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January 14, 2011 Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 46 Issue Number 2 •

New Wing Chief Warrant Officer welcomed at 8 Wing/CFB Trenton

by Captain Jennifer Jones
8 Wing Public Affairs

Chief Warrant Officer (CWO) Sandor Gyuk was formally welcomed as 8 Wing/CFB Trenton's new Wing CWO on Thursday morning, January 6, taking over the position from CWO Kevin West, who has accepted a deployment to Afghanistan as the Air Wing CWO.

The change of appointment ceremony held at the National Air Force Museum, provided an opportunity to re-introduce CWO Gyuk to Wing personnel and community leaders in attendance while also offering a chance to bid a fond farewell to CWO West.

"To say this was a good tour would be a lie," said CWO West in his address. "It was a *fantastic* tour!"

CWO West conveyed many words of thanks to those who supported him through his 18 months as WCWO.

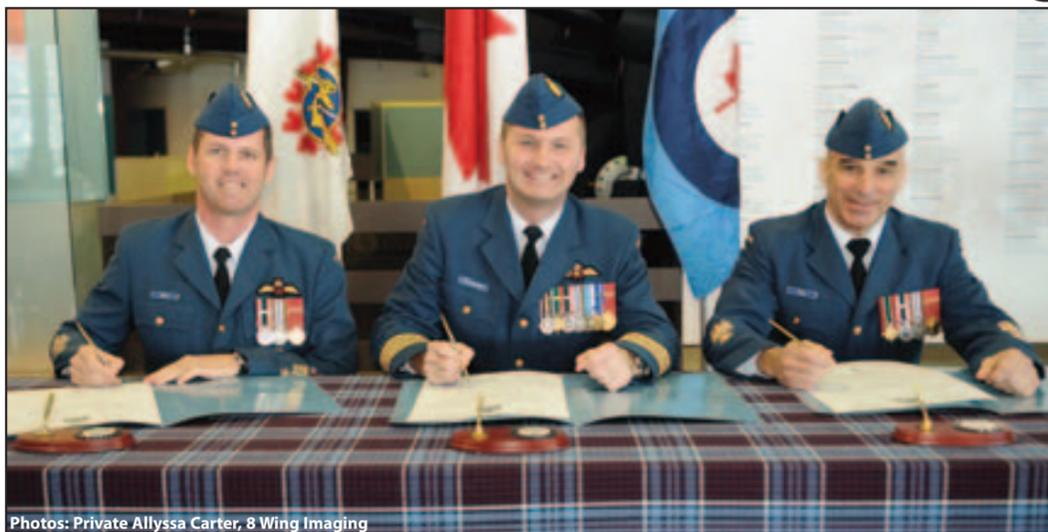
"Regardless of the events that have happened, none of us could have gotten through it without each other," he said. "It is because of the people here in Trenton that we are able to meet every objective successfully."

CWO West personally thanked the Commanding Officers and Branch Heads for their tremendous support, trust and leadership and further asked that his thanks be passed on to all the men and women of 8 Wing/CFB Trenton. He also fittingly referred to the network of Warrant Officers with whom he worked very closely as the "backbone" of the base.

"It was an honour serving with them," he said, adding, "Everyone in this room is a member of the military family."

Prior to closing, CWO West was sure to single out his assistant, Sergeant Gilbert Laxamana, whom he credits for many of his office's successes. "He is always one step ahead of me. It's clear why he was selected as airperson of the year."

Prior to addressing the audience, Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, passed on best wishes to



Photos: Private Allyssa Carter, 8 Wing Imaging

Chief Warrant Officer Kevin West (left), Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Sandor Gyuk (right) sign certificates at the Change of Appointment Ceremony for the 8 Wing Chief Warrant Officer. The ceremony was held at the National Air Force Museum of Canada on January 6, 2011.

CWO West from 8 Wing Honorary Colonel Glenn Rainbird, who was unable to attend. He also read a letter from former Wing Operations Officer, Lieutenant Colonel Dave Murphy, who became Acting Wing Commander following the arrest of the former Wing Commander.

LCol Murphy described CWO West's handling of the February 2010 events as "simply awe-inspiring" emphasizing his selfless ability to provide strength, professionalism and exceptional leadership while remaining genuinely empathetic.

After reading the excerpt, Col Cochrane announced that CWO West would be awarded a Command-level commendation from the Chief of the Defence Staff as a result of his outstanding contribution to 8 Wing's response to these events.

Following the ceremonial passing of the cane of authority between CWOs West and Gyuk, Col Cochrane further addressed the audience.

"I must say I'm very sad to see you leave," he told CWO West. "It has been distinct pleasure working alongside you. You exemplify the key attributes I look for in a Chief Warrant Officer. Thank you for

your strong support."

CWO Gyuk joined the Canadian Forces in 1981 as an Air Weapons System Technician, beginning his career in Chatham, New Brunswick. He has held several postings across Canada and Germany, and he is no stranger to Trenton. Upon his promotion to the rank of Master Warrant Officer in 2004, CWO Gyuk was posted to 426 Squadron where he held the position of Deputy Flight Commander for the Technical Training Flight.

"Welcome on behalf of the over 4000 men and women here, and welcome back to 8 Wing Trenton," said Col Cochrane to CWO Gyuk. "8 Wing is a very dynamic place and flexibility is the key to success. 2011 promises to be a busy year with a multitude of CF operations and exercises. Each week and each day will bring new unexpected challenges."

Over his illustrious 30 years of service (and counting), CWO Gyuk has served as a technician, recruit instructor, recruiter, military career counselor and senior occupational advisor.

"You are a team player and strong leader that will continue to set the example for 8 Wing mem-

bers to follow," said Col Cochrane. "We will continue as a command team to work together to ensure continued operational success."

CWO Gyuk was promoted to his present rank in the summer of 2007. He comes to 8 Wing/CFB Trenton from a position in career management at National Defence Headquarters, Ottawa.

"Wing Chief Warrant Officer

at 8 Wing is a coveted position," said Col Cochrane. "You have been selected based on exceptional performance and potential. Embrace and enjoy your time as Chief."

Before the completion of the Change of Appointment ceremony, CWO Gyuk addressed those in attendance and conveyed his sincere appreciation to his wife and children.

"Without the team of my family I wouldn't be standing here now," he said about his new appointment. "My family's commitment and support aided me in achieving what I am achieving today."

CWO Gyuk noted that he is looking forward to his years ahead as Wing CWO.

"The command team concept is alive and well on this base," he said about 8 Wing. "Without the team concept we would not be able to finish and complete the missions assigned to us."

He also praised the local community and vowed to carry on the spirit of mutual support as best as he could. "Whether here in Trenton or on the route to Toronto, we have support," he said. "I endeavour to help keep that spirit alive and growing. Thank you and I look forward to working with you."



Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, passes the cane of authority to Chief Warrant Officer Sandor Gyuk.

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CFS Alert Change of Command Ceremony

by Lt D. Lamoureux and
Cpl Serge Martel

In a ceremony conducted on 10 January 2010 at Canada's most northern station, the command of Canadian Forces Station Alert passed from Major Brent Hoddinott to Major Denis Letellier.

Both majors congratulated Alert personnel for their excellent teamwork and sense of duty. Major Hoddinott in particular expressed how proud he was of the Alert team who refused to accept the status quo and proudly moved the yardsticks forward to accomplish greater goals to make Alert a better place.

The change of command ceremony was attended by Alert military personnel and included civilian guests from the Canadian Base Operators who form a strong partnership of cooperation in the operational effectiveness of the station.

Parade members gave three cheers to the outgoing Alert Commanding Officer, Major Brent Hoddinott during the parade in appreciation of his outstanding service.

The new incoming commander, Major Denis Letellier joined the Canadian Forces in 1988 as an Aerospace Controller, beginning his first posting with the 22 Radar Control Wing headquarters in North Bay ON, followed by the 21 Aerospace Control & Warning Squadron. Posted to Cold Lake AB in 1993, he served as the Primrose Lake Evaluation range Operations Officer, followed in 2004 as the Flight Commander/Mission Crew



Shown above and below: Incoming Commanding Officer Major Denis Letellier (left) and outgoing Commanding Officer Major Brent Hoddinott (right).

Photos: Submitted



Commander at the air defence sector at McChord AFB, Washington DC. Prior to his current position of incoming Alert Commanding Officer, he served as the A3 of Aerospace Systems prior to his attach posting to CFS Alert.

Major Letellier follows in the footsteps of the other Alert Commanding Officers who have continued since 1950 in providing services to Canada from the most northern permanently inhabited settlement in the world.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Corporal S. Mirza and Mr. J Douglas are hard at work servicing the new E-1 Fire Truck to ensure that it is always operational in case of any emergency. The techs at EME Flt continue to supply 8 Wing/CFB Trenton with outstanding and timely service.

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New beacons show potential

Submitted by Lt Dirk Lamoureux
CFS Alert Logistics Officer

Second-Lieutenant Josef Sliwinski and Denis Brisson from 8 Wing/CFB Trenton visited CFS Alert this past month. The two were in town to evaluate the operational viability of various types of emergency notifying beacons which are, in some cases, used for Search and Rescue (SAR) operations.

Braving the extreme cold and darkness, 2Lt Sliwinski and Mr. Brisson eagerly set out on the frozen tundra around the station to evaluate a multitude of different beacons in an effort to test their ability to handle the extreme conditions of Canada's frozen North. Some of these devices included the COSPAS SARSAT certified 406 MHz beacons – which interfaces with the only standard SAR system.

Other commercial systems were also tested. These included Satellite Emergency Notification Devices (SENDS) such as Solara, Osprey, SPOT and GEOPro which rely on commercial satellites to transmit information.

New satellite communication devices could prove beneficial to Canada's Search and Rescue ability to rapidly locate lost or distressed individuals.

However, they have not been standardized, operationally tested for durability or dependability, and each currently follows a distinct reporting format. This testing was performed at CFS Alert to help identify issues and deficiencies.

The 406 MHz COSPAS SARSAT beacons were also being used at high latitudes to validate the third generation satellite system known as the Medium Earth Orbit Search and Rescue (MEOSAR). There are presently ten distress alerting signalling system (DASS) payloads on board GPS type spacecrafts. These experimental DASS payloads are used to relay the 406 MHz type beacon signals back to the ground where a location can be computed from the emitting beacon signal.

The ability to piggyback such systems onto the satellites could be a very cost effective means for the Canadian Forces to enhance SAR alerting time. It could allow a much faster identification of any aircraft emergency over Canada's North.

With the challenges of trying to monitor vast expanses of territory found in the far reaches of Canada's North, these new systems show potential to minimize alerting times which could one day result in more lives saved..



Photo: Submitted

Second-Lieutenant Josef Sliwinski and Denis Brisson from 8 Wing/CFB Trenton evaluate a multitude of different SAR beacons, to test their abilities in the extreme conditions of CFS Alert.

Search & Rescue Update



424 Squadron had a very quiet week this past week. Once again we were able to concentrate on training. Until next week, stay safe!

Missions for 2011: 0 Missions for Jan: 0 Persons rescued: 0



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Presentation by Brigadier-General M. Dabros, CD
27 January 2011

As part of an ongoing professional development series sponsored by the Canadian Forces Aerospace Warfare Centre (CFAWC), on Thursday, 27 January 2011, BGen Mike Dabros, Chief of Staff Land Operations, will be presenting on his experiences in Afghanistan as the Deputy Commander, Combined Air Power Transition Force (CAPTF). The CAPTF is the NATO organization charged with assisting the Afghan government as it expands and refines its air power capabilities. BGen Dabros is a tactical helicopter pilot and former CO of CFAWC. The presentation will take place at CFAWC (south side, 51 Anson Avenue) in the main theatre, commencing at 1330 hrs and last approximately 1.5 hours (with questions). Attendees are requested to be seated no later than 1325 hours.



Présentation du Brigadier-général Mike Dabros, CD
le 27 janvier 2011

Dans le cadre d'une série de présentations de perfectionnement professionnel organisée par le Centre de guerre aérospatiale des Forces canadiennes (CGAFC), le 27 janvier 2011, le Bgén Mike Dabros, Chef d'état-major des opérations terrestres, s'entretiendra sur son expérience en Afghanistan en tant que commandant adjoint de la Force multinationale de transition de la puissance aérienne (FMTPA). La FMTPA est l'organisme de l'OTAN chargé d'aider le gouvernement afghan dans ses efforts d'expansion et de raffinement de ses capacités en puissance aérienne. Le Bgén Dabros, pilote d'hélicoptère tactique est l'ancien cmdr du CGAFC. Cette présentation se tiendra dans l'amphithéâtre du CGAFC (côté sud de la base, 51 ave Anson) et débutera à 1330 et durera environ 1 h 30 (avec période de questions). Les participants doivent être assis avant 1325.

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- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
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- ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

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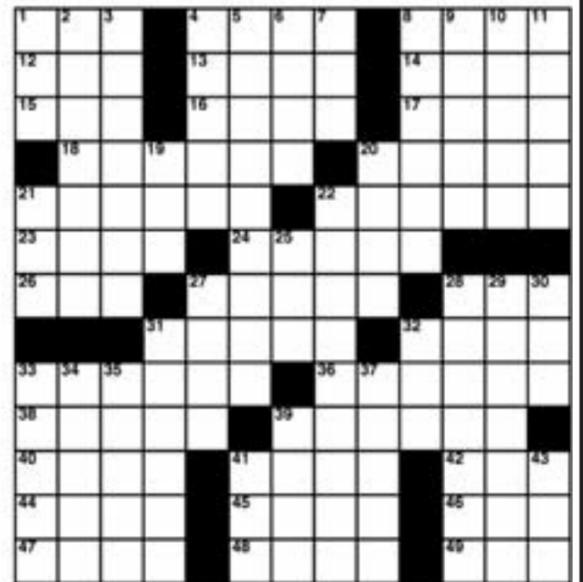
By Bernice Rosella and James Kilner

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This Week in Contact

1981 – Base Cairn dedicated: Marking the end of a very successful centennial year for the City of Trenton, Centennial Committee chairman Bob Wannamaker dedicated a cairn and plaque to base personnel. The cairn and plaque were not only a final centennial gesture from the city, but also usher in CFB Trenton's golden jubilee with a dedication "in appreciation of fifty years cooperation and service to local community."

1991 – Squash courts now open: Two squash courts located in the Officers Mess opened for action. The work was completed on the new floors, making for excellent playing conditions. The facility is equipped to provide base personnel an opportunity to participate in this fast, exciting sport without having to leave base.

2001 – 436 Squadron delivers: Members of 436 Squadron played a key role in a historical donation to Havana, Cuba. In partnership with the Canadian Medical Air Agency, Health Partners International of Canada (HPIC) and AstraZeneca Canada Inc., one of Canada's largest pharmaceutical companies, a CC-130 Hercules aircraft delivered a shipment of Accolate, a greatly needed anti-asthma medication.

Created by Lt J. H. MacDonald,
 Compiled by Amber Gooding



The road to west Panjwa'i: Engineer plan, group effort

by Captain Jean-François Huot

An important achievement of previous rotations was the construction of new roads across Kandahar Province.

Today, we continue that initiative with the development of a land link between the eastern portion of Panjwa'i District and its western point, the Horn of Panjwa'i. Our mandate is to build a safe road that is feasible to use all year round.

The roadbed is being constructed by the Canadian and American engineers of Task Force Kandahar. All the finishing work – installation of drainage control and paving with asphalt – will be done by Afghan contractors.

Construction crews on the ground do not always find it easy to communicate with materials suppliers and delivery firms. Material requirements are huge because of the range of soil types, and local suppliers are not always able to meet the demand, especially with respect to dif-

ferent kinds of gravel.

Although the project was launched with the agreement of the local government, and it will eventually improve living conditions for the local people, the project requires the destruction of Afghan infrastructure, notably fields and living compounds. Needless to say, support for the project is not unanimous among the people affected.

A good relationship with the people is the backbone of a counter-insurgency campaign, and that is why funding was made available for ex gratia payments to compensate people for lost income. The Afghan government is responsible for compensating individuals for destruction of their property.

Security is another important issue. Whatever the conditions, the engineers get on with building the road, metre after metre, but the threat of improvised explosive devices lurks constantly at the edge of our awareness — or, more precisely, under our feet. A well-

prepared combat team made up of infantry, tanks and engineers from the Afghan national security forces allows us to stay focussed on our task.

Despite the obstacles littering our path, the project is well under way. We still have to summon up our patience and determination, however, so it is a good thing that, as combat engineers, we keep plenty of those resources in stock.

This road will be the main artery that merchants and farmers will use to haul their products across the district as far as Kandahar City, boosting the local economy, which until now has been dying from lack of access to markets.

CHIMO!

The author of this article, Capt Jean-François Huot, is currently serving in Afghanistan as deputy commander of 52 Combat Engineer Squadron, the engineer element of the 1 R22eR Battle Group. WO Michael Girard, who took the photographs, is one of the squadron's troop warrants.

La route vers l'ouest de Panjwa'i : Une idée de génie, un effort de tous les instants

Par Capitaine Jean-François Huot

Un des éléments positifs des rotations précédentes fut la construction de nouvelles routes à travers la province de Kandahar.

Aujourd'hui, nous poursuivons cette initiative, plus particulièrement pour développer une voie de communication terrestre entre l'est du district de Panjwa'i et sa pointe à l'ouest : la Corne de Panjwa'i. Nous avons pour mandat de construire une route sécuritaire et praticable en toute saison.

La construction de la base de la route est effectuée par les ingénieurs de la Force opérationnelle en Kandahar (« Task Force Kandahar » ou TFK), tant canadiens qu'américains. En revanche, tous les travaux de finition seront effectués par des entrepreneurs afghans. Par travaux de finition, on entend la mise en place des éléments de contrôle hydrologique ainsi que l'asphaltage.

La communication entre les fournisseurs de matériaux, les compagnies de livraison et les éléments de construction sur le terrain n'est pas toujours été facile. Les besoins en matériaux sont vastes, étant donné la variété de types de sols, et les fournisseurs sur place ne sont pas toujours en mesure de répondre à la demande, notamment au niveau des types de graviers.

Bien que ce projet ait été mis en branle avec l'accord de la gouvernance locale et qu'il vise ultimement à améliorer la condition de vie de la population locale, les travaux requièrent la destruction d'infrastructures afghanes, notamment des champs, des lieux de résidences, etc. Inutile de dire qu'il n'y a pas unanimité au sein des gens touchés. Dans un contexte de contre-

insurrection, le rapport avec la population est le nerf de la guerre. C'est pourquoi des montants sont prévus pour dédommager les pertes de revenus; ce sont les paiements ex gratia. Pour sa part, le gouvernement afghan est responsable de dédommager les individus pour la destruction de leur propriété.

Un autre enjeu important est la sécurité. Peu importe les conditions, les ingénieurs s'affairent à construire la route, mètre après mètre, mais la menace d'engins explosifs improvisés plane toujours au-dessus de nos têtes – ou plutôt sous nos pieds. Une équipe de combat bien rodée composée de fantassins, de chars d'assaut, et d'ingénieurs des Forces de sécurité afghanes nous permet de demeurer concentrés sur la tâche.

Malgré les obstacles qui jonchent notre chemin, les travaux progressent. Il faut tout de même s'armer de patience et de détermination. Heureusement, c'est une ressource dont les ingénieurs de combat ont toujours amplement en stock.

Cette route sera l'artère principale qui permettra aux marchands et aux agriculteurs de transporter leur production à travers le district jusqu'à Kandahar et ainsi de développer l'économie locale, jusqu'à ce jour moribonde en raison de l'inaccessibilité des centres de commerce.

CHIMO!

L'auteur de cet article, le Capt Jean-François Huot, sert actuellement en Afghanistan à titre de commandant-adjoint du 52e Escadron de Génie de combat, l'élément de génie du GT 1 R22eR. L'Adj Michael Girard, le photographe, est un adjudant de troupe du 52e EGC.

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Astronaut Maj Jeremy Hansen busy training for space

by Holly Bridges, Air Force News

When the Canadian Space Agency announced its third national astronaut recruiting campaign in March 2008, Major Jeremy Hansen was enjoying a productive and fulfilling career as a fighter pilot.

Although he loved flying the CF-18, Maj Hansen jumped at the chance to apply - he and a record 5,350 other Canadians.

Maj Hansen knew that if he was successful, it would mean giving up something great, "but I knew in the back of my head that if I ever had the opportunity to go into space that I was going to take it."

And take it he has. Maj Hansen and fellow successful applicant, Dr. David Saint-Jacques, have been busy training at NASA (National Aeronautics and Space Administration) in Houston, Texas and other far flung places around the globe.

Having endured the rigours of the competition to become an astronaut, training to actually live in space aboard the international space station is in a league of its own - including basic astronaut training, robotics, Russian language studies, space station operating systems, maintenance and construction as well as how to conduct a myriad of scientific experiments in space to name only a few of the blocks of study.

"My favourite is the extra-vehicular activity, or space walk training. We do it in an enormous pool with a full mock-up of space station underwater," says Maj Hansen. "We wear a regular space suit underwater so we can simulate weightlessness.

"It gives you an idea how difficult it is to do tasks with this big, pressurized suit on."

Maj Hansen says one of the most important aspects of his training involves "expedition training behaviour" or learning how to work and live for six months in space with astronauts from other countries. He had learned about the importance of team work in basic training and found it was a good foundation for this experience.

"There's been a lot more focus on interpersonal relationships than in previous years. I have found it to be very enlightening to hear the point of view of psychologists with regard to us being put in situations where we're working as a team under some perceived pressures and hardships. It's definitely opened my eyes as to how we fit into a team."

Fellow astronaut and mentor, Col (Ret'd) Chris Hadfield, has no worries whatsoever about how Maj Hansen will perform when he's eventually called upon to launch into space.

The two are working together at NASA and meet once a week with the other American and international astronauts on this latest course.

"Jeremy and David Saint-Jacques are doing a great job. Jeremy is distinguishing himself as the de facto class leader although he'd



Major Jeremy Hansen's first Extra Vehicular Activity (EVA) run in NASA's Neutral Buoyancy Laboratory.



Maj Hansen during EVA training in NASA's Neutral Buoyancy Laboratory.

probably be embarrassed to have me say that.

"He is just that type of guy. He's smart, he listens well, he's thoughtful and has really good judgement. So when Jeremy says something it's really worth listening to because he's probably thought of something well before you have."

Maj Hansen wrote to Col Hadfield in the 1990s when he was an officer cadet at Royal Military College and asked for his advice on how to become an astronaut.

"Amazingly enough my advice worked and he was selected. Jeremy reminded me of that e-mail where I said you need a combination of technical and personal attributes, be a strong contributing member of your community and your class and always look for more education and more capabilities. Never be satisfied with what you know right now and always be ready because fate will unfold itself in a way that you don't expect."

Fate obviously did unfold itself and Maj Hansen was accepted.

"Chris Hadfield's advice was really sound and I like to pass it along to others whenever I can - you really need to follow your own desires and passions if you want to be successful in life so I really followed my own passion to be a member of the CF and a fighter pilot and I think that's what made me successful ultimately.

"I consider it an absolute honour to remain a member of the CF. I really feel it's the CF that made me the individual that I am today and gave me this opportunity and I would like to remain a member as long as it's feasible."

Maj Hansen is expected to finish the fundamentals of his training in the summer of 2011 with further training expected throughout the rest of his career as an astronaut.

There is no word yet on when he might actually fly on a space mission.

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Variety of fitness classes

Interval Madness (60 minutes) will take place on Mondays, from January 3 to March 7, from 6 to 7 p.m. at the South Side Gym.

Group Power (70 minutes) will take place on Wednesdays from January 5 to March 9, from 6 to 7 p.m. at the South Side Gym.

Tai Chi (60 minutes) will take place on Mondays from January 31 to March 7, from 6 to 7 p.m. at the RecPlex

Tae Kwon Do for ages 12 plus (60 minutes) will take place on Wednesdays from January 12 to March 2 from 6:30 to 8 p.m. at the RecPlex

Introduction to Urban Poling (90 minutes) will take place on Sunday, March 6, from 1:30 to 3 p.m.

Family Urban Poling (March Break) will take place Monday, March 14 to Friday, March 18, from 11 to 11:45 a.m.

Register today! Visit "PSP Online" at cfcommunitygateway.com

Snow Shoe Rental

Take advantage of the great trails in our area by renting a pair of our snowshoes and getting outdoors!

Great family fun. Take it easy or push it for a great winter workout.

The RecPlex has a limited number of adult, youth and children's snowshoes for rent.

Cost is \$ 10/day for adult and teen size shoes; \$5 for the children's shoes.

Snowshoes may be rented by military personnel and Rec Association members only.

The Community Recreation Association presents "PSP Online"

Register for the winter session of Community Recreation Association programs from the comfort of your home.

If you do not have a user name and a password, you will need to contact the PSP Comm Rec Association to arrange set up of a client account.

Simply drop by the RecPlex at 21 Namao Drive or call the RecPlex Reception at: 613-392-2811 ext 3361 Monday to Friday from 9 a.m. to 8 p.m. Weekends 1:30 to 3:30 p.m or extension 2929 Monday to Friday from 9 am to 3 pm.



PSP CRA WINTER 2011 BROCHURE

View the Community Recreation Association's complete line-up of programs and services by visiting www.cfcommunitygateway.com

Batawa Ski Hill Pass

The Rec Association has purchased a corporate ski pass for Batawa Ski Hill.

The pass may be rented and signed out by military personnel and CRA members only. Available for adults only.

- Weekdays: \$20 (Regular price \$ 27)
- Weekends Day: \$30 (Regular price \$ 36)
- Weekends - Night: \$20 (Regular price \$ 27)

March Break Kidz Kamp: Register now!

The March Break Kidz Kamp is for kids 6 to 12 years of age.

The camp will run from March 14 to 16, from 8 a.m. to 4 p.m. at the RecPlex.

Before and after care are available from 7 to 8 a.m. and 4 to 5 p.m.

Register now at the RecPlex. Cost for military community is as follows:

One child, \$100; two children, \$170; three children, \$215; four children, \$250; and trip day, \$10.

Registration for the general

public will begin on January 14, at 10 a.m.

Cost for the general public is as follows:

One child, \$115; two children, \$190; three children, \$240; four children, \$275; and trip day, \$10.

Aqua Jogging or Aqua Running

Jog or run – it's all up to you and your level of fitness. Aqua jogging is an alternative to most running programs.

It provides a low impact workout for adults of all ages; it is a great rehabilitation program for knee and legs injuries.

This program consists of running in deep water alternating with extra arm, leg and ab exercises, with stimulating music. Join us for these introductory clinics.

Please note: Daytime classes are restricted to the military community only.

Classes are as follows:

Wednesday, January 26, from 12:10 to 12:55 p.m.

Wednesday, February 9, from 12:10 to 12:55 p.m.

Wednesday, February 23, from 12:10 to 12:55 p.m.

Evening and Weekend classes as follows:

Saturday, January 15, from 10 to 10:45 a.m.

Monday, January 24, from 7:15 to 8:00 p.m.

Thursday, January 27, from 6:30 to 7:15 p.m.

Saturday, February 12, from 10 to 10:45 p.m.

Cost is \$5/class for military community members and \$6/class for the general public.

2011 CF National Running Championship

The 2011 Canadian Forces Running Championship will run in conjunction with the National Capital Race Weekend in Ottawa from May 22 to 24.

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

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

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

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

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

Cormier, no later than March 1, 2011.

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

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

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

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

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

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

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

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

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

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

Nordic Ski Day in Canada: Saturday, February 12, 2011

The Canadian Ski Marathon (CSM) in Gatineau and Canadian Birkebeiner (Birkie) in Edmonton, together with the CFPFSS, invite all military skiers to get fit, have fun, and challenge themselves this winter at Nordic Ski Day in Canada.

Preferred "Early Bird Pricing" guaranteed for military skiers. Ski individually for fun or a

"personal best" time in the CSM or the Birkie.

Ski the CSM individually or in a team of 4 for the new Military Cup.

Looking for an extra challenge? Ski 2X80 km days with the Coureurs des bois at the CSM and sleep out overnight!

Nordic Ski Day in Canada is a PSP supported event: With the

Wing Commanders permission, ski on "duty" status.

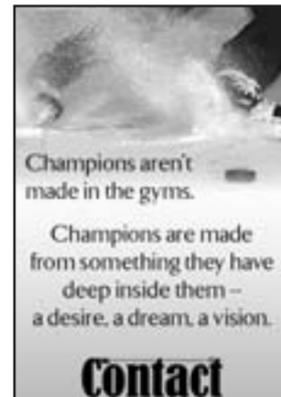
There will be no financial support from 8 Wing/CFB Trenton. Members wishing to participate should complete the CFAO 50 - 3 Annex B, Appendix 1, application to enter sports competition to be on duty status.

Registration: Print and fax the registration form, circling "early

bird" rates to take advantage of special military pricing.

Forms and more info can be found online by visiting www.csm-mcs.com, or email geoff.blair@forces.gc.ca.

For more information on application to enter sports competition, please contact Dan Cormier, Military Sports Coordinator, at local 3373.





Winter is here...Don't hibernate - invigorate!

Inactivity during the winter months is common.

The cooler weather and shorter daylight hours can make the TV and arm-chair an attractive option.

Don't use the weather as an excuse to give up your active lifestyle. There are many exercise options available, so don't hibernate – invigorate!

Use your head: Think of exercise as an opportunity, not an inconvenience and be active every day in as many ways as you can.

Do it by fives: Divide your workout into five minute segments, each with a different focus. By changing every five minutes, you get variety of exercise and the workout will fly by.

Don't get left out in the dark: Make the most of the daylight hours and stretch your legs during lunchtime. Go for a walk, run or organize a lunchtime team sport with co-workers.

Phone a friend: Don't go it alone. An exercise partner will help you to stay motivated when it's cold outside, so phone a friend and get active together.

Try something new: Winter is a great time to experiment with your workout. Use a new piece of gym equipment or attend new health and fitness class.

Use your jaw muscles: Talk to gym staff and fitness professionals to keep your exercise program fun and challenging during winter. Plus, visit www.cfbtrenton.com for Recreation and Leisure programs.

Be game: Mix up your exercise program by adding a game of sport. Almost every sport can be



Photo: sxc.hu

played indoors, so get a team together.

Step it up: Don't just workout at the gym. Everyday opportunities like climbing stairs provide a natural indoor workout, so avoid awkward elevator silences and step it up whenever possible.

Set goals: Set some realistic winter goals and reward yourself as you achieve them. Set a target for the end of winter and beat the pre-summer fitness rush!

Get wet: Visit the RecPlex heated indoor pool. Try swimming, water aerobics, or even just walking or running laps in the water.

Walk your best friend: Walking the dog is beneficial to both of you, and a great form of incidental exercise. So give the heater a break and get warm the active way.

Adapted from: victoria.ymca.org.au

Did You Know?

Did you know? Children and youth will have watched more television by the time they graduate high school than they spent at school in the classroom!

Le saviez-vous? À la fin de l'école secondaire, les enfants et les jeunes auront passé plus de temps devant le téléviseur qu'en classe!



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



8 Wing Health Promotion

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Email: healthpromotionTrenton@forces.gc.ca

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Jessica Ivanko

Health Promotion Manager:

Lisa Refausse

Health Promotion Manager:

Angela Prescott

Health Promotion Director:

Kendra Lafleur

Visit healthpromotion.cfbtrenton.com to learn more about the programs and services offered by your 8 Wing Health Promotion team.

L'hiver est arrivé... Pas d'hibernation – Revitalisation!

L'inactivité pendant la saison hivernale est chose courante.

Le froid et les jours raccourcis font de la télévision et du fauteuil une option alléchante.

Ne vous servez pas de la météo comme excuse pour abandonner votre mode de vie actif. De nombreux types d'exercice s'offrent à vous, alors pas d'hibernation – entamez votre revitalisation!

Servez-vous de votre tête – Dites-vous que l'exercice représente une occasion et non un inconvénient. Soyez actifs tous les jours et de diverses manières.

Faites des séries de cinq : Divisez votre séance d'exercice en tranches de 5 minutes ayant chacune un objectif particulier. En changeant toutes les cinq minutes, vous effectuerez une variété d'exercices et la séance

d'entraînement passera plus vite.

Ne restez pas dans le noir : Profitez au maximum de la lumière du soleil et sortez vous promener à l'heure du dîner. Faites de la marche ou de la course. Organisez un sport d'équipe avec vos collègues.

Téléphonez à un ami : Ne le faites pas seul. Un partenaire vous aidera à garder la motivation lorsqu'il fait froid dehors, alors téléphonez à un ami et faites de l'exercice ensemble.

Essayez quelque chose de nouveau : L'hiver est une excellente occasion pour faire des changements à votre régime d'exercice. Utilisez une nouvelle machine au centre de conditionnement physique ou prenez de nouvelles classes.

Utilisez les muscles de la mâchoire – Parlez au personnel de votre gymnase ainsi qu'à

d'autres professionnels du domaine du conditionnement physique pour qu'ils vous aident à rendre votre programme plus amusant et stimulant pendant l'hiver.

Visitez le site www.cfbtrenton.com pour voir les programmes de loisirs disponibles.

Prenez-vous au jeu : Mettez de la variété dans votre programme d'exercice en y ajoutant un jeu ou un sport. Presque tous les sports peuvent se jouer à l'intérieur, alors organisez une équipe.

Montez les marches : Ne limitez pas votre exercice au gymnase. Vous avez l'occasion, au quotidien, de faire des exercices naturels à l'intérieur comme monter les marches. Alors, évitez les silences gênés des ascenseurs et prenez les escaliers autant que possible.

Fixez des objectifs : Fixez des objectifs atteignables pour l'hiver et récompensez-vous lorsque vous les réalisez. Fixez un objectif à atteindre avant la fin de l'hiver et évitez l'effolement de ceux qui s'empressent de se mettre en forme avant l'été.

Jetez-vous à l'eau : Visitez la piscine chauffée du complexe sportif. Essayez la natation, une classe d'aérobic aquatique ou simplement la marche ou la course dans l'eau.

Promenez votre meilleur ami : Les promenades avec votre chien sont bénéfiques autant pour lui que pour vous et elles constituent une forme d'exercice.

Mettez votre chauffage en veilleuse et remontez votre température corporelle de manière naturelle.

Adapté de : victoria.ymca.org.au

During this weekend show appreciation and respect for the health and happiness of yourself and others. Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.





... Cochrane, Commander, 8 Wing/CFB Trenton, and members of the 8 Wing United Way present a cheque for \$145,633.48 to the United Way. Shown in the front row, from left to right ... Cochrane, Major Mario Beachense, Mark Philbin and Major Amy Tsai-Lamoureux.

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Spacious Family Home Plan Number 7-3-902b

A spacious family home with the look and feel of a cottage, this two-storey, three-bedroom affair was designed with comfort and convenience in mind.

Entry is by way of a covered porch, where there's enough room to set a couple of chairs for relaxing on warm evenings. To the left of the double-height foyer is a den with a closet. Thanks to the nearby powder room, the den could double as a guest room.

From the foyer, the great room is directly ahead. A built-in gas fireplace will make this room a magnet during the cooler months; during the summer, french doors open to expand the room out to a spacious patio.

A breakfast nook is tucked into its own niche, an ideal spot for casual meals with a view of the back garden. The kitchen, open to the breakfast nook and the great room, features a pantry, an L-shaped counter configuration and a work island that will make life easier for the cook.

Near the laundry room, which has access to the double garage, is useful closet for storing off-season clothing and other gear.

A U-shaped flight of stairs leads to the second floor. The master suite enjoys a walk-in closet, and its ensuite contains a soaker tub and a shower.

The second bedroom also boasts a walk-in closet, and shares a bathroom with the third bedroom, which looks out on the front garden.

Exterior finishes include shingles, horizontal siding cut stone and painted trim. An unfinished basement is included with the plans.

This home measures 34 feet wide and 48 feet, six inches wide, for a total of 1,861 square feet.



Plans for design 7-3-902B are available for \$654 (set of 5), \$735 (set of 8) and \$782 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$55.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T. (where applicable) to both the plan price and Priority charges. Our 42ND Edition of the Home Plan Catalogue containing over 300 plans is available for \$3.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:

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<p>10 DODGE GR. CARAVAN SE</p>  <p>Previous Daily Rental</p> <p>PD12233 Reverse camera! 17" Alloy wheels! Sto'N'Go! Extended, quads, dual climate controls, u-connect compatible, steering wheel controls, rear air, tilt, cruise, satellite radio, TV/DVD, pwr windows, locks, mirrors, keyless entry, only 34,000kms!!</p> <p>\$20,995</p> <p>\$149.23 biweekly 96 mths 0 DOWN Taxes Included</p>	<p>07 HONDA ODYSSEY TOURING</p>  <p>Previous Daily Rental</p> <p>D12113 TV/DVD! Navigation! Per heated leather memory seats! Per sunroof! 17" Alloy wheels! Extended, quads, park aid, pwr doors, pwr pedals, pwr tailgate, steering wheel controls, dual climate controls, rear air, cruise, tilt, pwr locks, mirrors, windows, keyless entry, 53,000kms.</p> <p>\$24,995</p> <p>\$223.23 biweekly 72 mths 0 DOWN Taxes Included</p>	<p>10 DODGE GR. CARAVAN SE</p>  <p>Previous Daily Rental</p> <p>PD12234 Reverse camera! Sto'N'Go! 17" Alloy wheels! Extended, quads, flex fuel, dual climate controls, u-connect compatible, steering wheel controls, cruise, rear air, tilt, satellite radio, TV/DVD, pwr mirrors, windows, locks, keyless entry, only 34,000kms!!</p> <p>\$20,495</p> <p>\$149.23 biweekly 96 mths 0 DOWN Taxes Included</p>	<p>08 CHRYSLER TOWN & COUNTRY LIMITED</p>  <p>Previous Daily Rental</p> <p>12106 Per heated leather memory seats! Navigation! Chrome wheels! Extended, quads, Sto'N'Go, wood grain trim, reverse camera, park aid, pwr pedals, pwr remote tilt gate, pwr remote doors, factory remote start, steering wheel controls, dual climate controls, u-connect compatible, rear air, tilt, cruise, satellite radio, CD/MP3, pwr locks, windows, mirrors, keyless entry, 48,000kms.</p> <p>\$23,995</p> <p>\$188.81 biweekly 84 mths 0 DOWN Taxes Included</p>
<p>10 DODGE GR. CARAVAN SE</p>  <p>Previous Daily Rental</p> <p>D12276 Alloy wheels! Extended, quads, Sto'N'Go, flex fuel, dual climate controls, steering wheel controls, u-connect compatible, rear air, tilt, cruise, satellite radio, CD/MP3, pwr windows, locks, mirrors, keyless entry, only 25,000kms!!</p> <p>\$19,995</p> <p>\$142.12 biweekly 96 mths 0 DOWN Taxes Included</p>	<p>10 DODGE GR. CARAVAN SE</p>  <p>Previous Daily Rental</p> <p>PD12284 Reverse camera! TV/DVD! 17" Alloy wheels! Extended, quads, Sto'N'Go, flex fuel, u-connect compatible, steering wheel controls, rear air, tilt, cruise, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, only 32,000kms!!</p> <p>\$20,995</p> <p>\$149.23 biweekly 96 mths 0 DOWN Taxes Included</p>	<p>08 PONTIAC MONTANA SV6</p>  <p>Previous Daily Rental</p> <p>PDA12274 Leather trim seats! Shorty, quads, flex fuel, OnStar, cruise, tilt, air, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 35,000kms!!</p> <p>\$12,495</p> <p>\$98.32 biweekly 84 mths 0 DOWN Taxes Included</p>	<p>07 PONTIAC MONTANA SV6</p>  <p>Previous Daily Rental</p> <p>12417 17" Alloy wheels! Leather trim seats! Shorty, quads, factory remote start, tilt, cruise, air, OnStar, steering wheel controls, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 84,000kms.</p> <p>\$8,995</p> <p>\$79.96 biweekly 72 mths 0 DOWN Taxes Included</p>
<p>10 CHEV EXPRESS 2500</p>  <p>Previous Daily Rental</p> <p>D12202 Rare Extended Wheel Base! RWD! Flex fuel, air, AM/FM stereo, only 24,000kms!!</p> <p>\$23,995</p> <p>\$170.55 biweekly 96 mths 0 DOWN Taxes Included</p>	<p>07 PONTIAC MONTANA SV6</p>  <p>Previous Daily Rental</p> <p>PD11779 Leather trim seats! Shorty, steering wheel controls, factory remote start, OnStar, cruise, tilt, air, TV/DVD, pwr mirrors, locks, windows, keyless entry, only 22,000kms!!</p> <p>\$11,995</p> <p>\$106.63 biweekly 72 mths 0 DOWN Taxes Included</p>	<p>10 DODGE GR CARVAN SE</p>  <p>Previous Daily Rental</p> <p>D12275 Reverse camera! Alloy wheels! Sto'N'Go! Extended, quads, dual climate controls, steering wheel controls, u-connect compatible, tilt, cruise, rear air, satellite radio, TV/DVD/MP3, pwr locks, mirrors, windows, keyless entry, only 33,000kms!!</p> <p>\$20,995</p> <p>\$149.23 biweekly 96 mths 0 DOWN Taxes Included</p>	<p>07 PONTIAC MONTANA SV6</p>  <p>Previous Daily Rental</p> <p>12110 Leather trim seats! Shorty, quads, air, tilt, cruise, OnStar, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 81,000kms.</p> <p>\$9,495</p> <p>\$84.40 biweekly 72 mths 0 DOWN Taxes Included</p>

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Canadian Forces, SISIP Financial Services (FS) and Veterans Affairs Canada (VAC)

Meeting the needs of medically releasing CF personnel

When Canadian Forces members suffer a career ending injury or illness, the transition can be stressful as they deal with their medical situation and learn to adapt to life as a civilian.

The CF provides comprehensive health care, rehabilitation and support from the moment an injury occurs or an illness is identified.

When a decision is made that a CF member can no longer serve in the CF and must be medically released, the CF, SISIP FS and VAC focus their efforts on providing the support required to successfully transition the individual to civilian life.

To illustrate the process, here is a fictitious case.

Kevin was an infantryman for 10 years when he suffered a serious leg injury. After three months of medical treatment, he was assigned a CF Nurse Case Manager, posted to the Joint Personnel Support Unit and assigned to an Integrated Personnel Support Centre.

After a further year of treatment and rehabilitation, Kevin was awarded a permanent medical category and applied for a Disability Award through VAC.

As Kevin no longer meets *Universality of Service* requirements, he will be medically released. These are some of the supports he can expect:

NINE MONTHS BEFORE RELEASE

-The CF Nurse, the VAC Case Manager and the IPSC team collaborate to develop a transition/discharge plan to satisfy Kevin's medical/psychosocial and other support requirements after release.

-Kevin applies for SISIP FS Long Term Disability (LTD) and is assigned a SISIP FS Case Manager and Vocational Counsellor who develop a vocational training plan with him.

-Kevin receives approval from his CO to participate in the CF Vocational Rehabilitation Program for Serving Members, which allows him to be absent from duties for six months before release.

SIX MONTHS BEFORE RELEASE

-Kevin starts full-time vocational training paid for by SISIP FS.

-Kevin and his spouse attend a VAC Transition Interview where VAC support and benefits are explained.

-Kevin applies for a provincial health care card and for post-release coverage under the Public Service Health Care Plan (PSHCP).



-If Kevin's case becomes complex, SISIP FS and VAC Case Managers will review his vocational plan and medical condition to ensure support is coordinated.

RELEASE AND 12 TO 18 MONTHS AFTER

-VAC medical/psychosocial rehabilitation and SISIP LTD income replacement payments begin. Vocational rehabilitation under SISIP FS continues. SISIP FS reviews Kevin's medical condition at 12 and 18 months.

24 MONTHS POST-RELEASE

-Kevin completes his training and SISIP FS provides him with résumé preparation and employment search assistance.

-SISIP FS determines that Kevin has the training and experience to return to work. SISIP FS support ceases. (If Kevin's condition prevented him from returning to work, SISIP FS would determine if he is "totally disabled" and SISIP LTD income replacement support would continue until his condition improved or age 65.)

-VAC continues to provide medical/psychosocial rehabilitation support.

24 MONTHS PLUS POST-RELEASE

-If Kevin initially has difficulty finding work due to his medical condition, VAC can provide further Earnings Loss support and job finding assistance.

-Once Kevin is employed, VAC Earnings Loss support ceases. If needed, medical/psychosocial support will continue.

-When Kevin is successfully re-established in civilian life, his VAC Rehabilitation Plan will be closed. If his circumstances change in the future, he can re-apply to VAC for support.

This is a straightforward case scenario and not everyone will share the same experience as Kevin.

For more information, please visit: www.sisip.com and www.vac-acc.gc.ca

Les Forces canadiennes, les Services financiers du RARM (SF RARM) et Anciens Combattants Canada (ACC) :

Répondent aux besoins des militaires des FC libérés pour des raisons médicales

Lorsqu'un militaire des Forces canadiennes (FC) subit une blessure ou est atteint d'une maladie l'empêchant de poursuivre sa carrière, sa transition de la vie militaire à la vie civile peut s'avérer difficile puisqu'il doit non seulement faire face à sa situation médicale, mais aussi s'adapter à la vie en tant que civil.

Les FC offrent des services complets de soutien aux militaires blessés ou malades afin de traiter tout problème de santé physique ou mentale auquel ils pourraient être confrontés; ces services de soutien sont mis en place dès que survient la blessure ou que la maladie est diagnostiquée.

Lorsqu'il est décidé que le militaire ne peut plus servir au sein des FC et doit être libéré pour des raisons médicales, les FC, les SF RARM et ACC concentreront leurs efforts pour lui offrir le soutien nécessaire et assurer sa transition harmonieuse à la vie civile.

Afin d'illustrer ce processus, étudions le cas fictif suivant :

Kevin était un fantassin dans la Force régulière depuis dix ans lorsqu'il a subi une grave blessure à la jambe. Après trois mois de traitement médical, une infirmière des FC a été assignée à la gestion de son cas; Kevin pour sa part a été affecté à un poste au sein de l'Unité interarmées de soutien au personnel (UISP), puis dirigé vers un Centre intégré de soutien du personnel (CISP). Après une autre année de traitement et de réadaptation, on lui a assigné une catégorie médicale permanente, et il demande alors une indemnité d'invalidité auprès d'ACC. Étant donné que Kevin ne remplit plus les normes de *l'universalité du service*, il sera libéré pour raisons médicales. Voici certains soutiens auxquels il peut s'attendre :

9 MOIS AVANT LA DATE DE LIBÉRATION (DL)

-L'infirmière des FC, le gestionnaire de cas d'ACC et l'équipe du CISP collaborent pour développer un plan de transition/libération pour satisfaire aux besoins médicaux/psychosociaux et les autres soutiens dont Kevin aura besoin après la libération.

-Kevin présente une demande d'assurance-invalidité prolongée (AIP) auprès des SF RARM, laquelle est acceptée. Un gestionnaire de cas et un conseiller en orientation des SF du RARM sont affectés à son dossier et développent un plan de formation professionnelle avec lui.

-Kevin reçoit l'autorisation de son commandant pour participer au Programme de réadaptation professionnelle pour militaires en service actif des FC, ce qui lui permet d'être absent de ses fonctions pendant six mois avant sa libération.

6 MOIS AVANT LA LIBÉRATION

-Kevin commence une formation professionnelle à temps plein payée par les SF RARM.

-Kevin et son épouse participent à une entrevue de transition d'ACC où on leur explique les services et le soutien qu'ACC met à leur disposition.

-Kevin présente une demande pour une carte provinciale d'assurance-maladie et soumet sa demande d'admissibilité en vertu du Régime de soins de santé de la fonction publique (RSSFP).

-Si le cas de Kevin devient plus complexe, les gestionnaires de cas des SF du RARM et d'ACC procéderont à un examen de son plan de réadaptation professionnelle et de son affection médicale pour s'assurer que le soutien est coordonné.

À LA LIBÉRATION ET À 12 ET 18 MOIS APRÈS LA LIBÉRATION

La réadaptation médicale et psychosociale d'ACC et les prestations de remplacement du revenu des SF RARM débutent. La réadaptation professionnelle des SF RARM se poursuit. Les SF RARM procéderont à un examen de son affection médicale au terme de 12 mois et de 18 mois.

24 MOIS APRÈS LA LIBÉRATION

-Kevin termine sa formation et les SF RARM lui fournissent de l'aide pour la préparation d'un curriculum vitae et la recherche d'un emploi.

-Les SF RARM déterminent que Kevin a la formation nécessaire et détient l'expérience requise pour retourner au travail. Les soutiens des SF RARM prennent fin. (Si l'affection de Kevin devait l'empêcher de retourner travailler, les SF RARM détermineraient qu'il est atteint d'une « invalidité totale » et le remplacement du revenu des SF du RARM continuerait jusqu'à ce que son affection s'améliore ou qu'il ait 65 ans.)

-ACC continue de lui offrir un soutien concernant sa réadaptation médicale et psychosociale.

PLUS DE 24 MOIS APRÈS LA LIBÉRATION

=Si Kevin a initialement de la difficulté à trouver un emploi en raison de son affection, ACC peut verser l'Allocation pour perte de revenus et offrir de l'aide pour la recherche d'un emploi.

-Quand Kevin se trouve un emploi, l'Allocation pour perte de revenus prend fin. Si requis, les soutiens en matière de réadaptation médicale/psychosociale se poursuivent.

-Lorsque Kevin sera pleinement réintégré à la vie civile, son plan de réadaptation d'ACC prendra fin. Si sa situation change à l'avenir, il peut présenter une nouvelle demande à ACC.

Le cas présenté ici est assez simple et tous ne vivront pas les mêmes expériences que Kevin. Pour plus de renseignements, veuillez s'il-vous-plait consulter : www.sisip.com ou www.vac-acc.gc.ca

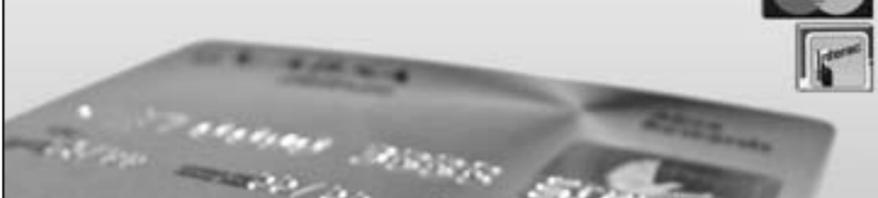
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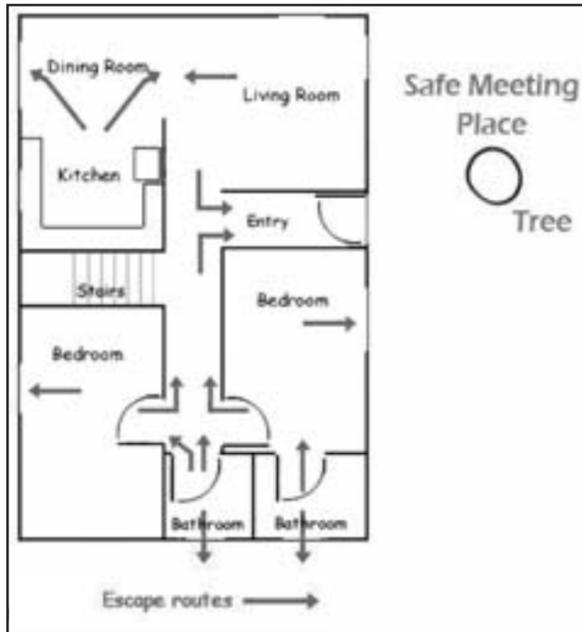




Be prepared: Have an escape plan



Submitted by
Wing General Safety
Office



Once you find out that there's a fire in your home, you must get out immediately.

Have an escape plan. Draw up a plan of your house and mark escape routes from everywhere in the house.

Determine a primary and an alternative escape route from each room. Decide on a place where everyone is to meet as soon as they're out of the house. This could be a tree, a street light, or a neighbour's front door.

Make sure the meeting place is a safe distance from the house. Practice your escape plan regularly.

Have someone sound the alarm, then rehearse what you would do and where you would escape to in case of a fire.

Review the plan frequently with all family members. Ask your local fire department for more information about fire prevention.

Tell your children if there's a fire they must not hide in a closet or under the bed. If they're hiding it's much harder for a fire fighter to find them when searching the house.

Explain to them that if they see a fire fighter during a fire he will be wearing a mask and will look scary; explain that they should run to him and not away from him. Also tell

them that when there's a fire, it's okay to break a window to call for help.

If there is a fire in your home, this is the proper response:

If it's night, get out of bed and crawl to the door on the floor. Smoke and heat rise. It's cooler and easier to breathe on the floor.

Touch the door. If it's warm, don't open it. If the door is cool to the touch, open it very slowly because there may be intense heat on the other side.

If the hallway is full of smoke or if you can see fire, close the door and use an alternative route out.

When leaving the building, stay low and close doors behind you. Closed doors will help slow the spread of the fire.

Get out of the building and stay out. No one should go back inside until the fire department tells you it's safe to do so.

Once you're out of the burning building, go to the designated meeting spot and make sure everybody is accounted for.

Phone the fire depart-

ment from a neighbour's house.

If your clothes catch fire, don't run. Stop, Drop, and Roll. Stop immediately, drop to the ground, cover your face with your hands, and roll over and over. Practice this maneuver with your children. Explain to them that rolling smothers the flames.

If you can't get out of the house because of heat or smoke and you're on an upper floor, close the door of the room you're in.

Plug any cracks under the door with bedding to prevent smoke from entering. Open a window and scream for help to get someone's attention. Don't jump out of the window unless there is no other choice.

I answered a call to a fire that had started in a house trailer in the middle of the night. Both adults had died of smoke inhalation in the bedroom.

Two children were found burned beyond recognition at the back door. The back door had been locked - and the lock was out of reach of the children.

Ensure your home insurance is updated after you buy valuable items

(NC)- According to an RBC Insurance/Ipsos Reid survey, only 38 per cent of those Canadians who bought or acquired something of value, such as jewelry, updated their home insurance coverage.

"Most people assume their home insurance policy will cover the total value of all of their contents for any type of loss, but there can be limits," said Rino D'Onofrio, head of Canadian Insurance Business, RBC Insurance. "An insurance advisor can assist them in assessing their belongings, including jewelry, in order to help determine the right type and amount of insurance coverage for their needs."

For example, an average home insurance policy provides up to \$5,000 in cov-

erage for jewelry; however, a diamond ring alone can easily exceed that amount. In fact, that same policy may only cover the replacement of certain types of losses, such as theft, not for unexplained losses such as the diamond falling out of a ring.

To ensure valuable jewelry is fully insured, policy holders can purchase additional coverage, known as a "rider", on individual items to recover the full replacement cost, for any type of loss. These types of additions can be purchased at any time and usually do not require a deductible amount to be paid.

For more information, visit www.rbcinsurance.com, call 1-800-ROYAL-26, or visit your local RBC Insurance branch.

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Alzheimer Society

2011 Walk For Memories

Sunday January 30, 2011
Time: 10:am - 11:30 am
Place: Bay View Mall, Belleville

Join us for an enjoyable and meaningful morning. Bring a photo and memory of your loved one to share at "Memory Lane". Something for the whole family - entertainment, special guests, face painting/tattoo parlour, activities. Purchase a blue hair extension to celebrate the day, courtesy of staff from Quattro Hair Salon. Special "Reflections Ceremony". Incentive prizes, draw prizes and top fundraiser prizes. Top team prize. Coffee/juice and baked goodies available in case you missed breakfast.

A Tribute to Robbie Burns

The Bard of Scotland

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

CALENDRIER

JANVIER 2011

CALENDAR JANUARY 2011

Le 15 janvier : Cours de cuisine végétarienne pour les adultes au Smylie's Independent (2e étage) à Trenton de 13h à 15h30. Veuillez réserver votre place!

January 15 : Vegetarian cooking class at Independent Smylie's (2nd floor) in Trenton from 1:00 to 3:30 p.m. Reserve your place!

Le 17 janvier : PORTES OUVERTES pour le PILATES de 19h à 20h au local du F-P.

January 17 : OPEN DOOR for the PILATES starting at 7:00 to 8:00 p.m. at the office of the F-P.

Le 21 janvier : Soirée cinéma pour les adultes dès 19h au local du F-P.

January 21 : Movie night for adults starting at 7:00 p.m. at the office of the F-P.

Le 22 janvier : Cours de cuisine (8ans et plus) au Smylie's Independent (2e étage) à Trenton de 13h à 15h30. Veuillez réserver votre place !
Madame Claudine raconte de 10h à 11h au local du F-P.

January 22 : Cooking class for (8 years old and up) from 1:00 to 3:30 pm. Call for registration! Madame Claudine reading from 10:00 to 11:00 a.m. at the office of the F-P.

Le 24 janvier : Cours de pilates de 19h à 20h au local du F-P.

January 24 : Pilates session from 7:00 to 8:00 p.m. at the office of F-P.

Le 28 janvier : Journée ciné-pédago de 13h à 15h30 au local du F-P.
Rock & Bowl pour les 13 ans et plus au Club Medd Bowling à Trenton à partir de 21h30.

January 28 : PAD movie from 1:00 to 3:30 p.m. at the office of F-P.
Rock & Bowl for 13 years old and up at Club Medd Bowling in Trenton starting at 9:30 p.m.

Le 31 janvier : Cours de pilates de 19h à 20h au local du F-P.

January 31 : Pilates session from 7:00 to 8:00 p.m. at the office of F-P.

Vin et fromage : date à déterminer
Wine and cheese : Date to be determined

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



McDonald's in Trenton proudly supports our troops, and the men and women at CFB Trenton.

266 Dundas Street East (Trenton Town Centre) *Drive-Thru NOW OPEN AT 5:00 AM

18 Monogram Place (near the YMCA) Drive-Thru - Open 24 hours

McDonald's in WalMart Trenton



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



Activity: Foam Turtle Soap Bath Toy

Materials: Sheet of craft foam – select the most porous type available; needle; sewing thread; bar of ivory or other soap; black permanent marker; and scissors or pinking shears.

Directions: Cut pattern and arrange on sheet of foam. Arrange carefully and you can create two turtles from sheet of craft foam or a large and small turtle. Cut two body pieces, four feet, one head and one tail. If using thin foam that will tear easily, double feet, head and tail; this is not necessary with most craft foam, however.

Trim feet and head so that piece is more egg-shaped. The head narrow to create a neck and the feet should narrow to create legs.

With right-sides facing out, beginning half inch from one end and half inch from edge along one short side, begin stitching body together using small, strong stitches. If necessary, double the thread to create a strong seam.

Sew the tail into centre of seam; continue sewing to within half inch of end of foam.

Turn corner and continue stitching

along the first long side. The first foot will be added into the seam beginning at 1 inch from end of foam (not from beginning of stitching). Simply place the leg into the seam, allowing plenty to extend beyond the seam to provide strength.

Continue sewing seam, adding second foot so that it ends at 1 inch from end of foam at other end. Stop stitching half inch from ends of foam.

Turn corner and add head in centre of short side, again stopping half inch from edge of foam to turn corner.

Leave needle and thread hanging and insert soap into opened side, pushing firmly toward sewn seam, leaving foam to meet and create final seam. Include last two legs into seam, knotting thread securely once stitching is completed.

After stitching is completed, trim body to create curved corners if desired. Use permanent black marker to create eyes and nostrils.

When soap inside has been used up, open one side seam and place another bar of soap inside.

Mealtime.org Easy Chicken Stew

Ingredients:

- 2 teaspoons vegetable oil
- 1 medium onion, coarsely chopped
- 1 pound boneless, skinless chicken breast, cut in 1-inch pieces
- 2 medium red-skin potatoes, 1-inch dice
- 1/4 cup all-purpose flour
- 1/2 teaspoon dried thyme and dried sage
- 1 1/2 cups canned, reduced-sodium chicken broth
- 1 can (8 ounces) peas, drained
- 1 can (8 ounces) sliced carrots, drained
- 1 can (8 ounces) cut green beans, drained
- 1/2 cup 2 per cent reduced-fat milk
- Salt and pepper, to taste (optional)

Preparation Time: 5 minutes **Cook Time:** 20 minutes

Preparation: Heat the oil in a large saucepan over medium-high heat. Add the onion and sauté until tender, stirring often, about 1 minute. Add the chicken breast and potatoes, and sauté until the chicken loses its raw look, stirring constantly, about 2 minutes. Add flour, thyme and sage, and stir until the chicken is coated with flour. Stir in the broth and bring to a boil, stirring often. Turn down to a simmer, cover, and cook until the potatoes are tender, about 12 minutes. Stir in the peas, carrots, green beans and milk, and heat through. Season to taste with salt and pepper, if desired. Keep warm or serve immediately. Serves: Six.

*Nutritional Information Per Serving: Calories 270; Total fat 5g; Saturated fat 1.5g; Cholesterol 65mg; Sodium 490mg; Carbohydrate 27g; Fiber 4g; Protein 29g; Vitamin A 90 per cent DV; Vitamin C 25 per cent DV; Calcium 8 per cent DV; Iron 15 per cent DV. *Daily Value*

DEAD END ?

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The "HEART Attack"

On Valentine's Day give someone you care about a "Heart Attack". The MFRC will deliver your special greeting in a heart stopping way.

Simply:
Choose your treat, Compose your message. Submit your order with payment to the MFRC by February 9th. Enjoy giving someone a smile!

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Book early to avoid disappointment

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Splash Page
www.familyforce.ca
MFRC Reception

Delivery Area
* 8 Wing/CFB Trenton (non-secure areas)
* Middleton Park

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Special Arrangements can be made for secure areas by contacting Jaimie: jcorriveau@cogeco.net or 613-955-8711

OPTIONS:
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"Touchez le Coeur" de quelqu'un qui vous est cher le jour de la St-Valentin. Le CRFM delivra votre message de façon palpitante

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Livraison:
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* Parc Middleton

Seulement \$5

Un arrangement peut être fait avec Jaimie pour les secteurs protégés: jcorriveau@cogeco.net or 613-955-8711

OPTIONS:
1. Brochette de fruits
2. Grand café/Thé/ Chocolat chaud
3. Gros biscuit aux brisures de chocolat ou à l'avoine avec un court message personnel

Are you new at 8 Wing/CFB Trenton?
Come to the MFRC, get your plant, coupons, information as needed, have a tour of the place. We are looking forward to meet you!

Etes-vous nouveaux à la 8e Escadre/BFC Trenton?
Venez au CRFM pour avoir votre plante, coupons, de l'information et une visite de la place. Nous avons hâte de vous rencontrer!

Partner's Away Wednesday Night
6 pm to 7:30 pm
Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.

January 19: Craft, Accordion Picture Album, cost \$5.
Guest, Jessica Poulin

January 26: End of the month Dinner Out
February 1: Quinte Wellness and Allergy Clinic

Groupe Partenaires au loin, le mercredi soir de 18 h à 19h30

Le service de garde est disponible, toutefois vous devez réserver à l'avance pour que nous puissions prévoir suffisamment de gardiennes pour les enfants.

19 janvier: Bricolage, album photos, coût 5\$. Invitée, Jessica Poulin
26 janvier: Souper de fin de mois
1^{er} février: Quinte Wellness and Allergy Clinic

Yummy In My Tummy
A workshop for parents.
Join Julia Ross in learning how to cook some of the most nutritious, wholesome meals, designed with your child's growth and development in mind.
This 4 week workshop will focus on the new and inventive ways to cook meals, as well as how to use different ingredients, to help boost your child's immune system, and encourage positive eating habits.

Tuesday January 25 – February 15 Time: 6 – 7 pm
Where: 6 RD room at MFRC
Cost: \$20
Must register and pay by Wednesday January 19.

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Venez rencontrer Julia Ross pour apprendre à cuisiner de délicieux repas santé conçus dans l'esprit de la croissance et du développement de votre enfant.
Ce programme d'une durée de 4 semaines, vous fera découvrir une façon inventive de créer des repas en utilisant de nouveaux ingrédients pour renforcer le système immunitaire de votre enfant et créer de bonnes habitudes alimentaires.

Les mardis du 25 janvier au 15 février. Heure: de 18h à 19h
Où: Salle 6RD du CRFM Coût : 20\$
L'inscription doit être faite et payée avant le 19 janvier.



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OP NANOOK 11 MAJAID exercise to employ new and improved CF capabilities

by Isabella Mindak

Canadian Forces (CF) personnel are preparing for a major air disaster exercise in Canada's North next year that will demonstrate advances in aircraft, load and parachute technology.

A MAJAID response for OP NANOOK 11 will also test and strengthen human and equipment capabilities for the unique challenges of an air disaster in the North.

MAJAID is the Canadian Forces (CF) emergency response plan to a major air incident that exceeds the local resources of a responsible Joint Rescue Co-ordination Centre (JRCC). Canada Command oversees three JRCCs across Canada that are prepared 24/7 to respond to air disasters in any part of the country.

When a major air disaster strikes, the JRCC responsible for the region is notified and it coordinates a Search and Rescue response. Depending on the magnitude of the disaster, a MAJAID may then be declared resulting in a rapid succession of events to provide immedi-

ate, additional support to survivors.

"MAJAID implementation base would have staff called in to coordinate a C-130 Hercules aircraft loaded with MAJAID equipment including a 12-man airborne support group from the CF Land Advanced Warfare Centre (CFLAWC)," said Captain Kelsey Barnes, Operations Officer for CFLAWC.

"The aircraft would be loaded according to the size of the crash."

CFLAWC provides operational support to Search and Rescue (SAR) teams and offers a long list of extensive courses on Arctic operations advising, parachute rigging, mountain operations, aerial delivery, to name a few. CFLAWC can deploy two six-member-teams on four hours notice, ready to support a major air disaster.

Depending on the magnitude and type of crash, the CC-130 Hercules aircraft would be equipped with survival kits that may include an eight-wheel all-terrain vehicle called the ARGO, tents, heaters, generators, blan-

kets and more.

In keeping with ongoing technological advances, experiences and lessons learned, air disaster response equipment is constantly evolving to ensure premium efficiency and performance.

The Canadian Forces CC-130J Super Hercules aircraft is one of those advances. This new model, which began to arrive in 2010, will replace the older aircraft in the Hercules fleet. Amongst other impressive capabilities, the CC-130J offers a computerized parachute dropping mechanism that increases the precision and accuracy of parachute drops to air disaster survivors.

There have also been changes to MAJAID survival kits. An 80-person survival kit has been replaced with 20-person survival kits so that parachute drops to a crash site are more likely to succeed.

For instance, if there were 80 survivors needing help at a crash site, a drop of the 80-person MAJAID survival kit was a much greater challenge than the current 20-person kit.

"Rather than dropping a physically huge kit, that's basically the size of a large bedroom, you can provide a more scalable response," said Major Howard Tetzlaff, who leads a team of CF personnel who maintain MAJAID survival kits.

There are other advantages as well.

"If you drop a heavy load 80-person kit and it gets lost (due to bad weather, etc.) there's the risk of losing 100 percent of your MAJAID load," said Captain Barnes. "But by splitting the loads into 20-person drops, there's less risk of losing all four loads so we still have 75 percent of our equipment."

Although used in the past by Search and Rescue Technicians, the CSAR7A parachute is now also being adapted by the CFLAWC airborne support group.

"This new parachute, as well as new operator skill-sets, allow a jumper much greater flexibility. Unlike some other parachutes, it can be used in weather conditions that could limit many other canopies," said Master

Warrant Officer Gavin Lee, the senior Search and Rescue Technician at Canada Command.

"The CSAR7A is much more manoeuvrable than the previous chute," he said. "You can fly it into confined areas. As well, the CSAR7A can open and operate in stronger wind conditions. That said, the new canopy gives the jumper a lot more confidence when jumping into a dangerous situation with a heavy equipment load."

The MAJAID exercise during OP NANOOK 11 will demonstrate these new CF equipment capabilities. It will also demonstrate the extensive training of CFLAWC's airborne support group.

Canada Command is responsible for Canadian

Forces routine and contingency operations in Canada, continental North America, and their maritime approaches. The CF has three main roles: to protect Canada; defend North America in co-operation with the United States; and contribute to international peace and security. Canada Command works in close partnership with federal departments and agencies, as well as with continental, provincial and territorial organizations, on sovereignty and security issues in the North, as part of the Canada First Defence Strategy. Op NANOOK 11 is one of three major recurring sovereignty operations conducted annually by the Canadian Forces in the North.



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TRENTON

Military Family Resource Centre



Events & Information

The "Heart Attack" coming to 8 Wing/CFB Trenton on February 14th.

Discount Program for Military
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For more information:
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Contact: Jaimie Corriveau 613-955-8711

Événements et Information

Le "Touché au Cœur" arrive à la 8e Escadre/BFC Trenton le 14 février.

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Information

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