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## 429 (Transport) Squadron changes Commanding Officer

*Lt.-Col. Maisonneuve assumes command from Lt.-Col. Stark*

By Ross Lees

Barely two years ago, newly assigned 429 (Transport) Squadron Commanding Officer (CO) Lt.-Col. Jason Stark called his assignment to the head of the Bison herd as his "dream job."

Last week, as he prepared to hand over the reins to incoming CO Lt.-Col. Jean Maisonneuve, he called it "an opportunity of a lifetime."

He gave credit for that wonderful experience not only to the workhorse aircraft (the CC-177 Globemaster III) which they fly, but to the wonderful people of 429 Squadron who always give extra effort to make all missions succeed.

"We are often the first one in and the last one out," he told his audience at 1 Hangar Friday afternoon. "There's no Canadian Armed Forces operation that is not somehow affected or supported by you. This constant affect on global operations, our ability to project Canadian values and interests abroad with unprecedented speed and reach is something we should all be proud of."

*Continued on page 9*

Incoming 429 Squadron CO Lt.-Col. Jean Maisonneuve, left, and outgoing CO Lt.-Col. Jason Stark, right, are joined in the signing ceremony by Col. Sean Friday.

Photo Ross Lees



## Vintage Wings' aircraft fly the friendly Quinte skies

*100 local flights designed to help excite cadets about science, technology, engineering and math*

By Ross Lees

One hundred cadets at CFB Trenton and Mountain View had the most amazing experience of their young lives while attending the Trenton Air Cadet Summer Training Centre (TACSTC).

They were given the chance to fly in World War II aircraft – a North American Harvard, a Fleet Finch and a de Havilland Tiger Moth.

One hundred flights of 500 across Canada this summer were flown in these vintage aircraft as part of the educational outreach program, Yellow Wings, developed by

Vintage Wings of Canada to address the challenge of turning young people on to science, technology, engineering and math, and motivating them to pursue their dreams through hard work and discipline

*Continued on page 12*



This Fleet Finch carries a cadet over the friendly skies of CFB Trenton Tuesday morning.

Photo Ross Lees



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# Tiger Squadron rescues lost girl in northern Ontario

A CH-146 Griffon Search and Rescue (SAR) helicopter crew from 424 Transport and Rescue Squadron based at 8 Wing Trenton on the morning of July 16 rescued a young girl who had been lost overnight in the woods of northern Ontario.

424 Squadron had been tasked late Monday night to assist the Ontario Provincial Police in a search for a 10-year-old girl who had become separated from her friend with whom she was picking berries in the vicinity of their camp site near Lavigne, Ontario, a community situated about halfway between Sudbury and North Bay on the North shore of Lake Nipissing.

After searching through the night, the SAR crew spotted the young girl around 8 a.m. Tuesday morning sitting at the edge of a bog approximately three kilometers from her family's camp site. Having walked all night, the girl was so happy to see the SAR Technician who had been hoisted down to rescue her, she

hugged him. Once safely aboard the helicopter, the young girl was flown to a nearby hospital.

424 Squadron based at 8 Wing/CFB Trenton, together with 435 Squadron based at 17 Wing Winnipeg, are responsible for providing Search and Rescue coverage to 10 million square kilometers of the Trenton Search and Rescue Region comprising most of the Province of Quebec, all of Ontario, the Prairie Provinces and the entire Arctic.

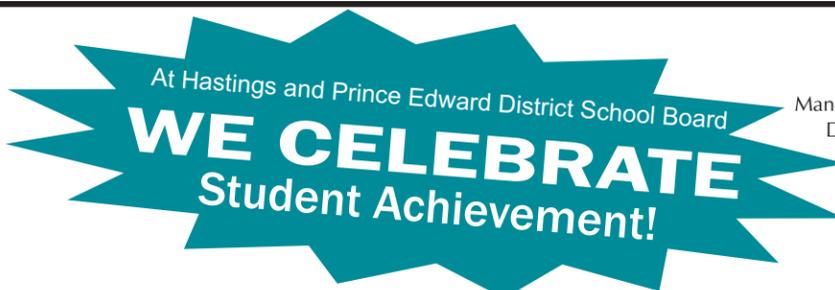
Search and Rescue (SAR) incidents under the federal SAR mandate are defined as all aircraft incidents and all marine incidents in waters under federal jurisdiction. With the exception of federally owned National Parks, the overall responsibility for land and inland water search and rescue rests with the provinces, territories and municipalities. The Canadian Armed Forces may, however, provide assistance to land and inland water rescues when possible.

This young girl is happy to see Master Corporal Jon Pothier, SAR Technician from 424 Squadron, who was hoisted from the Griffon helicopter to rescue her.

Photo: Sgt. Brad Power, 424 SAR Tech



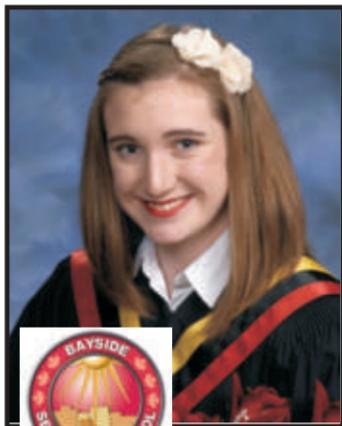
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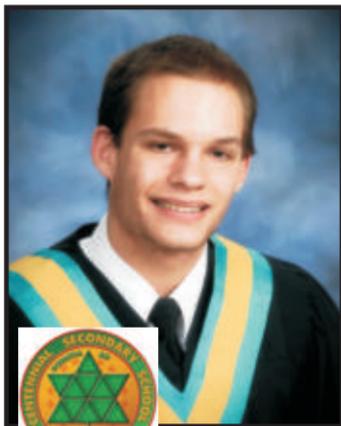
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Mandy Savery-Whiteway  
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## Hastings and Prince Edward District School Board Governor General's Academic Medal Recipients

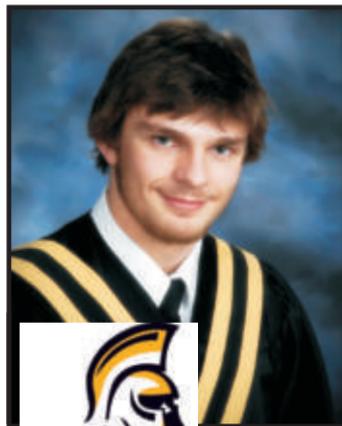
Since 1873, the Governor General's Academic Medal has recognized the outstanding scholastic achievements of students in Canada. The medal is awarded to the student graduating with the highest average from a high school, college or university. Pierre Trudeau, Tommy Douglas, Kim Campbell, Robert Bourassa, Robert Stanfield and Gabrielle Roy are past recipients. Medals are presented on behalf of the Governor General by participating educational institutions, along with personalized certificates signed by the Governor General. There is no monetary award associated with the Medal.



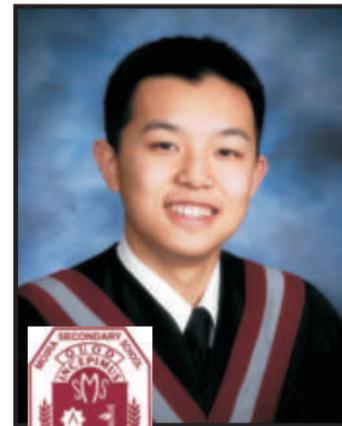
**ISABELLA HUTCHISON**  
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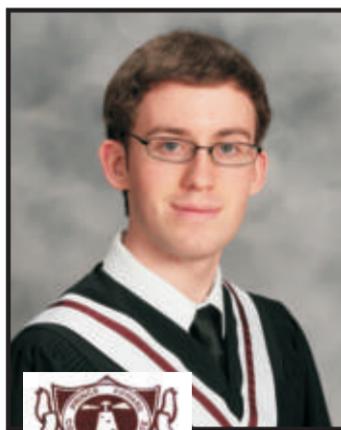
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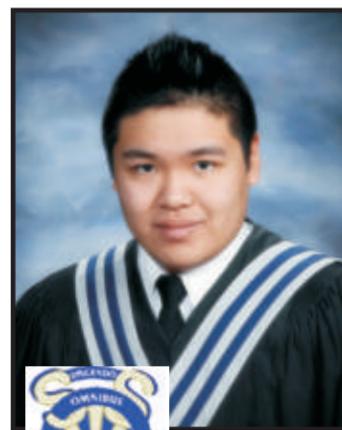
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- If you, or someone you know served in the Korean War, you can apply for a Certificate of Recognition at [veterans.gc.ca/Korea](http://veterans.gc.ca/Korea) or call 1-866-522-2122.

During the Korean War, more than 26,000 Canadian men and women served to uphold the values of freedom, democracy and the rule of law. In all, 516 Canadians gave their lives in service during the Korean War.

## 2013 is the Year of the Korean War Veteran.

For more information on Canada's role in the Korean War, visit [veterans.gc.ca/Korea](http://veterans.gc.ca/Korea)



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Plus de 26 000 Canadiens et Canadiennes servirent au cours de la guerre de Corée au nom des valeurs de liberté, de démocratie et de primauté du droit. Parmi eux, 516 y donnèrent leur vie.

## 2013 est l'Année des vétérans de la guerre de Corée.

Pour en apprendre davantage sur le rôle du Canada durant la guerre de Corée, consultez [veterans.gc.ca/Coree](http://veterans.gc.ca/Coree)



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# A grill with a chill: Canada Day at the North Pole



Station photo taken prior to playing of O Canada by Mike Elsasser. Photos Cpl. Jon Melvin



Maj. Warren Baccardax drops the ball marking the start of the 3-on-3 CFS Alert Canada Day ball hockey tournament under the watchful eye of event organizer PO2. Bruce Murphy. Representing the first two teams to play are MCpls. Shaun Bramley (left) and Sean Clausen (right)



With the fired-up grill, Tim Draker carefully directs the Commanding Officer Maj. Warren Baccardax and Station Warrant Officer MWO. Dean Hancock in the art of feeding the Station.

By PO2. Bruce Murphy and 2Lt. Colin Parker

To most, thoughts of Canada Day inspire visions of friends and barbecues cumulating on a warm summer's night full of fireworks, however, for some it is a little different. It may be hard to imagine fellow Canadians removing their snow boots, hanging their parkas on the rack and...well aside from the warm summer's night...doing much the same thing on July 1. Such is the story of a remote Station located just south (817km) of the North Pole at the tip of Ellesmere Island called Canadian Forces Station (CFS) Alert. With the proud distinction of being the most northerly permanently inhabited site in the world, Alert is home to from 70 to 130 military and civilian personnel. While a long weekend seldom means relaxation, Station personnel made sure to celebrate Canada Day in their own way.

In a dramatic kickoff, all Station personnel attended the opening ceremonies of the first annual three-on-three CFS

Alert Canada Day ball hockey tournament. Organized by PO2 Bruce Murphy, "Tradie", the much anticipated tournament began with a moment of respect as Mike Elsasser delivered a saxophone rendition of O Canada. Over the next six games the four teams battled for priority placing in the main event to be held on Monday, July 1. The excitement of the fast paced games easily rivalled professional sporting events with many spectators to support, and send friendly jeers, to those playing. After the games (and appropriate showers... it takes quite a lot of work to break a sweat at the North Pole but was certainly achieved by our athletes) everyone retired to the Arctic Club for some refreshments and Canada Day trivia.

While not as physically demanding as the hockey, the crowd was no less enthusiastic for trivia eagerly demonstrating their intellectual staunch. With the enticing prize of a

\$15 per team member voucher redeemable at the world's most northerly Trading Post, the competition was high with a particularly motivated team of firefighters vying for the win.

It was through burning charcoal embers that the unforgettable summer flavour of barbecue was enjoyed by Station personnel. The Commanding Officer, Maj. Warren Baccardax, and Station Warrant Officer, MWO Dean Hancock, slaved over the hot grills, under the careful direction and scrutiny of our fine cooks, to provide mouth-watering ribs and succulent roast chicken. With the combination of a bountiful selection of specially prepared sides and some theme desserts the mess hall was transformed into a friend's backyard.

Having recovered from the placement games, the four ball hockey teams faced off again on Canada Day itself for the tournament. With renewed vigour, all teams sought the win resulting in stiff competition and an exciting series of games. As all things must come to an

end, so did the tournament with PO2 Bruce Murphy, MCpl. Shaun Brumley, Celyne Begin, and Riv Bongard taking the win. Coming in a close second were Maj. Warren Baccardax, Cpl. Josh Tortorici, WO Rick Octeau, and Andy Leishman.

Despite the heavy summer work tempo, those on Station were able to relax, have some fun, and really enjoy the Canada Day weekend. Even with snow lining the grill, the Frozen Chosen at CFS Alert took a break to share their proud Canadian spirit.



After a hard won victory, the winning ball hockey team poses with the famed CFS Alert cup.

## 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 Armed Forces at work.

The Publisher 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.

In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Sean Friday, CD, Wing Commander, 8 Wing/CFB Trenton.

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THE CONTACT produces news and information about 8 Wing/CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

- Articles should be typed in upper and lower case (Not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art or graphics within typed pages. Additional graphics/logos may be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include author's full name, rank, unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in either a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Tuesday at noon prior to print date.

## Letters to the Editor:

All letters must be signed and the name of the author will be published. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



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# 412 (Transport) Squadron welcomes new Commanding Officer



Photo: Cpl. William White, CFSU(O) Image Tech

Lt.-Col. Michael Thornley with the Falcon Squadron

**By: Capt Christopher Daniel, 8 Wing Public Affairs Officer**

Members of 412 (Transport) Squadron, also known as the Falcons, warmly welcomed their new Commanding Officer (CO), Lieutenant-Colonel (Lt.-Col.) Michael Thornley, during a change of command ceremony in Ottawa on July 11. He succeeds Lt.-Col. Éric Philippouci who had been leading the Squadron that operates the CC-144 Challenger fleet for the past two years.

"We're delighted to welcome back Lt.-Col. Thornley to our 8 Wing family," said 8 Wing Commander Colonel Sean Friday. "His vast experience in air mobility will be an asset to the Squadron. I'm confident that he will continue the great job that Lt.-Col. Philippouci had been doing for the Falcon Squadron."

412 (T) Squadron, based in Ottawa, is a unit of 8 Wing Trenton. It provides high-ranking government officials and foreign dignitaries with VIP air transportation across Canada and worldwide, as well as undertakes military and medical evacuation (medevac) taskings.

"It is with a mix of sadness and exhilaration that I depart my post as Commanding Officer of the Falcon Squadron," said Lt.-Col. Philippouci.

"We have navigated through a challenging period over the past two years and I am extremely proud of the resilience demonstrated by each and every member of my team. The challenges we've overcome have cemented our team cohesion and made it that much easier to successfully continue to deliver flight services of the highest standard. I would like to thank every Falcon woman and man that supported me and helped us to remain focused on operational excellence. I know that the Squadron will continue to be in very good hands under Lt.-Col. Mike Thornley's command."

As he officially took command of the Squadron from the former CO, Lt.-Col. Thornley said that he is "honoured to have been selected to be the new CO of 412 (T) Squadron."

The Squadron currently operates six CC-144 Challengers; four 600/601 variant aircraft and two newer 604 variant aircraft. To accomplish their task, the Squadron employs 18 pilots, eight flight stewards and eight civilians. Last year, the Squadron flew over 2,600 hours.

"I look forward to working alongside the men and women of 412 Squadron. I am confident in their professionalism

and their dedication to duty," said Lt.-Col. Thornley.

Lt.-Col. Thornley was born in London, Ontario and joined the Canadian Armed Forces in July 1989 as a pilot under the Regular Officer Training Plan (ROTP).

He graduated in 1993 from the Royal Military College in Kingston, with a Bachelor degree in Engineering and Management. Following Graduation, he completed his flying training in Moose Jaw, Saskatchewan and Portage la Prairie, Manitoba, where he obtained his wings.

His first operational posting was to 413 Transport and Rescue Squadron in Greenwood, Nova Scotia flying the CC-130 Hercules. After that, he was posted to 426 Squadron in Trenton, Ontario to instruct on the Hercules. In May 2003, he was posted to 437 Squadron in Trenton to fly the CC-150 Polaris.

In June 2005, he was promoted to the rank of Major and assumed the position of Squadron Standards Officer at 437 Squadron. Between November 2006 and May 2007, Lt.-Col. Thornley deployed to Khartoum, Sudan as the Air Operations Advisor to the African Union Mission in Sudan. Upon return

*continued on page 11*

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# Operation NEVUS: The Northern Information Highway

By Officer Cadet Colin Parker, Station Logistics Officer, Canadian Forces Station Alert

Personnel posted in the bone-chilling reaches of Canadian Forces Station (CFS) Alert, on the northern tip of Ellesmere Island, are no stranger to harsh conditions and technological challenges. Indeed, one unique challenge involves the transmission of voice, video, and data communications to and from the Station.

This type of modern communication is commonplace in most parts of the world thanks to satellites positioned over the equator. But at the poles, the transmission angle is too extreme; therefore, the data must be sent south using other

means to a location where it can be more accessible via satellite link.

To achieve this, data is sent from CFS Alert via a series of microwave repeater stations that span 400 km to a communication station in Fort Eureka, a research station on the west coast of Ellesmere Island, where it is within range to establish a satellite connection to Ottawa, Ontario.

The communication system from CFS Alert to Fort Eureka is known as the High Arctic Data Communication System or HADCS (pronounced 'haddicks'). This is how CFS

Alert communicates with the rest of the world and vice versa.

Besieged by austere conditions for much of the year, the HADCS requires regular upkeep. This is the purpose of Operation NEVUS, which is conducted every year from late May to late July by the Canadian Armed Forces to perform essential preventive and corrective maintenance on the HADCS.

Under the command of Joint Task Force (North) in Yellowknife, Northwest Territories, Task Force NEVUS consists of a technical element,

responsible for maintenance and support activities, and an air element, responsible for airlift and support activities.

During the Operation, a team of linemen, communications technicians, engineers, and various civilian employees travel by CH-146 Griffon helicopters to visit each HADCS site to maintain the equipment and critical infrastructure, replacing components where necessary. Working in partnership with employees of Environment Canada, they also ensure that the entire system complies with environmental standards.

This year, 438 Tactical Helicopter Squadron from 1 Wing and based out of St. Hubert, Quebec, provided the helicopter support; while 440 Transport Squadron from 17 Wing and based out of Yellowknife, Northwest Territories, provided the cargo, passenger, and fuel cache support between CFS Alert and Eureka.

One of the numerous northern operations that Canadian Armed Forces conducts every year, Operation NEVUS 2013 is ongoing until the end of July, and is an essential part of making this northern information highway a success.

## Opération Nevus: L'autoroute de l'information du Nord

Rédigé par l'Élève-officier Colin Parker, Officier de la logistique de la Station des Forces canadiennes Alert

Les membres du personnel déployés dans le grand froid de la Station des Forces canadiennes (SFC) Alert, située dans l'extrémité Nord de l'île d'Ellesmere, connaissent bien les conditions de vie difficiles et les défis technologiques. En effet, un de leurs défis est la transmission de communications voix, vidéo et données à destination et en provenance de la station.

Cette méthode de communication moderne est répandue dans la plupart des régions du monde, grâce aux satellites placés au-dessus de l'équateur. Par contre, l'angle de transmission aux pôles est trop extrême, et, par conséquent, les données doivent être envoyées

au Sud, à un endroit où elles sont plus accessibles par l'entremise d'une liaison satellite.

Pour ce faire, les données sont envoyées à partir de la SFC Alert par le biais d'une série de stations micro-ondes de retransmission qui couvrent 400 km jusqu'à une station de communication à Fort Eureka, une station de recherche sur la côte Ouest de l'île d'Ellesmere, qui peut établir une liaison satellite avec Ottawa, en Ontario.

Le système de communication de la SFC Alert à Fort Eureka est appelé Système de transmission de données dans l'Extrême Arctique (HADCS). Ce système permet à la SFC Alert de communiquer avec le reste du

monde et inversement.

En raison des conditions austères qui règnent dans cette région pendant la majorité de l'année, le HADCS doit être maintenu de façon régulière. Il s'agit là de l'objectif de l'Opération Nevus, qui est menée chaque année de la fin mai à la fin juillet par les Forces armées canadiennes, afin d'exécuter des tâches essentielles de maintenance préventive et corrective sur le HADCS.

Sous le commandement de la Force opérationnelle interarmées (Nord), la Force opérationnelle Nevus comprend un élément technique, responsable des activités de

maintenance et de soutien, et d'un élément aérien, responsable des activités de soutien et du transport aérien.

Au cours de l'opération, une équipe de poseur de lignes, de techniciens en communications et d'ingénieurs se rendent à chaque site HADCS à bord d'hélicoptères CH-146 Griffon afin d'exécuter des services d'entretien sur l'équipement et l'infrastructure essentielle, et de remplacer des pièces au besoin. En partenariat avec des employés d'Environnement Canada, les membres de l'équipe veillent aussi à ce que le système en entier respecte les normes environnementales.

Cette année, le 438e Escadron

tactique d'hélicoptères de la 1re Escadre, basé à Saint-Hubert, au Québec, fournit le soutien par hélicoptère, alors que le 440e Escadron de transport, provenant de la 17e Escadre et basée à Yellowknife, dans les Territoires du Nord-Ouest, fournit des services de transport de marchandises, de passagers et de cache à carburant entre la SFC Alert et Eureka.

Opération Nevus 2013, une des nombreuses opérations nordiques menées par les Forces armées canadiennes chaque année, se poursuit jusqu'à la fin de juillet et joue un rôle clé dans la réussite de cette autoroute de l'information.

# the Contact

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# From the outside looking in – my Maple Flag experience

By 2Lt James Vandal

Like most new military members who have recently graduated from basic training, I am trying to make the best of my on the job training (OJT) experience. As an aspiring pilot with the Canadian Forces who has wanted to fly nothing but jets since applying, I was very excited when I heard that 437 Transport Squadron was looking for OJTers to work with them on their operations (OPS) at this year's EX Maple Flag. Knowing that this would be a great opportunity for me to see jets from around the world in action, I volunteered my name for the temporary placement and was lucky enough to get posted with the tankers for the entire exercise.

## A new experience

Maple Flag is an international aerial combat training exercise hosted annually at CFB Cold Lake, Alberta. Typically held from May through June, the exercise provides Canadian and international aircrews with realistic air combat training through simulated war games.

Being somewhat unfamiliar with the operations, and having no prior

experience working with 437 Sqn., I was a little unsure of what to expect going into the TD placement. Fortunately, it did not take me very long to start feeling comfortable with the new squadron as they made me feel like one of their own. I was trusted to get my work done right away and there was always someone available to help me out whenever I needed more guidance.

While I was in Cold Lake, I had the opportunity to get on familiarization (famil) flights with the CC-150 Polaris, CC-130H Hercules, and CH-146 Griffon. I cannot say enough great things about my experiences on the famil flights. I was able to see both CC-150 and CC-130H tankers in action when the CF-188 Hornets temporarily left the dog fighting to refuel. In addition, I can safely say that I will never forget my first helicopter flight with 408 Tactical Helicopter Squadron. There was really nothing quite like weaving between the tree lines with my feet hanging out the side of the helicopter while sometimes dropping below 100 feet of ground level.

Having the opportunity to talk with all the different types of pilots has opened my eyes to the many pos-

sibilities that my future has in store for me. Although I left for Cold Lake with the primary goal of learning more about flying jets, I've soon come to realize that the three possible airframes (jets, multi-engine, and helicopters) all have their own advantages and disadvantages. The reality is that, having seen what all three airframes are capable of, it does not matter what I end up flying in the end because I know that all three can lead to a rewarding career.

## Aftermath

All in all, I believe that my OJT experience with 437(T) Sqn. has been invaluable to me as a young officer, and as an aspiring pilot in the Canadian Forces. The experience has allowed me to interact with a lot of new people and I also was fortunate enough to learn a lot about how squadrons function during operations. There's no better way to learn about your trade than by going out and working with the professionals that have made a career out of it. For myself, I've only gotten a small taste of what it's like to be a pilot with the CF, and I can honestly say that I've never been more excited to start my career than I am right now.



CF-146 Griffon



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CF-188 Hornets

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# Fitness & Health

## Active living

# Ten tips to shaping up the smart way

### 1. Take some time to warm-up before exercising

This should involve some walking or jogging just to get your tissues ready to work. A progressive movement-based warm-up should be done prior to all sports/physical training as this does prevent injuries. You can add some stretching but please note that stretching hasn't been proven to prevent injuries. Discuss this with your fitness staff to ensure you are using proper warm-up techniques.

### 2. Walk your Body and Mind to a Happy Place!

While walking may not appear to be as macho as running, it does help to improve your aerobic fitness and this will increase your energy levels. Walking also promotes the release of the body's natural happy drugs - endorphins. The higher the intensity of your walks, the more likely you will notice an improvement in your mood. Feel energized and happier!

### 3. Use the "Talking Rule"

If you are able to maintain a continuous conversation, you are training at low intensity. At moderate intensity, you may not be able to speak in full sentences without taking one or more breaths. At high intensity, you will not be able to maintain a conversation. Try exploring these levels of intensity during your physical training as this will allow you to challenge yourself on some days and enjoy the social aspect of training on others.

### 4. Cross train!

Cross training varies the stress and strain on various body tissues and can reduce the incidence of injuries. It is also a lot more fun to do a variety of fitness

activities rather than the same workout every day. Try alternating activities such as: walking, cycling, skating, skipping rope, snow shoeing, cross-country skiing and swimming.

### 5. Try using a pedometer

Explore wearing a pedometer for a day and you may be surprised at how little you actually move during a typical day. For health and fitness maintenance, it is recommended that you aim for a minimum of 10,000 steps/day. Some people can achieve 10,000 steps/day without ever going to the gym. Walking to work, taking the stairs, walking the dog and walking to the mailbox all add up. If you don't have easy access to a pedometer, try accumulating 60 minutes of physical activity a day. It doesn't matter if you do 60 continuous minutes of activity or you do 6 times 10-minute bouts.

### 6. Strength training and core stability exercises for optimum performance

During weight workouts start by limiting yourself to 2 sets of 10-12 repetitions of 8 different exercises. This approach will give you approximately 80% of the benefit of these exercises without the increased risk of injury that comes with doing more than this. Ask your fitness staff if you are using good technique during these exercises.

### 7. Sweat loss doesn't mean fat loss

Working out with plastic bags under your clothing will cause you to temporarily lose some body water but it will not promote the fat loss that you desire. What over heating during exercise will do is increase your risk of becoming dehydrated, electrolyte depleted and exces-

sively fatigued. Excessive sweating also increases your risk of developing a heat-related injury such as heat exhaustion or heat stroke.

### 8. Become an exercise thief!

Many people incorrectly believe that they are not exercising unless they are working out in the gym. Your body doesn't know the difference between walking to your boss's office and walking on a treadmill. Using the stairs, riding your bike to the post office, walking to work, shoveling the driveway and mowing the lawn are just a few examples of opportunities you have to steal some exercise in your day.

### 9. No Pain No Gain!

... is a motto that applies to elite athletes in exceptional circumstances and not someone who is training to improve their fitness. If you are suffering throughout your workouts, you are training too hard or using poor technique. You can be uncomfortable in your training but if you have pain, try backing off on the intensity of your training and verifying that you are using the correct technique. The chances are you will enjoy exercising a lot more, will be motivated to train more often and will reduce your risk of becoming injured.

### 10. Remember - there is no fast track to becoming fit

Despite what the advertising media often tells you, there truly are no short cuts to becoming healthy and fit. While it doesn't sound sexy or high tech - the formula for success can be as simple as walking 45-60 minutes 5 days a week and eating a healthy diet. The secret is to "get moving" and make it a regular part of your daily lifestyle.

Source: *Strengthening the Forces > Summertime Living 2013*

#### Ask the Expert

## Don't Let Shift Work Get you Down

One of the biggest challenges facing shift workers is finding a routine that works well for them and sticking with it.

July, 4th, 2013

**Question:** I was reading the May 8 issue of *The Maple Leaf* (Vol. 16, No. 5) and I saw the article: Ask the Expert-Revamp your fitness program. I was wondering what advice you may have on how to maintain a fitness program and lead a healthy lifestyle when working shift work. I work 12-hour shifts that consist of two days from 0700 - 1900 and two nights from 1900 - 0700, followed by four days off. I find it very difficult to get proper sleep, eat well or maintain a regular fitness program. Any advice you would have would be greatly appreciated.

Thank you,  
Private  
Gagetown, N.B.

**Answer:** Don't Let Shift Work Get you Down

One of the biggest challenges facing shift workers is finding a routine that works well for them and sticking with it. This is particularly true for fitness training. Regular exercise is an important strategy for staying healthy and it is also essential to staying fit enough to meet the operational demands of a career in the Canadian Armed Forces (CAF).

The good news is that in addition to its multitude of health benefits, doing regular exercise can actually help you cope better with the stress of shift work. Physical exercise energizes you and so can make it easier to handle your shift. Sleep quality also improves with regular physical exercise - something all shift workers could benefit from.

The following are some exercise strategies that

shift workers may benefit from:

Set a time to exercise rather than doing it whenever you remember. Having as regular a routine as possible will make your life easier.

Shift workers often find the best time to exercise is right before their shift or shortly after they wake up.

Avoid exercising right before bedtime as exercise is stimulating and can make falling asleep more difficult.

Find a partner to exercise with - this makes it easier to workout on days when you are less motivated.

Exercise at work. The CF Health and Physical Fitness Strategy recommends that where possible all CAF personnel have the opportunity to exercise during their work day.

If you can't do a full workout during your shift, try taking short breaks to walk, stretch, climb some stairs, do some push-ups, etc. - it all adds up.

Try exercising while you commute to and from work - walking, running, biking, rollerblading, etc. In addition to the health benefits, this approach will save you time, save you money and is great for the environment.

If you prefer the gym, look for one that is open during the hours you aren't working. The bottom line is that with a little planning even shift workers can get the regular exercise they need to stay healthy, fit and happy. If you are interested in learning more about different healthy living topics, try contacting your health promotion office.

Source: *The Defence Team Focus on People*

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# 429 Squadron changes Commanding Officer

Continued from page 9



Col. Sean Friday, Commanding Officer of 8 Wing, Trenton, passes the colours of 429 Squadron to incoming CO Lt.-Col. Jean Maisonneuve Friday afternoon.

Photo Ross Lees

ensured families were well taken care of when the squadron sent crews out the door. Lt.-Col Maisonneuve said he intended to stay the course.

Finally, Lt.-Col Maisonneuve offered some words of wisdom to himself and all other Bisons as he began what he called a lifelong dream.

“Work hard, play hard, maintain a sense of humour, have fun, and make a difference,” he said. “Time flies and before you can blink, 429 Squadron will be in your rear view mirror. You’ll look back at your days in the squadron with fondness and appreciation. Don’t waste this opportunity to give the Air Force 100 per cent – correction – 105 per cent. You will always be proud you did. Leave nothing to chance!”

Lt.-Col. Maisonneuve hails from St-Isidore, Ontario. He joined the Canadian Armed Forces in 1986 and graduated from college militaire royal (CMR) in Saint-Jean-sur-Richelieu, Quebec, in 1991. After receiving his pilot wings, he was assigned to 436 (Transport) Squadron, 8 Wing/CFB Trenton, where he flew the CC-130 Hercules transport aircraft.

Having acquired over 7,400 combined hours on the CC-130 Hercules, CC-144 Challenger and the CC-177 Globemaster III aircraft, he has flown basic and advanced tactical airlift missions, transported heads of state and dignitaries, and in 2001, was one of two Canadians selected to fly the Globemaster on exchange with the United States Air Force (USAF). His operational experience includes flying tours with 412 (Transport) Squadron in Ottawa, the USAF’s 8 Airlift Squadron, McChord AFB, Washington, and 429 (Transport) Squadron. Throughout his career, he has served as an instructor, evaluator, and chief pilot at multiple locations.

In addition to his flying career, he performed standards and evaluation duties with 1 Canadian Air Division’s Transport and Rescue Standardization and Evaluation Team. During this posting from 2008 to 2012, he received a Chief of the Defence Staff commendation in recognition of accomplishing the first CC-177 landing on a snow-covered gravel runway. He was also instrumental in introducing CC-177 air-drop capabilities to the RCAF.

Promoted to his current rank in July 2012, Lt.-Col. Maisonneuve was posted to the Canadian Forces Aerospace Warfare Center, Trenton, where he was responsible for the development, refinement and advancement of RCAF doctrine.

In his spare time, he plays hockey and cycles in order to truly enjoy his wife’s culinary creations. They currently live in Belleville.

Lt.-Col. Stark said this final day at 429 Squadron was one of mixed emotions for him, noting the past two years had been exceptionally satisfying professionally and personally. He called 429 Squadron a unique unit, a special band of brothers, adding there would never be a shortage of tasks and operations for a squadron that leaves nothing to chance.

Col. Sean Friday, 8 Wing Commanding Officer, called Lt.-Col. Stark a true leader who always saw the mission accomplished, whether he had had notice or not of the mission.

He also noted Lt.-Col. Stark’s success came about because of the excellent effort the men and women of 429 Squadron gave him.

“Not only have you been to and excelled in every corner of the world along the way, you have expanded the C-17 capability envelope in ways that will maximize our use of this outstanding aircraft for decades to come. In April, last year, you conducted the first ever heavy equipment air drop and the results – bullseye! Then you proceeded to deliver every other remaining element of the capability introduction, including other air drop milestones and world leading expansion of our ability to operate in the north.

“Last November, you declared to the Commander of the Air Force that you had achieved the final operating capability, making the introduction of the C-17 one of the most successful introductions of new CAF equipment and capability ever.”

Col. Friday said to Lt.-Col Maisonneuve, being appointed the CO of a squadron like 429 had to rank up there among the best days of his life. He said COs are granted significant powers not normally held by Canadian citizens or most military personnel.

“These significant powers are provided in order to enable the CO to lead his or her unit during often hazardous and extremely demanding circumstances.”

Lt.-Col Maisonneuve said it was with great pride and respect he assumed command of 429 Squadron, adding he promised to do his best to ensure the squadron met all of the challenges during his command tour. He called Lt.-Col. Stark a great quarterback of a great football team who accomplished a lot during his tenure, including setting up squadron SOPs which

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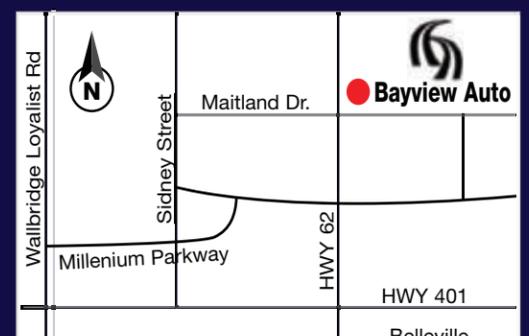
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to 437 Squadron, he was appointed Squadron Operations Officer. He was posted back to 426 Squadron in April 2008. During this second posting to 426 Squadron, he held the positions of Flight Commander of the Airbus Training Flight, Standards Flight Commander and Deputy Commanding Officer.

Lt.-Col. Thornley attended Canadian Forces Staff College from August 2011 until May 2012, where he received promotion to his current rank in December 2011. Following Staff College, he was posted to the Strategic Joint Staff in Ottawa, where he occupied the Current Operations desk covering the Western Hemisphere.



Signing of the official scroll recording the Change of Command.

Photos: Cpl. William White, CFSU(O) Image Tech



Passing of the Colours by Col. Sean Friday to Lt.-Col. Michael Thornley.



General salute to the Presiding Officer, 8 Wing Commander Col. Sean Friday.



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# Vintage Wings' fly the Quinte skies



Another cadet experiences breaking the surly bonds of earth in a de Havilland Tiger Moth as photographed by an excited photographer in a North American Harvard.

*Continued from page 1*

As the TACSTC is one of Canada's largest Air Cadet training centres with approximately 1,600 cadets participating in various summer training courses, it represents an ideal audience for this educational outreach. Also, Trenton is an especially relevant venue for this training initiative given the historic significance of the base to the Royal

Canadian Air Force and the British Commonwealth Air Training Plan.

There is even one more major tie to Trenton and Mountain View with this program – the four pilots flying the aircraft all attended TACSTC and took part in the Central Region Flying School.

Edward Soye, a Reserve Captain flying in the Vintage Wings program as a civilian during his holidays this summer, is satisfying his passion, turning the cadets on to flying and history and hopefully giving them an experience they will never forget.

"They've been having a great time," he said of the cadets. "we've taken people flying who have never been in an airplane at all, who've only been in a glider, and people who have done it a couple of times before in light airplanes and they all enjoy stepping back in time and experiencing the County and all the wartime airfields from a World War II airplane."

Kaitlyn Buckborough and Ben Domik were two such cadets.

Kaitlyn said of her flight, "It was amazing! It was probably the coolest thing I've ever done."

Asked about the experience of flying in a World War II aircraft, she responds, "That's just brilliant! It's hard to explain how cool that is."

Ben was equally enthusiastic about the flight. "I really liked it, it was very nice! To fly in a World War II plane made me feel really honoured. I was very thankful for everyone there," he told the reporter.

The thrill doesn't stop with the cadets, according to Mr. Soye.

"It's a thrill just to fly the airplanes but it's also a great way to give back to the program that we learned in and share these airplanes with other cadets and hoping to inspire them to pursue their dreams," he said.

Mr. Soye works for an investment management firm in Toronto as an equity analyst spending his time valuing companies.

His passion for flying (flying Vintage Wing aircraft) is really what he loves to do. "This is what I love to do. My academic background is in history. I have a masters degree from Royal Military College in Ontario and I really enjoy old airplanes from a historical standpoint and in terms of sharing the historical context surrounding them."



Cadet Kaitlyn Buckborough waves from the rear seat of this Harvard as she taxis by.

Photos: Ross Lees



Cadet Kaitlyn Buckborough tells CBC/Radio-Canada Videoreporter Fredric Pepin just how cool the flight was, especially since she had not expected to have such a flight when she came to TACSTC this summer.



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# Air cadet completes first glider solo of 2013 at Central Region Gliding School



Glider Pilot Scholarship cadet Sara Salmon signals her tow plane to "take up slack" leading up to her pre-solo launch with her flight's deputy commander, Second Lieutenant Sam Harper.

By Lt. (Navy) Bettina McCulloch-Drake  
Central Region Gliding School

Flight Sergeant Sara Salmon's desire of becoming a pilot became a reality on Tuesday, July 16.

A cadet with 713 Thunderbolt Royal Canadian Air Cadet Squadron from Stoney Creek, FSgt. Salmon became the first cadet to complete a solo flight as part of the 2013 Glider Pilot Scholarship (GPS) program.

"I was really nervous for my pre-solo," admits FSgt. Salmon. "I wanted to do more than just pass, I wanted to do a good solo."

Within minutes of completing her pre-solo flight at Mountain View airfield, she was given the go ahead by B Flight's Deputy Commander, Second Lieutenant Sam Harper, to go for the first solo of the GPS program.

"I did not think it would happen right away," said FSgt. Salmon. "It was nice to be thrown in because I didn't have a chance to over think it."

Cadets participating in the GPS program need to complete a minimum of 24 flights with a gliding instructor before they are eligible to fly a Schweizer 2-33A glider by themselves. The decision to let a student go solo depends on their overall performance and their conduct during their pre-solo (the 24<sup>th</sup> flight with an instructor).

"I have to do 19 more solo flights and a few different checks before I take my written test and my flight test for my pilot's license," she added.

Cadets who successfully complete the requirements of the GPS program will be licensed as glider pilots and be presented with their cadet glider pilot wings.



Glider Pilot Scholarship cadet Sara Salmon is elated when she is informed that she can go solo. "The first time an instructor has a student solo is also exciting," says Sara's Flight Commander, Capt Mary-Ann Neal, "It's like Christmas Day."



Glider Pilot Scholarship cadet Sara Salmon waits for the signal to start pre-launch procedures for her solo flight at Mountain View airfield.

Photos: Lt(N) Bettina McCulloch-Drake

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# Safety

## Learn to swim to save your life

**L**earn to swim. It's a basic survival skill, which could save your life at work or off-the job.

If you work around water, in shipping, forestry, construction or other occupations, the ability to swim is vital. Many manufacturing workplaces have bodies of water on the premises, in the form of vats or lagoons. If you can swim, you might be able to prevent a fall from becoming a drowning accident.

Personal Flotation Devices (PFDs) are required in many work situations around water. Always wear one when traveling in small watercraft.

In certain work situations, you will be required to wear fall arrest equipment to protect you from a fall into water or other liquid. Make sure you get training in how to use and maintain this equipment.

Life-saving equipment such as rings, poles and lifeboats are added safety measures in some work situations. Make sure this equipment is readily available and in good condition.

Here are some recommendations for preventing drowning accidents at work and off-the job:

- *Even if your style is less than perfect, you should be able to swim to save your life. Learn to tread water, float and do a couple of basic swimming strokes.*

- *Learn basic lifesaving, how to tow another swimmer to shore without being pulled underwater yourself.*

- *Learn CPR (cardiopulmonary resuscitation) so you can revive a near-drowning victim.*

- *Know how to call for help in a drowning accident. Find out how to contact the first aid station and outside emergency services.*

- *Never mix alcohol with water sports such as swimming, diving or boating. Alcohol is involved in many drowning and*

*diving accidents.*

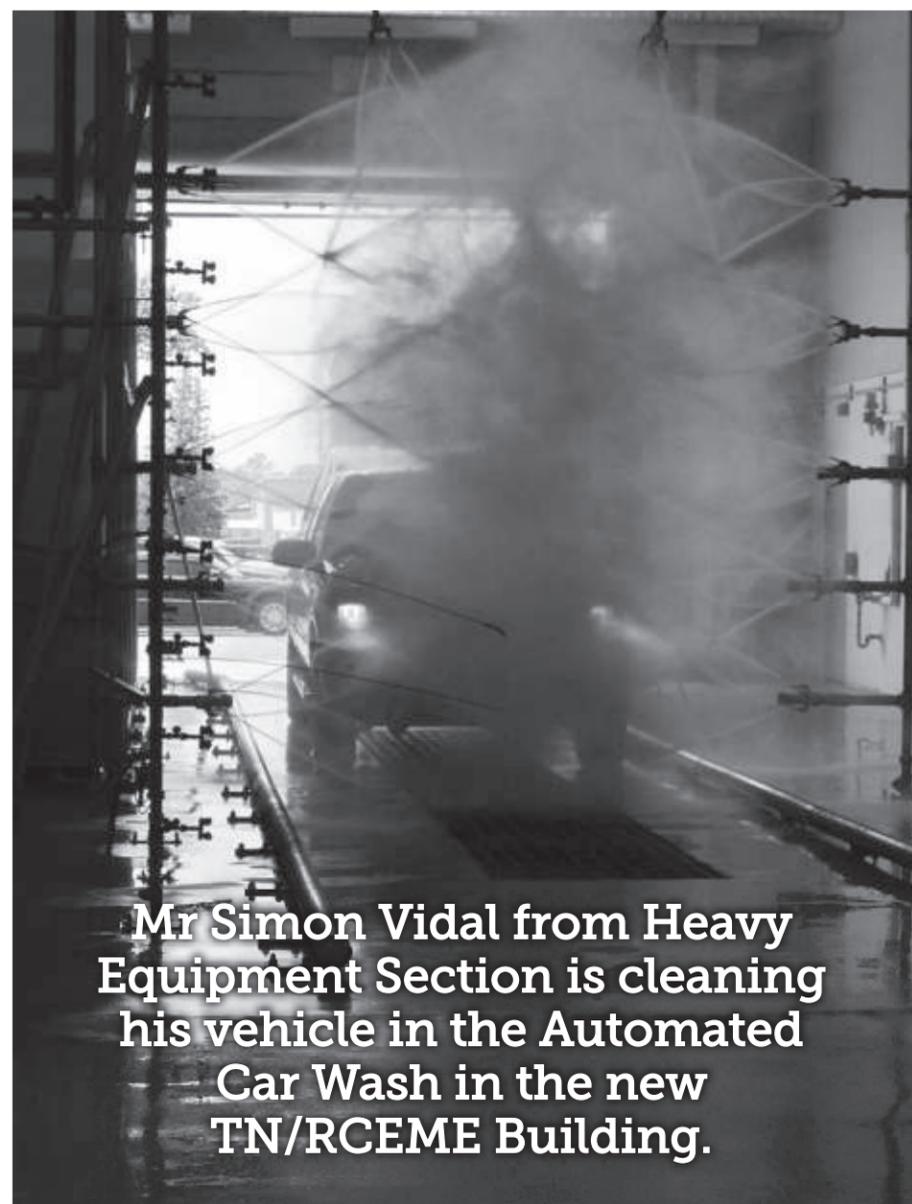
- *Don't engage in horseplay around water. Running on a dock or beside a pool, shoving and wrestling have all caused serious accidents.*

- *Make sure your children are protected from drowning accidents. Supervise them closely around water. Insist they learn to swim and wear personal flotation devices when necessary.*

Swimming is a survival skill, which could save your life at work, at play, while traveling or vacationing. Swimming lessons and training in CPR are available through many community organizations. Remember to use a PFD anytime you are around water, particularly when you are boating.



## Wing Logistics and Engineering Pictures of the Week



Mr Simon Vidal from Heavy Equipment Section is cleaning his vehicle in the Automated Car Wash in the new TN/RCEME Building.



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This Fleet Finch taxis past a parked C-17 Globemaster III. Photo Ross Lees

continued from front page stories



Lt.-Col. Jean Maisonneuve is silhouetted against the tail of C-17 Globemaster as he addresses the men and women of 429 Squadron.

Photo Ross Lees



### Travelling Playgroup

Join in the fun with other parents and children at different playgrounds in the community, once a week for the month of July, from 9:30 to 11:30 a.m.  
 Wednesday, July 17, Splash Pad in Frankford  
 Wednesday, July 24, Frink Centre in Belleville  
 Wednesday, July 31, Wellington Community Park  
 Visit our website for more information.

### Le groupe de jeu se promène

Venez vous amuser avec d'autres parents et enfants à différent terrain de jeu de la communauté, une fois par semaine durant le mois de juillet de 9h30 à 11h30  
 Le mercredi 17 juillet, au parc de fontaine à jets de Frankford.  
 Le mercredi 24 juillet, Frink Centre Belleville  
 Le mercredi 31 juillet, Wellington Community Park  
 S.V.P., visitez notre site internet pour plus d'information.

### Canada's Wonderland

Once again this year, we will sell the Canada's Wonderland tickets at a discount price - savings for you and fundraiser for the MFRC - everyone wins!  
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### Cineplex Theatre

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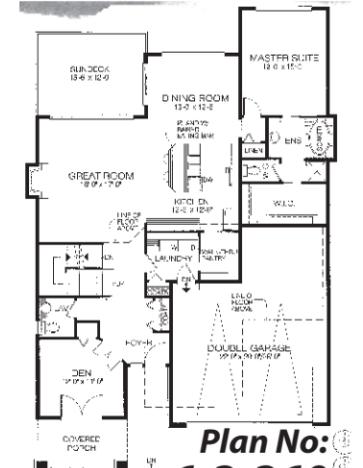
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# Home of the Week

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This three-bedroom, one-and-a-half storey family home, with its louvered shutters on one upstairs window and carved wooden braces on the gables, wins extra points for curb appeal. Entry is through a covered porch and into a compact foyer, with a powder room across from the convenient coat closet on the right. A den, with a closet and French doors onto the porch, can double either as a library, guest room or home office.

The family area includes a spacious great room, with a built-in gas fireplace and sliding doors that open onto a sundeck, which flows into the open-plan dining area and kitchen. The dining room's wide windows overlook the back garden. A work island with a raised eating bar, the perfect spot for snacks and casual meals, separates the dining room from the kitchen. The kitchen enjoys plenty of counter space, and boasts a walk-through pantry, with access to the laundry room, where a handy cupboard provides storage for off-season clothing and gear. The laundry room also has access to the double garage, which is roomy enough for a workshop or storage.

The master suite, in an unusual touch, is reached via the kitchen/dining room. Truly private, it features its own linen closet and generous walk-in closet. In the four-piece en-suite, which includes a soaker tub and shower, the WC and shower are partially separated to ease the morning "rush-hour."

On the second floor, up a U-shaped stairway, are two more bedrooms, served by a central three-piece bathroom that contains a linen closet. The home's exterior is stucco, with both painted and natural wood trim, with stone accents. All interior ceilings are nine feet high.

This home measures 42 feet wide by 66 feet, six inches deep, for a total of 2,214 square feet. An unfinished basement is included in the plans.

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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. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at [cfbcontactnewspaper@gmail.com](mailto:cfbcontactnewspaper@gmail.com). Each event should be typed out in the format of those below. Please do not send posters.

### Annual hydrant flow testing

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for fire fighting operations. Occupants may experience discoloration of their water and need not worry. If this occurs, simply continue to run your water until the discoloration disappears. The testing period will run from June 1 until approximately Sept. 1. If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

### July 20 Trenton Garden Club Annual Flower Show

Trenton Horticultural Society and Garden Club Annual Flower Show and Tea Room will be held Saturday July 20, 2013, from 1pm - 3:30pm at the Trenton Lions Club, 77 Campbell St. Join us and enjoy our members' horticultural and design exhibits, plus refreshments for just \$3 per person. For more info call Joan 613 392 2572 or email [trentonhorticulture@yahoo.ca](mailto:trentonhorticulture@yahoo.ca)

### July 31 - Blood Donor Clinic

At Baker Island Community Centre, 27 Island Park, CFB Trenton, Main Hall from 10 a.m. to 2 p.m. Book your appointment to save a life online at [www.blood.ca](http://www.blood.ca) or call 1-888-236-6283.

### 31 juillet - Collecte de Sang

Centre communautaire de l'Île Baker, 27, Island Park, BFC Trenton, Hall principal, 10 h a 14 h. Prenez un rendez-vous pour sauver une vie en ligne a [www.sang.ca](http://www.sang.ca) ou au telephone 1-866-533-6663.

### Sept. 27-29 - 424 Sqn 70th Anniversary weekend

Past and present members of 424 Sqn, 8 Wing Trenton, are urged to join their fellow Tigers in celebrating the squadron's 70th anniversary weekend and get together for some Tiger celebrations and camaraderie. You can also order a special edition 70th anniversary coin. To RSVP or more information, visit [www.424sqn70th.ca](http://www.424sqn70th.ca) or call 613-885-4823.



## 424 Squadron releases 70th anniversary coin

Capt. Gillian Parker displays the newly minted 424 Sqn. anniversary coin featuring the aircraft the squadron has flown on one side and their battle honours on the other. To make contact to purchase the coin, E-mail [squadron424@yahoo.ca](mailto:squadron424@yahoo.ca) or telephone 613-885-4823.



Photos Ross Lees



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## Glider Pilot Training at Central Gliding School, Mountain View

An air cadet and his glider instructor guide a Schweizer 2-33A glider towards the ground adjacent to the runway at Mountain View, Ont., on Wednesday July 3. Flying operations are conducted in the daytime following visual flight rules (or VFR) and are largely dependent on favourable weather conditions. With safety being a principal concern, the gliders will be grounded in cases of heavy rains or wind speeds in excess of 25 knots. The Schweizer 2-33A is the principal aircraft used as for the Glider Pilot Scholarship (GPS) program held annually in regional gliding centres across Canada. Eighty-eight of the cadets selected for the GPS this year are receiving their training through the Central Region Gliding School (CRGS).  
Photo: Lt(N) Bettina McCulloch-Drake, CRGS PAO



A Schweizer 2-33A glider lifts off the runway at Mountain View airfield towed by a Bellanca Scout on Wednesday, July 3. To become a tow pilot, a person must hold a valid Canadian Private Pilot, Commercial Aeroplane or ATR Aeroplane License, have flown no less than 100 hours as pilot-in-command (PIC) in a Bellanca Scout (or 150 hours as PIC on the L-19/C305 aircraft), have completed the Tow Aircraft Conversion Course, and have flown a minimum of 5 hours in the 12 months preceding to their employment. Many of the tow pilots who currently serve with the Central Region Gliding School (CRGS) were once air cadets who participated in the Glider Pilot and Power Pilot Scholarship programs.  
Photo: Lt(N) Bettina McCulloch-Drake, CRGS PAO

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## Sports & Recreation

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**Summer Kidz Kamp 2013**

We still have room in weeks three to eight, so hurry down to the RecPlex to register. Camp runs Monday to Friday until Aug. 23 from 8 a.m. to 4 p.m. each day. Registration is now open.

**End of Summer Party** - Thursday, August 29, 6 p.m. to 9 p.m.  
**Summer Shinny Hockey for Youth/Teens** - Monday to Friday at the RCAF Arena  
**Tyke/Novice** - 9 a.m. to 10:30 a.m.; - **Atom** - 10:30 a.m. to 12 p.m.; - **PeeWee** - 1 p.m. to 2:30 p.m.; **Atom** - 2:30 p.m. to 4 p.m.; **Bantam/Juvenile** - 4 p.m. to 5:30 p.m. Choose either to drop-in or save money by pre-registering, \$20/weekly - Military Community - Drop-in Fee \$5 - \$25/weekly - General Public - Drop-in Fee \$6.

**Provincial Park Passes**

The Community Recreation Association has two passes which may be rented for use at any of the Provincial Parks in our area. (Sandbanks; Presqu'ile; North Beach; Ferris; Bon Echo). This service is available to serving military personnel and CRA members in possession of a current PSP facility membership. One pass per family may be rented. Sorry.... but passes cannot be reserved in advance. They are available on a first come, first served basis. When renting a pass, the pass must be returned by close of business on the same day or no later than 8:30 a.m. the following day. Available at the Kiosk at the south side Gym. \$ 8.85 + HST = \$10.

**Fitness Programs**

**Boot Camp Fitness** (60 minutes) - Mondays, July 8 to Aug. 26, 5 p.m. to 6 p.m.  
**Body Balance Fitness** (60 minutes) - Mondays, July 8 to Aug. 26., 6:20 p.m. to 7:20 p.m.  
**Squat Challenge** - Mondays, July 8 to Aug. 26, 6 p.m. to 6:15 p.m.  
**Core Fitness** - Mondays, July 8 to Aug. 26, 4:30 p.m. to 5:30 p.m.  
**Vinyasa Yoga** - Tuesdays, July 23 to Aug. 27, 4:30 p.m. to 5:30 p.m.  
**Restorative Yoga** - Tuesdays, July 23 to Aug. 27, 5:30 p.m. to 6:30 p.m.

**Baker Island Community Centre**

The Community Centre is located on Baker Island overlooking the beautiful Bay of Quinte. The Centre is available at no cost for military operational requirements, unit parties, and unit family days and it's also available for rent for weddings, family parties and corporate events. For information on rental costs and other information, please go to: [www.cfcommunitygateway.com/trenton](http://www.cfcommunitygateway.com/trenton) or + BakerIslandCC@forces.gc.ca .

**Speciality Events for Youth and Families**

**Fear Factor Night** - Friday, July 19, 6 to 8 p.m.

**424 Squadron's SAR team conducts multiple rescues over the weekend**

The search and rescue (SAR) team from 424 (Tiger) Squadron was busy rescuing people in Ontario over the weekend.

On Saturday, July 13 at around 1:30 p.m., a CH-146 Griffon helicopter from 424 Squadron was tasked to rescue a person stranded on rapids in the Ottawa River near Pembroke. While enroute to Pembroke, the helicopter call-signed Rescue 491 was advised that the individual in distress had been rescued by the OPP; however, the OPP rescuer had now become stranded himself due to the fast waters. Rescue 491 hoisted down a Search and Rescue Technician equipped with a rescue sling. Both were safely hoisted out of the rapids and back into the helicopter. The OPP rescuer was transported directly to Pembroke Regional Hospital for care.

On Sunday, July 14 at 1 p.m., the OPP requested air assistance in locating a missing elderly woman. She had wandered off into a wooded and swampy area near Tweed. The SAR team aboard a CH-146 Griffon helicopter found the woman standing up to her waist in water in a bog about 1 km from her house. Two Search and Rescue technicians were hoisted down to assist her and the SAR crew airlifted the woman to Belleville General Hospital.

Search and Rescue (SAR) incidents under the federal SAR mandate are defined as "all aircraft incidents and all marine incidents in waters under federal jurisdiction. With the exception of federally owned National Parks, the overall responsibility for land and inland water search and rescue rests with the provinces, territories and municipalities. The Canadian Forces may, however, provide assistance to land and inland water rescues when possible.

This Fleet Finch, part of the Vintage Wings program taking 100 cadets up on flights at 8 Wing over the past week, taxis past a C-177 Globemaster III and a Russian Tupolev TU-154M as it prepares to take another cadet on a flight.



Old meets new

Photo  
Ross Lees

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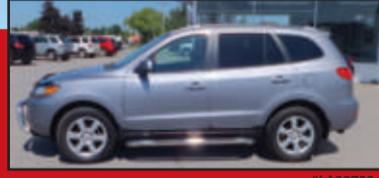
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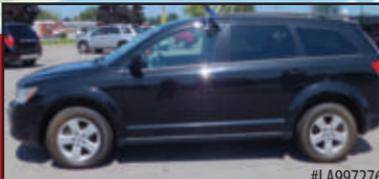
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#LA997172

2012 Nissan Altima 2.5

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#LA996811

2008 Pontiac Torrent FWD

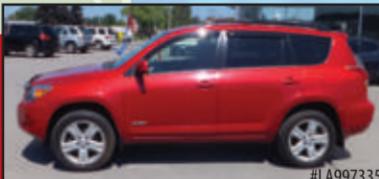
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#LA997166

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