 = \$11,360. Financed over 60 months at 8.99% = \$117.34 biweekly with a cost of borrowing of \$1,362.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates current at time of print. 0 down, +HST. Most 2010 and 2011 vehicles are former daily rentals. Bayview Auto is not responsible for any errors in pricing. See dealer for details.

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# Community Events

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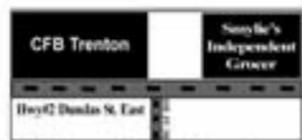
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations 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 / CFB Trenton Military Family Night

at the

## YMCA of the City of Quinte West

# Sunday March 27th

### 5:30 PM to 8:30 PM

The staff and volunteers of the YMCA wish to show their appreciation to the dedicated men and women of our Canadian Forces. Bring your families and enjoy this special exclusive event.

- Open swim with inflatable climbing rock
- Bouncy Castle
- Interactive games
- Sports
- Craft Tables
- Kids Kare playroom
- Conditioning Centre available for adults
- Free barbecued hotdogs, snacks and soft drinks

*Don't forget your bathing suit. We'll supply the fun!*

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### 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

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### AUTO HOBBY CLUB (AHC)

### GENERAL MEMBERS MEETING

### MARCH 28, 2011 AT 6 P.M.



**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 program 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!*



## Make A Difference

Community Living Quinte West is seeking people who want to be involved in making a difference in people's lives. If you are looking for ways to give back to your community call us to find out more about the rewards of Board membership at CLQW. We are looking for people who are:

- curious
- energetic
- collaborative
- dedicated

If the words above describe you, then read on. If you have leadership skills, fund raising expertise, or ability to advocate, and a belief in social justice, please contact us for more information on Board membership.

Community Living Quinte West helps people with intellectual disabilities to live as valuable members of the community. If Board membership interests you, you will have the opportunity to provide strategic direction to the agency while having the opportunity to learn more about the changing attitudes and ways to support people with intellectual disabilities. Your membership on this Board will make a difference.

Call Lisa Monsma, Chair of the Search Committee at 613-394-2222 or submit your letter of interest to:

Community Living Quinte West  
Chair of the Search Committee  
52 Lafferty Road  
Trenton, ON K8V 5P7  
or e-mail [communitylivingquintewest@clqw.ca](mailto:communitylivingquintewest@clqw.ca)





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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

March 20 – March 26, 2011

*Theme of the week: Happy Spring Equinox! The days are officially longer than the nights in the Northern Hemisphere, speaking to our need for more action and activity. We also start the week with a quick turn that leads to surprise. Let it lead to an empowering beginning. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): You know you need a change. What you may be less certain of is what exactly it is that needs to change. You might start with your appearance, but the alteration you make won't last long. Avoid anything permanent as you experiment your way to a meaningful modification.

**TAURUS** (April 20-May 20): If you spent your life deep in a shadowy room, you would get used to dim lights. To step outside, into the Sun, would be nearly unimaginable. In some way, you accepted the dark. Now, a light comes on, and you will never be the same.

**GEMINI** (May 21-June 20): You may not appreciate the erratic behavior of a friend, but luckily, you are independent enough not to take events personally. To escape what you can't predict, focus on your power to accomplish your goals, and you find a way to make a dream come true.

**CANCER** (June 21-July 22): A career breakthrough is likely now, though it is not exactly what you were aiming for. Regardless of how you feel about what changes, strive to see the opportunity. In actuality, the potential is grand, but in order to claim it you'll have to check your ego at the door.

**LEO** (July 23-Aug. 22): There could be an entire system you never considered before. It allows you the option to look at things in a new way. Trusting yourself is one of your greatest gifts. You know what is right for you. If it resonates as true within your heart, it's worth exploring further.

**VIRGO** (Aug. 23-Sept. 22): An unexpected financial boon is possible. An ongoing case can instantly settle. When a decision comes, capture it with quick hands. The short window of opportunity to close this chapter ensures you'll have

the freedom to move on to the next great phase of your life.

**LIBRA** (Sept. 23-Oct. 22): You may have a surprise encounter. If it's with someone from the past, it's likely to bring final closure. If it's someone new, there is something that reminds you of what you no longer need. Either way, whoever does show up, the experience enlivens you.

**SCORPIO** (Oct. 23-Nov. 21): We can be slaves to our bad habits, but most of the time, we grant ourselves permission to indulge. You have been sliding along. Now the full realization of the eventual consequences arrives, giving you determination to do something different.

**SAGITTARIUS** (Nov. 22-Dec. 21): A brilliant business idea is likely to arrive quite suddenly while in the presence of children. If it allows you independence and a feeling that your self-actualization is in your hands, and yours alone, it is worth pursuing. With confidence, you can see it through to success.

**CAPRICORN** (Dec. 22-Jan. 19): Your home goes through a quick adjustment. Whether it's new digs or a renovation overhaul, get ready to dream big and make your living space bolder than you have known it to be. The changes are in line with the progress you have been making on many fronts.

**AQUARIUS** (Jan. 20-Feb. 18): You have been waiting for a way forward, a way that will allow you to feel the sheer enthusiasm that comes from tapping into your talents and directing it towards an exciting prospect. Now, a brand new opportunity to strut your stuff arrives. Get ready to shine.

**PISCES** (Feb. 19-March 20): Financial matters take a twist before they turn, and by the end of the week, you take all the developments and land on top with a major financial victory. Your monetary status could rise through sheer luck and quick, smart choices.

*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

Bringing science + technology together!

- It might only take you a few minutes to finish a meal but it takes your body around 12 hours before it has completely digested the food.
- The human body needs iron to help perform a number of important functions. Iron helps carry oxygen to parts of your body in the form of

hemoglobin. Not having enough can lead to iron deficiency and symptoms such as weakness and fatigue.

- Red blood cells are created inside the marrow of your bones, they serve the important role of carrying blood around your body.
- Viruses are usually around 100 times smaller than bacteria.

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

## Canadiana Crossword

### Les Mois de L'Annee

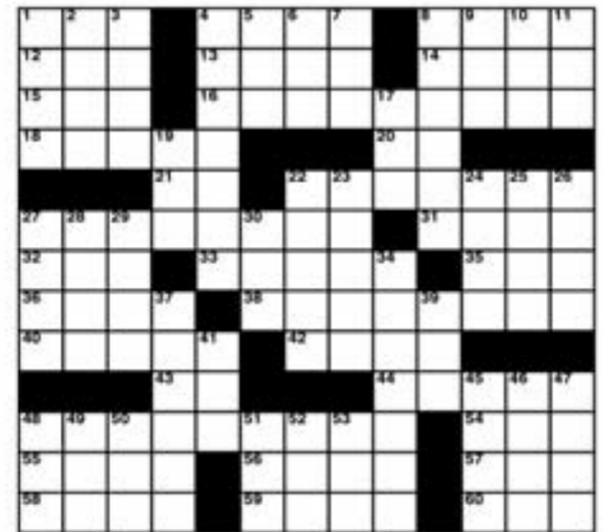
By Bernice Rosella and James Kilner

**ACROSS**

- 1 Flavour saving chem.
- 4 June, in Jonquiere
- 8 Ordnance
- 12 Gotcha
- 13 Organic compound
- 14 Den
- 15 Scandinavian sky god
- 16 Adding to
- 18 April, in Agincourt
- 20 Ministerial asst.
- 21 Saint Lucia or Sri Lanka (abbr.)
- 22 February, in Fabreville
- 27 Like an imaginary monster
- 31 Lappish
- 32 Inclination
- 33 Word after old or two
- 35 Linear unit (abbr.)
- 36 March, in Matane
- 38 December, in Dorval
- 40 Make amends
- 42 Counterfoil
- 43 Four, to Fabius
- 44 Fibrous barks
- 48 September, in Sept-Iles
- 54 King, in Kamouraska
- 55 About ears
- 56 Fibre from coconut shells
- 57 Yours and mine
- 58 Walkway
- 59 Collections
- 60 Chowd down

**DOWN**

- 1 \_\_\_\_ Hari
- 2 Jail yard weapon
- 3 Wild ox
- 4 July, in Joliette
- 5 Vase
- 6 Suffix for book or bird



- 7 No, in Naim
- 8 Communion tables
- 9 May, in Mont-Joli
- 10 Minimum or minute, for short
- 11 Corp.
- 17 The 'R' in RPM
- 19 Suffix for social or vandal
- 22 Reputations
- 23 Choose
- 24 Metric foot
- 25 Eastern ruler
- 26 Stir up
- 27 Moulding
- 28 Warmth
- 29 Japanese waist pouch
- 30 Exterminate
- 34 News agency with global reach
- 37 Informer
- 39 Business deg.
- 41 Adam's significant other
- 45 Sail boat
- 46 August, in Alma
- 47 Bull or Boar
- 48 Something given (as a concession)
- 49 Itin. item
- 50 Colliery
- 51 Musical entertainment org.
- 52 Good, to Gregoire
- 53 Ocean inlet

See Answers, Page 19

## Mealtime.org **Big Easy Spicy Shrimp**

**Ingredients:**

- 2 tablespoons butter
- 1 medium red bell pepper, coarsely chopped
- 1 large onion, coarsely chopped
- 1 cup thinly sliced celery
- 1 can (26 1/2 ounces) traditional-flavour spaghetti sauce
- 1 can (10 ounces) diced tomatoes with green chillies
- 2 pounds large shrimp, peeled and deveined

**Preparation Time:** 30 minutes  
**Cook Time:** 30 minutes



**Preparation:** Melt the butter in a large Dutch oven over medium heat. Stir in bell pepper, onion and celery. Cover and cook for five minutes, stirring two or three times, until vegetables are tender, yet still crisp. Meanwhile, combine spaghetti sauce and diced tomatoes with chillies in a separate, medium saucepan over medium heat. Cover, bring to a boil then reduce heat and simmer for 10 minutes. Add shrimp to the Dutch oven and increase heat to high. Cook two to three minutes while tossing, until shrimp are pink and just opaque in the centre. Add sauce; stir well and return to a simmer. Serve shrimp over rice. Serves: Eight

*Nutritional Information Per Serving: Calories 220; Total fat 6g; Saturated fat 2g; Cholesterol 180mg; Sodium 760mg; Carbohydrate 18g; Fibre 4g; Protein 25g; Vitamin A 30%DV\*; Vitamin C 70%DV; Calcium 10%DV; Iron 20%DV. \*Daily Value*



# First Para Jump from CC-177 Globemaster a success



Photo: WO Paul Williams, CFLAWC



Photo: WO Paul Williams, CFLAWC

Paratroopers conduct the inaugural double-door mass jump from a CC-177 Globemaster over Drop Zone Hodgson on February 24.



Photo: Submitted



Photo: WO Paul Williams, CFLAWC

Top, from left to right: Master Corporal James Bird, Captain Pierre Pelletier and Chief Warrant Officer Paul Watson are hooked up for the inaugural static-line jump.

Centre: The Starboard side stick of parachutists watch as the aircraft Flight Engineer opens the door for the inaugural static-line jump from a CC-177 Globemaster III.

Left: Sergeant Brian Ragos controls the static-line of the No. 1 Starboard side jumper, Chief Warrant Officer Paul Watson as he squares off in the door following the "Standby!" command.

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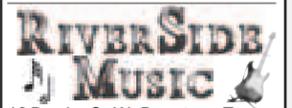


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# Thank you 8 Wing, from the Assistant Director of General Safety

by MWO Dennis Dove and Adele Neville, 8 Wing General Safety Office

The Assistant Director of General Safety (DSafeG), Renée Rouselle and Staff Officer of Compliance DSafeG, Penny MacGregor visited 8 Wing/CFB Trenton from March 2 to 4, 2011 to familiarize themselves with Air Force operations.

It was an opportunity for UGSOs to highlight their General Safety programs and identify any concerns or issues that should be raised to the Director of General Safety.

Regretfully time restrictions precluded the group from visiting all the areas of the Wing however our DSafeG guests received a snapshot of 8 Wings overall operations. The cooperation received by all units was outstanding

The tour started with an in brief by the WGSO which was followed by a meeting with Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer.

The first area that was toured was the new 2 Air Movements Squadron (2 Air Mov Sqn) Material Distribution Centre.

The UGSO Warrant Officer Parry Chrysler the D/UGSO Warrant Officer Gerard Charette briefed the visitors on the operations of the organization and safety concerns that have developed with the new facility.

Day one of the visit concluded with a tour of Wing Foods facility conducted by the UGSO Sergeant Cahoon.

Day two started with a briefing by the 426 Squadron DCO Major Thorley and the UGSO Master Corporal MacNeil.

This briefing described the different types of training that is offered by the Squadron.

The group was also briefed on the new training facility that is scheduled be operational in 2012.

The tour included an explanation of the Desk Top Trainers

by Mr. Mark Favre.

They then got a short tour of the Operational Flight Simulator facility which included a briefing on the Cockpit Mock-up trainer and hands on avionics classroom.

The tour culminated with Gerry Favre and Jim McQueen providing a short flight in the flight simulator.

From the simulator was a short walk to the hangar line and tour of 429 Squadron with UGSO Lieutenant Jungwon An.

This was one of those rare times when the CC-177 was available for a static tour and the visiting group was impressed by the size and capabilities that come with this aircraft.

Next on the agenda was a meeting with Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton.

This included a discussion on Wing General Safety core funded training by DSafeG and the requirement for more safety training at 8 Wing.

The afternoon brought the group over to the north side of the airfield and the 426 Hangar Training facilities where Master Corporal Ken Roy briefed the group on the technical training that is conducted on the operational CC130315 and the safety program at this facility.

Wing Construction Engineering Safety Officer Terry Gray coordinated a tour of the new 1 Hangar construction site. The massive structure left the group in awe.

Mr Gray provided the visitors a briefing on the scope of responsibility that the CE Squadron encompassed and details of their safety program.

The day finished off with a tour of Aerospace and Telecommunications Engineering Support Squadron where the UGSO Captain Trevor Cadeau conducted a very informative briefing covering the history of the unit role and the large span of operations with its many safety challenges.

Of particular interest to the guests was the unique integration of contractors and their involvement in the program.

This was followed by a tour of the NDT Section and Machine Shop. The pride of this organization was very evident as the entire section remained after normal working hours to complete the tour and briefing for the visiting staff.

Day three started off with a tour of 436 Squadron and a briefing conducted by the UGSO Lieutenant Alex Geras, Sergeant Robert Van Meer and Master Corporal Jeff Brophy.

After a static tour of the CC-130 J model, the General Safety section highlighted safety issues on the J model aircraft and fall restraint in 10 Hangar.

8 Air Maintenance Squadron (8 AMS) was next on the agenda and Sergeant Derek Phillips from General Safety was their OPI.

He conducted a tour of numerous areas in the hangar, discussing pertinent issues with the safety program. CO 8 AMS Lieutenant-Colonel Joe Fernandez had a short discussion with the Assistant Director.

From 10 Hangar the group was escorted down to 9 Hangar, 424 Squadron where Captain Gibson the Flight Safety Officer was filling in for the UGSO.

Capt Gibson provided the Assistant Director with a very informative briefing covering the history and the roles of 424 Transport and Rescue Squadron.

This was followed by a static tour of the Griffon and shops within the Squadron. The SAR-Tech section was the final section at 424 Squadron and they provided insight on their specific training and role.

In closing, the Wing General Safety Officer and the Assistant Director of General Safety would like to pass on their sincere appreciation to all units who helped make this tour of 8 Wing/CFB Trenton very memorable and informative for the DSafeG Staff.



Photo: Submitted

Left to right: Renée Rouselle, Penny MacGregor, and Sergeant Cahoon Wing Foods Services.



Photo: Submitted

Renée Rouselle in a CC-177 during a visit to 429 Squadron.



Photo: Submitted

Sgt Eldershaw speaks with Penny MacGregor and Renée Rouselle (right) during their stop at the ATESS Machine Shop.



Photo: Submitted

Shown above, from left to right: Sergeant Philips, 8 AMS, Renée Rouselle, Penny MacGregor, Lieutenant-Colonel Fernandes.



Photo: Submitted

Two SAR Techs (left), speak with Capt Gibson (centre), Renée Rouselle and Penny MacGregor during a stop of 424 Squadron's 9 Hangar.

Photo: Private Allyssa Carter, 8 Wing Imaging



Shown above, from left to right: Penny MacGregor, Renée Rouselle, Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and WGSO Adele Neville.



# 8 Wing Honours & Awards



**Sgt (retired) Ken Marazzo**, received the Wing Commander's Commendation Award, presented by MCpl V. Deys and MCpl S. Tucker and Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



**Emma White, Brooke Forrester, Stephen Nelson and Cpl S. Diamond** received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton



**Education Assistance Program Team** receive the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton



**WO E. Bouffard, Sgt J. Melanson and Cpl Amyot** received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton



**Cpl G. Powers** received the Non Article 5 NATO Medal, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton



**Pte D. Ward** received the General Campaign Star, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton



**Sgt B. Power** received the Canadian Expeditionary Force Command Commendation, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton



**CWO P. Seymour** received his Chief Warrant Officer Scroll, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton



**Sgt D. Walker** received the Operational Service Medal, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton



**Capt S. Ivanko** received the Canadian Expeditionary Force Command Commendation, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton



**Maj W. Snyder** received the Canadian Expeditionary Force Command Commendation, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton



**Wing Telecommunication and Information Services Squadron** received the Wing Commander's Commendation Award, members shown: Sgt K. Duffett, MCpl C. Gosse, MCpl J. Neilson, MCpl S. Nichol, Kenneth Clare, Byron Foster, Adam Grenon, Neil Kerr, Thoms Maracle, Don Ormston, Dwayne Parsons and James Whitney, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton



**Capt P. Sparkes** received the Joint Task Force Afghanistan Air Wing Commendation, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton



**Cpl V. Cornfield** received the Joint Task Force Afghanistan Air Wing Commendation, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton



**Cpl M. Lagace** received the Joint Task Force Afghanistan Air Wing Commendation, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton

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The front door, protected from inclement weather by a covered veranda, leads to the foyer, with a coat closet on the left. Directly ahead are stairs to the second floor, and beyond that is the great room.

Both the great room and adjacent dining room enjoy access to a covered sundeck, the perfect spot for the barbecue. Next to the great room's fireplace is a built-in entertainment centre.

Separated from the dining room by a raised eating bar, the kitchen has plenty of counter space, as well as a built-in pantry.

The master suite, with sliding doors to its own covered sundeck, overlooks the back garden. There's a generous walk-in closet, as well as a soaker tub and glassed-in corner shower.

Also on the main floor are the laundry room, with a capacious coat cupboard for off-season items, and a den, as well as a powder room for guests.

On the second floor, at the head of the stairs, a small loft area could provide space for a home office. Two bedrooms, each with a built-in window-seat, share a nearby bathroom.

The double garage, large enough to accommodate a built-in workbench, enjoys access to the side garden as well as the laundry room.

*Finished in wood siding and shingles, with stone accents and painted trim, this home measures 62 feet wide and 52 feet, six inches deep, for a total of 2,263 square feet. All ceilings are nine feet.*

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## CANEX and The Personal celebrate 25-year partnership

by Pascale Lalonde  
Communications Advisor, Ottawa

For some, silver evokes a notion of second place. For CANEX and The Personal, who are now celebrating their silver anniversary of “Serving Those Who Serve”, their relationship deserves first place and the gold.

For 25 years CANEX Authorized Patrons have been eligible for preferred rates, great service and a selection of home and auto insurance products designed exclusively for our group.

From a humble beginning of 3000 insurance policies, this partnership has grown to more than 65,000 policies.

With CANEX’s support, The Personal truly understands the unique needs of Canadian Forces personnel, their families and of all CANEX Authorized Patrons.

“Since 1986, together, we have promoted unique insurance products through CANEX for The Military, Department of National Defence, Military Police, RCMP and retirees,” remarked John West, Vice President Business Development at The Personal.

The alliance extends beyond home and auto insurance products. CANEX and The Personal have also brought fun-filled events and exciting contests to the Canadian Forces Community such as summer barbeques, “Breakfast for a



Photo: Eileen Davage

**Master Seaman Mark Gilliland with Tracey Kent, one of the lucky winners in the 2010 The Personal “The Great Expedition” Contest. Lucky contestants have won amazing prizes over the past 25 years thanks to the partnership between CANEX and The Personal.**

Loonie”, “Grab and Go”, movie nights and bike rodeos.

To celebrate the 25th anniversary, CANEX and The Personal are launching the “Win Them All and Play” contest, with a chance to win an SUV, ATV, personal watercraft and two trailers. 25 finalists will each receive a \$250 CANEX Gift Card and one lucky Grand Prize winner will drive off with the caravan of fun in tow – a prize valued at

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It is easy to enter, simply by calling The Personal for an insurance quote.

Existing CANEX policyholders with The Personal are automatically entered in the contest.

To learn more about how CANEX and The Personal can meet your unique home and auto insurance needs, visit [canex.thepersonal.com](http://canex.thepersonal.com) or call 1-888-476-8737.

## CONGRATULATIONS

Shown below, from left to right: 8 Wing General Safety Officer Adele Neville, recipient Corporal Jonathan Faytone, presenter Major Catherine Deri, CO CFPU, Unit Master Warrant Officer Keegan. Cpl Faytone was awarded the 8 Wing General Safety Award for recognizing a significant Occupational and Health Safety concern with his work area. He reported this issue through his chain of command which resulted in the health issue being properly mitigated.



**8 Wing General Safety Award Citation:** On 11 May 2010, Corporal Jonathan Faytone was assisting the Canada Border Services Agency to screen mail incoming from international deployments at 8Wing/CFB Trenton. Due to the presence of birds in the open hangar in which the x-ray machine was located, he noticed an accumulation of droppings on the floor. Considering the level of insalubrities, he requested the workspace to be cleaned and recommended the purchase of an imitation owl to deter additional birds from entering the hangar. Through his foresight and recognition of this problematic situation, the introduction of a plethora of diseases or insects in the work environment was averted. His initiatives definitely contributed to the safety of military members and civilian representatives from another governmental agency.



# TRENTON

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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

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Chapel Life Co-ordinator

*Padre Jim Craig*

**Worship Service**

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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. À 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.

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# Canadian First World War soldier buried in France with full military honours



Major Michael Fawcett presents the Canadian flag to Mena Lawless, the niece of First World War soldier Private Thomas Lawless.

*PAS-DE-CALAIS, France* – Nearly a century after his death, Private Thomas Lawless, a Canadian First World War soldier whose remains were recovered and identified on January 10, 2011, was buried with full military honours at La Chaudière Military Cemetery, in Vimy, France.

“The courage and dedication of our Canadian First World War heroes will never be forgotten,” said the Honourable Peter MacKay, Minister of National Defence. “After all these years, we finally

recognize Private Thomas Lawless with the honour and dignity he so greatly deserves.”

Private Lawless was born on April 11, 1889, in Dublin, Ireland, and enlisted with the Canadian Expeditionary Force (CEF) in Calgary, Alberta. He was a member of the 49th Battalion, CEF, who fought in the Battle of Vimy Ridge.

Veterans Affairs Canada has provided support to the family members of Private Lawless and has also coordinated their participation in the interment ceremony.

“It is very gratifying that we can properly lay to rest a Canadian who made the ultimate sacrifice for our country and our way of life,” said Honourable Jean-Pierre Blackburn, Minister of Veterans Affairs and Minister of State (Agriculture). “We are now able to share Private Lawless’s full story of courage with other Canadians and assure his family that we will remember him.”

In October 2003, two sets of human remains were found at a construction site

in the vicinity of Vimy Ridge, France. The first soldier was identified in February 2007, as Private Herbert Peterson of Berry Creek, Alberta. On January 10, 2011, Private Lawless’ remains were identified by the Casualty Identification section of the Directorate of History and Heritage after a combination of anthropological, historical and biological research such as generic testing, osteology, facial reconstruction and military historic records were conclusive.

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A	H	A		U	R	E	A		L	A	I	R	
T	I	U		I	N	S	E	R	T	I	N	G	
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C	H	I	M	E	R	A	L		S	A	M	I	
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P	A	T	H		A	N	A	S		A	T	E	

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