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# CAF raises the bar on gender equality



Kim Egan spoke to a large audience of mostly women at a recent International Women's Day event held at 8 Wing Trenton. See story on page 7. Photo by Ross Lees

### By Ross Lees

8 Wing Commander Colonel (Col.) David Lowthian feels there is enough equality in the Canadian Armed Forces (CAF) for it to be a good place for his daughter to pursue her passion for space as an Aerospace Controller.

He delivered that message

loud and clear in front of a predominantly female audience at a International Women's Day event held at 8 Wing Trenton March 6 at the Astra Lounge "As we gather today to celebrate International Women's Day at 8 Wing, I encourage you to reflect on what we can achieve together – without prejudice and without boundaries," he stated.

He punctuated that statement by adding that one of the aspects he likes about coming to work with the Royal Canadian Air Force (RCAF) is that he is surrounded by outstanding people with incredible talents.

"That is a reflection on our Canadian society and how we place ourselves within the modern world and how we cherish

and defend our values. Equality among all, no matter who you are, is a value worth protecting – every day," he added.

While the CAF has taken very large strides forward in the last three decades, it was pointed out by this year's speakers that there is still much ground to be made up, both within the military and the civilian environment.

Another aspect of the day that came through loud and clear was that gender equity is not just a woman's issue, which is also why more men are encouraged to attend the event next year. This year's event did see several men sprinkled throughout the audience and guest speaker Lt.-Col. (Ret'd) Wayne Cross noted in his

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# \$1 million-plus art donation makes museum ecstatic

Much of the art donated by Sam Kloda is by Don Connolly, perhaps Canada's most respected Canadian aviation artist



(above) Sam Kloda, along with business partner Saul Ettinger, displays just some of the art delivered to the National Air Force Museum of Canada in Trenton on Tuesday. Note the shoreline and the island in the piece of art they are holding in the foreground.

Photos by Brad Denoon

(right) Montreal financier Sam Kloda stands with a sample piece created by well-known Canadian aviation artist Don Connolly.



By Ross Lees

Montreal financier Sam Kloda made the National Air Force Museum of Canada (NAFMC) very happy on Tuesday afternoon when he donated 37 pieces of military and aviation art from his personal collection to the museum.

While the museum already has about 150 pieces of art, this donation enhances that collection

considerably and makes the NAFMC a destination of choice for those wishing to see outstanding examples of predominantly Canadian aviation and military aviation art.

When first contacted by Mr. Kloda almost a month ago, Chris Colton Executive Director of the Museum admitted to being somewhat skeptical of the offer.

"We get a lot of offers and you are sometimes skeptical, but when we

finally saw the art, it just blew us away," Mr. Colton told *the Contact*.

And any time your art collection suddenly increases by 37 pieces, which amount to \$1 million-plus in value, you have to be ecstatic.

Many of the pieces donated by Mr. Kloda are by Don Connolly, considered to be Canada's most well-known and most-respected Canadian aviation artist. Many of the pieces reflect

*Continued on page 10*

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# 8 Wing Engineers deploy for training to Savannah, Georgia



The DFTP is an exchange agreement, whereby two Construction Engineering Flights from Canada deploy to the USA for two weeks of training

By Captain Omid Kouchekan-Zadeh, 81CEF/86ASU Flt Comd

During the month of February, 26 Engineers from 81 Construction Engineering Flight (81 CEF), 86 Airfield Support Unit (86 ASU), and 85 Aircraft Rescue and Firefighting Flight (85 ARFF) deployed to Savannah, Georgia to take part in the Deployment For Training Program (DFTP) with the United States of America (USA) Air National Guard (ANG).

The DFTP is an exchange agreement, whereby two Construction Engineering Flights from Canada deploy to the USA for two weeks. This exchange has been in place since the late 1980s, more than 20 years.

This year, 141 Airfield Engineering Flight (141 AEF) from CFB Greenwood (from Feb. 1 to 15) and 8 Wing Engineers (from Feb. 15 to March 1) deployed to the USA in support of the 165<sup>th</sup> ANG. The projects selected for this deployment included tree clearance and site preparation, road construction, general concrete work (sidewalks and pads), renovations to washroom facilities, base-wide infrastructure maintenance and support to the Fire Hall and Dining Facility.

Over this two-week period, the 8 Wing DFTP team were involved in different projects providing training

opportunities which are not always available at the home unit, as well as projects involving a wide diversity of trade knowledge, level of complexity, and support to operations. Also, this

*Continued on page 12*



Above: Personnel from a DFTP team work on removing two 80' flag poles.

Left: 8 Wing's DFTP team constructs a concrete sidewalk.

Photos by Pte. Tiffany Bell



8 Wing Trenton Engineers, DFTP team, Savannah, GA, USA.

Photos by Pte. Tiffany Bell

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# Celebrating International Woman's Day at CFS Alert

*The men of Canadian Forces Station (CFS) Alert surpassed all expectations with the organization of the first CFS Alert Woman's Day*

By: Lt. Irina Jakhovets

Throughout history, women have fought for their basic rights and for equality from the first women in the armed forces, to the fight for women's rights in Afghanistan. It has not always been easy and while Canadian women have achieved much, the fight is not over yet for many women across the globe. This is why we celebrate International Woman's Day, a special day held each year that reminds us of, and celebrates, the efforts of past and current women all around the world.

Being located here at Canada's most Northerly inhabited place didn't prohibit us from celebrating this important day. On the contrary, the men of Canadian Forces Station (CFS) Alert surpassed all expectations with the organization of the first CFS Alert Woman's Day.

While celebrated on March 8 in Canada, International Women's day was postponed until Sunday, March 9 at CFS Alert due to operational requirements. It was certainly worth the wait!

On Sunday, at around 10 a.m., male volunteers from the Station knocked at ladies' doors with a delicious gourmet breakfast which included eggs Benedict, potatoes, fruit and a delicious chocolate and almond covered croissant accompanied by coffee and orange-juice champagne. This delicious meal was prepared by two of our very talented cooks: Tim Draker and David Watts, both from Nasittuq Corporation. In addition each lady received a thoughtful and personalized letter written by the CO celebrating their contribution to the Station. Last, but certainly not least, was the final knock on the door. CO Maj. Rick Dunning and Station Warrant Officer MWO Vincent Basinet both dressed in their finest, hand delivered a rose to each woman at the Station.

It is important to note that the roses were flown in from Trenton on a Hercules CC-130J, a first for the Station. A total of 20 male volunteers made the day of 14 women by taking part in the International Women's Day celebrations. From all the women at CFS Alert, we would like to issue a heartfelt thank you for celebrating this important day with us.

Despite living in the Arctic tundra, International Women's Day was anything but frozen, and once again CFS Alert has demonstrated that this "Frozen Chosen Family" never does anything half way!



A few of the male volunteers reunited prior to the start of the door-to-door food and beverage delivery to Station Ladies. From left to right: WO Mike Gagné (Sup O), Sgt. Joe Shea (Fire Chief), Cpl. Trevol Hill (Fire Fighter), Normand Rumpell (Power Plant Supervisor, Nasittuq), Mr. Ray Johnson (B Cool O, Nasittuq), MWO Vincent Bazinet (Station Warrant Officer), MCpl. Dorien Neufeld-Bibault (Deputy Fire Chief), Tom Williamson (Trashman, Nasittuq), Cpl. Richard Morrison (Chief Clerk), Cpl. Dave Power (Starlight Minor), Cesar Sevcik (Food Services Officer, Nasittuq), Sgt. Micheal Rancourt (Technical Maintenance Section), MS. Mitch Hoday (Tradie).  
Photo by Maj Rick Dunning



Mr. Tim Braker (Cook, Nassittuq) proudly posing with his and David Watts (Cook, Nassittuq) food creations. Photo by Maj. Rick Dunning

## 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 CONTACT is published every Friday with the kind permission of Colonel David Lowthian, CD, Commander, 8 Wing/CFB Trenton. 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, CAF or other agencies.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

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CANADA

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## Guidelines for submissions: ARTICLES AND PHOTOS

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, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) 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 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 include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text 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



## A Military Community Newspaper

The CONTACT newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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*RCAF Milestone Moments*

# CFS Trenton was presented with the iron gates for its involvement in 'The Plan'

In the early stages of the Second World War, the Commonwealth Governments met to discuss a plan to train the thousands of pilots that were needed for overseas fighting. Many places

in the United Kingdom were discussed, but it was felt that it was too close and too exposed to be safe. In the end, Canada was chosen and "The Plan" was ready to be formalized.

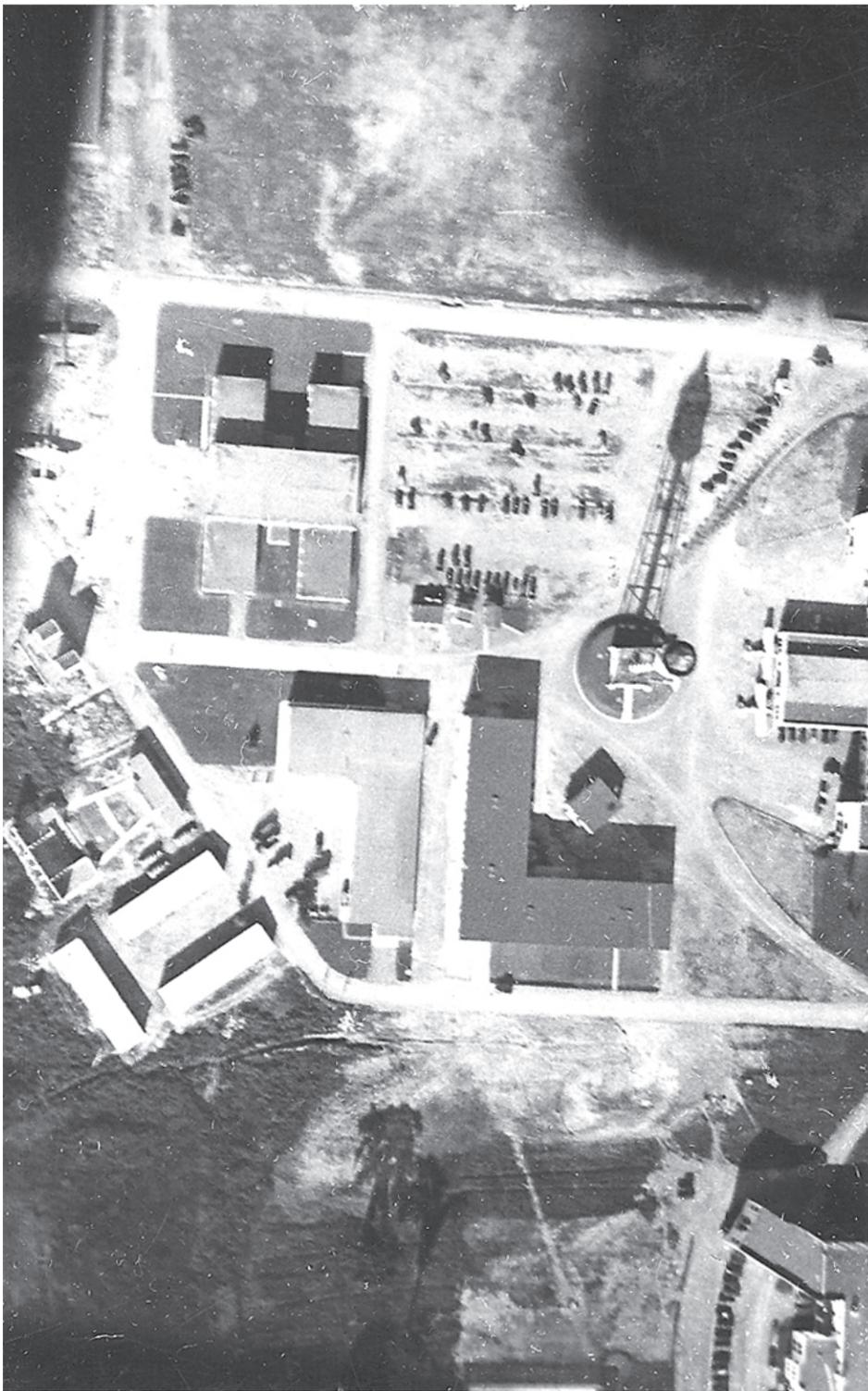
On Dec. 17, 1939, the Riverdale Agreement was signed and the British Commonwealth Air Training Plan (BCATP) was born. The BCATP brought students from Canada, the United States,

Rhodesia, South Africa, New Zealand, and Australia, as well as Polish pilots, to Canada to train in various schools across the country.

By 1945 when the schools were closed, Canada had trained almost a quarter of a million pilots, bombers, navigators, and gunners for overseas service. Many of the first graduates were assigned back to the training schools in Canada and not sent over to fight. Most felt disheartened because they wanted to be overseas to make a difference. Few realized, until years later, that it was because of their training that more airmen

were able to survive.

In 1949, CFS Trenton was presented the iron gates, now seen at the north end of 8 Wing's central parade square, to commemorate Canada's involvement in "The Plan" and in 1951, the Gate was officially dedicated by Princess Elizabeth. This aerial picture was taken by a former flight student here in Trenton. While much has changed over the years, many people still continue to train here at 8 Wing.



The RCAF Milestone Moments have been compiled and researched by the staff of the National Air Force Museum of Canada

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# Fitness & Health

## March is Nutrition Month: Take the two week 4 + 3 challenge!



Did you know, vegetables and fruit are naturally low in calories and packed with vitamins, minerals and phytochemicals? Any vegetable and fruit, particularly those bright in colour and high in flavour, help you power through and recover from your workouts; fight off cold and flu; combat the effects of stress; naturally and safely cleanse your

body; provide natural defence against such diseases as cancer, heart disease, obesity, and diabetes; and greatly enhance mental and physical performance.

Yet, with all these benefits and vast choices,

over 80 per cent of Canadian Armed Forces (CAF) personnel are missing out by not eating the recommended seven to 10 combined servings, or more specifically four or more servings of vegetables

and three or more servings of fruit every day.

Strengthening the Forces is proud to announce the plans for re-launching the Vegetable and Fruit Campaign in the fall of 2014. The goal is to reach a larger audience than previous years by providing new resources and user-friendly tools. The highlight of the Campaign will once again be the 4+3 Challenge. Over the two years the Campaign previously ran, the number of participants doubled to over 1,500!

In anticipation of the fall campaign, a two week 4+3 Challenge will be available starting March 10 to all DWAN users.

### What is it?

The 4+3 Tracker is an online tool designed to help you assess your Vegetable and Fruit consumption and encourage you to meet your target of four vegetables and three fruit or more per day.

### How it Works:

Register online as of March 4<sup>th</sup>: [health-sante.forces.mil.ca/vf-lf/](http://health-sante.forces.mil.ca/vf-lf/)

Keep track of your daily Vegetable and Fruit consumption for two weeks from March 10 to March 23.

Update your results online and track your progress.

Consider this a practice-run for the fall campaign! As March is Nutrition Month, joining this Challenge is also a great opportunity to dust off your New Year's resolutions and make healthy eating a priority.

SOURCE: The Defence Teamw

### Stay Strong, Eat your Vegetables and Fruit

All vegetable and fruit are packed with goodness. The ones listed in the 'Top 10' are rich sources of vitamin C, folate, beta-carotene, and phytochemicals. They can protect you from heart disease, some kinds of cancers and other illnesses. Enjoy this fast and easy recipe featuring one of the top ten!

#### Spice up Your Carrots



Try adding these flavour boosters to steamed or boiled carrots:

- Sprinkle with 5 to 10 mL (1 to 2 tsp) of thyme, oregano, basil dill weed or cumin.
- Toss with non-hydrogenated margarine or vegetable oil and brown sugar, honey or maple syrup.

Before roasting sliced carrots in the oven at 220°C (425°F) for 25-35 minutes:

- Toss with non-hydrogenated margarine or vegetable oil, brown sugar, a little orange juice and curry.
- Toss with olive oil, a little lemon juice and pepper. Once roasted, sprinkle chopped parsley.

To serve daily, you need your daily servings!

Adapted from: Paint Your Plate! Create a Masterpiece. Northern Healthy Eating Project, 2007.

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En dépit de tous ces avantages et de la panoplie de produits à leur disposition, plus de 80 % des militaires canadiens se privent des bienfaits de la consommation recommandée de sept à dix portions combinées de légumes et de fruits par jour ou, plus précisément, d'au moins quatre portions de légumes et d'au moins trois portions de fruits.

Énergiser les Forces est fier d'annoncer son intention de relancer, à l'automne 2014, sa campagne visant à favoriser la consommation de fruits et de légumes. L'objectif consiste à sus-

citer la participation d'un grand nombre de gens en mettant à leur disposition de nouvelles ressources et des outils conviviaux. La campagne comprendra de nouveau le Défi 4 + 3. En deux ans seulement, celui-ci a permis de doubler le nombre de participants, qui est passé à plus de 1 500 personnes!

En prévision de la campagne automnale, tous les utilisateurs du RED pourront participer au Défi 4 + 3 pendant deux semaines à compter du 10 mars.

### De quoi s'agit-il?

L'outil de suivi en ligne 4 + 3 vous permet d'évaluer votre consommation de fruits et de légumes. Il a aussi pour but de vous encourager à atteindre votre objectif quotidien, qui consiste à consommer au

moins quatre légumes et trois fruits.

### Marche à suivre

Inscrivez-vous en ligne dès le 4 mars : [health-sante.forces.mil.ca/vf-lf/](http://health-sante.forces.mil.ca/vf-lf/)

Faites le suivi de votre consommation quotidienne de fruits et de légumes pendant deux semaines, soit du 10 au 23 mars.

Enregistrez vos résultats et suivez vos progrès en ligne.

Origine : L'Équipe de la Défense

Considérez cette activité comme une préparation à la campagne de cet automne! Comme le mois de mars est le Mois de la nutrition, le défi représente aussi une excellente occasion de dépoussiérer vos résolutions du Nouvel An et d'adopter une alimentation saine.

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- Mélangez avec de la margarine non hydrogénée ou de l'huile végétale et de la cassonade, du miel ou du sirop d'érable.

Avant de rôtir des tranches de carottes au four à 220°C (425°F) pendant 25-35 minutes :

- Mélanger avec de la margarine non hydrogénée ou de l'huile végétale et de la cassonade, un peu de jus d'orange et du cari.
- Mélanger avec de l'huile d'olive, un peu de jus de citron et du poivre. Une fois grillées, saupoudrez de persil haché.

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Adapté de : Peinturez votre assiette! Créez un chef-d'œuvre. Projet sur la saine alimentation dans le nord, 2007.



# 8 Wing's Commander believes equality among all is a Canadian value well worth protecting



Guest speaker Lt.-Col. (Ret'd) Wayne Cross noted that gender equity was not just a women's issue at 8 wing's International women's Day.  
Photo by Ross Lees



Denise Read, a financial advisor for SISIP, feels women still need to become a more equal partner in the financial aspects of a marriage or relationship.  
Photo by Ross Lees

*Continued from page 1*

presentation that, "unless you care, nothing is going to change."

Having listened to all of the previous speakers at the forum, Lt.-Col. Cross stated, "Life is not fair, but you can be fair. Pick the best person for the job, male or female."

Lt.-Col. Cross said he has seen tremendous change in the CAF over his years of service, which included service in all three environments. He threw some startling statistics at the audience he was addressing because another speaker had dropped out and his daughter, Capt. Wolters, asked him to step in and fill the gap. He said at first he came up with a number of reasons why he should not speak, including that he was a man, but he also came up with a very good reason for attending and making his feelings known.

"I want to see my grandchildren have equal opportunity in the CAF," he stated. "If I don't talk about it, it will never change."

Prior to 1969, the CAF set a limit of 1,500 women allowed in the uniform at any one time. In 1969, a Royal Commission on the Status of Women put a whole new set of rules into play in Canada affecting many organizations including Canada's military, revealed Lt.-Col. Cross. In 1979, women were allowed in the Canadian Military Colleges for the first time. In 1987, Combat Related Employment of Women (CREW) came into being. In 1988, Shannon Willis put the target squarely on gender equality when she became the first woman to win the Queen's Cup for shooting, and she wasn't even a full-time member of the CAF, Lt.-Col. Cross added.

"That devastated men," he acknowledged.

In 1991, women were allowed to begin serving aboard ships in the CAF. In 1993, Leanne Crowe became the first Officer Commanding the Experimental Diving Unit and, in 2006, Capt. Nicole Goddard became the first female to die in combat.

Lt.-Col. Cross said it was a

tragedy in that Capt. Goddard was singled out for her death because she was a woman, not because she fought and died side-by-side with a lot of other brave young Canadians.

The change in the CAF has been so dramatic over the last 25 years that now there is only one trade a woman can't get into in the CAF, he said. "A woman can't become a Roman Catholic Padre."

But there is yet another aspect of life that many women still don't share equally with men, advised Denise Read, an advisor with SISIP Financial.

"In my capacity as a financial advisor, it is still mostly men I deal with," she said.

She felt communication between two

people in a marriage or relationship was critical and that discussions regarding budgetary issues should take place regularly. Budgets should be established and comparisons between expenditures and income should also be looked at frequently by both members.

"Set realistic expectations, stick to the game plan and determine whether your estimates were realistic," she advised those in attendance. "Did expenses exceed income?" she asked rhetorically and, if it did, "communicate with your partner and learn to limit your desires."

It was not lost on anyone that this advice was sound also in addition to being absolutely gender neutral.



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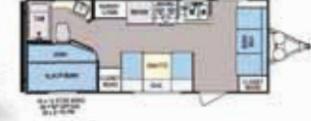



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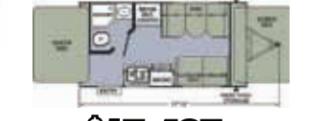



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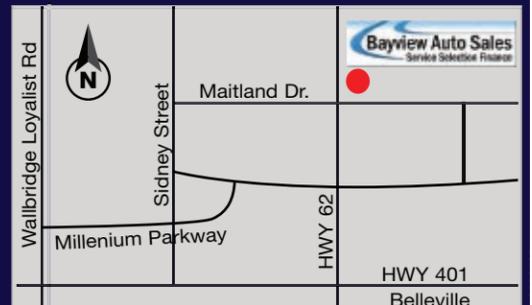
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**MARCH A**

# Gender equality won't happen unless both sides work at it



the moment," she said. "But he totally supported my endeavours when I was working crazy hours and there was no work-life balance."

Together they weathered that storm. Afterwards Maj. Humphreys said she felt something impose a correction in life; a correction which always sets a person back on course. In her case, it was her son and, despite the continuing challenges of two working careers, she said "The Game Changer" immediately changed everything. She went from a career-oriented woman to a child-oriented mother challenged with also trying to support the efforts of her husband whose career often took him away from home for extended periods of time.

Returning to work, she discovered she had fallen behind in her vocation. Soon she began setting impossibly high standards for herself to take care of her son, keep a sparkling home and also maintain strict standards at work. She began suffering from mother's guilt and pushed herself into the bottomless well of sleep deprivation – a hole she just kept digging deeper.

Transfers and deployments only added to the issues and having to speak to her son on the telephone while she was deployed to Afghanistan propelled her into another work period where she was trying to keep pace to the point she worked herself into exhaustion by the time she returned home. But the support of her husband helped her work through that time when she said her life-work balance could only be classified as an "epic fail."

Finally, a co-worker pulled her aside one day and gave her some point-blank advice which helped her correct her course again and, with the lessons learned through trials by fire, she began to get her life-work balance back.

"I established the golden hours of work – from 7 a.m. to 3 p.m. – when things had to get done at work and then I could leave and devote my time to my family with a clear conscience and I could get off the electronic leash," she noted.

She gave some good advice to other military mothers trying to keep that work-life balance.

"Forgive yourself if you screw up," she said. "Own it and then move on. Through it all, consider what success and balance mean to you."

### 'Lead with humanity'

Kim Egan, the Chief Executive Officer of Gunther Huettlin Manufacturing Inc. in Belleville and an executive board member of the United Way of Quinte, said she had always been impressed

with the giving nature of the people of 8 Wing and that Maj. Humphrey's talk had "right-sized" her for her presentation at the International Women's Day.

A woman raised from a very young age not to see gender differences, Ms. Egan admitted that a man at a feed store in Stirling probably established her life-course early on in life when he said to her one day that she was too small to lift a bag of grain. She immediately picked up the bag of grain and threw it on the truck her father was driving.

"My parents never set limitations and we were never brought up with 'You're a girl and you must do this,'" she said.

Fiercely independent, she always felt she could do anything any boy could do but noted that men would never be able to have a baby.

"Eggs are required and the difference is good," she said. She also said a sign in a cab she once rode in always stuck with her – "Women need men like a fish needs a bicycle."

*Continued on page 15*

Maj. Sandra Humphreys addressed the issue of finding a work-life balance with humour and passion. Easy to listen to, she brought the struggle for equality into focus. *Photo by Ross Lees*

### By Ross Lees

Four highly entertaining speakers discussed gender equity at 8 Wing Trenton's International Women's Day event held last Thursday (March 6). They spoke on topics like finding work-life balance in a successful career, challenges and secrets to success in civilian industry, and an inside perspective on the newest generation of women in male dominant fields.

As a mother, wife, daughter, Air Force logistics officer and a friend, Major Sandra Humphreys, the 8 Wing Personnel Administration Officer, admitted that finding a work-life balance in a successful career for a working mother very tenuous at best, although it was obvious she had been able to retain a sense of

humour throughout a hectic but successful military career.

She said a work-life balance was much easier to maintain when it was just her on the life side of the balance, but it became harder when she started a relationship and when she had a child. All of a sudden, her life wasn't just about her any more and both her work and life balances were thrown out of whack during those periods of adjustment, while she and her husband tried to balance two military careers and a private life.

During her "summer of suck" as she called it, when she was going back to basic training to become an officer, her husband supported her efforts during a very trying and difficult period.

"I was not there to support him because I had stuff going on at

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# \$1 million-plus art donation makes museum ecstatic

Continued from page 2

important aviation moments in history and were originally commissioned by Mr. Kloda. Prior to being donated to the Museum, they were displayed in his Montreal home or in his office.

The donation could not have come at a better time for the Museum. "The timing is perfect," Mr. Colton declared. "We just finished enlarging our building and this will enhance our collection considerably. We hope to start building our art exhibit in the summer and have it before the public late in the summer."

For now, some examples of Mr. Connolly's work will be featured on the main floor of the Museum. Eventually they will be displayed on the mezzanine of the Museum.

The art arrived around noon at the Museum in an unmarked van driven by

Mr. Kloda and business partner Saul Ettinger and was immediately transferred from the van into its new home.

Mr. Kloda at first struggled with what he would do with the art, but when some friends suggested the Trenton museum he realized the national nature of the facility and the destination of the collection was settled.

"I often say to people, 'Would you rather one person see it or 50,000 people see it?'" Mr. Colton said of potential donors to the museum. In this instance, the remark struck home.

Some of the art even features the Bay of Quinte and well-known landmarks and aircraft that actually flew at the Trenton air base.

Mr. Colton said people have to see this collection of art to appreciate just how good it is.

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**Camp mother-daughter relationship - Mothers and daughters - teen**

Would you like to learn skills to communicate more effectively and strengthen your relationship? This program will address the communication between mothers and daughters from Grade 8 to Grade 10, problems that are relevant to teens today and those to come, and how to address them. The next session is currently planned for Saturday, March 22, from noon to 4 p.m. To register, contact Mona Lévesque 613-392-2811 ext. 4528.

**Camp de relation mère-fille - Mères et filles-adolescentes**

Aimeriez-vous apprendre des habiletés pour communiquer plus efficacement et solidifier votre relation? Ce programme traitera de la communication entre les mères et les filles de la 8e à la 10e année, des problèmes qui sont pertinents aux adolescentes aujourd'hui et ceux à venir et, comment les aborder. La prochaine séance aura lieu le 22 mars, de midi à 16h00. Pour inscription contactez Mona Lévesque 613-392-2811 poste 4528.

**Looking for Summer Work?**

Drop into the MFRC between 4 p.m. and 6 p.m. on March 20 and bring your résumé! Meet with local service providers, discover and register for services to help you find that awesome summer opportunity. New this year: Health and Safety Training Workshop by Employment Ontario Agencies, from 5 p.m. to 6 p.m. \*This training is mandatory for some agency registrations. For more information, contact Liz Nicholas at 613-392-1811 ext. 3852 or Elizabeth.nicholas@forces.gc.ca

**Cherchez-vous un emploi d'été?**

Arrêtez le jeudi 20 mars entre 16h et 18h au CRFM et apportez votre C.V.! Rencontrez des pourvoyeurs de services locaux. Découvrez et inscrivez-vous à des services qui offrent de l'aide pour trouver une opportunité formidable pour l'été. Du nouveau cette année : Un atelier de formation pour la santé et la sécurité est offert entre 17h et 18h par les agences d'Ontario Emploi. \*Cette formation est obligatoire pour s'inscrire avec certaines agences. Pour plus d'information, contactez Liz Nicholas au 613-392-2811 poste 3852 ou elizabeth.nicholas@forces.gc.ca

**The Power to Parent - "Where Neuroscience meets Child Development"**

Parenting is harder than it has ever been in the past. Many parents struggle to assert their natural power to parent, citing personal and societal shifts that complicate parenting in today's culture. In this program, participants are exposed to concepts related to creating, maintaining and restoring the parental connection that is critical to raising children in today's world. Vital Connection will be the first in a series of three units, consisting of eight two-hour sessions. For more information or to register, please contact Gerald Joy, Family Liaison Officer, at 613-965-2811 ext. 4535 or gjoy@cogeco.net

**Le pouvoir des parents - « Là où les neurosciences et le développement de l'enfant se rencontrent. »**

Le rôle de parent n'a jamais été aussi ardu qu'aujourd'hui. Bon nombre de parents éprouvent de la difficulté à affirmer leur pouvoir na-

turel de parent invoquant un changement personnel et social qui complique leur rôle de parent dans la société d'aujourd'hui. Ce programme présente aux participants des concepts liés à la création, à l'entretien et au rétablissement de la connexion parentale qui s'avèrent primordiaux dans l'éducation des enfants dans le monde d'aujourd'hui. Connexion vitale est la première de trois séances (qui consiste en huit séances de deux heures). Pour information contactez Gerald Joy Officier de liaison pour les familles militaires au 613-392-2811 poste 4534 ou gjoy@cogeco.net

**Ontario Science Centre Passes at the Trenton MFRC**

Adults: \$2, children under 18 free. Passes are valid until (June 27) and excludes March Break (March 7-16).

**Laissez-passer pour le Centre des Sciences de l'Ontario disponibles au Trenton CRFM**

Adultes : 2\$, enfants moins 18 gratuit. Les laissez-passer

sont valides jusqu'au (27 juin) 2014 sauf pendant le congé de mars : du (7 à 16 mars).

**Purdy's Chocolate Fundraiser for the Trenton MFRC Daycare**

Order deadline is April 1. Pick-up date is April 11 at the MFRC. Order by completing an order form at the MFRC or shop online at www.purdysgpp.com and join group #26278.

**Une campagne de collecte de fonds <<Purdy's Chocolate>> pour la garderie du CRFM de Trenton**

Commandez avant le 1er avril. La livraison sera le 11 avril au CRFM. Pour commander, remplissez le formulaire au CRFM ou achetez en ligne au www.purdysgpp.com et joignez le group #26278.

Questions or Comments? (613) 392-2811 ext. 3976  
cfbcontactnewspaper@gmail.com

**Home of the Week**  
*Your Building Renovation Experts*



**Plan No: 2-3-751**

For more floor plans, visit [www.jenish.com](http://www.jenish.com)

Gables make a house a home, and this attractive two-storey, three-bedroom structure is no exception.

A covered entry, handy in poor weather, leads into the foyer. To the left is the den, ideally placed for a home office, and just ahead is the U-shaped staircase to the upper floor. To the right and ahead is the coat closet.

Upstairs, a vaulted ceiling stretches from the

great room cozy in the cooler months, thanks to a gas fireplace to the open-plan dining room and kitchen. Natural light will be plentiful in the dining area, thanks to a window overlooking the side garden.

The kitchen features a U-shaped counter configuration that will save steps for a busy cook, as well as a pantry and phone desk, which flank the fridge. A three-seat eating bar separates

this room from the dining area.

In the sleeping wing, the master suite includes an en-suite with double basins, a soaker tub and a shower stall, as well as a roomy walk-in closet.

The secondary bedrooms share a three-piece bathroom, and each boasts its own walk-in closet. These rooms are well-separated for noise by the stairwell, which features a skylight above. The second bedroom overlooks the front garden and enjoys an extra-wide window with a book.

Downstairs, on the ground floor, two more bedrooms have been planned, together with a future secondary suite.

The double garage enjoys access to the side garden, as well as to the foyer.

On the outside, this home is clad in horizontal siding, with a bay window - complete with window box - in one of the gables. Decorative woodwork and wood shingles ornament the gables, and brick-based pilasters flank the garage's barn-style doorway. The side entrance to the future secondary suite is protected by a small roof with curved braces.

This home measures 39 feet wide and 40 feet deep, for a total of 1,399 square feet on the upper floor. All ceilings on the second floor rise to nine feet, unless otherwise specified.

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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). Please include the date, time, and location of the event along with a brief description. Please do not send posters.

**Military volunteers needed**

Not here for a long time? That's okay, a short time will do. Maximize your time at 8 Wing/CFB Trenton and boost your community involvement activities for your PER. We offer short- or long-term opportunities in our non-profit organization and we will gladly recognize your help in an appropriate letter for your personnel file. Are you enthusiastic, creative, and hardworking? Do you have experience in computer technology, web design, business, marketing, writing, research, or organization leverage strategies that you would like to share? If you have an eye for detail, can think critically, and can problem solve, then we need you. Based in Trenton and established in 1982, the Trent Community Correctional Committee is a non-profit organization that is currently undertaking some organizational restructuring and redefinition. We welcome all inquiries and offer volunteers the opportunity to contribute to the success of a unique community resource. Please contact Ms. Tara Whyte, Program Manager, by email at [tccc@bellnet.ca](mailto:tccc@bellnet.ca) or by phone at 613-394-3911.

**March 28 – Blood Donor Clinic**

The next Blood Donor Clinic at CFB Trenton will take place at the Yukon Galley, located at 75 Yukon Road, from 10 a.m. to 2 p.m. All regular or new donors are urged to come out and donate. Bad weather conditions this winter have resulted in several cancelled clinics which have resulted in a shortage of blood supplies.

**April 14-16 - General SCAN and Medical Seminars**

Are you planning to retire in the near future? Exploring your options? Unsure about pension, financial or education benefits after release? SCAN seminars are designed for military members with 10 or more years of service contemplating a return to civilian life,

any member of the military may attend. Spouses are also strongly encouraged to attend. Seating is limited. Reservations may be made by filling out and returning a registration form found on the WPSO's website or the Splash Page no later than April 4. Registration begins at 8:30 a.m. each day at the Junior Ranks Mess, Astra Lounge of 8 Wing/CFB Trenton.

**A special welcome to Military personnel from Welcome Wagon**

We are happy to welcome you and your family to our area and trust your stay with us will be the most memorable in your military career.

*Did you know...?*

Welcome Wagon representatives have been greeting newcomers to communities since 1930 in Canada. We have a gift package for you and your family as newcomers to our area. Please contact Welcome Wagon to advise

them that you are new to the area and you will be contacted soon.

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neat places to visit.

- ✓ Gifts from some of our local merchants.
- ✓ Invitations to return to our local merchants for other gifts.

Please call us today...Sharon at 613-475-5994.

**Free Yoga for people with exposure to Traumatic Operational Experience**

Have you been exposed to a traumatic operational experience? Are you interested in participating in some exciting new research on the potential benefits of yoga for people who have been exposed to a traumatic operational experience? Yoga sessions run once a week for 12 weeks with the next start time in April. Participants may register until March. Yoga sessions are free but you will be asked to fill out questionnaires on a few occasions. If you are interested in participating in the study or would like more information, please contact Dr. Danielle Charbonneau at 613-541-6000 at ext. 6635 or by email at [Etude.yoga.study@rmc-cmr.ca](mailto:Etude.yoga.study@rmc-cmr.ca)

**March 15 – Quinte Branch of the Ontario Genealogical Society monthly meeting**

The Quinte Branch of the Ontario Genealogical Society monthly presentation will be by Diane Godbout on the topic of the Marilyn Adams Genealogical Research Centre covering such topics as the advantages of doing research in our own community. The presentation will be held at the Quinte West Public Library, 7 Creswell Dr., Trenton, commencing at 1 p.m. Everyone is welcome and you are encouraged to bring a friend. For additional information, visit [www.rootsweb.ancestry.com/~canqbogs/](http://www.rootsweb.ancestry.com/~canqbogs/)

**8 Wing Engineers train in Georgia**



MCpl. Griffin and Cpl. Swaby are working on a bathroom renovation.

*Continued from page 3*

deployment provided an opportunity for the chain of command to practice their ability to deploy engineering units to other locations and provided the members with an opportunity to learn about different construction methods, materials and locations during the exchange,

the 8 Wing DFTP team was visited by the Wing Logistics and Engineering (WLE) Office and Wing Construction Engineering (WCE) Office command teams. While in Georgia, the WLE and WCE command teams met with DFTP members as well as various senior officers on the base including the 165th ANG Commander.



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# Sports & Recreation

## Red Cross Swim Lessons Spring 2014

Registration for the military community starts Tuesday, March 10, online and in-person from 1:30 p.m. at the RecPlex. Registration for the general public starts Friday, March 14, online and in-person from 1:30 p.m. at the RecPlex. Lessons will be held on Tuesday, from April 8 to June 10, Thursdays from April 10 to June 12 and Saturdays, from April 12 to June 28. (There are no swim lessons on Saturday, April 19 and Saturday May 17.) All classes are 10 lessons in duration. Registration for all will continue until the first class.

## Aquatics

**Morning Aquafit** – Mondays, Wednesdays, and Fridays from Jan. 6 to March 21 (33 classes), 8:30 a.m. to 9:20 a.m.  
**Evening Aquafit/Jogging** – Tuesdays and Thursdays from Jan. 7 to March 20, 6:15 p.m. to 7:15 p.m.  
**Senior Lane Swim** – Mondays, Wednesdays, and Fridays from Jan. 6 to March 21 (33 swims), 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

## Fitness Programs

**Zumba** – Wednesdays, April 9 to June 11, 6:45 p.m. to 7:45 p.m.  
**Core Fitness** – Mondays, April 7 to June 23, 4:30 p.m. to 5 p.m.  
**Boot Camp** – Mondays, April 7 to June 23, 5 p.m. to 6 p.m.  
**Squat Challenge (15 minutes)** – Mondays, April 7 to June 23, 6 p.m. to 6:15 p.m.  
**Gentle Boot Camp** – Mondays, April 7 to June 23, 6:20 p.m. to 7:20 p.m.  
**Pilates/Core Fitness** – Wednesdays, April 9 to June 11, 4:20 p.m. to 5:20 p.m.  
**Spin-Fashion** – Tuesdays, April 8 to June 10, 5:30 p.m. to 6:30 p.m.  
**Tai Chi** – Tuesdays, April 8 to June 10, 5:35 p.m. to 6:35 p.m.

## Youth programs

**Stroller-fit** – Tuesdays, April 15 to June 3, 9:30 a.m. to 10:30 a.m.  
**Movement and Dance, ages six to 12 years** – Saturdays, April 5 to May 24, 9:30 a.m. to 10:15 a.m.; six to eight years and 10:20 a.m. to 11:05 a.m. - nine to 12 years.  
**Triathlon Training for Youth six to nine years** – Fridays, April 11 to June 6, 4:45 p.m. to 6 p.m.  
**Triathlon Training for Youth 10 to 13 years** – Wednesdays, April 16 to June 4, 4:45 p.m. to 6:15 p.m.  
**Triathlon Training for Youth 14 to 16 yrs** – Fridays, April 7 to June 9, 4:45 p.m. to 6:30 p.m.

**Indoor/Outdoor Soccer Night** – Thursdays, April 10 to May 29, 5:15 p.m. to 6:15 p.m. - six to eight years and 6:15 p.m. to 7:15 p.m. for nine to 12 years.  
**Hippity Hoppity Easter Event** – Ages six to 12 years – Friday, April 11, 6 p.m. to 9 p.m.  
**Youth Night Out** – Ages six to 12 years – Friday, May 23, 6 p.m. to 9 p.m.  
**Schools Out for Summer** – Ages six to 12 years – Friday, June 20, 6 p.m. to 9 p.m.

## Advanced Aquatics

**Adult/Teen Stroke Improvement (Beginners)** – Tuesdays, April 8 to June 10, 6:55 p.m. to 7:55 p.m. and Saturdays, April 12 to June 28, 11:55 a.m. to 12:55 p.m.  
**Adult/Teen Stroke Improvement (Intermediate/Advanced)** – Thursdays, April 10 to June 12, 6:55 p.m. to 7:55 p.m. and Saturdays, April 12 to June 28, 11:55 a.m. to 12:55 p.m.  
**Junior Lifeguard Club for Youth eight to 15 years of age** – Mondays, April 7 to June 23, 6 p.m. to 7 p.m. (No swim lessons on Monday, April 21

and Monday, May 19).  
**Youth Aquatic Club for Youth six to 16 years of age** - Mondays, Wednesdays, Fridays April 7 to June 20, 4:45 p.m. to 6 p.m.  
**Water Polo for Kids ages eight to 12 years** – Wednesdays, April 9 to June 11, 5 p.m. to 6 p.m.  
**Red Cross Babysitter's Course** – Saturday, May 24, 10 a.m. to 5 p.m.  
**High Five (Principles of Healthy Child Development)** – Friday, June 27, 10 a.m. to 5 p.m.  
**Bronze Star with Basic First-Aid and CPR "A"** – Mondays, April 7 to June 23, 7 p.m. to 8 p.m.  
**Bronze Medallion and Emergency First-Aid with CPR C and AED** – Tuesdays and Thursdays, April 8, 10, 15, 17, 22 and 24, 4 p.m. to 8 p.m.  
**Bronze Cross and Standard First Aid with CPR C and AED (Crash Course)** – Tuesdays and Thursdays, April 29, May 1, 6, 8, 13 and 15, 4 p.m. to 8 p.m. - Friday, April 26 and May 2, 4:30 p.m. to 8:30 p.m. – Saturday, April 26 and May 3, 9 a.m. to 5 p.m. – Sunday, April 27 and May 4, 12:30 p.m. to 4:30 p.m.

## Wing Logistics and Engineering Picture of the Week



It's been a busy time for the Materials Technicians this winter. Here Corporal Ryan Wade and Craftsman Jeremy Mulvihill are straightening the wing blade on a grader. Cpl. Wade is welding the torch as Cfn. Mulvihill stands by waiting to assist. Cfn Mulvihill is training to be a Materials Technician and is on OJT from the school in Borden. He gets to spend some time at home here in Trenton prior to finishing his course. His father, Sgt. Mulvihill, is also employed in the RCME workshop.

# Classifieds

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## Speak up in the defence of safety

When you get a good idea at work, share it. Your suggestion could be the one improving the quality of your product, speeding up the process or preventing an injury.

As the person actually doing the job, you are in a unique position to see problems and find solutions. Since you are the one running the equipment day after day, you might see things your bosses and the design engineers have overlooked. Some firms may actually have a policy where the equipment operator has significant input before a decision is made to alter a work process or invest in major equipment purchases. Find out your company's policy on such matters.

How you present your suggestion makes a difference in whether it is considered. These tips may help you to get your point across:

Talk to the right person. Your supervisor is a good place to start. He or she may end up linking you with someone else to expand on your idea. Your safety committee also looks for ideas focused on solving problems.

Bring up your ideas at your weekly safety talk or your pre-job briefing. Other workers may be able to add to your suggestions.

Be positive. Instead of complaining about what is wrong, talk about how the problem can be solved.

Be courteous. It's difficult to get anything useful out of an angry, rude speech.

Timing is everything when it comes to approaching your boss with a suggestion. If it's one of those days when a big order has to be finished and everything seems to be going wrong, your idea might not get the best reception. Wait for a time when your boss can give your idea the attention it deserves.

Many supervisors encourage their crew members to speak up. Some even hold brainstorming sessions to come up with possible solutions to problems. If you are part of an idea meeting, contribute as much as possible and encourage your coworkers to take part. Even the suggestions which are not chosen can lead to answers that work out. These meetings can be energetic and fun. Remember to keep your comments on the topic.

Some workplaces use suggestion boxes, allowing you to make a suggestion without being identified. Use the suggestion box the way it is intended to be used: to get ideas for improvements.

You can do some research to back up your idea. Talk to your supervisor or the company safety officer to get magazine articles or supplier information. The Internet has a wealth of information on industry and safety.

Whether your suggestion is to remove a hazard or speed up the line, it is important for you to communicate it. Your inspiration could save everyone some perspiration!

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- N** Notices

**8 WING /CANADIAN FORCES BASE TRENTON  
 8WING/CFB TRENTON  
 REQUEST FOR EXPRESSIONS OF INTEREST  
 FOR THE PROVISION OF FOOD CONCESSIONS**

The Commanding Officer 8 Wing/CFB Trenton in his Non-Public Fund (NPF) capacity is soliciting proposals from qualified food vendors interested in operating a food concession during an open house on premise of 8 Wing/CFB Trenton scheduled for 31 May 2014.

Individuals or parties interested in submitting a proposal are asked to contact Mr. Todd Peddle Deputy Personnel Support Programs Manager at (613) 392-2811 ext 3079 or via E-Mail at [todd.peddle@forces.gc.ca](mailto:todd.peddle@forces.gc.ca).

The proposal must include the following,

- all logistical requirements including square footage and power requirements;
- list of proposed food items to be sold;
- confirmation of operating hours to service public requirements. It is expected that this requirement will extend from 0900hrs – 1800hrs on the day of the activity;
- copy of recent food inspection certification; and
- proposed fee or remuneration based upon percentage of sales to be surrendered by concessionaire

Deadline for expressing interest is 31 March 2014.  
 Acceptance or rejection of proposal is entirely at the discretion of the Commanding Officer.

**8e ESCADRE/BASE DES FORCES CANADIENNES  
 TRENTON  
 DEMANDE D'EXPRESSIONS D'INTÉRÊT  
 INSTALLATION DE COMPTOIRS DE VENTE  
 D'ALIMENTS, JOURNÉE PORTES OUVERTES DU 90e  
 ANNIVERSAIRE DE LA FORCE AÉRIENNE – 8e  
 ESCADRE/BFC TRENTON**

Le commandant de la 8e Escadre/BFC Trenton, en sa qualité de gestionnaire de fonds non publics, sollicite des propositions de vendeurs de produits alimentaires qualifiés pour tenir des comptoirs de vente d'aliments à l'occasion des célébrations « portes ouvertes » du 90e anniversaire de la Force aérienne, qui auront lieu dans les installations de la 8e Escadre/BFC Trenton. La journée portes ouvertes se tiendra le 31 mai 2014.

Les personnes ou les parties qui souhaitent présenter une proposition sont priées de communiquer avec M. Todd Peddle, gestionnaire adjoint des programmes de soutien du personnel, par téléphone au 613 392 2811, poste 3079, ou par courriel à [todd.peddle@forces.gc.ca](mailto:todd.peddle@forces.gc.ca).

La proposition/demande doit comprendre ce qui suit :

- exigences du vendeur sur le plan logistique incluant, mais sans s'y limiter, le nombre de mètres carrés requis et les besoins relatifs à l'alimentation en électricité;
- liste des aliments et menu qui seront proposés aux visiteurs pendant la journée portes ouvertes;
- confirmation des heures d'ouverture pour répondre aux besoins du public. Ces heures sont censées être de 9 h à 18 h le jour de l'activité;
- copie d'une attestation récente d'inspection des aliments délivrée par le service de santé local;
- remunération basée sur le pourcentage des ventes au comptoir que le vendeur propose de verser.

La date limite de présentation des expressions d'intérêt est le 31 mars 2014.  
 L'acceptation ou le rejet de toute proposition ou demande demeurent entièrement à la discrétion du commandant de la 8e Escadre/BFC Trenton.

**8 WING  
 CANADIAN FORCES BASE TRENTON  
 Non-Public Property  
 REQUEST FOR PROPOSAL  
 for the  
 Production of 8 Wing/Canadian Forces Base  
 (CFB)Trenton  
 Morale & Welfare publications**

8 Wg/CFB Trenton is soliciting proposals from qualified persons interested in producing various Morale and Welfare publications. Individuals or parties interested in submitting a proposal are asked to contact Mr. Todd Peddle Deputy Personnel Support Programs Manager at (613) 392-2811 ext 3079 or via E-Mail at [todd.peddle@forces.gc.ca](mailto:todd.peddle@forces.gc.ca) in order to receive a proposal package. The proposal package will provide detailed instructions of proposal format. Deadline for submissions in required format is 31 March 2014.

**Biens non publics  
 8e ESCADRE  
 BASE DES FORCES CANADIENNES TRENTON  
 DEMANDE DE PROPOSITIONS  
 pour la production des publications de la 8e  
 Escadre/Base des Forces canadiennes (BFC)  
 Trenton consacrées au moral et au bien être**

La 8e Escadre/BFC Trenton sollicite des propositions de personnes qualifiées désirant produire diverses publications consacrées au moral et au bien être.

Les personnes ou les parties désireuses de présenter une proposition doivent communiquer avec M. Todd Peddle, gestionnaire adjoint des programmes de soutien du personnel, par téléphone au 613 392 2811, poste 3079, ou par courriel à [todd.peddle@forces.gc.ca](mailto:todd.peddle@forces.gc.ca), afin d'obtenir une trousse de proposition.

La trousse fournira des instructions détaillées concernant le modèle de proposition. L'échéance des soumissions dans le format requis est le 31 mars 2014.

**GARAGE / YARD SALES**



one persons junk...  
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# Gender equality won't happen unless both sides work at it

*Continued from page 9*

As part of the Board for the United Way of Quinte, Ms. Egan has come to know the United Way's new Campaign Chair Martin DeRome, Plant Manager at Procter and Gamble. She was particularly struck by his leadership capabilities and the management style of his company. A manufacturer of feminine hygiene products, she was impressed that 50 per cent of Procter and Gamble's management team was made up of women.

Before she met DeRome, she always felt it was ironic that the person discussing feminine hygiene products would often be a man. The thought always swept through her mind, "Until you've had your first period, don't tell me how it feels."

And while she feels that there has been bar-movement towards gender equality and that men and women alike are facing tough challenges in today's world, women's salaries still continue to be just 82.6 per cent of men's salaries for similar positions.

"We are moving forward, but not enough," she stated. "The cost of being female with a family is enormous."

Something she felt very strongly about was that men seem to have a very strong brotherhood in the workforce and that women do not always stand up for each other. She felt that needed to change but that it should always be a qualified woman who is placed in a job and that children should be taught from the beginning that men and women are equal in all facets of life.

Her final advice to the gathering was simple, "Lead with humanity and judge people for what they are."

### Female AVN Technicians still facing sexist issues

Corporals Leslie Blair and Lynn-Ann Saunders, young aviation systems technicians (AVN Techs) at 424 Squadron, still hear plenty of sexist remarks but they have their heads screwed on right when it comes to making their mark in male-dominant fields.

Their advice to any women in a trade

dominated by males is to "keep it gender-less."

"Just become a technician and don't be too sensitive," Cpl. Blair said in the opening of their presentation, adding, "There are two types of girls in a trade - girls that work and girls that cause work."

Both young women have heard comments that they only got something because they had "boobs," but each insists a person must put their knowledge and skills to work to overcome such thought processes.

"Male or female, there are people out there who blame others for their shortcomings," the young ladies stated. "Just 'man-up' and realize there are ignorant people out there and you don't have to waste time on them."

The young women said times have changed for the better, but there is still a long way to go. Both have experienced situations where they were forced to walk through places where men lined streets and walkways and treated the women like "pieces of meat."

"I always just wanted to be a soldier like everyone else," Cpl. Blair added. "Moving on with gender equity will take both sides. For that to happen, women will have to use their minds and their skills."

Cpl. Blair also thought that there was too much emphasis put on being a woman in a man's trade, a phrase she feels should no longer exist.

Cpl. Saunders also believed that there would never be equality as long as "... there is a need for an event like this. We love what we do and we wouldn't trade it for another job or an easier go."

Their anecdotal assessment of life in the military for a young woman prompted another young woman in the audience to say to a group of friends, "Oh my God, it's still happening every day."

This assessment is just one more reason the organizers of the event hope to see many more men out to next year's function, as everyone agreed it would take both sides to work towards gender equity.



Corporals Leslie Blair (right) and Lynn-Ann Saunders asked for no concessions other than to let them do their jobs using their minds and their skills. Photo by Ross Lees

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